



Facebook Website



On behalf of our sisters that attended last month's meeting, a HUGE Thank You to Jennifer Armstrong for hosting a FABULOUS (members only) pool party for us! The weather was on target for us to enjoy swimming, diving for some, and total relaxation. Jennifer provided an array of delectable choices for dinner and we all brought desserts...and of course our favorite beverages. Much fun and laughter surrounded our sisters...Thanks again, Jennifer, for your hospitality.

We still need to be cautious about our social distancing and being together. With that being said, we will resume our monthly meetings on Tuesday, September 14th at The Breaker's Kitchen and Tap, 535 Route 9, Waretown, NJ at 6:30 PM. I have asked that we have ample tables to have at least one seat between settings. There will be a change for our dinners...we will no longer have a limited menu. Each member will be able to order from their extensive menu and be responsible for their tabs. We will have a basket available if you would like to make a donation to our sunshine club. This is not mandatory however it would be a help to defray our costs.

We actively need to be aware of what we can do individually and/or as a group to be philanthropic in our communities and/or Ocean County. Please bring thoughts and ideas to our meeting. It seems like it's too long not to do something...think about it and bring ideas to our meeting.

Best wishes,
Cyndy
President BPWSOC



Facebook Website



MEMBER BIRTHDAYS:
There are no September Birthdays among our members

[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 home address).

2021 Schedule

September 14 - In person at Breakers Kitchen and Pub
October 12
November 9
December 14

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 & be kind to one another!



www.BPWSOC.org



Recipes

This is recipe our member, Donna Montana, shared with us recently. And, it tastes Delicious!

[Click here for the Recipe](#)



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)

Wishing Susie Sullivan a speedy recovery from her surgery.



"FIGHT for the things that you care about, but do it in a way that will lead others to join you."
Ruth Bader Ginsbutg



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.



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:



PC Tip/Info:

I am a very big fan of acronyms: lol, ttyl, sys, hand, (I make up my own, so you'll have to ask). LOL

OMW is an acronym that means **on my way**. It can also be used to imply that a person is moving toward a goal, an event, or an adventure of some kind. (from [Dictionary.com](#))

This is one I use very often, because I am always On My Way! Enjoy Your Day (EYD)

Thank you and don't forget to give a little R E S P E C T (Responsibility, Etiquette, Sensitivity, Pace, Educate, Conditions and Tradition) - this is the *(Junior Golfer's Creed)*.

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 Cyndyonbi@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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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: Claudia Vance

Title: Cape May (9 book series)

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



Early August I volunteered at [Jon Bon Jovi's/Soul Kitchen](#) and wanted to share my experience. The Toms River location has been open for five years and Red Bank is the original location! If you'd also like to offer your time [apply online](#). This requires justification especially if traveling living outside 15 miles which ensures that you are doing for this for the right reasons. You'll be sent three short courses to review from ServSafe: Takeout, Delivery and Reopening Guidelines. These will provide electronic certificates. Read staff manual and most content there will be included in a group virtual training with chefs, community managers and other volunteers. These are the only salaried folks from both locations. Group volunteers would be to deep clean such as on a Sunday. They are partnered with Kohl's who participates in this type activity. Register for dates and slots and be sure that date and time slot work since it is difficult to get coverage last minute. Emails sent periodically and newly released future dates fill up quickly. Positions are Front Room or Back, Prep or dishwasher. Toms River volunteer hours for Lunch Wed, Thurs from 10:30am to 2:30pm or Dinner Tues, Fri and Sat 4 to 8pm. You'll meet regular patrons who donate services to fold napkins and sweep or wash windows. Some of them don't even stay for a meal. I was a clean buser so drinks and bread or other needs. There was a setup checklist before the doors open and afterwards. If a customer comes in 5 minutes before closing, they are welcomed. Five times earns a staff t-shirt and a mask. This enables you to sign up for special events like bbq's and the chili cook off. Items for sale such as coffee cups, honey and seasoning. They make a nice decorated wall around the kitchen window and proceeds are donations.

Patrons can pay a \$20 donation for the meal. If requiring assistance, get registered and introduced to programs such as Fulfill food bank located next door. The [menu also released online](#) is the same for a two week period. The chef reviews the meals before and any options before opening time. Lowes donated wood where planters were created and filled. They not only help to block the afternoon sun but provide a private view from the parking lot. You are able to pick one of the main courses, only not including appetizer or dessert to bring home for your services. I highly recommend giving back knowing you are helping this cause. Also if you haven't already tried their food, it is primo quality!



LEGISLATION

**9th District**

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 609-693-6700

[Connors, Rumpf & Gove Disabled Veteran Property Tax Relief Bill Signed Into Law](#)



Legislation introduced by Sen. Christopher Connors, Asm. Brian Rumpf, and Asw. DiAnne Gove that would extend the current disabled veterans' property tax exemption to disabled veteran shareholders and their surviving spouses residing in a cooperative or mutual housing corporation has been signed into law.

[Click for Full Story](#)

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Sen. Connors, Asm. Rumpf and Asw. Gove said they will vote against legislation that would require dog owners to fence their property, calling the bill extreme and unnecessary.

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[Connors, Rumpf & Gove Hail Signing of Senior Community COVID Legal Immunity Bill](#)

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Sen. Christopher Connors, Asm. Brian Rumpf, and Asw. DiAnne Gove hailed the signing of S-3584 as a statutory means of protecting senior communities from potentially expensive pandemic-related lawsuits now.

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[9th District Delegation Votes Against Sanctuary State Bill that Would Eliminate Effective Tool to Deter Illegal Immigration](#)

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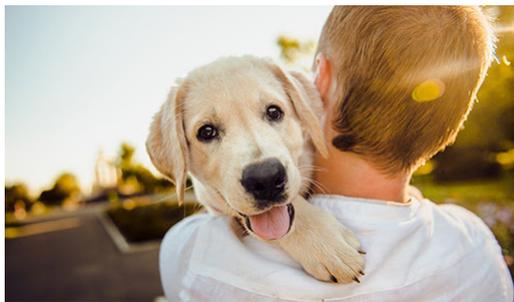
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[Connors, Rumpf & Gove Will Vote Against Nanny State 'Dog Leashing and Fencing' Bill](#)



Sen. Connors, Asm. Rumpf and Asw. Gove said they will vote against legislation that would require dog owners to fence their property, calling the bill extreme and unnecessary.

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The House of Representatives will vote on the John Lewis Voting Rights Advancement Act (H.R. 4) tomorrow!

Over the past decade, states and localities across the country have enacted policies that make it harder to vote. So far in 2021, 49 states have introduced more than 400 anti-voter bills—and at least 18 states have passed 30 of them. These voting restrictions disproportionately impact people of color, women, voters with disabilities, and young and older voters, making it more difficult for them to access the ballot box.

The freedom to vote must be protected against these acts of undemocratic discrimination.

(H.R.4) will restore federal protections against the wave of anti-voter bills sweeping the nation. We must make the promise of democracy real by ensuring every voter has an equal say in our futures.

Take action now and tell your Representative to [pass the John Lewis Voting Rights Advancement Act \(H.R.4\)](#)

Take Action

AAUW

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June 2021

“If your competition and your ambition is rooted in you standing on another sister’s neck, it is not feminist, not freedom-oriented, and it’s not worth it.”

—Brittney Cooper, the 2021 National Conference for College Women Student Leaders (NCCWSL) keynote speaker



How to Cultivate Inclusivity

We all have preconceived notions about people that can affect how we make decisions and behave, sometimes in ways that can be discriminatory. Fortunately, you can identify your biases and become more inclusive by:

Exploring your own beliefs. The first step to addressing your biases is to acknowledge that you have them.

Looking for value in differences. It’s natural to seek out commonalities with others, but reflect too on all the ways that our differences can add value.

Understanding your privilege. Be aware that not everyone has equal access to the same opportunities, networks, resources and support systems.

Broadening your world. Proactively work to expand your horizons.

Ready to learn more? [Read](#) about how to develop an inclusive mindset and then [register](#) for the Equity Network’s Social Change Ambassadors Certificate program.

Did You Know?

Science Pays. Women with STEM jobs earn nearly 28% more than women in other fields. [Check out our free STEMEd for Girls program.](#)

Student Debt Holds Women Back. According to the just-released 2021 update to AAUW’s Deeper in Debt report, women graduates are left with a measly \$148/month when you subtract loan debt and a few standard living costs from the average entry-level salary. [Access the latest stats.](#)

June Is Pride Month. An estimated 4.1 million LGBTQ workers live in 29 states that don’t have laws protecting them against discrimination based on sexual orientation and gender identity. [Read where we stand on LGBTQ rights.](#)

Know Your Value. The pay gap disproportionately affects women of color, who stand to lose more than \$800,000 over a 40-year career. Negotiating your salary can help. [Find a training near you.](#)

Two-Minute Activist: End Pregnancy Discrimination at Work

The Pregnant Workers Fairness Act would require employers to make reasonable accommodations to protect the health of pregnant workers, such as letting them carry bottles of water or take restroom breaks. [Urge your Senators](#) to make it unlawful for employers to discriminate against pregnant workers.

Equity in the News

commencement speech. The Ohio HBCU president Dr. Elfred Anthony Pinkard announced the whole class's student debt would be erased. [The Cut](#)

Women in manufacturing leave their jobs at a higher rate than men. AAUW research found that a pay gap, lack of promotion, and harassment are the main culprits. [Boss Magazine](#)

Two-time tennis major champion Victoria Azarenka called out the French Tennis Federation for gender inequality following her recent loss at the French Open. [ESPN](#)

Recommended Reads from AAUW Fellows & Grantees

Whether you're at the beach or in your bedroom, summer is a great time to catch up on your reading—and we have a great list for you! Check out these remarkable [recent books by AAUW Fellows and Grantees](#).



Keisha Blain

In *Four Hundred Souls: A Community History of African America, 1619-2019*, for example, editors Ibram X. Kendi and 2016-17 AAUW American Fellow Keisha N. Blain assemble 90 brilliant writers to cover Black history in America over the past four centuries. Each contributor takes on a five-year period from 1619 to the present.

The Washington Post calls *Four Hundred Souls*, "a vital addition to [the] curriculum on race in America."

Now Share This

Student loans are making it nearly impossible for many women to meet basic living expenses after graduating from college. Read the latest stats—and solutions—in @AAUW's Deeper in Debt report. <https://www.aauw.org/resources/research/deeper-in-debt/>

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