

Business and Professional Women Southern Ocean County
May 2020 Newsletter
www.bpwsoc.org

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Would we really believe that we could be practicing "Stay/work at home" and entering week seven of this epidemic??? As professional women we have found ways to persevere during this difficult time. Our offices have been sterilized, those of us that can get to our offices, working from home as the alternative option and of course going viral. We are all pros at this being the strong independent women that we are. This is what BPWSOC is made up of. Whatever obstacle we are thrown we can handle it in our professional styles. Gone are the days of saying that I cannot do it. Now the motto is how do I get it done? Each of our members have contributed their talents to help each other out and what a gift it is to give. Professional, technical, spiritual and healing assistance is available through our group I. applaud you all for your contributions to our organization and to your communities. Be proud of your accomplishments and keep going forward. "*Life* is like a camera. Focus on what's important. Capture the good times. And if things don't work out, just take another shot".

We have a guest speaker for our May meeting, Gina Cannone who is a writer, artist, life coach, spiritualist and a Medium. Gina lives in Eatontown and contributes to a local gallery, [Main Avenue Galleria in Ocean Grove](#). Be sure to join us as Gina enlightens us about her journey.

Looking forward to seeing you at our next Zoom meeting on Tuesday, May 12th at 6 PM.

Cyndy Friedland
BPWSOC President

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Gina Cannone holds many titles...Board Certified Advanced Clinical Hypnotherapist, Instructor, Keynote Speaker, Hypnotic Life Coach, Psychic Medium, Radio Host and Author. Her true purpose is to help people to achieve happiness, success, spiritual growth and to live a purposeful life.

Gina is recognized for her many **psychic gifts**: clairvoyance, clairaudience, clairience and her uncanny ability to communicate with "the other side." She incorporates automatic "trance" writing within her reading sessions.

Her first book; **"IT'S TIME to BELIEVE" in Angels, Spirit Guides and Yourself...** explores Gina's spiritual side, and the extraordinary journey of her life to date. "IT'S TIME to BELIEVE" is about answered prayers and how one can find fortune, happiness, loving relationships and a clearer path to achieve personal and professional goals. The chapters in the book juxtapose amazing true stories throughout Gina's life, along with advice and guidance on how to find your true path. The heart of "IT'S TIME to BELIEVE", is prayer-intertwined with psychic and clairvoyant events. Worldwide Distribution-**BARNES & NOBLE** and **AMAZON**.



Facebook



Website

MAY 6th.....American Red Cross needs our help. If you are able and would like to donate blood we are doing so at the Lanoka Harbor Volunteer Fire Company, 2 Warren Avenue in Lanoka Harbor. There were openings from 4 PM through 7 PM. Cyndy Friedland will be there donating at 4:45 PM and Lisa Gambino and they look forward to seeing you - if you are able and willing to donate!! We thought it would be a chance to socialize, so bring a lawn chair and whatever else (red solo cups??) We can meet and social distance for a few...



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.



MEMBER BIRTHDAYS:

There are no May Birthdays on our current member list.

If your birthday is in May 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

[Subscribe](#)[Past Issues](#)[Translate ▾](#)[RSS](#)[May 12 - BPWSOC Meeting - GUEST SPEAKER - Gina Cannone](#)[June 9 - BPWSOC Meeting](#)[July 14 - BPWSOC Meeting - out and about at a local Restaurant](#)[August 11 - - BPWSOC Meeting - Special Event:](#)[Surflight Dinner Theatre Scholarship Fundraiser - Save the Date -](#)[Mama Mia & Dinner at The Engleside Inn](#)*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 think about for the summer of 2020...



Our Scholarship Awards are given out each year at our June Meeting. You can [download an application](#) to

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



**"If you want to change the world, go home and love your family."
Mother Teresa**

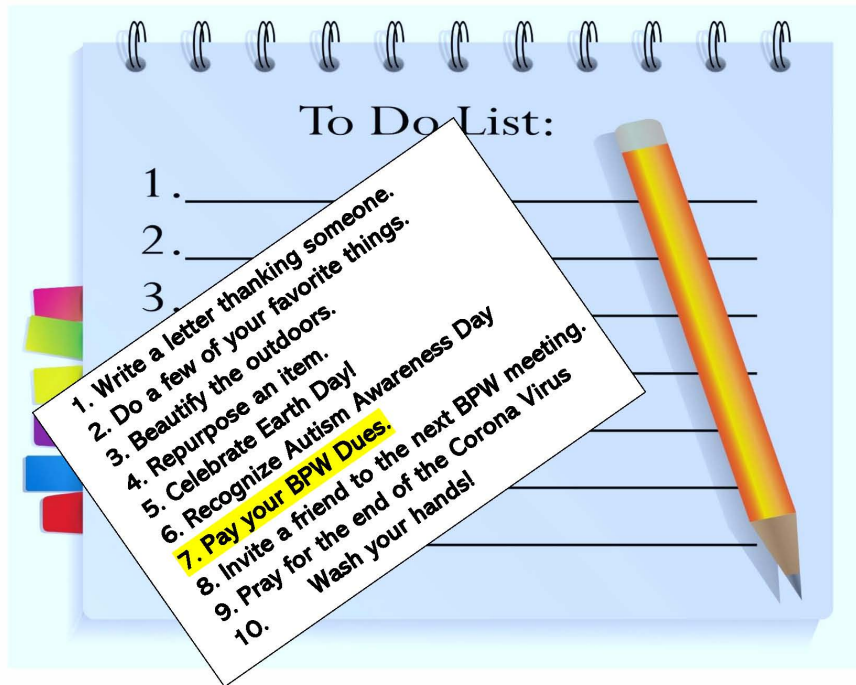
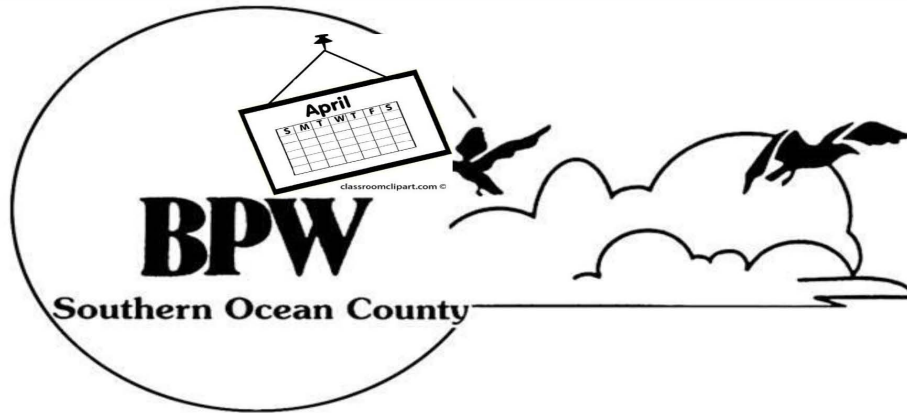


Rosie the Riveter is a cultural icon of the United States, representing the American women who worked in factories during World War II. Rosie the Riveter is commonly used as a symbol of feminism and women's economic power.



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:



Many of us are Zooming these days; during this very unprecedented time in history.

Here are just a few tips on using Zoom:

- set up a free account with a strong password
- then, set up a PMI (Personal Meeting ID)
- create a fun password
- then, click start

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And, some keyboard shortcuts (that I find very useful):

- F6 = this is a good one, because it switches back and forth between your Zoom windows
- Alt+I = opens your invite menu
- Alt+F = toggle on/off full screen
- Alt+H = toggle in-meeting chat panel
- Alt+U = toggle participants panel

Thank you, be safe, wash your hands and most of all - Be Kind!

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Lisa A. Gambino

Certified Computer Technician & Professional (Virtual) Assistant

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["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,

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: Heather Morris

Title: **The Tattooist of Auschwitz and Cilha's Journey**

Author: Susan Guckin

Title: [The Camouflaged Heart](#)

Note: Susan Guckin is Past President of BPWSOC



These days building immunity is a hot topic. Let me introduce Chaga Mushroom used against toxins, viruses and bacteria. It forms irregularly on birch trees, looks like burnt charcoal with an inside of golden color and the taste is either earthy or none at all with no smell. This is a wild food and ingesting doesn't cause fungal overgrowth and rather a source to fight in the body. Some of the areas to try it for inflammation, joint pain, dark under-eye circles, eye floaters, swelling, poor circulation, sore throat. As always, check with your doctor if taking any medications. Tea is caffeine free and a box of 18 is \$6.99. It can be sweetened with honey or bought as a powder also adding cinnamon and coconut milk for a latte.

When women
support each other,
incredible things
happen.



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





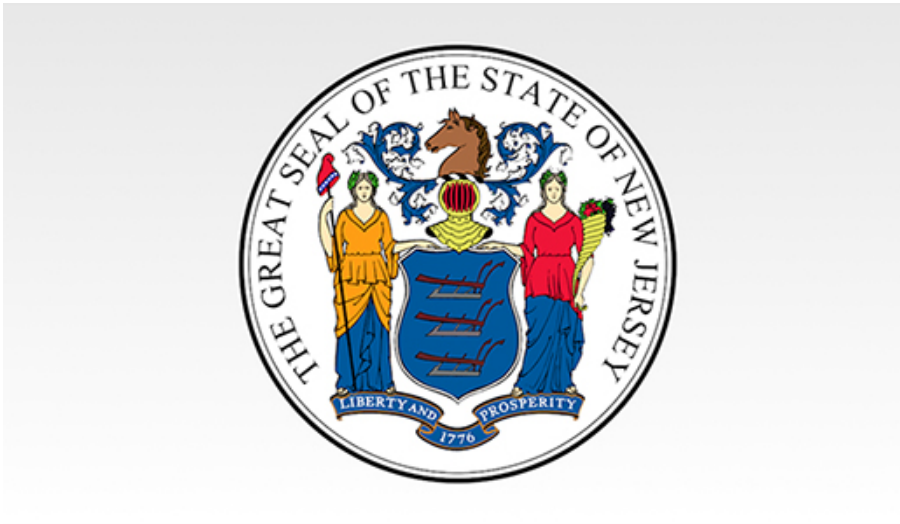
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[Update on COVID-19 \(4/29/2020\)](#)



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 1 p.m. in Trenton. [Click here to watch the livestream.](#)
- **Unemployment Benefits:** Updated information on the availability of Extended Benefits and the latest information on the federal \$600 Pandemic Unemployment Compensation (PUC) payment. This information is posted in

- **Municipalities Allowed to Extend Property Tax Payment Grace Period:** An executive order was signed which allows municipalities to [extend the grace period for property tax payments](#) due on May 1st to June 1st. If a town chooses to extend the grace period as allowed under the executive order, homeowners would be able to pay their taxes a month after they are due without incurring any interest costs or penalties.
- **Updated List of Essential Businesses Allowed to Operate:** A new [administrative order](#) clarifies which businesses are permitted to operate and ways in which certain businesses may operate in accordance with Executive Order 107. The update impacts pet grooming, pet daycare, pet boarding, stores that principally sell items necessary for religious observation or worship, test drives related to car sales, and personal care services.
- **Additional Food Assistance:** Many New Jerseyans who receive food assistance through the state's Supplemental Nutrition Assistance Program (NJ SNAP) will receive [additional benefits in May](#) to help address critical food needs related to the COVID-19 pandemic. An additional \$36 million will be provided to about 214,000 New Jersey households in May. SNAP supplemental payments were included in the federal Families First Coronavirus Response Act. The supplemental benefits will be directly loaded to NJ SNAP recipients' Families First EBT cards as part of their regular monthly payment.
- **Carry Permits for Retired Law Enforcement Officers Extended:** A new [executive order](#) extends Retired Officer Carry Permits by a period of 90 days until after the ongoing Public Health Emergency ends. The order also creates a process for individuals seeking to obtain or renew a Carry Permit to demonstrate the ability to safely handle and use a handgun as required by existing law.

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.

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resources and information for families, workers, and employers who have questions or needs arising from the current crisis.

- **Testing Sites:** There are currently 95 COVID-19 testing sites across the state, including State-sponsored and private facilities. 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 our email our legislative office.



[View in browser](#)

equity express

a newsletter from 

April 2020

“The nation’s lack of paid sick and family leave endangers both the physical and economic wellbeing of Americans.”

— AAUW CEO Kim Churches



How to Be a Virtual Advocate

The past few weeks have been tough for everyone, as millions of Americans cope with job loss, illness and unrelenting caregiving demands amidst the COVID-19 crisis. Women are particularly vulnerable to financial shocks, since they're paid less than men, shoulder a greater proportion of student debt, and have less saved for retirement. They also hold 54% of low-wage jobs, many of which have been eliminated or lack basic benefits.

For those who can, there's never been a more important time to advocate for equity — and you don't need to visit Capitol Hill to do it. You can:

Email your elected official. Use our [Two-Minute Activist](#) templates to make your voice heard on paid sick leave, voting rights and raising the minimum wage, among other issues.

Call your representatives. Use the magic words, "I'm a constituent." The Two-Minute Activist tool can help you create a script. Officials keep records of calls, so even leaving a message makes a difference.

Be creative. Host virtual roundtables and social events. Explore your options by viewing our [recent webinar](#) on effective advocacy during COVID-19.

Did You Know?

A Site for Sore Eyes. [AAUW.org](#) has a great new design intended to get you the information you need quickly — whether that's the latest statistics on the [gender pay gap](#) or tips on how to [boost your career](#). Take a look at the striking images, at-a-glance stats and inspiring stories about the world-changing women AAUW supports.

[Peruse the New Website](#)

pandemic, putting themselves and their families at risk to care for others.

[Read AAUW & COVID-19: Standing Strong Through Crisis](#)

Minority Majority. By 2044, the number of individuals who are multiracial and from racial and ethnic minorities will exceed the number of white people in the U.S. population.

[Learn about Demographic Trends and the Future of Work](#)

Mentors Matter. Getting mentored can make you more than 15x more likely to get the job you want.

[Look for Your Mentor through Mentorli](#)

Two-Minute Activist: Voting Rights

Our democracy works when everyone can participate. Elected officials routinely make decisions about issues that directly affect all of us. From our paychecks to paid leave, access to reproductive health care to access to education, our lives are on the line — and our vote is our voice.

[Support the Voting Rights Advancement Act](#)

Equity in the News

AAUW member Frances Perkins, the first woman to serve in a presidential cabinet, was born 140 years ago this month. As U.S. Secretary of Labor, Perkins helped create the Social Security program and unemployment insurance — work benefiting millions during the current coronavirus pandemic. [CNN](#)

Women make up two-thirds of the roughly 23.8 million workers in the 40 lowest-paying jobs in America. [MSNBC](#)

The seven countries with the best coronavirus response have one thing in common: women leaders. [Forbes](#)

Where Are They Now?

For more than 130 years, AAUW has been funding the educations of women who have gone on to change the world, for generation after generation. Late last year, Ms. Magazine offered the perfect proof of this concept when they published an [interview](#) of one Black feminist icon and AAUW alumnae — **Barbara Smith**, 1978–79 AAUW American Fellow — conducted by another, **Keisha Blain**, 2016–17 AAUW American Fellow.



Barbara Smith

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racism in the feminist movement and sexual oppression in the Black community. Blain is an associate professor of history at the University of Pittsburgh who wrote the award-winning book, *Set the World on Fire: Black Nationalist Women and the Global Struggle for Freedom* (University of Pennsylvania Press, 2018).



Keisha Blain

Now Share This

This year, we need to look beyond the dollars and cents of the #paygap and consider all the other ways women are shortchanged in terms of employee benefits like sick leave, retirement savings, help with child care and more.

Learn more at aauw.org. #equity @aauw

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