

Business and Professional Women Southern Ocean County

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August 2020 Newsletter
www.bpwsoc.org



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A MESSAGE FROM OUR PRESIDENT

I heard a phrase the other day from one of my friends and it really struck me funny... And then I thought about it!

“ Hocus-pocus... Change your focus”

After a few chuckles I thought about this and looking at different situations that we face daily whether it's professionally or in our personal lives we are challenged with strange or different takes on what is said or what we hear. In conversation it's easy to understand what is being relayed to us, however if it's a text or something else in writing we form our own opinion of the statement. Thinking about this if it's something that is upsetting to me I try to take a step back and think of what exactly is being said. For some reason taking a negative connotation comes naturally... Taking a second look at the statement brings a better focus. So, I'm looking at taking another focus! Think about that...

I would be remiss if I did not remind everyone to be sure that you are registered to vote! Be sure to check that all your family, extended family and friends are also registered it is our right to do this and very important one.

Another reminder is to be sure to fill out your census form! If you have not done it please be sure to do so it's available online. A few minutes of your time is critical for our county and state.

Social distancing is still something we need to practice religiously and of course wearing our masks! People will know if you're smiling they can see it in your eyes! Please be safe and do the right thing... Your life is precious as is your family and friends.

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Prez



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IT IS TIME TO PAY YOUR DUES FOR 2020/ THE DUES ARE \$75.00 PLEASE SEND YOUR CHECK PAYABLE TO: BPWSOC, TO LISA GAMBINO, 166 BUTLER BLVD., BAYVILLE, NJ 08721

DUE TO THE COVID19 HEALTH EMERGENCY

BPWSOC Meetings will be held remotely. You will receive an email with instructions.

2020 Schedule:

August 11 - - BPWSOC Meeting - SINCE THE SURFLIGHT OUTING HAS BEEN CANCELLED,

Our next meeting which is slated for August 11 at 6 PM will be a social event at The Waterfront Restaurant, 361 E. Lacey Rd. Forked River New Jersey. They do not take reservations so hopefully we will be able to get a few tables socially distanced and be able to joy a fun evening together!

September 9 - BPWSOC MEETING

October 13 - BPWSOC MEETING

November 10 -BPWSOC MEETING

December 8 - BPWSOC MEETING



MEMBER BIRTHDAYS:

Gina Dinkey - August 13

Diane Kent - August 15

Jakki Gioia - August 24

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



This is where we send Sunshine to a Member who has had a celebration or we're sending wishes to get well or sympathy.

All the best wishes to everyone and thank you for your thoughtfulness!



"At the end of your life, you will never regret not having passed one more test, not winning one more verdict or not closing one more

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(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!!!



Our Scholarship Awards are closed for 2020 and will be given out when we are able to have an in-person meeting. Thank you to all our applicants! You can [download an application](#) to apply on our website, each year, by April 30th.

riend, a child or a parent.."
Barbara Bush



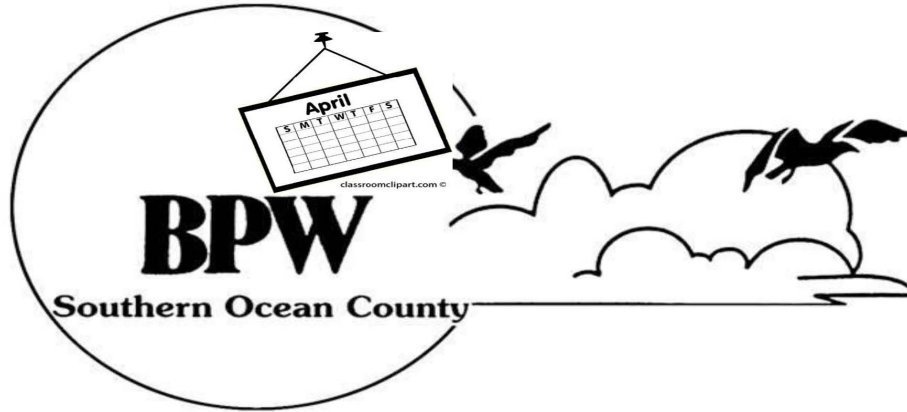
Rosie the Riveter is a cultural icon of the United States, representing the American women who worked in factories during World War II. Rosie the Riveter is commonly used as a symbol of feminism and women's economic power.



www.BPWSOC.org



This is a little note from our Membership Coordinator: Diane Kett...



Gloria's Gang of Gorgeous Girls Luncheons on Saturdays



Computer Tips:



PC Tip:

Be smart, be safe, research, etc...please "Do Not Click" on any "link" you see (review it, does it look real - does it even mention the company or subject you are looking for? or researching? Additionally, "emails" - "Do Not Click" on just any email you think looks real or on a random email address with an [@gmail.com](mailto:lisag@a2zcomputerhelp.com) or [@aol.com](mailto:lisag@aol.com) or @any other provider . com or is it a bunch of crazy numbers and symbols. You will know when something is real (from me: lisag@a2zcomputerhelp.com) - but, I do have to say "beware" - because sometimes an email address is duplicated and it may look like it is from me. Review the email. Then in a new email, send me a note and ask (or ask the party trying to reach you). In the case of it being a business ie... NJNG, JCPL, Comcast, Geico, Amazon, etc... - take out an actual bill or sign into your account and find the contact information and contact that company and ask. Please be careful with "Google-ing" telephone numbers - the ones that come up are usually not real, be very careful.

These are the times we live in. The Internet is the biggest source of knowledge for anything we want to know. But, it is also a breeding ground for criminals and scammers - it is what it is. I like to say, look for the best and do your best and ask your professionals for help.

Thanks, see you soon, Lisa

--

Lisa A. Gambino

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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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"Be Nice to Yourself!"

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Reading Corner

Author: Fern Michaels

Title: Cut and Run

Author: Susan Guckin

Title: [The Camouflaged Heart](#)

Note: Susan Guckin is Past President of BPWSOC



World Wellbeing Week was June 22-26th in it's second year and promotes awareness. Figured I'd share since these align with feelings toward COVID-19 lockdown and reopening phases. My company executive interviews covered some tips for a topic each day as follows:

- Stay connected - Connect overall emotionally to the end goal, not just seeing action items
- Be active & healthy - Plan exercise activities as easier than trying to squeeze into schedules allowing no excuses and results in quality of work is better that in turns gives back time
- Maintaining emotional & mental health - During times of stress keep connections which will feed itself, keep key relationships during isolation, reconnect to why your tackling a task and what adds value, focus what you can control and accept or it will become exhausting, laugh at self as saying goes a frown is more takes effort and try routine thankfulness remembering that a new habit is built after 21 days
- Keep learning - Be curious, take a first step, seek alternatives, share experiences, listen, inspire others
- Giving Back - Think about a cause that you appreciate. Getting involved makes you smile and delights you just as this group does for our members!

I recently attended a course on the Science of Wellbeing and studies show it's not things like grades or material purchases which make us happy, rather it is the experiences such as going to a concert. Then talking about it will resonate with others thus replaying and helping it to stick around.

When women support each other, incredible things happen.



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





Legislative Update
CONNORS, RUMPF & GOVE



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9th District

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[Connors, Rumpf & Gove Say “NO” to Unconstitutional Trenton Scheme to Borrowing Billions](#)

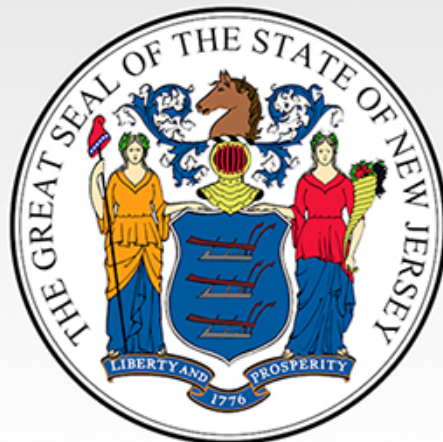
  



Connors, Rumpf & Gove have made clear to their colleagues and the Murphy Administration that they outright reject a legislative proposal to authorize the state to borrow \$10 billion, without voter approval.

[Click for Full Story](#)

[You Can Tell Legislative Leaders to Place Limits on Executive Orders](#)



Since the emergence of COVID-19 in New Jersey back in March, Governor Murphy has chosen to govern almost exclusively through the issuance of Executive Orders. You can help send the message to legislative leaders that they must advance proposals that place reasonable limits on executive authority.

[Click for Full Story](#)

[Connors, Rumpf & Gove Oppose Legislative Redistricting Scheme](#)



Connors, Rumpf & Gove announced they will be voting against a legislative proposal to delay the redistricting process that is being fast-tracked to avoid public scrutiny and deliberation.

[Click for Full Story](#)

[Connors, Rumpf & Gove to Governor: Don't Let Motor Vehicles Services Become Another Unemployment Debacle](#)





Connors, Rumpf & Gove called on Gov. Murphy to take swift action and direct the necessary resources to MVC facilities that were overwhelmed on the first day of opening after closing during the state of emergency.

[Click for Full Story](#)

[Connors, Rumpf & Gove Start Online Petition to Save Senior Freeze and Homestead Benefit Programs](#)



Connors, Rumpf & Gove have launched an online petition urging Gov. Murphy not to cut the Senior Freeze and Homestead Benefit property tax relief programs.

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July 30, 2020

Act

On Monday, the U.S. House of Representatives voted by unanimous consent to approve a measure to rename a voting rights bill the "John R. Lewis Voting Rights Advancement Act." With so much at stake each time we head to the ballot box, particularly in an election year when Americans are struggling against a pandemic and economic crisis, it's crucial that everyone is able to make their voice heard.

- The John R. Lewis Voting Rights Advancement Act (H.R. 4/S. 4263) responds to the wave of state voter suppression laws that make it difficult

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- The original bill, the Voting Rights Advancement Act (VRAA), passed the House in December 2019 with bipartisan support. Representative Lewis presided over the vote.
- Urge your Senators to support the John R. Lewis Voting Rights Advancement Act to ensure everyone is able to exercise their right to vote — [take action today](#).

Learn

On Monday, Senate Majority Leader Mitch McConnell introduced the Health, Economic Assistance, Liability Protection and Schools (HEALS) Act in the Senate. Despite the \$1 trillion earmarked to address critical needs, the bill leaves far too many individuals and families with little relief to fend off the COVID-19 crisis.

As Congress negotiates a comprehensive package in the coming days, key differences between the more comprehensive House-passed HEROES Act and the Senate-proposed HEALS Act reveal several shortfalls on key AAUW priorities that must be addressed.

- One-third of the \$70 billion for K-12 education in the HEALS Act is available immediately to all schools, however the remaining two-thirds is reserved for schools offering in person instruction. This would force schools to re-open without adequate consideration of safety concerns.
- Under the HEALS Act, only out-of-work borrows will be afforded debt relief; all others will resume payments beginning in October 2020.
- The HEALS Act does not include provisions to expand or make permanent paid leave protections.
- Although both the HEROES and HEALS Acts allocate funding for child care providers, they both fall woefully short of the estimated \$50 billion needed to ensure providers can operate safely.
- The HEALS Act reduces additional unemployment compensation from \$600/week to \$200/week.
- No funding is allocated in the HEALS Act to support election infrastructure that makes voting accessible and protects the health and safety of poll workers and voters.

The country is suffering as we face the dire health and economic consequences of a virus that continues to spread. Congress must take immediate and deliberate action to provide relief during these unprecedented times.

Engage

- AAUW joined with our partners at the Leadership Conference on Civil and Human Rights to [call on Congress](#) to address 10 key principles pertaining to the health and economic consequences of the COVID-19 pandemic in their legislative response.

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- AAUW, the National Partnership for Women and Families, and several other allies [penned an open letter](#) to employers articulating the need for flexible and fair working conditions for parents who are striving to meet the dual demands of family and work during this crisis.

Help strengthen AAUW's voice with policymakers with a gift to AAUW.

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