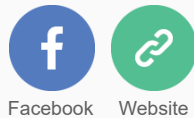


Business and Professional Women Southern Ocean County

[View this email in your browser](#)September 2023 Newsletter  
[www.bpwsoc.org](http://www.bpwsoc.org)

Hi, Hope you all had a fabulous Labor Day Weekend!

Here comes Fall!

As the soon to be colors of autumn begin to paint the world around us, I am reminded of the transformative power of change. Just as nature sheds its leaves to make room for new growth, our Women's Business Group continues to evolve, adapt, and flourish.

This September, I am excited to share some reflections and updates with you all.

**Celebrating Our Achievements** We've had an incredible year of growth and accomplishments, and it's crucial that we take a moment to celebrate our achievements. From supporting each other's businesses to fostering personal growth, our collective effort has made a significant impact on the lives of our members as well as the lives of our Scholarship/Grant recipients and the Charities that we support and some of us continue to support and/or currently work with them. Let's continue to celebrate each other's successes and inspire one another to reach new heights.

#### **Upcoming Events and Opportunities:**

We have our Psychic Night on Thursday, October 5th - which is already half way full with reservations. Get the message out there. I need to drop off a flyer at the Captain's Inn (and/or a bigger poster would be great) - can someone do this for me? Otherwise, I'll try to stop in this week! At our officer's meeting 9/5, we will work out who is doing what etc... for the event, and at our Meeting on 9/12, all of this will be presented - there will be no other meetings (except an Officer's meeting) before the event on Oct 5th.

Additionally, we have 3 more meeting dates before December to think about who we will make our annual Donation to (ideally we should advise the party by October/November.

**Your Voice Matters** Our group thrives because of your active participation and valuable input. If you have ideas, suggestions, or concerns, please don't hesitate to reach out to our Officers. We are here to listen and ensure that our group continues to meet your needs and expectations. And, as always - have a good time, sharing information, going on outings, etc...

As we step into September, let's embrace the change it brings, just as we have embraced the changes and challenges of the past year. Together, we can continue to empower, inspire, and elevate each other in both our personal and professional lives.

Thank you for being a part of our small group! People always say, why don't we support or donate to a local organization or help people in our community instead of always donating to the real big organizations; well, this is what we do as Business & Professional Women of Southern Ocean County.

I look forward to seeing you at our upcoming meetings and events!

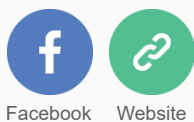
Thank you always to each and every one of you!

Lisa

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Lisa A. Gambino  
President, BPWSOC  
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Certified Computer Technician/Professional Secretary  
A 2 Z Computer Help  
www.A2ZComputerHelp.com  
lisag@A2ZComputerHelp.com

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["Like" my pages on Facebook](#) and [LinkedIn](#)



**MEMBER BIRTHDAYS:**

Judy Cantor - September 18

*If your birthday is in September and we missed you, please let us*

[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 (our Webmaster's) home address).

**UPCOMING MEETING/EVENT DATES:**

September 12 - BPWSOC Regular Meeting at Buon Appetito

**October 5; Psychic Night at Captain's Inn**

October 10 - BPWSOC Regular Meeting

November 14 - BPWSOC Regular 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 - All members are invited if you wish to join the Officer's in their discussions/plans etc...)

**Reminder to "REMEMBER":**

**BRING YOUR BUSINESS INFORMATION FOR NETWORKING**

**to All Meetings & Events!!!**

**know.  
Happy Birthday!**



**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)  
"Our deepest condolences go out to Gail and your family during this time."*



*"You can't be brave if you've only had wonderful things happen to you."  
Mary Tyler Moore*



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



Good and Welfare

Everyone can be vaccinated, if you wish.  
Be Safe, be smart, be respectful & be kind to one another!

Wishing everyone good health and happiness...

factories during World War II. Rosie the Riveter is commonly used as a symbol of feminism and women's economic power.



Fall is coming!



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





**Business & Professional Women Southern Ocean County**

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

# “PSYCHIC NIGHT”

BE ENLIGHTENED

**THURSDAY | October 5, 2023**

**6:00pm-10:00pm**

at the

**Captain's Inn**

E Lacey Rd, Forked River, NJ 08731



Enjoy browsing the vendor tables!

ADMISSION: \$20.00 *Includes light Appetizers*

MEDIUM Readings: \$50/per reading/20 minutes

PSYCHIC TAROT Card Readings: \$30/per reading/15 minutes

**All proceeds go to our Annual "Scholarships for Women" Fund**

**PLEASE BOOK YOUR TIME SLOT *IN ADVANCE*: CALL GINA at (917) 865-4662**

PRE- PAY IN ADVANCE online at: [www.BPWSOC.org/events](http://www.BPWSOC.org/events) *(Please include \$5 credit card fee)*

Send CHECK to: BPWSOC, P.O. Box 722, Barnegat, NJ 08005

**All Events are for Charity - NO REFUNDS**

**JOIN us for a night of enlightening and mystical experience...FEATURING:**

### MEDIUM READING

with well-known PSYCHIC MEDIUM

**Gina Cannone**

M.Ht., RMT., C.Ht. L.C., C.M.Th.,Speaker, Author

**Medium Reading w automatic writing**  
(You keep the writings)

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### MEDIUM READING with TAROT CARDS

with well-known PSYCHIC MEDIUM

**Carol Hellings**

### ANGEL/ANIMAL TAROT AND ORACLE READINGS

with well-known PSYCHIC

**Tommy Lynch**

RMT., Certified Ascended Angel Practitioner, Card Reader

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### TAROT CARD & PALM READINGS

with well-known PSYCHIC

**Kasandra**

from

**CHARMED IN COMPANY**

ALSO FEATURING:

**CAROL ...Tarot Cards**

**MARGARET ...Angel Reader**

**BELLA...Gypsy Witch Cards**



## Computer Tips:



Two Tips this Month:

1. In Email, we all gather or get too many emails. Each email provider and or app that you use to read/send emails has its own settings. I recently found that in "GMail (Google's email service) that if you go into "All Mail" and delete all emails, you will find that all your emails in the Inbox, and other Folders or Labels (except for the Spam Folder) will be deleted as well, and all the deleted emails will be moved to the Trash Folder, and the email imported from another Gmail will also be deleted directly into Trash (so, if you do not delete the Trash Folder - you will have a chance to get the emails you wish to keep back into the appropriate Folder).
2. "Phishing" is one of the most common forms of a cyber attack, which usually comes in an email, and is also arriving in Text Messages on your Smart Phones. The attacker will try to entice you to click on a bogus link that will take you to a website that is masquerading as an official website and or you will just download a virus onto your device. This will happen just by clicking that link one time. So, **DO NOT CLICK ON ANY LINK**, if you are not 150% sure it is from a real company. Many say, how do I know?, if it is a real company, you will have an Account; go to that account, sign in, and or look at your paper statement and call the number and ask about the offer you are be solicited with.

Due diligence is your best & only defense.

Thanks, Lisa

--

Lisa A. Gambino

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Home Office: 732-237-9704

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"Like" [my pages on Facebook](#), [Instagram](#) and [Twitter](#)

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 [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.

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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# GINA CANNONE

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Life & Spiritual Coach/ Intuitive Medium/Published Author  
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- REIKI (Crystal Reiki): Energy channeled through hands and crystals
- LIFE & SPIRITUAL COACHING : (attain your goals)
- Past Life Regression Specialist: Discover your past lives
- Intuitive Psychic Medium readings
- Host your own Spritual Event

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Location: Eatontown, NJ-Off 35 south-Near Monmouth Mall



Reading Corner

Author: Hope Holloway

Title Sanibel Dreams

Author: Susan Guckin

Title: [The Camouflaged Heart](#)

Note: Susan Guckin Sullivan is Past President of BPWSOC

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*Members! feel free to send us something you would like to add to the Newsletter*

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"It's your outlook on life that counts. If you take yourself lightly and don't take yourself too seriously, pretty soon you can find the humor in our everyday lives. And sometimes it can be a lifesaver." - Betty White

Health Tip from Gina Dinkey.



SPINACH GOAT CHEESE BLUEBETTY SALAD (by Carol Lieber)

INGREDIENTS

- 1 Bag Baby Spinach
- 1 cup blueberries
- 1 cup crumbled goat cheese
- 1 cup chopped walnuts toasted (350 degrees for 10 minutes)
- 3 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 tsp honey
- 1 tsp fresh thyme (or ¼ tsp dried thyme)

Reserve dressing until immediately before serving. Toss thoroughly, the honey helps to coat the spinach leaves.



# Bob Menendez

United States Senator

One hundred three years ago, our nation passed the 19th Amendment allowing women the right to vote in our country for the first time.

Since the passage of the 19th Amendment, millions of women everywhere have used this fundamental right to advocate for equality, better schools, health care, protecting our democracy and our climate, and the right for millions of additional Americans to vote unimpeded. Now, over a century later, women have held some of the highest offices in our government. But we have far more work to do.

While these achievements should be celebrated, we must also recognize these rights are being attacked every day by Republicans and it's unacceptable.

As someone who has always supported women's rights everywhere, Bob will always fight for the rights of every American, but he wants to know what you think. [Do you support Bob's fight to pass the Freedom to Vote Act? Take our quick one-question poll today >>](#)

YES!

NO

Thanks,

Team Menendez

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DONATE ONCE

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PO BOX 32248  
NEWARK, NJ 07102-0648  
United States

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**[Right now is your chance to meet with your elected officials:](#)** Over the next four weeks, members of Congress will travel home for August recess (a period of in-district work). This is an ideal time to develop a relationship with them over AAUW priorities and encourage them to support these critically important gender equity issues, including:

- Affirming the [Equal Rights Amendment](#) (read more about this below!)
- [Ending the gender pay gap](#), and
- Creating [gender equity in education](#)

Find expert tips on how to communicate with elected officials and their staff in [this helpful AAUW guide](#). It lays out step by step how to arrange and conduct

a meeting, and then follow-up. (You can also watch [our recent webinar](#) to learn some tips and tricks from fellow AAUW members.)

Remember—[reach out to your branch leaders](#) if you plan to meet with your elected officials so they can collaborate with you. Be sure to let us know if you do!

## Learn — *Dig deeper into the issues that matter*

This year marks the 100th anniversary of the introduction of the ERA. The text of the ERA is simple, but the impact would be profound: “Equality of rights under the law shall not be denied or abridged by the United States or by any state on account of sex.” In January, Rep. Ayanna Pressley (D-MA-7) and Sen. Ben Cardin (D-MD) introduced a joint resolution ([H.J. Res. 25 / S.J. Res. 4](#)) to remove the arbitrary deadline for ratification of the amendment, thereby recognizing that the ERA has been ratified by the legislatures of  $\frac{3}{4}$  of the states. This would allow Nevada, Illinois, and Virginia to count towards ratification, thus passing the threshold to recognize the ERA as part of the Constitution.

Polling shows [85% of Americans](#) across gender and party lines support the Equal Rights Amendment, yet the issue remains stalled in Congress. On July 19, Rep. Pressley filed a discharge petition—a procedural rule that enables the minority party in Congress to force a vote on an issue. The petition must gain 218 signatures (a full House majority) to advance. As of July 28, the petition has 182 signatures. Last week, members of the AAUW Lobby Corps were on Capitol Hill urging Congress to sign the discharge petition.

We encourage you to reach out and ask your representative to affirm the ERA while they're in their home district for the August recess. [Click here for tips on meeting with your elected officials.](#)

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

- [Join us on Moms' Equal Pay Day, August 15 at 3pm Eastern](#), for Fighting for Working Mothers: A Moms' Equal Pay Day Conversation with AAUW CEO, Gloria L. Blackwell, and representatives from Mom's Rising and Institute for Women's Policy Research. [Click here to register](#). Black Women's Equal Pay Day was July 27. AAUW participated in a social media storm with coalition partners to demand equal and better pay to help close the pay gap.
- On July 13, Rep. Cori Bush (D-MO-1) and Sen. Kristen Gillibrand (D-NY) introduced the ERA Now resolution (H.J. Res. 82), which would remove the ratification deadline and ask the Archivist to publish the ERA as the 28th Amendment. You can watch the [press conference for the ERA Now resolution here](#). AAUW strongly supports both H.J. Res. 25 and H.J. Res. 82.
- On July 27, the Senate Appropriations Committee voted to increase funding for the Department of Education's Office of Federal Student

Aid by \$150 million. (This includes increasing the maximum Pell grant award by \$250.) While the amount falls short of President Biden's budget request to increase funding by \$620 million, the increase in funding stands in stark contrast to the education cuts proposed in the House. Congress will continue to debate the appropriations bill in September.

- In July, the White House took steps to provide debt relief to student loan borrowers by announcing plans to [enact a new debt relief program](#) under the Higher Education Act and discharge [\\$39 billion in student loans](#) for 804,000 Americans through fixes to income-driven repayment plans. AAUW joined more than 175 organizations in calling on President Biden to enact his new plan as swiftly as possible and deliver urgently needed relief to borrowers.
- In observance of World Day Against Trafficking in Persons on July 30, AAUW CEO Gloria L. Blackwell hosted a virtual event with Dr. Laura Dean, Director of the Human Trafficking Lab at Millikin University and an AAUW American Fellowship alumna, on combatting global human trafficking. [Watch the recording here!](#)
- The National Governors Association has launched a new effort called "[Disagree Better.](#)" The initiative's goal is to diffuse political polarization through public debates, service projects, and public service announcements. It aims to model a more positive and optimistic way of working through our political disagreement. [Check out this video](#) with Govs. Spencer Cox (R-UT) and Jared Polis (D-CO) on the importance of civility.
- Sign up as a [Two-Minute Activist](#) today and keep up to date on our policy work with our [letters, comments, testimony and legal briefs](#) to learn more about AAUW's positions and advocacy efforts.

### [AAUW Action Fund](#)

[1310 L St. NW, Suite 1000](#)  
[Washington, DC 20005](#)  
[votered@aauw.org](mailto:votered@aauw.org)

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When women  
support each other,  
incredible things  
happen.



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

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