

2024

Lets make this a year we Roar!

Hi Everyone,

♥Happy February to you!♥

Groundhog Day was on Friday, February 2nd and Punxsutawney Phil did not see his shadow and predicted that an early spring is on the way! So, Hip Hip Hooray! I hope this makes everyone happy. I like to always wish for good weather, but mother nature shall do what she feels is best! Now, next comes **Valentine's Day**, Wednesday, February 14th for all of you love birds, have a very nice day with your mate and or loved ones!

I look forward to seeing you as well as some guests! We will need to make final arrangements for our Event on **Thursday, April 18th. Cyndy is on the case with a possible Comedy Night** (she is trying to secure a venue) and Jacqui Fox & myself have inquired at the Elks in Lacey, we are waiting for the details. If we do not secure this date at a venue soon, there will not be enough time to sell tickets; the next date we reserved is **September 26th for a Psychic Night**.

Scholarship/Grant flyers and ads have been circulating throughout social media and Gina Dinkey has the colleges and local papers aware. Please share on your social media and or with friends, family, colleagues, etc...

Guest Speakers at our upcoming meeting **Tuesday, February 13th at 6:30 p.m.** will be myself - [Lisa g A2Z Computer Help](#) and [Susan Nolan of Discovery Health](#) - from my [SJWIB.org Group](#)

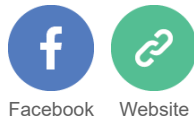
Thank you all for being a great group!

Wishing you all a happy week and see you next week!

Lisa

Lisa A. Gambino
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[We are practicing Safety Guidelines for COVID 19](#)
Please be advised that moving forward our meetings will be held on the second Tuesday of the month at [Lefty's Tavern, 547 N. Main](#)

MEMBER BIRTHDAYS:

There are no February Birthdays on our member roster.

If your birthday is in February and we missed you, please let us

Street, Barnegat New Jersey 08005 beginning in January 2024.

BPWSOC
P.O. Box 722
Barnegat, NJ 08005

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

UPCOMING MEETING/EVENT DATES:.

February 13 - BPWSOC Regular Meeting at Lefty's Tavern

Guest Speakers: Lisa Gambino & Susan Nolan

March 12 - BPWSOC Regular Meeting

Guest Speaker: Elizabeth Barry

April 9 - BPWSOC Regular Meeting

April 18 - Event: Comedy Night - TBD

May 14 - BPWSOC Regular Meeting

June 11 - BPWSOC Regular Meeting

September 26 - Psychic Night Details TBD

ADDITIONAL EVENTS WILL BE ADDED AS THEY OCCUR

(Note: There will be an Officer's Meeting the week before each Regular Meeting. The date, time and place of these meetings will be announced prior to the monthly meeting - All members are invited if you wish to join the Officer's in their discussions/plans etc...)

Reminder to "REMEMBER"!

BRING YOUR BUSINESS INFORMATION FOR NETWORKING

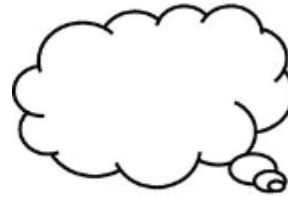
to All Meetings & Events!!!

Also, bring a guest or invite someone you cross paths with; our meetings are always open to anyone who wishes to attend.

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)



"Do the best you can until you know better. Then when you know better, do better".
Maya Angelou



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.

Good and Welfare

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

Wishing everyone good health and happiness...



www.BPWSOC.org



Computer Tips:



PC Tips &/or advice...

Beware of Phishing Email - Tips to look out for...

- There may be an alarming subject line: ie.... Urgent, Time-Sensitive, Security Alert, etc...
- The return email address you are receiving the email from is very important to review. While criminals can duplicate logos, names & designs of a reputable company, many times this one thing is a big clue. If you see the from email as joeshmo@gmail.com or knucklehead@yahoo.com or misspellings or variations of the true company name, it is most definitely a scam.
- There may be grammar and spelling mistakes - this is a big clue.
- Will contain Links and or Attachments - the links (if you click on any of them), will direct you to a malicious website and or install a virus or a type of software that will monitor your every keystroke. An attachment will usually be a fake invoice and or it can contain a virus to help destroy your computer.
- There could be requests for sensitive information: ie...your name, email, date of birth, bank information, credit card, etc.. Again, this is your 1st Clue to stop and call me or any other legitimate Computer Tech.
- Contains unrealistic offers: buy this for a very low price 50% or more - you really need to research this, please do not fall prey to these scams.

This is such a good tip, I am repeating it forever:

Keyboard shortcut to undu your last delete = Ctrl + z

Thanks, Lisa

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Lisa A. Gambino

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

Thank you, Have a Wonderful Day!



NEED TO GET AWAY - Call Cyndy Friedland!

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 609-290-5040

Jennifer D. Armstrong, LLC

Contact Us

611 Main Street
Suite 4
Toms River, NJ 08753

Toll Free: **888-371-4158**
Fax: 732-281-6100

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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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Location: Eatontown, NJ-Off 35 south-Near Monmouth Mall



Reading Corner:

Author: Danielle Steele

Title: Second Act

Author: Susan Guckin

Title: [The Camouflaged Heart](#)

Note: Susan Guckin Sullivan is Past President of BPWSOC

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



We have heard the topic of Dry January and looked into the health benefits and found some highlights from Good Housekeeping provided below. The timing makes sense after overindulging at the Holidays or New Year Goals.

1. Getting a Mood Boost-as a coping strategy may be hiding conditions
2. Sleep more soundly - interrupts cycles
3. Feel less bloated - due to added calories, may lose a few pounds
4. Save money - expense of cocktails
5. Brighter skin - dehydrating and sugar causes breakouts
6. Stronger immunity - depending on how many drinks could result in sickness
7. Wake up Refreshed - higher energy levels

In general, being aware of these changes can help with moderation.



Springpan

Graham cracker crumbs, follow directions and refrigerate
Better when cake is made a full day before serving

- 2- 8oz pkg cream cheese, softened
- 1 cup sugar
- 1 pt sour cream
- 1 tsp vanilla
- 1 tsp lemon juice
- 5 eggs, room temperature

Soften cream cheese, add sugar and beat well. Separate eggs and add yolks to cheese mixture then beat until light.

Add lemon juice and vanilla then sour cream, beat well.

In a separate bowl, beat egg whites until stiff. Fold into cheese mixture.

Pour into a crumb lined pan. Bake in 300 degree oven for one hour. Turn off oven and leave cake in for one hour.

Then with oven door open, leave in for 30 minutes.



OATH AND HONOR: A Memoir and a Warning by Liz Cheney



This week, AAUW members are heading up to Capitol Hill to ask representatives to support legislation to allow workers to earn paid sick days.

Lend your voice and urge your members of Congress to support the Healthy Families Act (H.R. 3409/S. 1664) and keep America's working families healthy and

economically secure.

Nearly 1 in 4 private sector employees – and more than six in 10 of the lowest-income workers – don't have even a single paid sick day. That means getting the flu or having a sick child creates a precarious choice: go to work sick (or send their child to school sick) or stay home and risk not being able to pay for groceries or rent. For the typical family without paid sick days, just 3.5 sick days without pay is equivalent to losing an entire month of groceries.

Having a national paid sick days standard would provide working women with more job stability and the economic security they need to take care of themselves and their family.

Ask Congress to [support the Healthy Families Act](#) and keep America's working families healthy and economically secure this flu season and every season.

Take Action

In solidarity,
Meghan Kissell
Senior Director, Policy & Member Advocacy

[AAUW](#)
[1310 L St. NW, Suite 1000](#)
[Washington, DC 20005](#)
advocacy@auw.org

When women
support each other,
incredible things
happen.



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

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