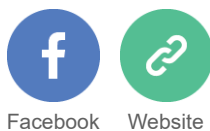


Business and Professional Women Southern Ocean County

[View this email in your browser](#)October 2020 Newsletter  
[www.bpwsoc.org](http://www.bpwsoc.org)

Our country has lost a truly fine woman with the passing of Justice Ruth Bader Ginsburg...her legacy will be forever present in the lives of people that have fought for equal pay, women's rights and gender discrimination. An icon which will be sorely missed on the Supreme Court. Her level of fairness will be another outstanding quality we can be aware of. May her family find a source of peace and comfort in her memory, and may it be a blessing.

Election Day is getting closer...Please be sure to use your right to vote...I am not suggesting how you should vote but to DO IT!!! Women have the power to vote and we cannot ignore what is going on in our country. Vote your conscience. Be sure to check in with your family, relatives and neighbors that they have registered and will vote. How anyone votes is their personal business and privilege just DO IT!!!

Ladies please join us for our second meeting at Breaker's Kitchen and Tap on Route 9 in Waretown on Tuesday, October 13th. We will have networking from 6 to 6:30 PM then start our meeting and dinner. I would like us to start promptly at 6:30 so come early, schmooze and order dinner prior to 6:30 PM.

This month we will be awarding scholarships. I anticipate the ladies that are awarded will attend our dinner meeting and share their journey to us. Non-members that are awarded scholarships are given a year's membership gratis in hopes they will attend meetings and be supportive of our fundraising efforts. Knowing how difficult this past year has been for everyone I hope all of you will attend this month's meeting to greet these women.

***Starting with this meeting we are asking that you make a reservation. You can do this on our website [BPWSOC.org](http://BPWSOC.org) under CONTACT US. Due to social distancing we want to abide by the restaurant's***

To date I have not heard of any of our members being effected by Covid-19...let's keep up the good work!!! Wear your mask...keep social distancing...wash your hands...if you do not feel safe in an environment.....leave.... Our lives are too important to jeopardize!!! WEAR YOUR MASK!!!

Looking forward to seeing you at our meeting,

Cyndy Friedland  
President BPWSOC



Facebook



Website



***IF YOU HAVEN'T PAID YOUR DUES (\$75.00) or have friends that are interested in joining, PLEASE SEND YOUR CHECK PAYABLE TO: BPWSOC, TO LISA GAMBINO, 166 BUTLER BLVD., BAYVILLE, NJ 08721***

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

### **2020 Schedule:**

October 13 - BPWSOC MEETING- at our new venue:

**[BREAKERS KITCHEN & TAP](#)**

**[535 RT. 9, WARETOWN, NJ 08758](#)**

**Make your reservation on  
BPWSOC.org - Contact us**

**November 10 -BPWSOC MEETING**

**December 8 - BPWSOC MEETING**



### **MEMBER BIRTHDAYS:**

Carol Lieber - October 6

Jessica Quackenbush - October 17

If your birthday is in October 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.**

Wishing Donna Montana's sister a speedy recovery

*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!!!**



Our Scholarship Awards are closed for 2020 and will be given out at our October meeting. Thank you to all our applicants!

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



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

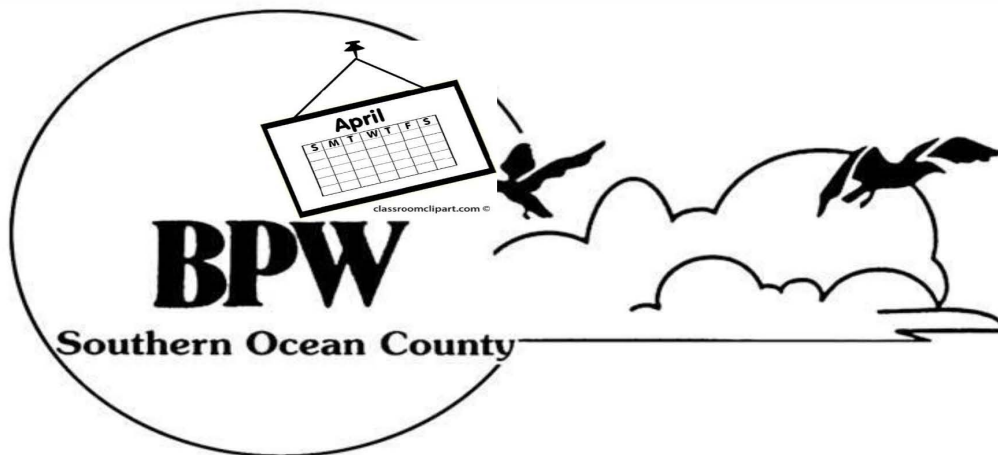


Rosie the Riveter is a cultural icon of the United States, representing the American women who worked in factories during World War II. Rosie the Riveter is commonly used as a symbol of feminism and women's economic power.



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





# Computer Tips:



### PC Tip:

#### Are you Backing Up your Files?

- Be sure to backup your files and know for a fact that you can access your so-called back up. This means, if you are backing up manually - then you should know where you are saving your files/folders - so you are good.
- If you have software that you have set up to do an automatic backup to an external drive, then be sure you are backing up the files/folders and that you know where they are going and how to access them.
- If you are using a Cloud service, meaning your files are saved on a company's computer (server), ie...Microsoft (OneDrive), know how to find them or access them and/or configure your settings for your files/folders.

Call me, if you need help or assistance with understanding your Backup procedure.

--

Lisa A. Gambino

Certified Computer Technician & Professional (Virtual) Assistant

A 2 Z Computer Help

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

Home Office: 732-237-9704

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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](mailto: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.

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**855-206-HEAL (4325)**

*"Be Nice to Yourself!"*



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## Reading Corner

Author: Barbara Delinsky

Title: **A Week at the Shore**

Author: Susan Guckin

Title: [The Camouflaged Heart](#)

Note: Susan Guckin is Past President of BPWSOC



Our skin is our largest organ which ingests chemicals in everyday hygiene. My recommendation is to check information on products at [EWG \(Environmental Working Group\)](#) which also has an EWG verified seal. I decided to start a 'natural' path a few years back and wanted to share some that work for me.

**Soap infused with essential oils:** [Tasco Fit Savy Soaps](#) don't miss the Magic Lotion for moisturizer, bug repellent and [Self Care Cove in Brick](#) also recommend scrubs, masks and toners

**Face Lotion:** Hydrating and Sunscreen [Face to Fase in Toms River](#)

**Shampoo and Conditioner:** [Function of Beauty](#) lets you customize based on your needs, you can name it my is GWow and the 16oz bottles last

**Toothpaste:** make own with coconut oil, baking soda and peppermint or cinnamon essential oils and my fav is herbal Ayurvedic mint-free [Auomere](#) which can be found on Amazon and their mouthwash also rocks

**Deodorant:** went thru many different types and stand out was Alvera rollon which comes with almond scent too also available at Amazon and Walmart

**Nail polish:** [Ella & Mila](#) has nice variety of colors, remover soy based, top and base coats available in Target, Walgreens

**Laundry detergent:** [Seventh Generation](#) and [Mrs. Myers](#) dryer sheets found in CVS and Target

**Hand sanitizer:** made with distilled water, cinnamon, orange, clove and rosemary essential oils

**Perfume:** never again, create version with essential oils and diluted carrier oils

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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

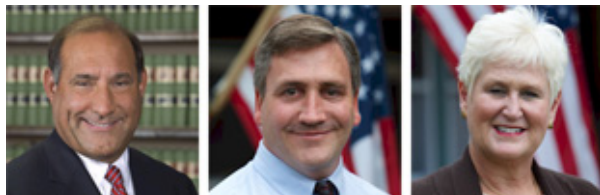


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NJ's 9th Legislative District

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



### 9th District

[Home](#) | [Facebook](#) | [Twitter](#)

[senconnors@njleg.org](mailto:senconnors@njleg.org)

609-693-6700

## [Connors, Rumpf & Gove: Murphy's Budget Plan Is a Disaster in the Making](#)

Like Share Tweet



Connors, Rumpf & Gove said Governor Murphy's budget plan is a disaster in the making, with a slew of middle-class tax increases and billions in debt that will cost taxpayers more than any one-shot rebate that will be issued on Trenton's timetable.

[Click for Full Story](#)

## [Connors, Rumpf & Gove: Proposed Boat Tax Increase Targeting Shore Economy a Self-Inflicted Wound for Trenton](#)



Senator Connors, Assemblyman Rumpf and Assemblywoman Gove warn that Governor Murphy's plan to increase the sales tax on boats will have severe economic consequences for New

[Click for Full Story](#)

## [Connors, Rumpf & Gove: Murphy Shouldn't Even Have the Ability to Raise the Gas Tax in the First Place](#)



Senator Connors, Assemblyman Rumpf and Assemblywoman Gove are calling for the Governor to rescind his Administration's decision to increase the state's gas tax by 9.3 cents on Oct. 1, giving NJ the fourth highest gas tax in the nation.

[Click for Full Story](#)

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# AAUW Action Network

Supreme Court Justice Ruth Bader Ginsburg's passing is difficult to grieve when her final wish was immediately disregarded by the U.S. Senate. She led by example that the Supreme Court belongs to no political party, but rather to the American people. Her legacy of being a principled defender of justice has been left for us to continue. The future of our country rests on this crucial process.

Yet some of our elected leaders jumped on the opportunity of a Justice's death to show utter disregard for the proper political process to fill a seat on the high court. The people must retain the power to decide on the leaders who select our court, who defend our rights, and protect our future. The election is already underway and will conclude in less than six weeks—is it just and fair for this monumental decision to fall to those leaders currently being chosen by voters?

**Demand that your Senators [fight for a just and fair Supreme Court.](#)**

Our nation is reeling from the COVID-19 pandemic, an economic crisis, reckoning with our long and painful history with racism, and how to access the vote in a critical election year. But the Senate is refusing to consider legislative relief. Instead, they have abandoned this great responsibility to focus on expediting a process to ram through a politically opportune nominee for one of the most important jobs in the country. A full and fair vetting process is vital to determine the nominee's qualifications and temperament, but it takes time and consideration. The Senate has previously shown that they are willing to disregard this duty by rubber-stamping the ***past two*** Supreme Court nominations. The Senate must prioritize the health and

We hold Justice Ginsburg's memory as inspiration: continue the fight for gender equity and representation where decisions are made. This election year, we are elevating the voices of all people in the selection of all branches of their government. It is critical that the Senate honor the people's part in the selection of our next Supreme Court Justice.

**Tell them to protect our right to decide on Justice Ginsburg's successor – AFTER inauguration!**

**Take Action**

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**Our mailing address is:**  
**BPWSOC**  
**P.O. Box 722**  
**Barnegat, NJ 08005**  
**[www.BPWSOC.org](http://www.BPWSOC.org)**

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