



Facebook Website

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***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.*

**Lisa Gambino, Computer Specialist  
will be our guest speaker this month.**

***Mark this on your calendar so you may join us on Tuesday, April 13th at 6:30 PM.***

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

We all know the saying when life hands you lemons... Make lemonade. Sometimes it takes a little bit longer to squeeze those lemons! The bittersweet thought of having to go through surgery again was not exactly on my agenda for this spring however when I realize this was going to happen I had to get into high gear. Doing so meant prioritizing and executing the several lists I have been working on for months. Knowing what the deadline was it was full steam ahead for this lady. Finally getting everything in order and having March 18 come sooner than I expected off to AtlantiCare and Galloway I went for my left hip replacement surgery. My surgeon is fabulous and does such pristine work I barely have a scar to look forward to. Recuperation is another thing... As you ladies know me well, reclining on the couch with an elevated leg and ice is not something I do well at all. But what a lovely surprise I received in a gorgeous arrangement of yellow assorted

other. I think you all for your beautiful flowers, thoughts, messages, texts, phone calls and visits... We are a very unique blend of ladies that show such wonderful support for each other and I thank every one of you for your kindness.

Your officers are working on a list of different get speakers for us... We will keep you posted.

Please note that our speaker for April will be our very own Lisa Gambino. Lisa will be sharing several of her tips and techniques. I do hope you will join us next Tuesday night, April 13 at 7:15 PM for our zoom meeting.

Best,  
Cyndy Friedland  
President

Cyndy Friedland  
BPWSOC President



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Website



#### MEMBER BIRTHDAYS:

Kristen Donadio - April 2

Gail Rivell - April 23

If your birthday is in April 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**



**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)**

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

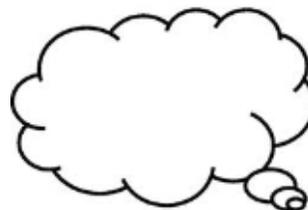
General Meeting, Date, time and place of these meetings will be

announced prior to the monthly meeting.)

**REMEMBER TO BRING YOUR BUSINESS INFORMATION**

**FOR NETWORKING to Meetings & all Events!!!**

**speedy recovery from her Hip surgery.**



**"Never Give Up...no matter how much  
'you gotta be freakin' kidding me' life  
throws at you."**

**Karen Salmansohn**



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.



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



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:



My biggest tip right now: Please beware of "fake" email and/or telephone scams!

They really are bigger than ever before.

If you want to be completely certain, do the following:

"Google" a telephone number. More times than not, you will find a fraudulent and/or rogue number before you find the "real" number; so, due diligence.

- DO NOT: call the number back, take the call, answer any questions or give any information. And, PLEASE, DO NOT, let anyone access your computer (except for a legitimate Computer Repair Technician).
- DO NOT: click any links in the email.
- DO: report the email to junk or spam or phishing (whatever your email provider provides for you to use).
- Do: block and report the telephone number (utilizing your phone provider's service - this is usually built into the system in your mobile phone).

Thank you, be safe, wear a mask, wash your hands & do not click on any links or answer any calls!

Do not hesitate to contact me for help!

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)

Home Office: 732-237-9704

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["Like" my pages on Facebook](#), [Instagram](#) and [Twitter](#)

Thank you, Have a Wonderful Day!

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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](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,

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*"Be Nice to Yourself!"*



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### Reading Corner

Author: Mary Higgins Clark

Title: Piece of My Heart

Author: Susan Guckin

Title: [The Camouflaged Heart](#)

Note: Susan Guckin is Past President of BPWSOC

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

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A healing environment encompasses many areas such as relationships, lifestyles to environments. Relaxation and feeling whole can be done in sacred spaces such as a house of worship or in nature along with our connection to animals. This explains why pets are our best companions and how soothing it is to stare at a fish tank. We are supported with tools to bring the positive in dealing with daily interferences such as a simple bath or stepping in the garden and feeling the soil. Different types of flowers and plants or smells of essential oils in and around your home including the new or reinvented home offices and outdoor spaces. It can also be music, nutrition or furnishing and artwork which we find more of in medical and long term care locations.

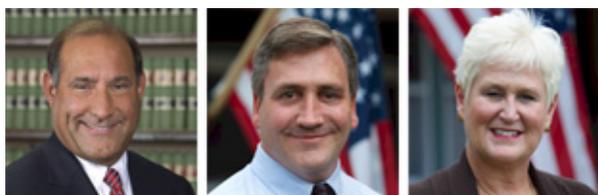
Color can trigger memories and peacefulness from walls in your

intense colors are accents. Red is passion and earth; orange is optimism, warmth, sunset; yellow is mind, enlightenment, happiness, sun; green is growth, peace, balancing; blue is serenity spirituality, calming, sky, ocean; indigo is mediation, intuition, cooling; violet is relaxing. Chromotherapy is exposure to colors helping the physical, for example jaundiced skin and treatments. Here is a sampling of benefits: white is pure and clarifying; green is regenerative; yellow is hope and purification; turquoise is serene and stimulates circulation, purple relaxes nerves, lymphatic system and inflammation; orange helps airways and red is courage for circulatory system.

Health Tip from Gina Dinkey



LEGISLATION FROM CAROL LIEBER



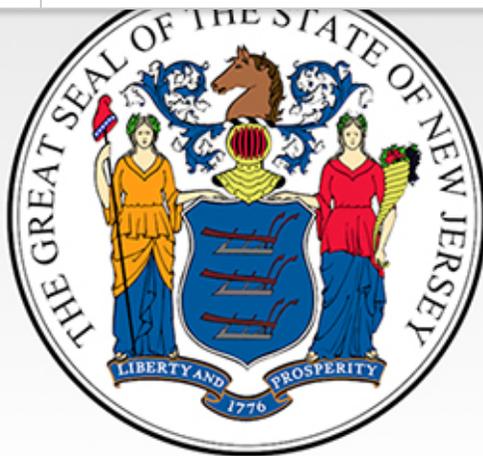
### 9th District

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609-693-6700

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



Senator Christopher Connors, Assemblyman Brian Rumpf and Assemblywoman DiAnne Gove offered the remarks following Governor Phil 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.

[View 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

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

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Tuesday, February 23 4:00 PM ET

**In Conversation with Dr. Koritha Mitchell, author of *From Slave Cabins to the White House: Homemade Citizenship in African American Culture*.**

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

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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

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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?

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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](#).



Esther Ngumbi

Photo by Fred Zwicky

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](#), is a collection of compelling essays depicting the oppression, struggles, achievements and contributions of African Americans from 1619 to present.

## Now Share This

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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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© 2020 AAUW. *Equity Express* brings AAUW news and updates to AAUW supporters. We welcome your comments on *Equity Express*.

Please send feedback to [editor@aauw.org](mailto: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 Congress!](#)

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

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.

**Donate Now**

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When women  
support each other,  
incredible things  
happen.



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

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