



Facebook Website

PRESIDENT'S MESSAGE

Let's put our best foot forward!! This may sound "corny" however as business women in today's world we can stand out in our professions. Our predecessors fought hard for our rights to be accepted in what ever line of business we represent. We should strive to do and be our best. Being an off the cuff professional may work on occasion but being prepared for your clients is paramount. We want too represent the finest information/service we have to offer to our customer. Why is it important...our first impression is the most important representation of ourselves. Yes, being prepared in every way; grooming, information and a positive attitude speaks volumes of who and what we are. Professional women still need to excel...let's put our best foot forward to do this for ourselves. We are important and we deserve to give and receive the best!!!

Plan ahead...our June meeting will be held at The Mathis House, 600 Main Street in Toms River at 6 PM. We will be honoring our scholarship recipients at this meeting. It will also be a time to invite your friends that may be interested in joining our group. There will be more information regarding this in the newsletter.

Best,

Cyndy Friedland
BPWSOC President



Facebook Website



We are practicing Safety Guidelines for COVID 19

**Membership Dues are Due April 30th,
3 members have already paid/renewed - Thank you!**

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 Treasurer) home address).

2022 Schedule:

May 10 - regular meeting, Buon Appetito, 745 Atlantic City Blvd.(Rt. 9), Bayville, NJ

(nominations for Officers/Scholarship Awards discussed).

June 14 - Installation of Officers and Scholarship Awards at Mathis House

You are invited!

[Tea at The Mathis House](#)

Tuesday, June 14th, 2022

6:00 pm

Tea with full 5 course meal (gluten free or vegetarian avail).

\$55.00 per person*

In lieu of our regular meeting at, we will be having a Tea Party! Our June meeting is when we give out Scholarship Awards and install our 2022/23 Officers. This year, we will do this here at the Mathis House. Join us!

Everyone is invited; friends, family, colleagues, etc...

RSVP & Payment due by 6/6/22

*Make check payable & mail to:

BPWSOC

P.O. Box 722

Barnegat, NJ 08005

If you wish to pay with credit card, it is \$57.00/pp [Click Here](#) or Visit our website

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.)

**Reminder to "REMEMBER":
BRING YOUR BUSINESS INFORMATION FOR NETWORKING
to Meetings & all Events!!!**



Good and Welfare

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



www.BPWSOC.org



MEMBER BIRTHDAYS:

Jennifer Armstrong - May 30

If your birthday is in May! 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. (We
want you to know, we are thinking
of you, whether you are specifically
mentioned or not)



*"When one door of happiness closes,
another opens; but often we look so
long at the closed door that we do not
see the one which has been opened for
us"*

Helen Keller



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.



DEADLINE TO SUBMIT APPLICATIONS 4/30/22

Our Scholarship Applications for 2022 are available on our website.

www.BPWSOC.org

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.



Computer Tips:



External Hard Drive

whether you have an Apple Computer or a Personal Computer with Windows by Microsoft, you need to have a place to store your Files, Music and or Photos etc... Many of us like or want things to be automatic and this is how the "cloud" became so popular. But, it can become very confusing as to what is stored on your device or in the cloud or both etc... So, now I introduce to you an external drive - you can connect it to your computer and copy your files here and then keep them on your other devices or remove them to gain storage space.

Be safe, back up, do not delete if you do not know what it is!

Lisa

Lisa A. Gambino

Certified Computer Technician & Professional (Virtual) Assistant

A2Z Computer Help

www.A2ZComputerHelp.com

lisag@A2ZComputerHelp.com

Home Office: 732-237-9704

"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: 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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with *Jakki Gioia*, BFA, SLG, LMT

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Reading Corner

Author: Kristin Hannah

Title Summer Island

Note: Susan Guckin Sullivan 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

What better way to have a healthy outlook than memories of our moms or mother figure. This day is celebrated on different dates depending on locations such as some of my colleagues in Costa Rica is August 15th and UK was March 27th.

A few readings from Oprah and Maria Shriver struck a chord as to what the bond means. Identifying with someone else's pain, being there and hurting for others is human. Empathy to understand and know how to react. Unconditional love where things that have meaning are spending time together not the running around here and there but family dinners. These bring to mind relationships with close friends, nieces, nephews and cousins plus traditions both old and new. Having a shoulder to cry on and sounding board in those toughest moments. There could be a recipe, photo, book or short handwritten note passed down. Not expecting anything in return, well maybe a nice firm hug!



AAUW Action Network



March 15th marks the date that women must work into 2022 to finally reach the pay men received last year.

We've long known that on average, women in the workforce take home less than men—an average of 83 percent—and that many women of color are paid far less. Historically, Equal Pay Day has been calculated using data on full-time, year-round workers based on U.S. Census figures. But the COVID-19 pandemic highlighted and exacerbated existing economic inequalities, therefore it is time to evolve how we talk about Equal Pay Day.

What is new this year? Women over the past two years, especially women of color, were pushed into part-time or seasonal work, or out of the workforce all together. Because of this, past methods of calculating the wage gap fell short of accurately capturing the full picture. For 2022, the Equal Pay Day coalition has adopted a new, more inclusive methodology. This encompasses a broader cross-section of women, including those who work part time or seasonally, to represent a more accurate picture of how the gender pay gap impacts diverse communities.

How you can help: The bipartisan Paycheck Fairness Act—which passed the U.S. House of Representatives in 2021—needs your support to reach the finish line. The Senate must move this bill forward to ensure all women have the tools they need to challenge discrimination and all employers have the incentives they need to comply with the law. To make equality a reality, we need you.

Mark Equal Pay Day and [support the Paycheck Fairness Act now!](#)

Take Action



Gloria Blackwell

Gloria L. Blackwell
Chief Executive Officer

[AAUW](#)

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[unsubscribe](#)

Every U.S. state has a gender pay gap, and some are wider than others. **Download your state's policy guide by clicking on your state in the map below.** Share this information with state and federal legislators as a call to action for stronger laws, use it to educate folks in your community about the gender pay gap, and share it with your online networks.

[Click here for the full article](#)

When women
support each other,
incredible things
happen.



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

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Our mailing address is:
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Barnegat, NJ 08005

www.BPWSOC.org

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