



Happy New Year and Welcome January 2024!



Lets make this a year we Roar!

Hi Everyone,

Happy Day to you!

First thing first, we will be meeting for our **January 9th meeting at Lefty's Tavern, 547 N Main St, Barnegat Township, NJ 08005 for our regular - 2nd Tuesday of the Month meeting** (at 6:30 pm - please arrive earlier if you wish to chat, mingle, network, market yourself, etc...) **PLEASE RSVP by Friday 1/5**

This is the meeting that we discussed, back at our November meeting, for you to come prepared with results to back

your ideas and or suggestions for the upcoming year. Go back and review the **Minutes from November's Meeting (these minutes are very detailed & I would like to follow the organization that Jennifer has provided)** We look forward to hearing from you!

I look forward to this upcoming year with many fun filled times, event planning, fundraising and a good year with all of you and maybe more!

The Officers, along with anyone who wishes to meet up with us, will be meeting tomorrow night at 6:00 pm. If you would like to meet with us, please let me know & Ill text you our whereabouts.

Wishing you all a beautiful week as always, see you next week!

Thank you, (please see Gina Dinkey's excerpt from an unknown author, this is very meaningful)

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 Street, Barnegat New Jersey 08005 beginning in January 2024.

MEMBER BIRTHDAYS:

There are no January birthdays in our member roster.

If your birthday is in January and we missed you, please let us know.

Happy Birthday!

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:

January 9 - BPWSOC Regular Meeting at Lefty's Tavern

February 13 - BPWSOC Regular Meeting

March 12 - BPWSOC Regular Meeting

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***



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...



**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



www.BPWSOC.org



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.



Computer Tips:



PC Tips &/or advice...

1. **iPhones** had another very big update - Do It!
2. **Update your Browsers on Microsoft Computers & Macs, on Android & Apple devices!**
3. **Printers** are a constant cause for distress. So, the first thing you should do if your computer & printer are not talking to each other is to turn off the printer (you can even unplug it from the power outlet for 30 seconds or more), Restart your computer; then plug the printer back in and turn it on. Wait for your computer to start back up (hopefully it is up to date - this is a constant culprit). If the printer is still not talking to the computer or device, next best thing would be to remove it and reinstall it (basically start as if you just bought a new printer and you are connecting it to your computer).
4. **Keyboard shortcut** to zoom in or out = **Hold Ctrl button on keyboard and use your mouse wheel to go up or down in size.**

I hope this helps, and if you need more help, you know who to call!

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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["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

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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: 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



Warning, bittersweet...I read it at Christmas dinner with my family...(Gina Dinkey)

At birth we boarded the train and met our parents, and we believe they will always travel on our side.

However, at some station our parents will step down from the train, leaving us on this journey alone.

As time goes by, other people will board the train and they will be significant; our siblings, friends, children, and even the love of your life.

Many will step down and leave a permanent vacuum. Others will go so unnoticed that we don't realize they vacated their seats.

This train ride will be full of joy, sorrow, fantasy, expectations, hellos, goodbyes, and farewells. Success consists of having a good relationship with all passengers requiring that we give the best of ourselves.

The mystery to everyone is: We do not know at which station, we ourselves will step down. So, we must live in the best way, love, forgive, and offer the best of who we are.

It is important to do this because when the time comes for us to step down and leave our seat empty.

We should leave behind beautiful memories for those who will continue to travel on the train of life.

I wish you a joyful journey on the train of life. Reap success and give lots of love. More importantly, thank God for the journey.

*Lastly, I thank you for being one of the passengers on my train.
- Author Unknown*



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.



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

A gripping first-hand account of the January 6th, 2021 insurrection from inside the halls of Congress, from origins to aftermath, as Donald Trump and his enablers betrayed the American people and the Constitution - by the House Republican leader who dared to stand up to it..

HAPPY HOLIDAYS! ❄️ 🧑🏻‍🎄 🎄



AAUW Action Network

It has been more than a year since the Supreme Court overturned *Roe v. Wade*, which instigated new legislative and legal attacks on critical health care. One of the most recent cases, of a Texas woman facing a terminal pregnancy that threatened her own life, has showcased how abortion bans – even with exceptions – do not work. After Kate Cox, mother of two, learned from her doctors that her fetus had a fatal condition, she sought an abortion to protect her life and future ability to have children. Last week, the Texas Supreme Court overruled the determination of her physicians and the lower court. Kate’s life could not wait while this political theater played out and she was forced to leave her home state in order to receive medical care to save her life.

Everyone has the right to make decisions about their own reproductive lives without government interference. [Which is why we are calling on Congress to pass the **Women’s Health Protection Act \(WHPA\)**.](#)

Abortion access is vital to women’s ability to control their lives, bodies and futures. Congress must act to protect women and all people who might need this lifesaving care, because access to critical health care should not depend on where someone lives. The [Women’s Health Protection Act \(WHPA\)](#) would protect abortion care as a statutory right and prohibit restrictions including arbitrary deadlines like 6- or 20-week bans, biased counseling, and mandatory ultrasounds. These restrictions are medically unnecessary and rely on “exceptions” that as Kate’s case shows, can be nearly impossible to get.

[Take action now and every day until your members of Congress support and pass the Women's Health Protection Act!](#) Without reproductive freedom, there can be no equity.

Take Action

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

AAUW

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advocacy@aauw.org

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When women
support each other,
incredible things
happen.



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

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