



November is here...are you ready to vote? I suggest that we all contact our representatives local and in Congress to voice our opinions on what we want our future to be. What ever persuasion you believe in, please be sure to vote. We fought hard for this right and we need to use it to save our democracy. Support your local representatives and be sure to vote. There are options of mail in voting or in person. Whichever works for you, please be sure to do it!

What a fabulous presentation from Tommy Lynch at October's meeting. Everyone enjoyed hearing Tommy's journey, and it was certainly an entertaining evening. We have a suggestion to invite Tommy to a future meeting, after the first of the year to help us put together our own vision boards. I have asked Tommy if he can give of his time to do this and I am waiting to hear back. I am not sure if we would do this in person or on Zoom...I will keep you all posted!

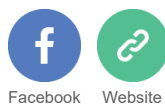
Our November meeting will be a working meeting so bring ideas and future thoughts for the group. We are going to speak directly about having a psychic fair in late September 2022...

Our **charity for holiday giving will be "Oceans of Love"**. They actively help children affected by cancer and their families. We have asked what sort of a donation we would be able to make and they have requested a monetary donation. We would like to ask each of our members to make a monetary donation for this cause by writing a check to BOWSOC. You can bring it to the meeting in November . We will be making our presentation and donation (as a whole group) in December. Feel free to mail it to our post office box as well. Any questions on this, please feel free to give me a call.

Thank you all and I look forward to seeing you on Tuesday 11/9 or hearing from you!

Best wishes,

Cyndy Friedland
President
www.BPWSOC.org





MEMBER BIRTHDAYS:

THERE ARE NO NOVEMBER BIRTHDAYS ON OUR MEMBER ROSTER

If your birthday is in November 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).

2021 Schedule

November 9

December 14

Our "Holistic Fair" 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/Members 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 Susie Sullivan a speedy recovery from her surgery.



**"Someone struggled for your right to VOTE. USE IT."
Susan B. Anthony**



Good and Welfare

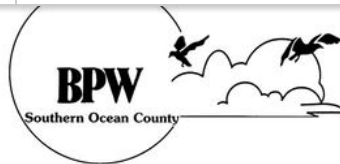
We extend our best wishes to all who may be experiencing difficult times.

Everyone can be vaccinated, if you wish.

Be Safe, be smart, be respectful & be kind to one another!



Rosie the Riveter is a cultural icon of the United States, representing the American women who worked in



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of feminism and women's economic power.



Our Scholarship Applications for 2021 will be postponed until 2022. 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. (2022 applications will be available at the end of the year).



Computer Tips:



PC Tip:

If you are worried your email has been hacked the first and quickest way to know would be to check your "Sent" folder in your email account (as well as your "Drafts" folder). If there are emails that you did not send out or email that were drafted and never sent - this is your first clue. At this point, you would change your email account's password to a more secure and new password (the usual request would be a minimum of 8 letters, Caps and lower case, a number or 2, a symbol or more). Then write the password down and keep it in a secure place in your home.

Thanks, always have fun, do not fall for the fake stuff and do your due diligence!

Or, you can always call me if you need anything, I am here to help!

Lisa

--

Lisa A. Gambino

Certified Computer Technician & Professional (Virtual) Assistant

A2Z Computer Help

www.A2ZComputerHelp.com

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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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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: Bob Woodward and Robet Costa

Title Peril

Author: Susan Guckin

Title: [The Camouflaged Heart](#)

Note: Susan Guckin 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

Acupressure is acupuncture without the needles targeting energetic points that are windows into congested energy. I learned these methods from Soul Lightening which is a non-profit practicing Seva, sanskrit meaning of compassionate service, defined as a relationship between equals. OCVTS (Ocean County Vocational Technical School) offers courses with Regina Rosental PT and YT and I've also done study groups with her. My practice includes Stress Release incorporated with Reiki. No props are required and you can be seated in a chair, lying on a bed and even stuck in traffic.

Each of us carry healing within and after 9/11 helped many with nervous and immune system related fibromyalgia and anxiety. When changing your vibration reflects outwards and shifts energy, settling the mind. Providing self-care which can be taught to children assisting with OCD and ADHD. The method of activation is finger pressure with a slight curve providing medicine in your fingertips. Holding a couple breaths, the feeling of release is subtle blow flow. There are meridians/pathways along vital flow of 12 associated organs. The formula or protocol takes about 20 minutes. There are 16 points and some are repeated.



LEGISLATION

VOTE



October 2021

Act — *Take action on the most pressing policies*

This month we're highly focused on telling Congress the final budget must include permanent, universal paid family and medical leave—and we need your help!

Unlike most developed countries, the United States does not guarantee this fundamental protection to its workers. No one should have to choose between their job and their health or the needs of their family. While the House Ways & Means Committee included paid leave in the reconciliation package, discussions are ongoing and changes are likely. We are at a precarious moment when key members of Congress could turn their backs on workers by abandoning paid leave. It's up to you to ensure that doesn't happen.

Keep the pressure on Congress by contacting your elected officials regularly. The closer we get to a final vote, the more crucial it is to reach out. While the timing continues to change, the importance of your advocacy doesn't: Your Representative and Senators must hear from you every day until the bill is passed. We have a once-in-a-generation chance to change the future for all workers. This is the time to make history. [Act now!](#)

Learn — *Dig deeper into the issues that matter*

The Vote and Reproductive Rights

This year, a historic number of restrictive laws were enacted or proposed in two key issue areas: voting and reproductive rights. A majority of Americans support protecting and expanding access to both. However, through concerted efforts in dozens of states, legislators defied the will of the people. In 2021 alone:

- 49 states introduced more than 400 anti-voter bills, and at least 18 states passed 30 of them.
- 47 states introduced 561 anti-abortion provisions; 97 new restrictions are already in effect.

locations and times; and increase the likelihood of faulty voter purges.

What are “anti-abortion bills”? Legislation that would burden individuals with medically unnecessary restrictions, including mandatory waiting periods, arbitrary deadlines like 6- or 20-week bans, biased counseling, two-trip requirements, and mandatory ultrasounds.

So what’s the connection? There is significant overlap between the people who push for the strategies used to advance both anti-voter and anti-abortion policies. The right to abortion care relies on the right to vote—reproductive freedom cannot be protected and expanded if voters are prevented from electing just representation. Similarly, restricting abortion access marginalizes women and advances the agenda of those working to disenfranchise a broader population of voters.

In both cases, implementing enough barriers to access effectively results in an outright ban on rights. And because these tactics are primarily used at the state level, Americans, particularly women of color, now have unequal protections depending on where they live. Congress must act to protect our constitutional rights in every state, and we need you to demand they act now: pass the [Freedom to Vote Act](#) and the [Women’s Health Protection Act!](#)

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

- In 2020, women earned 83 cents for every dollar paid to a man, about the same as prior years, according to our recent update to AAUW’s signature report, *The Simple Truth About the Gender Pay Gap*. But that doesn’t take into account the millions of women who lost or left jobs due to the pandemic. Read more about the [devastating impact of COVID-19 on women and the workforce](#).
 - October 21 is [Latina Equal Pay Day](#), which marks how far into this year Latinas must work to make what white, non-Hispanic men were paid for the previous year. It’s the last Equal Pay Day of the year because Latinas have the largest gender pay gap to close. On average, Latinas are paid only 57 cents for every dollar paid to white, non-Hispanic men.
 - AAUW Legal Advocacy Fund applications are open for two grant programs: the [Legal Case Support Grants \(deadline November 15\)](#) fund cases in state or federal court that address sex discrimination in employment or education and have the potential to set or reinforce precedent for future cases. The [Clinic Campus Outreach Grants \(deadline December 1\)](#) are available to law school clinical programs in California and New York that address legal claims regarding gender equity, particularly in the realms of education and employment.
 - AAUW signed on with 60 civil and human rights organizations in a [letter](#) to Congress supporting the Women’s Health Protection Act. This legislation would protect the rights of pregnant people to access abortion care. We also joined more than 70 organizations in an [amicus brief](#) to the U.S. Supreme Court on the upcoming *Dobbs v. Jackson Women’s Health Organization* case, which has the potential to seriously challenge *Roe v. Wade*.
 - AAUW joined letters on the Build Back Better Act to Congress in support of [establishing a universal paid leave program](#), temporarily expanding the child tax credit, and making permanent the earned income tax credit.
 - Stay engaged this fall and sign up with our [Two-Minute Activist tool!](#) You can also check out our [letters, comments, testimony and legal briefs](#) to learn more about AAUW’s positions and advocacy efforts.
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When women
support each other,
incredible things
happen.



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

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