

Business and Professional Women Southern Ocean County

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February 2022 Newsletter
www.bpwsoc.org



Facebook Website



Take a journey into loving yourself with this heart opening experience led by Jakki Gioia.

Right in time for Valentine's Day, enjoy a little pampering, relaxation, acupressure lesson, original song performance and heart warming meditation. Accompany it all with the Chocolatetini recipe and the sensuous aromatherapy products being sent. Check your mailbox! (Yes, the *real* mailbox!) This is a brief sample of Jakki's offerings. *Make the time for you and come to our meeting on Feb 8th!*

PRESIDENT'S MESSAGE

Your officers have decided to hold our meetings on Zoom for February and most likely March. Be sure to join us at our regular meeting date of the second Tuesday of the month. We will start at 6:30 PM. (we will send out Zoom info in a separate email, feel free to ask friends, family, colleagues to join us).

This month Jakki Gioia will speak to us on the topic of self love, positivity and affirmations. This will be a great topic for us as Valentine's Day is just around the corner!!

We are fortunate to have a variety of professionals in our organization. We all bring our expertise to present, share and expand our visions and aspirations. As we look forward to what our visions are, think of how you can help a sister with your skills.

Did you know that we are part of Business Professional Women International. You can check this out at BPW-International.org. There are headquarters in Washington, DC and approximately 100 countries throughout the world. The major thrust of the organization is to make a difference in the lives of working women as we work together to create the changes needed for equitable work environments and supportive communities. There are other chapters throughout the United States as well We should check these out if planning to travel. It would be interesting to attend a meeting with distant "sisters". We never know what can transpire!

Best,

Cyndy Friedland



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Website

**MEMBER BIRTHDAYS:**

There are no February birthdays in our current member roster

If your birthday is in February and we missed you, please let us know. Happy Birthday!

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).

2022 Schedule**February 8 - ZOOM MEETING - Jakki Gioia, Speaker:**

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March 8 - regular meeting (Guest Speaker TBD)**April 12 - regular meeting****May 10 - regular meeting**

Our "Holistic Fair"- September 2022 - Date 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!!!



This is where we send Sunshine to a Member/Member 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 all of our members a Happy and Healthy New Year.



"As you journey through life, there's gonna come a time where you find yourself walking alone. Chin up sunshine, you're gonna be okay."
amazingmemovement



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



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 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:



Printers:

Printers are very finicky and fragile (especially the parts inside).

I find printers to be at the top of my list for people needing help due to the fact that it won't print, it's stuck, there is nothing printed on the page, it is offline, etc...

Here a few tips to help with your printer:

The very first thing to do if your printer is offline or not printing is to Power Off the printer (this is with the power button and/or the power cord that goes into an electrical socket in your wall - you can do both). Then, restart your computer in Windows 10 and Windows 11, you click on the "Start" button (this is the Windows logo, bottom left corner of screen & also on your keyboard (white inside black square)), then you click on the power icon & choose "Restart" or you would be clicking on "Shut down" if you were just going to be shutting down or turning off your computer. In Windows 11, the "Start" button is now moved toward the center of the screen (the taskbar is basically centered now) and the button is blue and the steps are the same. Once this is done, you can go back to your printer and plug it back in and press the power button. Then your computer will be restarting and you either sign in with a user password or it just starts up at what is called your Desktop (give it a few minutes for programs to start back up etc... and everything to acclimate themselves). Once done, go to a file or an email that you wish to print. Try to use the Printer icon or print function within the file, photo, or email (usually a little icon) or the keyboard shortcut "Ctrl + P" will give you the print screen, now you would review what is going to print, be alert to view the "Destination" this is where your printer must be chosen, then you can choose how many pages, copies, and various other settings for the print. Once you have all of your choices, click on "Print". Many variables need to be considered, when your printer is not connecting or printing; is your printer connected wirelessly or directly with a USB cable (or even with an ethernet cable). Most people using a desktop computer are connected directly with a USB cable - so, you would check this connection. If you are connected wirelessly, you would check that the printer is still set up wirelessly (sometimes a wireless connection just loses its connection - no good excuse other than the fact that it is wireless, it is a signal - these things are not perfect, the signal gets lost or interference occurs - again many variables), did you get a new Router/Modem - did your wireless name and password change? If so, the printer would need to be reconfigured. And, if your computer is using a wireless connection, the same would need to be done here. You can only print wirelessly if the device you are printing from and the device you are printing to are on the same Wifi Network. You can open your Control Panel on your computer and go to Devices and Printers and see what it is showing for Printers (one of the printers shown, should be your Printer and it should have a green circle with a white check mark on it designating it as the "default printer" for your computer. This means that when you go to print from the computer, it will usually default to this printer - being the correct one to print to (but, again many variables can add to the change or loss of connection - this is another discussion).

Once you have done all of the above, if your printer still does not print - Call a Computer Technician for Help! (or, **one more tip**, act as if it is a new printer and reinstall it). **Another tip, Print at least one thing every day, or your inkjet cartridges will dry up (and render a print with nothing printed).**

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["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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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>



Journey into JOY™

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

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Title On Mystic Lake

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



Health Tip from Gina Dinkey

We hear about avoiding salt/sodium yet live near the shore with sun and sea salt and the lovely air draws many of us due to negative ions. Authentic himalayan salt lamps are said to have a similar effect. Many of us have seen more air purifiers around recently for the same reason. There is also Halotherapy which is [Salt rooms](#) where you sit and relax with many benefits including issues with skin, sinuses, allergies and asthma. A neti pot is saline wash which flushes the nasal cavity. [Float pod/spa therapy](#) is bath like with epsom salt such as used in baths or foot soaks. There is a filter which runs before and after every session. This aids in multiple areas such as muscle recovery from sports or injuries, circulation, stress and PTSD. You feel weightless and receive the ability to let everything go which is healing for joints.

Health tip from Gina Dinkey



LEGISLATION

Friends,

From Senator Robert Menendez

As I close this week and prepare to head back to Washington, there are a few things on my mind I'd like to share with you. First, as you probably saw in the news, Supreme Court Justice Stephen Breyer announced his retirement this week. This creates not only a vacancy but a huge opportunity for President Biden to appoint his first Supreme Court Justice. He has already reaffirmed his promise to appoint the first Black woman to serve on the highest court in the land, and while we don't yet know who that will be, I look forward to working with the President to seize this opportunity to make history.

Second, we are starting to see the flow of funds to New Jersey made possible by the Infrastructure Investment and Jobs Act we passed last year. Our previous President talked a lot about infrastructure, but he never delivered. As I've said in the past, President Trump cared more about building silly

get the job done.

The good news is that over the next five years, more than \$1.1 billion will help repair and replace our 500+ dilapidated bridges throughout New Jersey— starting with this initial infusion of \$229 million for 2022.

[This week, I was joined by Senator Cory Booker, Congressman Bill Pascrell and Governor Phil Murphy to announce critical repairs to the Route 3 eastbound bridge .](#)

This bridge, built in 1934, is used by over 150,000 vehicles daily to cross the Hackensack River via Route 3. The ever-growing demand placed on this bridge has prompted NJDOT to make several repairs and complete emergency work over the years. Thanks to this infrastructure funding, we can focus on building a new, modernized eastbound span across the Hackensack River— one that also opens up the possibility for future light rail projects.

In the coming weeks and months, we'll continue to see funds being allocated to projects like this one. That's why I'm convinced the Infrastructure Investment and Jobs Act will unleash American ingenuity and help us build a more resilient, more sustainable, and more productive economy.

And we have no intention of stopping there. We must keep fighting for the remainder of President Biden's Build Back Better agenda. Lifting children out of poverty, making child care more affordable, addressing the climate crisis through the creation of new green jobs, and providing hardworking homeowners with tax relief – these are investments that will make life better for families like yours.

I hope you and your family are staying safe and healthy this winter.

If you're not already, make sure to follow me on [Twitter](#), [Instagram](#), and [Facebook](#) to stay up to date on what's happening in New Jersey and the Capitol, and stay tuned for future emails with more opportunities to share your thoughts with me.



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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