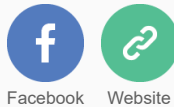


Business and Professional Women Southern Ocean County  
July 2020 Newsletter  
[www.bpwsoc.org](http://www.bpwsoc.org)

[View this email in your browser](#)



Facebook Website

\*\*\*\*\*RESERVATIONS ARE NECESSARY\*\*\*\*\*

WHAT..... BPWSOC July 14th meeting

WHERE...The Captain's Inn, Forked River

WHEN..... Tuesday, July 14th at 6 PM.

RESERVE...Please leave message at 1-609-698-4459 with your name and how many are coming with you

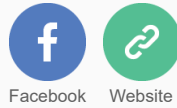
-----  
They have a lovely dining area set up outside with social distancing. The servers and assistants are wearing masks and gloves, service is in disposable dishes and plastic utensils. Let's keep our July tradition going!!!

We are all coping with the restrictions of the Pandemic in so many ways. We are survivors doing what we do best. Professionally we are maintaining our businesses, personally keeping our masks on at appropriate times and keeping social distancing in practice and finding ways to keep ourselves moving forward. It's not always an easy task for sure. What can we do for each other to cope with our every day challenges? It takes personal strength, support, and a ton of courage to keep our focus on our progress.

As a professional and supportive group we have kept together through Zoom and social media, personal phone calls or other means of communication, this is what we do. Our strength is an important part of our character. Also important aspects that we can share are trustworthiness, respect, responsibility, fairness, caring and citizenship. In supporting one another we share these qualities without even thinking we share these traits with one another. This is what makes our relationships special. We support our sisters...an unwritten code of the road. These are characteristics we share within our members, family and friends.

Our summer plans most likely are altered this year and we will make the best of each situation we face. Beach time will be available as long as everyone is responsible. Socializing is at a distance...we miss the handshakes and hugs...but it's not forever...let's hope! We can enjoy each other's company responsibly...let's do it!!! Where there's a will there's a way for us all to embrace these summer months. Keep smiling, keep your distance, and yes...wear your mask!

Cyndy Friedland  
BPWSOC President



**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**

**MEMBER BIRTHDAYS:**

Pat Stochlinski - July 2  
Susie Guckin - July 8

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

**DUE TO THE COVID19 HEALTH EMERGENCY**  
BPWSOC Meetings will be held remotely. You will receive an email with instructions.



2020 Schedule:

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

**July 14 - BPWSOC Meeting - out and about at CAPTAINS INN**

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

\*\*\*\*\*RESERVATIONS ARE NECESSARY\*\*\*\*\*

WHAT..... BPWSOC July 14th meeting



WHERE...The Captain's Inn, Forked River

WHEN..... Tuesday, July 14th at 6 PM.

RESERVE...lease message at 1-609-698-4459 with your name and how many are coming with you

**"When life seems hard, the courageous do not lie down and accept defeat; instead, they are all the more determined to struggle for a better future."  
Queen Elizabeth II**

They have a lovely dining area set up outside with social distancing. The servers and assistants are wearing masks and gloves, service is in disposable dishes and plastic utensils. Let's keep our July tradition going!!!

**August 11 -- BPWSOC Meeting - Special Event:**

**Surflight Dinner Theatre Scholarship Fundraiser - Save the Date -**

**Mama Mia & Dinner at The Engleside Inn WE WILL**

**HAVE MORE INFORMATION ABOUT THIS EVENT BY  
THE JULY MEETING**

*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!!!***

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## Summer of 2020 (August 11th, 2020)



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.

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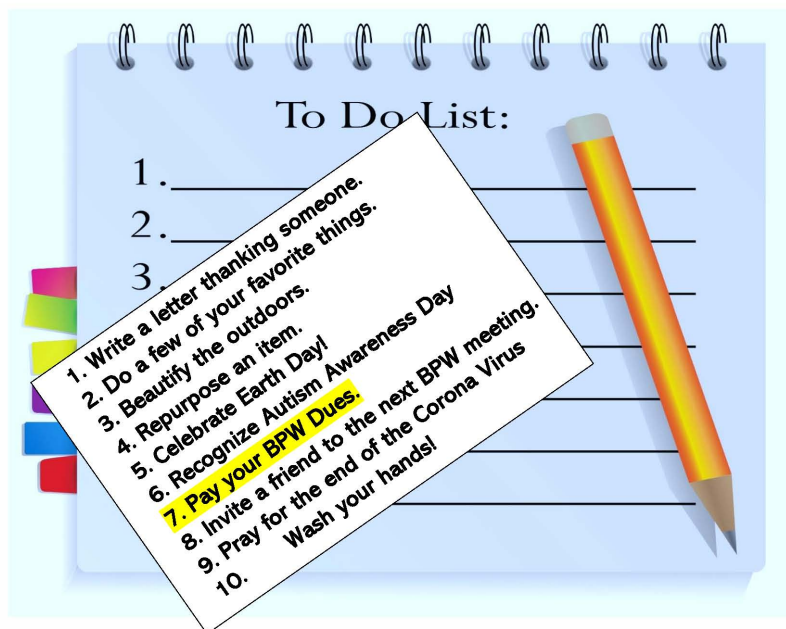
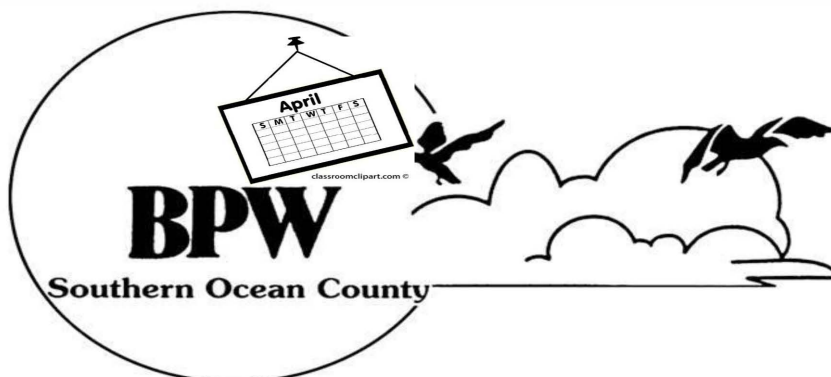
Rosie the Riveter is a cultural icon of the United States, representing the American women who worked in factories during World War II. Rosie the Riveter is commonly used as a symbol of feminism and women's economic power.

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[www.BPWSOC.org](http://www.BPWSOC.org)





Gloria's Gang of Gorgeous Girls Luncheons on Saturdays



## Computer Tips:



PLEASE DO NOT, DO NOT, PLEASE, AGAIN - DO NOT LET ANYONE REMOTELY ACCESS YOUR COMPUTER, unless you really know the person. For example, if you and I are having a secure (meaning, I provided a password) Zoom session and I ask you to Share your Screen and give me Remote access - this is ok (it is me, you know me). I am talking about, people or software that contacts you and says they are Norton, Microsoft, McAfee, any type of computer technician claiming you must allow access because you have a virus or you have errors etc... Additionally, if you receive an email from anyone, same scenario - do not fall for it. Also, about emails - your email can be duplicated and it will look like one of your friends is sending you something (look at the actual email address it is coming from) - if you still feel it may be real, call that friend and ask. Do not open, do not click on any links and just do not fall for the scams. Call any company directly that you think may be contacting you. And, if you google the company's telephone number, be very cautious with the results that you find. It is best to just go to your statement, bill, invoice or other bank card information (when you "Google" something, the scammers land right up top, so again - you must look at the address where you are visiting, ie...Norton, should be [norton.com](http://norton.com) and you will not usually see a telephone number, until you have submitted information on their contact page). Please Be Safe! And, Call your local PC Repair Technician.

Thanks, Lisa

--

Lisa A. Gambino

Certified Computer Technician & Professional (Virtual) Assistant

A 2 Z Computer Help

[www.A2ZComputerHelp.com](http://www.A2ZComputerHelp.com)

[lisag@A2ZComputerHelp.com](mailto:lisag@A2ZComputerHelp.com)

Home Office: 732-237-9704

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

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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 [Cyndyonbi@comcast.net](mailto: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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"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.

# Journey into JOY™

with **Jakki Gioia**, BFA, SLC, LMT

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[jakkigioia@journeyintojoy.com](mailto:jakkigioia@journeyintojoy.com)  
 Manahawkin, NJ  
 855-206-HEAL (4325)

*"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



A couple years ago I attended a wellness forum and was introduced to Thrive Market. The pandemic had many of us looking for alternate choices especially to avoid the supermarkets and decided to give it a try. Located in Marina Del Ray, CA where I enjoyed travelling numerous times for business. Due to demand, they were forced to reduce ordering hours and restock many items, however this was easy to manage and build a shopping list and meal bundles. Some of value adds are: wholesale prices and savings guarantee to make money back in a year, free shipping over \$50 with yearly membership that contributes free to a family in need, 300 products from it's own collection and select products cash off of your next order. The variety includes Meat & Seafood, Beauty Bath & Body, Vitamins & Supplements, Babies & Kids, Home, Wine, bundles and Pet Supplies. Some of my repeat orders are the coffee, grains, nuts, protein bars and snacks. There are different diets such as gluten-free, ketogenic, paleo, vegan, vegetarian. Also are certified in those as well as whole 30, organic, fair trade, kosher.

This health tip was provided by member Gina Dinkey..

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When women support each other, incredible things happen.



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



**Legislative Update**  
**CONNORS, RUMPF & GOVE**

**9th District**

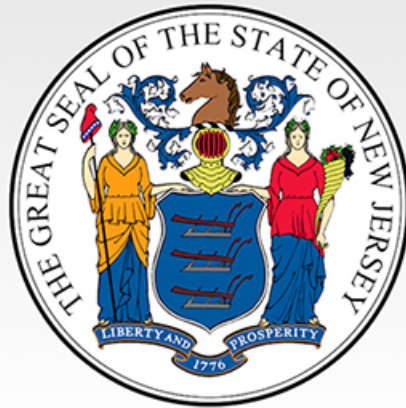
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## [Update on COVID-19 \(6/29/2020\)](#)



As New Jersey continues under a state of emergency due to the coronavirus, please know that our district office remains available to serve constituents by phone and email. Included below are links to information that you may find helpful, along with important state and national news updates related to COVID-19.



### Important State & Federal News:

- **Daily Briefing:** Gov. Murphy will deliver a coronavirus briefing at 2:30 p.m. in Trenton. [Click here to watch the livestream.](#)
- **Upcoming Reopenings:** The following reopenings have been announced:
  - **June 29th:** Retail shopping malls
  - **July 2nd:** Museums, Aquariums, Libraries, Indoor Dining, Bowling Alleys, Indoor Batting Cages, Boardwalk Arcades, Outdoor Water Parks, Indoor Shooting Ranges, Casinos, Playgrounds, Outdoor Amusement Parks
  - **July 6th:** Youth Day Camps, In-Person Summer Education, Expanded NJ Transit Rail and Light Rail, Graduation Ceremonies
- **NJMVC In-Person License & Vehicle Transactions Delayed:** The Motor Vehicle Commission announced that most in-person transactions scheduled to start on June 29th will be [delayed until July 7th](#), while the text notification

Those who successfully complete their road tests will have to wait to get their new licenses until July 7th, but they will be given access to "Road Test" express lanes at every Licensing Center. In addition, during the month of July, NJMVC agencies will be CLOSED ON MONDAYS to allow us to do Health & Safety assessments of our facilities following each week of expanded activity.

- **Reopening Guidance for Schools:** The NJ Department of Education has [issued guidance](#) to assist schools with reopening in the fall. Absent a change in public health data, public schools will open for in-person instruction and operations in some capacity at the beginning of the 2020-2021 school year. The guidance describes several health and safety standards to be prioritized in school reopening:
  - **Social distancing:** Schools and districts must allow for social distancing within the classroom. This can be achieved by ensuring students are seated at least six feet apart. If schools are not able to maintain this physical distance, additional modifications should be considered. These include physical barriers between desks and turning desks to face the same direction (rather than facing each other) or having students sit on only one side of a table and spaced apart.
  - **Face coverings:** School staff and visitors are required to wear face coverings unless doing so would inhibit the individual's health or the individual is under two years of age. Students are strongly encouraged to wear face coverings and are required to do so when social distancing cannot be maintained, unless doing so would inhibit the student's health. It is necessary to acknowledge that enforcing the use of face coverings may be impractical for young children or certain individuals with disabilities.
  - **Limited capacity:** It is recommended that students and staff be seated at least six feet apart in class when practicable. When weather allows, windows should be opened to allow for greater air circulation.
  - **Cleaning/disinfecting:** Procedures must be implemented by each school district for the sanitization of school buildings and school buses. Increased handwashing measures are also important for students and staff.
  
- **Indoor Dining, Indoor Recreational Facilities, and Personal Training at Gyms and Fitness Centers:** An [executive order](#) was signed allowing indoor dining to start on Thursday, July 2nd. The order also contains the baseline requirements for indoor recreational and entertainment businesses, which can open on July 2nd

at 25 percent capacity, with the exceptions of gyms and fitness centers, movie theaters, performing arts centers, other concert venues, and indoor amusement and water parks. Further, dance floors at any business must be closed or cordoned off. Gyms and fitness centers can, however, offer individualized indoor instruction by appointment only.

- **Indoor Dining** will be limited to 25% of the establishment's indoor capacity. Patrons will be required to order and consume food or beverages while seated and must wear face coverings except when seated.
- **Recreational & Entertainment Businesses, Including Libraries, Museums, Aquariums, and Public and Private Social Clubs** must limit the capacity of their indoor premises to 25 percent, and are held to many of the same requirements that are imposed on retail businesses (a full list of the requirements is in the order). However, gyms and fitness centers, movie theaters, performing arts centers, other concert venues, and indoor amusement and water parks, must keep their indoor spaces closed, and dance floors at any business must be closed or cordoned off.
- **Gyms & Fitness Centers** will be permitted to offer individualized indoor instruction by appointment only where an instructor is offering training to an individual, and the individual's immediate family members, household members, caretakers, or romantic partners. If a gym or fitness center is offering multiple simultaneous instructions at the same facility, these instructions must take place in separate rooms or, if they take place in the same room, must be separated by a floor-to-ceiling barrier that complies with all fire code requirements.
- **Playgrounds** are permitted to open July 2nd.
- **Personal Care Services** that would require the removal of a face covering, such as facials, can resume on July 2nd.
- **14-Day Quarantine for Individuals Traveling from Certain States:** New Jersey, New York, and Connecticut announced a [joint incoming travel advisory](#) that all individuals traveling from states with significant community spread of COVID-19 quarantine for a 14-day period from the time of last contact within the identified state. This quarantine applies to any person arriving from a state with a positive test rate higher than 10 per 100,000 residents or a state with a 10% or higher positivity rate over a 7-day rolling average.
- **Limits on Excessive Third-Party Delivery Fees:** A new law places [limits on service fees](#) charged to restaurants by third-

needed relief to restaurants across New Jersey that have faced excessive fees while being limited to takeout and delivery service.

- **Increased Limits for Indoor & Outdoor Gatherings:** Limits on indoor and outdoor gatherings [have increased](#). Indoor gatherings are now limited to 25% capacity of the rooms in which they will take place, with a maximum of 100 persons. Outdoor gatherings are now limited to 250 persons, and outdoor religious services and political activities will continue to have no numerical limits.

#### Important Resources:

- The latest data on coronavirus infections in New Jersey are available on the [New Jersey COVID-19 Dashboard](#). The dashboard has been updated to provide more information on long-term care facilities, State psychiatric hospitals, and overall demographics on COVID-19 deaths.
- New Jersey's [COVID-19 Information Hub](#) includes valuable resources and information for families, workers, and employers who have questions or needs arising from the current crisis.
- **Testing Sites:** To locate a testing location, specifics on how to get a test, and the hours of operation, [click here](#).
- [Information for businesses](#) impacted by COVID-19.

Questions or need assistance? Call or email our legislative office.

[Click to view this email as a web page](#)

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**THIS**  
**WEEK IN**  **THREE**

Friends,

—struggle as coronavirus cases surge, pressuring their health care systems to the brink. From the beginning of this pandemic, our state took aggressive action to beat back the virus and New Jerseyans have taken seriously their responsibility to keep themselves and others safe.

We have flattened the curve and are moving in the right direction. As our economy continues to reopen, with continued vigilance, social distancing, testing and commitment to one another, New Jersey can stay on the path to recovery.

Unfortunately, while we're fighting for the health, safety and security of hard working Americans, and for the long overdue reforms to our policing systems people are demanding, the Trump Administration and Republicans in Congress continue to attack our health care and offer half measures rather than real, meaningful change.

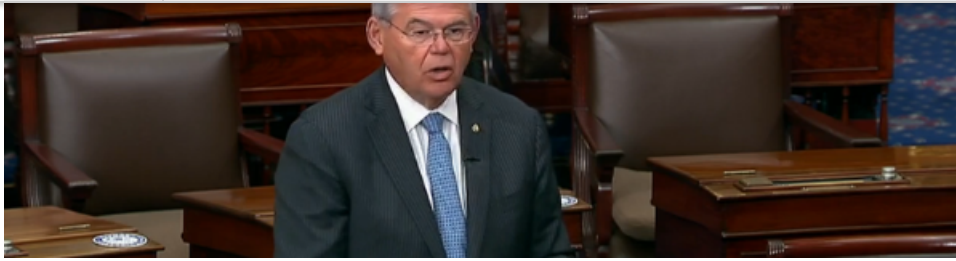
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## ONE: Trump's Rampage Against Affordable Healthcare

In the dead of night when most of us were sleeping, the Trump Administration asked the Supreme Court to let them strip millions of Americans of their health coverage—in the middle of a deadly pandemic. Let that sink in for a second. Hundreds of thousands of Americans are dead, dying or lying in a hospital bed praying their next breath isn't their last. And the Trump Administration believes you shouldn't have health insurance and therefore be forced to pay out of pocket for your care or go broke. They hoped you wouldn't notice. [Read about their plan to rip away affordable healthcare.](#)

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## TWO: No Justice in the JUSTICE Act

In the wake of George Floyd's killing, the American people are demanding real, meaningful change and bold, comprehensive action that starts by reforming our policing system that has historically dealt a heavier hand towards communities of color. The Republican JUSTICE Act is nothing more than a glorified suggestion box filled with half-measures and placations that sound good on paper, but simply won't deliver the real change the American people are demanding. We have a better option—the Justice in Policing Act. [Please listen to what I had to say about it.](#)

---



## THREE: Wear a Mask, Save a Life

I just wanted to take a minute to thank you—yes, YOU—for your efforts to stop the spread of coronavirus in New Jersey. By wearing a mask, socially distancing, and making smart decisions, our state has been able to slow the spread of the virus and begin to reopen. I recognize that you have made enormous personal and financial sacrifices to get to this point, but our work is not over yet. The spikes in other parts of the country that have failed to take such prudent steps serve as a cautionary tale. We don't want to go back and erase the progress we've made. I'm still wearing a mask and staying vigilant—and I need you to do the same. As long as every New Jerseyan takes necessary precautions, we'll be able to beat this virus—together.

---

Make sure to follow me on [Twitter](#), [Instagram](#),

Sincerely,



Senator Bob Menendez



**Newark**  
 One Gateway Center, Suite 1100  
 Newark, New Jersey 07102  
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**Barrington**  
 208 White Horse Pike, Suite 18  
 Barrington, New Jersey 08007  
 856.757.5353 (office) | 856.546.1526 (fax)

**Washington**  
 520 Hart Senate Office Building  
 Washington, D.C. 20510  
 202.224.4744 (office) | 202.228.2197 (fax)

We'll be sending you regular updates from the office, on what's happening in New Jersey and on Capitol Hill. To unsubscribe from any future updates, [click here.](#)



[View in browser](#)

# equity express

a newsletter from AAUW 

June 2020

“Social justice and progress are the absolute guarantors of riot prevention.”

— Martin Luther King Jr.





## 3 Actions You Can Take to Fight Racism

---

It's painful to witness the anguish erupting in our cities following the death of George Floyd, Breonna Taylor and countless other people of color who have been unjustly killed. Take action by:

**Listening:** Many Black and Brown people are in enormous despair. Listen when they speak — without expecting them to work for the benefit of your learning.

**Learning:** Start with the recent [Washington Post article](#) by 2016–17 AAUW American Fellow alumnae Keisha Blain about the problematic history of policing in this country. Also consider [Racism 101: Understanding Race and Racism](#) and review this [resource list](#) that compiles other anti-racist articles, books, movies and podcasts.

**Speaking Up:** After you listen and learn, talk about these issues to members of your community — both in public forums and private conversations — and call out racism when you see it. Some of AAUW's mission areas that disproportionately affect Black women and their families are student-loan debt, pay inequity and the lack of a livable minimum wage — all part of [AAUW's 2020 Gender Agenda](#) you can speak out about.

## Did You Know?

---

**Our Stand.** Systemic racism is firmly rooted in the U.S. and today's injustices mirror our shameful history — from police brutality to the disproportionate impact of COVID-19 on communities of color.

[See our Statement](#)

**An Unfair Burden.** Black women finish their undergraduate education with more student loan debt than other women.

[Read the updated Deeper in Debt report](#)

In the workplace, women are often held to different standards than their male colleagues. That's one reason it's important to communicate your value clearly and confidently.

[Explore Career Resources for Recent Grads](#)

## Two-Minute Activist: The Equality Act

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This Pride month, remind policymakers that America's civil rights laws should

discrimination based on sexual orientation and gender identity.

[Tell Congress to Pass the Equality Act](#)

## Equity in the News

May 16, 2020, marked the 10-year anniversary of the violent death of Aiyana Stanley-Jones, a seven-year-old black girl fatally shot in the head by a white police officer during a raid gone tragically wrong in Detroit. [Association of Black Women Historians](#)

While our attention is focused on COVID-19, racial unrest and the economy, a backlash against #MeToo is underway. [Newsweek](#)

For Black women, the long-term costs of gender and racial pay disparity add up to a staggering \$950,000 of lost earnings over a 40-year career. For white women it's around \$530,000. [Her Money](#)

## Where Are They Now?

**Ngozi Okonjo-Iweala**, a 1977–78 AAUW International Fellow, worked at the World Bank for 25 years as a development economist and served for two terms as Finance Minister of Nigeria — the first woman to hold that role.



Ngozi Okonjo-Iweala

Now, she's the board chair for the Global Alliance for Vaccines and Immunization (GAVI), which works with the World Health Organization, UNICEF, the World Bank, the Bill & Melinda Gates Foundation and other partners to increase access to vaccines for children living in underserved nations.

In a recent [Time 100 talk](#), Okonjo-Iweala talked about the need to harness our global interconnectedness to emerge from the COVID-19 pandemic stronger. "No one in the world is safe until everyone is safe," she said.

## Now Share This

Black moms are up against racism, sexism, AND the maternal wage gap, making just 50¢ for every \$1 paid to white dads.

#MomsEqualPay <https://aauw.us/bwpg>

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**Barnegat, NJ 08005**

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