

As I reflect on this past year I am grateful for the opportunity to have been your President. The support and participation from all of you has made my position of leadership a pleasure. I sincerely want to thank Gail Rivell, Lisa Gambino and Pat Stochlinski as they worked so contentiously throughout the entire year. Gail graciously stepped up to help us as Vice President. She helped us in so many ways especially with our Psychic Nights, thank you Gail for your assistance. Gail, Lisa and Pat have graciously assumed more responsibility, which assisted me greatly as I took on another leadership position within my community. My heartfelt thanks to Gail, Lisa and Pat.

Our guest speaker for our meeting will be Rachel Johnston who is the Community Affairs Manager for Providence House Domestic Violence Services. Rachel will be explaining how Providence House interacts throughout our communities and helps victims of domestic violence. There are many ways in which we can assist and or contribute to this wonderful organization. Be sure to join us as Rachel joins us at our meeting.

Looking forward we are fortunate to have the following ladies as the new incoming officers:

President, Lisa Gambino
Vice President, Gail Rivell
Treasurer, Jacqui Munzing
Secretary, Dawn Silvani

Congratulations to Melissa England our scholarship recipient for this year. Unfortunately she will not be able to join us for her award. We hope she will be able to attend another meeting to share her story with us.

I look forward to seeing you all at our meeting on Tuesday June 13th at Buon Appetito on Route 9 in Bayville at 6 PM for our meet and greet with our meeting starting at 6:30 PM

Thank you members for your dedication to BPWSOC. You have made my last years as your President fruitful, fun, and blessed. I look forward to many years of participation and friendship.

Best regards,

Cyndy Friedland
President





MEMBER BIRTHDAYS:

Lisa Gambino - June 21
 Donna Montana - June 23
 If your birthday is June 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)**



**"The biggest difference between
 TIME and MONEY..
 You always know how
 much MONEY you have but you never
 know how much TIME you have ."**
Women Working

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 (our Webmaster's) home address).

UPCOMING MEETING/EVENT DATES:

June 13 - Scholarship Awards and Installation of Officers - Buon Appetito

July 11 - Fun night at Judy Cantor's house (Information to follow)

August - 8 - Pool Party at Jennifer Armstrong's house. (Information to follow)

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!!!**

INSTALLATION OF OFFICERS

The following slate of officers will be installed for 2023-24

- President - Lisa Gambino
- Vice President - Gail Rivell
- Treasurer - Jacqui Munzing
- Secretary- Dawn Silvani
- Respectfully Submitted, Carol Lieber, Nominations Chair

SCHOLARSHIP RECIPIENT

Melissa England



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



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.



Summer is here
at the Jersey Shore!

Donate



Computer Tips:



This seems to be a constant issue that is not going to go away anytime soon. I apologize to keep talking about it, but apparently it is needed and the top phone call that I receive. Clients call and say, "I got an email, is it real?" No, Nope, Nada. The simplest thing to tell you, is if you are not talking (in email) with a friend or colleague and it is from anyone else that you do not know or looks like a company you deal with - Just ignore it.

If you become familiar with how to know that it is fake or a scam: report it to spam (every email service has an option: you put a check mark on the email in the inbox and click on the "Report to Spam or Mark as Junk" icon (or something similar). Then, go to the account they claim to be (sign in, if you access online) or get your statement out and call the company (be careful if you google the company's phone number - most likely you will go down a rabbit hole with more fake information). Use the tools within the account to contact them or report. Call the number on your statement.

I highly recommend everyone read this article and use it for future reference:

The Federal Trade Commission:

[How to Recognize and Avoid Phishing Scams](#)

Thank you,

Lisa

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Lisa A. Gambino

Certified Computer Technician & Professional (Virtual) Assistant

A2Z Computer Help

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Home Office: 732-237-9704



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.

Go to: <https://dc-aroma.com/blogs/news/need-support-during-this-challenging-time>



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Reading Corner

Author: Ellen Marie Wiseman

Title: *The Plum Tree*

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 are lucky to live in an area where businesses are dedicated to our health and wellness. A few Therapy Benefits for our physical functions that leads to a better mind to carryout daily activities and tasks:

- Cryo is cold reducing inflammation, helps anxiety, muscle pain and headaches
- Infrared provides better circulation, immune boost, lowers blood pressure, detoxifies
- Stretching which is isolated, assisted relief of problem areas and balances overuse



Bob
Menendez
United States Senator

New Jersey has one of the best public education systems in America – due in large part to the quality

and dedication of our teachers. They're the best our nation has to offer and it's not just us who are saying it, *US News and World Report* ranked our PreK – 12th-grade education as the best in the country.

Bob himself is a proud product of the New Jersey public school system. While he was a good student, he always struggled with public speaking.

But it was a New Jersey teacher, Miss Gail Harper who made the difference. She worked with Bob after class and helped him practice reciting poems and short stories. By the time she was done, Bob could get up and speak in front of the entire school. Because of Miss Harper, he found the power of his voice, which he's used every day since to advocate for New Jersey families.

Miss Harper – and teachers like her – are exactly why our school system is something we should all be proud of, and something we should all strive to protect.

Next week is National Teachers Appreciation Week, so join Bob and all of us on Team Menendez as we thank every teacher for their tireless work for **ALL** New Jersey children. [Please join us by clicking here to thank teachers across our state.](#)

THANK NJ TEACHERS >>

Bob keeps teachers close to his heart and is immensely grateful to them as they work to educate and inspire our children, all while continuing to fight Republican attacks on our education systems and efforts to censor lessons and ban books from the classroom.

[So, please, take a moment out of your day by clicking here to join Bob in thanking our amazing teachers for everything they do to inspire the next generation of young leaders.](#)

THANK NJ TEACHERS >>

Thank you,

Team Menendez

DONATE MONTHLY

DONATE ONCE



This week, Congress reintroduced two bills that would have great impact on women in the workforce: the Family and Medical Insurance Leave (FAMILY) Act and the Healthy Families Act.

[Paid leave saves lives and livelihoods-- take action now.](#)

Women disproportionately bear the economic opportunity cost of providing care for children or elderly family members or doing things like taking them to the doctor. Yet unlike the majority of developed countries worldwide, the United States does not guarantee paid annual leave, paid time off for illness or family care, or paid parental leave. This results in many women putting off seeking health care for themselves because they cannot take time off work, affecting their abilities as employees and primary caregivers.

Urge your members of Congress to support the FAMILY Act and Healthy Families Act to finally provide the support American workers need trying to meet the demands of work and life. While Congress took steps during the pandemic to provide broader access to emergency leave, it soon expired and millions are back at square one. Access to paid leave should never expire.

[Urge your members of Congress to support the FAMILY Act and the Healthy Families Act today!](#)

Take Action

[AAUW](#)
1310 L St. NW, Suite 1000
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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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Our mailing address is:

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