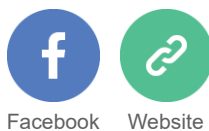


Business and Professional Women Southern Ocean County

[View this email in your browser](#)December 2020 Newsletter
www.bpwsoc.org

A MESSAGE FROM OUR PRESIDENT...

These are challenging times for sure. Every day we find new avenues to take in keeping our business' moving forward, or at least keeping pace. The Pandemic has curtailed our lives in every facet whether we like it or not. Having to miss family events, concerts, gatherings, we have been able to survive, thank goodness. We have been fortunate to hold our meeting outdoors during the summer, and early fall. Hopefully, we will not have a problem with our meeting this month... So far, our Governor has not shut down restaurants...yet... Should this happen our alternative will be to Zoom, but, we will miss the camaraderie.

*Our meeting will be on Tuesday, December 8th at Breaker's Kitchen & Tap in Waretown starting with our meet and greet at 6 PM. Dinner and meeting will start at 6:30 PM as usual. As we are starting the Holiday Season we will have a **Holiday Grab Bag Swap...bring a wrapped gift (up to \$20.) for the "Swap"**.*

RSVPs appreciated...text 1-609-290-5040 and leave your name and if you are bringing a guest.

Also, **Kristen from Hearts of Mercy, has accepted our invitation to join us for our Holiday Dinner/Meeting** and we will be presenting her with a monetary donation. (Members are asked to make a donation to BPWSOC and the difference will be rounded off to the agreed upon figure to Hearts of Mercy from us).

Be well, be safe, keep social distancing and wear your mask!!!

Best,

BPWSOC President



Facebook



Website



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, TO LISA

GAMBINO, Treasurer, 166 BUTLER BLVD., BAYVILLE, NJ

08721

[We are practicing Safety Guidelines for COVID 19](#)

2020 Schedule

December 8 -BPWSOC Holiday Dinner/Meeting at: BREAKERS KITCHEN AND TAP "PLEASE RSVP"

go to www.BPWSOC.org and [CONTACT US](#), if you are planning to attend - Thank you!

2021 Schedule

Saturday - April 24, rain date/May 1st: this is a tentative date for our "Holistic Fair"

(members are currently working on a 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.)



MEMBER BIRTHDAYS:

December 7 - Gina Cannone

If your birthday is in December 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.



"Do what you feel in your heart to be right, for you'll be criticized anyway."

Eleanor Roosevelt

RSVP, if you wish to attend - your input is important.

**REMEMBER TO BRING YOUR BUSINESS INFORMATION
FOR NETWORKING to Meetings & all Events!!!**



**Our Scholarship Awards are closed
for 2020 and were awarded at our
October meeting.**

Congratulations to our 2020

Scholarship Recipients:

Christine Rodriguez-Unalt

Kara Casale

Jessica Heim

Jakki Gioia

You can [download an application](#) to
apply on our website, each year, by
April 30th.

(2021 applications are usually
available in December)



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



Computer Tips:



 Compose


▼ Mail

 **Inbox** 224

 Starred

 Snoozed

 Important

 Sent

 **Drafts** 2

▶  Categories

Gmail Tip:

*In the upper left corner of Google's Gmail (Gmail is a free email service developed by Google), **in the Chrome Browser** (Google Chrome is a cross-platform web browser developed by Google), **are 3 horizontal lines (this is a "menu" symbol/icon) and if you click on it - it will show or hide your "Main Menu" items (they will either be shown as icons/symbols or as text, ie... Inbox, Starred, Snoozed, Important, etc..)***

***Wishing you and yours a Very Happy & Merry Christmas!
If I do not see you sooner, see you in the New Year!***

Thanks, Lisa

--

Lisa A. Gambino

Certified Computer Technician & Professional (Virtual) Assistant

lisag@A2ZComputerHelp.com

Home Office: 732-237-9704

["Like" my page on Facebook](#) and [Twitter](#)



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

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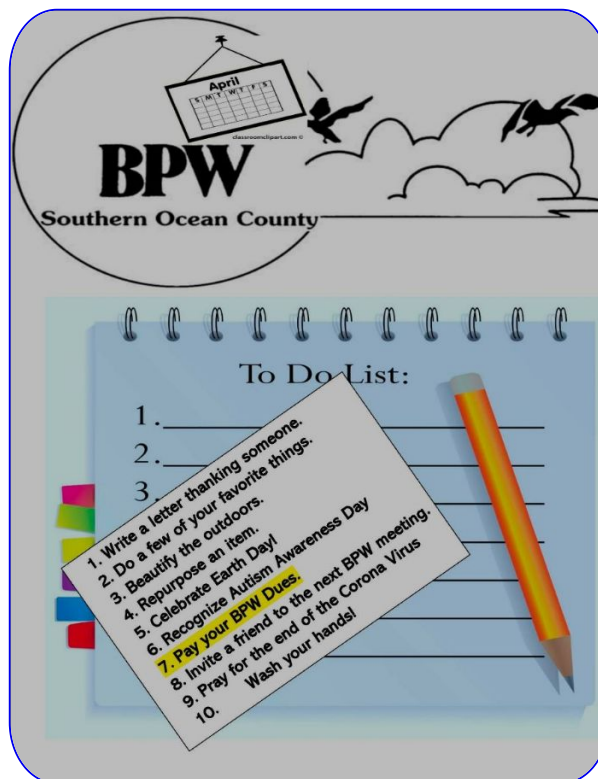
Reading Corner

Author: Sheryll Woods

Title: Waking up in Charleston

Note: Susan Guckin is Past President of BPWSOC

This is an important note from our Membership Coordinator: Diane Kett...



When visiting Vieques Puerto Rico early this year, I had done a Tai Chi session on the beach. The instructor led me to follow <https://www.towardharmony.com/> located in Massachusetts. In the past I had done some classes locally including Qigong, however they are few and not easy to find in the evenings and weekends. Covid times have provided the ability to pursue both practices further virtually. This allows the master to correct your postures, moves plus answer any questions. If you subscribe to their mailing list, will receive chi tips and there is also a facebook page where videos are shared.

Both are Chinese traditions based on martial arts with no equipment required other than your own body weight. They can be done outside or at home and practiced standing, walking or sitting. They are gentle, low-impact and can improve balance and flexibility. This happens through muscle control by restoring your energy which is called chi/qi. My focus has been on Qigong Dragon Tiger form having seven movements and Tai chi Wu style which is one of five different types. I've experienced increased awareness with



LEGISLATION



Legislative Update CONNORS, RUMPF & GOVE

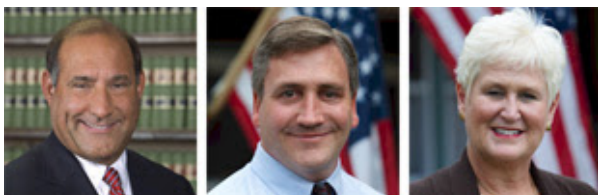


facebook

NJ's 9th Legislative District

Like Page

[Click here to visit Connors, Rumpf & Gove on Facebook and LIKE their page!](#)



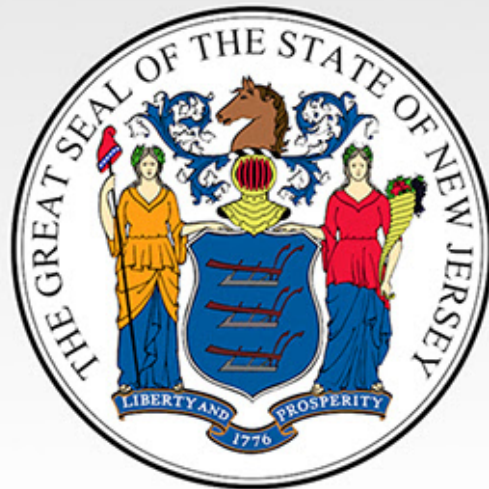
9th District

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senconnors@njleg.org

609-693-6700

[Connors, Rumpf & Gove Support New Laws Improving Protections for Residents of Long-Term Care Facilities](#)



In representing the interests of their constituents, Connors, Rumpf & Gove supported and voted for bipartisan legislative initiatives that have been enacted to increase protections for residents and staff of long-term care facilities.

[Click for Full Story](#)

[Connors, Rumpf & Gove Oppose Marijuana “Modernization Act”](#)



Calling it a train wreck in the making, Connors, Rumpf & Gove expressed their opposition to the ‘New Jersey Cannabis Regulatory, Enforcement Assistance, and Marketplace Modernization Act.’

[Senior Freeze Application Deadline Extended from 11/2 to 12/31](#)



The application deadline for the Senior Freeze Program has been EXTENDED from November 2, 2020 to December 31, 2020.

[Click for Full Story](#)





Act — *Take action on the most pressing policies*

As we enter a long winter holiday season, Americans need help now. Quickly rising COVID-19 cases, [the detrimental and disturbing impact on women's ability to participate in the workforce](#), and the chilling silence from our elected officials has left this country in dire need of relief.

Your vote is only one part of your voice in our democracy—now we must hold our officials accountable. The U.S. House of Representatives passed the HEROES Act seven months ago without subsequent action in the Senate. Revisions to the bill this fall maintain key provisions from the original bill, including additional funding to bolster education and childcare, and offer a path forward to keep the country safe while stimulating economic recovery. Support our communities in need and [take action for the HEROES Act today](#).

Learn — *Dig deeper into the issues that matter*

In spite of the pandemic, Americans showed up in record numbers at the polls—across race, gender, age, and zip code—to elect many diverse women to positions of power. Notably, Kamala Harris [became the first woman, Black American and South Asian American elected to the second highest office in the land](#). Now is the time to shift our attention to advancing the rights of women and girls in the United States.

- Reach out to newly elected officials and remind them of your priorities. Revisit the [2020 Voter Issue Guide](#) to direct questions on health care, voter access, paid sick and family leave, equal pay, college affordability and campus sexual harassment and violence.
- This year underscored the importance of investing in voter access to help every American cast their ballot in safe and accessible ways. Contribute your voice in support of passing the [John R. Lewis Voting Rights Advancement Act](#), which includes critical voter protections.
- As we look to move policy issues forward in the coming year, quick action from our Action Network is crucial. Ask your friends and family if they'll join you in engaging with policymakers by signing up for our [Two-Minute Activist tool](#).

Engage — *Share the important work we're doing*

- Please join AAUW CEO Kim Churches and Irasema Garza, the senior advisor to the AAUW Latina Policy Initiative, to hear about a new collaboration on the status of Latinas and the impact of the pandemic on their economic security and wellbeing. [RSVP](#) to join us today at 4 p.m. ET. (The webinar recording will be posted next week for those unable to join today.)
- The 2020 update to [The Simple Truth about the Gender Pay Gap](#) is now available. It focuses on the impact of the COVID-19 pandemic on women's economic security, the projected rate of change for the closing of the gender pay gap based on race, and the work that must be done by policymakers and employers to accelerate that narrowing.
- AAUW's [Legal Advocacy Fund](#), created in 1981, has provided millions of dollars to balance the scales of justice for people working toward gender equity through the legal system. We recently streamlined our application and grant-making system to provide more timely and targeted support to plaintiffs facing sex discrimination in employment or education. We also launched a new opportunity: Clinic Campus Outreach Grants are available to law school clinical programs in California and New York that address legal claims regarding gender equity, particularly in the education and employment realms.

Strengthen our voice with policymakers with
a gift to AAUW.

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[Washington, DC 20005](#)

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When women
support each other,
incredible things
happen.



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

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