



Facebook Website

## **IMPORTANT CHANGE FOR JUNE MEETING**

***JUNE MEETING DATE CHANGED TO THURSDAY JUNE 10TH at The Mathis House at 7:00pm***

Join us on **Thursday, June 10th** for our BPWSOC meeting being held at **The Mathis House, 600 Main Street in Toms River.**

Please join us for a fun evening of **Wine Tasting with Tea Infused Desserts and Chocolate at The Historic Mathis House sponsored by Cream Ridge Winery.** They would like to have everyone seated by 7 PM.

Cream Ridge Winery will be kicking off the Summer Sangria!

**June 10 at 7:00 pm and tickets are \$35 per person (this includes event, tax, tip, & contribution to our Scholarship Fund).**

They will have indoor and outdoor seating.

Wine Tasting with Tea Infused Desserts and Chocolate at the Historic Mathis House sponsored by Cream Ridge Winery. Come out and taste wine pairings with delicious desserts and fabulous wine.

They will also have Charcuterie Boards available for add-on purchase.

Small (serves 2) \$25.00

Medium (serves 4) \$40.00

Large (serves 6) \$55.00

**Feel free to bring a friend or friends, just be sure to let us know by Monday 6/7.**

at [lisag@a2zcomputerhelp.com](mailto:lisag@a2zcomputerhelp.com). Checks can be made out to BPWSOC to cover this event. You can give your check to Lisa next week at the event or mail it to us.

Your officers made an executive decision to have our meeting date changed due to "Primary Election" obligations (Tuesday, June 8th).

Be sure to vote...it's our right!!!

I hope everyone has received their vaccine shot or shots....if you have decided not to be vaccinated, which is your choice, we respect your decision and ask that you respectfully wear your mask. To quote one of our members "unvaccinated people are still required to wear masks, unvaccinated people were not told they could stop wearing masks, you all heard what you wanted to hear."

Emails were forwarded relating to Hearts of Mercy as they are asking for volunteers to assist in establishing a butterfly and milkweed garden in Barnegat. Anyone who loves gardening and would like to lend their helping hands and muscles kindly contact Kristin at [kristin@hearts-of-mercy.org](mailto:kristin@hearts-of-mercy.org).

Another email described their first major golf outing and can also use assistance with volunteers. There are opportunities for sponsors as well.

Be sure to take a few minutes to enjoy the gift from Mother Nature's flowers and the warm weather. Summer is coming for sure! With this in mind we are planning to have our July and August meetings outside at venues to be announced!!!

My best to you all,

Cyndy Friedland  
President BPWSOC



Facebook



Website



#### MEMBER BIRTHDAYS:

Lisa Gambino - June 21

Donna Montana - June 23

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**

**BPWSOC**

**P.O. Box 722**

**Barnegat, NJ 08005**

(or, you can mail it direct to Lisa's home address).

### 2021 Schedule

**June 10** (2nd Thursday) at Mathis House

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!!!**



Good and Welfare

We extend our best wishes to all who may be experiencing difficult times.

**Everyone can be vaccinated, if you wish.**

**Be Safe, be smart, be respectful & kind to one another!**



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)



**"You have to accept whatever comes and the only important thing is that you meet it with courage and with the best that you have to give."**

**Eleanor Roosevelt**



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](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:



Lock your PC or Mac in a second...

To protect your private information & help keep your device safe:  
Press the Windows Logo Key + L before you walk away from your computer.

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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!



### **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: Kristen Hannah

Title: The Nightingale

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***



#### **HEALTH TIP FROM GINA DINKEY**

Ho'oponopono - Hawaiian spiritual practice 'to make right' consists of four phrases that release negativity by accepting responsibility. They heal the soul when said reflecting to yourself. Improving by loving yourself and your world. Anger, jealousy and lack of forgiveness causes illness and conflicts. The ritual of being in perfect balance, having good relationships.

"I'm Sorry, Please Forgive Me, Thank You, I Love You."

Step one, saying sorry for past and memories makes it easier to move ahead and feel better

Step two, asking forgiveness for things in step one which is finding meaning

Step three, show gratitude to appreciate the big and small so in time has a result requiring patience

Step four, show your love and say it to everything to learn it for all related to you

People will trust again, see mistakes, not hold grudges resulting in happiness. After practicing, acceptance will come ahead of holding you back.

I was introduced to this through a yoga teacher who incorporates this into a class. If anyone is interested in this, please contact me.



#### **LEGISLATION FROM CAROL LIEBER**



# #KillTheDrill

## ONE: Fighting to #KillTheDrill and Protect the Jersey Shore

As we turn the corner on the pandemic and hope for near-normal crowds and a strong summer for businesses at the Jersey Shore, the last thing we need is to open up our coast for a man-made disaster like an oil spill that threatens an already fragile economy. We can't let our guard down just because the Trump Administration and its Big Oil cronies are no longer in the White House. That's why this week, [I introduced the COAST Anti-Drilling Act](#) to forever ban offshore drilling for oil and gas in the Atlantic. The Jersey Shore is the birthright of every New Jerseyan, and I will do everything I can to protect our beaches and the residents and businesses who call it home.

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## TWO: Challenging the CEOs of Largest U.S. Banks

We can't have an economy that works for ALL Americans unless and until we have a banking system that is open to all Americans. But far too many families, particularly in low-income and underserved communities, have to rely on check-cashing facilities and pawn brokers because high costs and predatory

they need to pay emergency expenses or grow their savings to plan for the future. At this week's Senate Banking Committee hearing, [I confronted the CEOs of our nation's biggest banks](#) about what they're doing to create economic opportunities for underserved Americans. Their answers, frankly, are "not enough," and I'm going to keep holding their feet to the fire until that changes.

[WATCH THE EXCHANGE HERE](#)

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## THREE: Reuniting a New Jersey Family

While these weekly updates usually focus on the legislative work I'm doing to move New Jersey and our country forward, anyone who has ever worked with me knows that I believe providing stellar [constituent services](#) is just as important, if not more. Helping one person may not change the world, but it means the world to that one person and their loved ones. This week, that one person was [Ashu Mahajan](#). Ashu traveled to India earlier this year to visit his dying father. After his father passed from COVID-19 and he wanted to come back home to New Jersey, he was told he couldn't return until February 2022. [I'm glad my office was able to help get him home safely and reunite his family.](#)

I'd be remiss if I didn't also take this opportunity to renew my calls for [bold, inclusive, and humane immigration reform](#), because Ashu never should have been separated from his family in the first place. He did everything right, followed all the rules, and had he been given the Green Card he has qualified for since 2012, he would have been able to return to his

and for all.

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Make sure to follow me on [Twitter](#), [Instagram](#), and [Facebook](#) to stay up to date on what's happening in New Jersey and in the Capitol.

Sincerely,



Senator Bob Menendez



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**Newark**

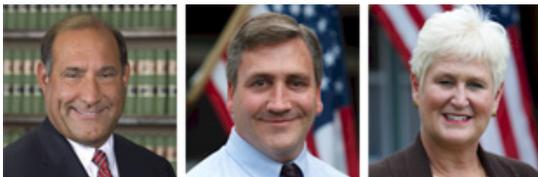
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Newark, New Jersey 07102  
973.645.3030 (office) | 973.645.0502 (fax)

**Barrington**

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Barrington, New Jersey 08007  
856.757.5353 (office) | 856.546.1526 (fax)

**Washington**

528 Hart Senate Office Building  
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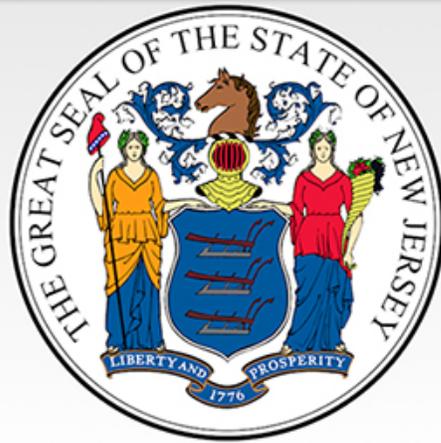


**9th District**

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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](#)

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“There is no greater agony than bearing an untold story inside you.”

—Maya Angelou

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Photo by Andrea Piacquadio for Pexels

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## Four Ways to Be Seen at Work

Women have been hit hard by layoffs and job losses throughout the pandemic, so it's easy to see why you might feel tempted to lay low right now. But there are good reasons to counter the understandable impulse to mute yourself (and not just on Zoom!) during this challenging time.

In fact, this may be the ideal time to tout your contributions to your workplace—and make yourself more visible and valuable. With tight budgets and streamlined staffs, employers need every worker they have left and are ready to listen to new ideas for boosting their bottom-line results. They're also finally realizing that the flexible schedules and remote work options women have advocated for years actually benefit both employer and employee alike. Imagine that!

Here are [four tips on how to maintain a high profile](#) at work.

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## Did You Know?

**Where Crunk Meets Conscious.** Brittney Cooper, the 2021 National Conference for College Women Student Leaders (NCCWSL) keynote speaker, co-founded the Crunk Feminist Collective, a community for hip-hop generation feminists of color. [Read more and register for NCCWSL.](#)

**A Wise Investment.** More than 260 talented women recently received nearly \$5 million in educational funding from AAUW—the highest amount in more than a decade. [Learn more about fellowships and grants.](#)

## Two-Minute Activist: Invest in Women in the Workplace

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One in four women reported leaving jobs for lack of childcare during the pandemic. This past year has witnessed the lowest participation rate for women in the workforce in 33 years. The American Jobs Plan will invest heavily in education, housing and public health to address the country's most pressing needs. [Tell Congress to support the American Jobs Plan.](#)

## Equity in the News

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Civil rights activist Maya Angelou and NASA astronaut Sally Ride will be the first two women featured on the American quarter. [ABC News](#)

Women take approximately two years longer than men to repay their student loans. They are also more likely to struggle financially as they pay down their debt. [Bankrate.gov](#)

Nearly a quarter of mothers said they worried that their work performance was being judged negatively during the pandemic because of their caregiving responsibilities, compared with 11% of fathers. [McKinsey and Company](#)

## Where Are They Now?

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When Michelle Lee received her AAUW 2018-19 Selected Professions Fellowship, she aimed to become a medical doctor, patient advocate and journalist. Check, check and check: Now a radiology resident at New York Presbyterian/Weill Cornell Medical Center, Lee is also a widely published writer whose articles have appeared in New York Magazine, Salon and Bon Appetit.



Michelle Lee

Recently, Lee has been speaking out against the rising tide of racism against Asian Americans in the midst of the pandemic. “People in my community have gone from being a health care hero to, somehow, a scapegoat,” she said in an [AP article](#). She also wrote for [Stat News](#) and [Life & Thyme](#) about the healing needed following the Atlanta shootings at three Asian spas and other anti-Asian violence; these are must-reads for Asian American and Pacific Islander (AAPI) Heritage Month.

## Now Share This

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May is Asian American and Pacific Islander (AAPI) Heritage Month. Learn how AAPI women are unfairly subjected to the model minority myth, which erases ethnic subgroups' diverse experiences. <https://www.aauw.org/resources/research/race-and-the-pay-gap/>

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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**  
**Barnegat, NJ 08005**