



Facebook Website

### PRESIDENT'S MESSAGE

August is just around the corner...The Tiki Bar at The Captain's Inn in Forked River will be the venue for August 9th, Tuesday at 6 PM get-together. Get-together??? Yes, rather than holding a traditional meeting our summer dates are held somewhere out doors for all to enjoy a social evening. Kindly reach out to Pat Stochlinski to let her know you are planning on attending. Pat's cell is 908-578-6646.

Do you have a victory or flower garden that brings you smiles, and perhaps food for your table? This summer has been exceptionally hot and dry. The few storms that have graced us have not been enough to help our gardens flourish. As we need to hydrate, keep those gardens watered as well. This is only one small way we see our world changing and we can help our garden's grow beautifully. I am trying to collect rain water for the flowers however the birds and critters in my neighborhood are taking advantage of the new swimming pool!! At least they have a spot to cool off in!

Watching what is happening to our democracy is chilling. Not discussing parties here, just mentioning again how important it is for us to vote. If you have suggestions on what we can do to assist non-voters, please bring your ideas to our September meeting. It's always a good idea to check with your friends, family and neighbors to be sure they are registered. Again, not getting political, just suggesting that EVERYONE NEEDS TO VOTE!!!

Enjoy the rest of your summer ladies; LCGC aka Lisa, Carol, Gina and Cyndy will be thinking of you as we are on our cooking, wine tasting, sightseeing and shopping trip to Italy!!

Ciao Bellezza!

Cyndy  
President BPWSOC



Facebook Website



### 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 Treasurer) home address)

August 9 - Captains Inn Tiki Bar - 6PM - Outdoor Social gathering. Please

contact Pat Stochlinski if you are planning to attend. (908) 578-6646.

September 13 - BPWSOC Meeting - Buon Appetito

September 29 - Psychic Fair - Captains Inn ([click here to download flyer](#))

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.)

### Reminder to "REMEMBER":

**BRING YOUR BUSINESS INFORMATION FOR  
NETWORKING**

**to Meetings & all Events!!!**



Good and Welfare

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



### MEMBER BIRTHDAYS:

Gina Dinkey - 8/13

Diane Kett - 8/15

Jakki Gioia - 8/24

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

Happy to hear that Gina Dinkey has recovered from Covid and will be traveling to Italy with LCGC



**"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



of feminism and women's economic power.

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



## Computer Tips:



**File Explorer is a file manager application that is included with the Microsoft Windows Operating System.**

By opening up **File Explorer** (*keyboard shortcut: Windows Logo Key + E*) and looking around at how the file system is set up, you can become very familiar with where your files go when you Download, Create and or Save files to your System.

File Explorer (formerly known as Windows Explorer) is used to navigate our files and folders, on a Microsoft Computer running Windows 10 or Windows 11.

Here are a few things to know:

- You will have many files that you create, download, save, etc... from various places (like email or websites).
- These files may be a document, a PDF document, an Excel Spreadsheet, a photo, a video, a music file, to name a few of the most popular ones.
- Each file can be put into a Folder to organize your files (within each folder, you can have unlimited amounts of files in it).
- By becoming familiar with your files and organizing them in Folders, you can have a neat workspace within File Explorer, just the same as you would in your home or business office or on your Desk.

There are so many things you can do in File Explorer to organize your files. The most important advice I can give you is to not be afraid to explore; do not feel the need to delete (deleting files that you do not know or recognize can get you in big trouble - it would be better to leave the file - the files do not necessarily take up a lot of space). If you find it confusing or you have many questions, this is where I come in - give me a call and we can set up a tutoring session.

Lisa

--

Lisa A. Gambino

Certified Computer Technician & Professional (Virtual) Assistant

A2Z Computer Help

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

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

Home Office: 732-237-9704

-----  
"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 [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

Jennifer D. Armstrong, LLC

Get the qualified, proven help you need today  **888-371-4158**

### **JENNIFER D. ARMSTRONG LLC**

#### ***Divorce and Family Law***

**We help people protect what's most important to them.**

Concentrating in all areas of: Family Law, Divorce, Custody & Support  
As well as Last Wills and Testaments, Powers of Attorney and Living Wills

611 Main Street, Suite 4  
Toms River, New Jersey 08753  
Phone: 732-281-6000  
[www.jdarmstronglaw.com](http://www.jdarmstronglaw.com)

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>



**Journey into JOY™**  
with **Jakki Gioia, BFA, SLG, LMT**

**Helping you Create your Heaven on Earth  
by Healing with Love**

- Concerts
- Workshops
- Self-Love Retreats
- Healing/Coaching Sessions
- Healing Essential Oils
- Self-Help books
- Dance Instruction
- Wedding Officiating

- Self-love Coach, Author, Performing Artist, Healer with 25 yrs experience & dozens of methods
- Specializing in pain relief & relationship issues

[journeyintojoy.com](http://journeyintojoy.com)  
YouTube: Journey into Joy  
[jakkigioia@journeyintojoy.com](mailto:jakkigioia@journeyintojoy.com)  
Manahawkin, NJ  
855-206-HEAL (4325)

*"Be Nice to Yourself!"*

Find us on Facebook

## GINA CANNONE

HYPNOTHERAPIST — SPIRITUAL MEDIUM

[HOME](#) [EVENTS](#) [CONTACT](#) [ABOUT](#) [RADIO SHOWS](#) [SERVICES](#) [HYPNOTHERAPY](#) [BOOKS](#)

# EATONTOWN HYPNOTHERAPIST – SPIRITUALIST, IT'S TIME TO BELIEVE

In Angels, Spirit Guides and Yourself!

Learn how to

Get your life on the course you desire

Dream it...Believe it...Pray for it and get it!

[SpiritualMediumGinaCannone.com](http://SpiritualMediumGinaCannone.com)

917.865.4662



Reading Corner

Author: Shana Abe

Title The Second Mrs Astor

Author: Susan Guckin

Title: [The Camouflaged Heart](#)

Note: Susan Guckin Sullivan 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

This past weekend I came across the following phrases/snippets in conversation, reading various articles and fictional references. I've been calling them to mind daily, realizing the fit and different application of mindset.

*Stay **above** the fray*

*We are created to be **healthy**, free of sickness*

*Gardening shows all life has to **offer**, rather than take away*

What does each mean to you? Are they situational dependent? Does one or more give a fresh outlook? Can this be used in a current or upcoming situation or project?





Friends,

I hoped I'd be writing with good news today about the historic [passage of the Bipartisan Safer Communities Act](#) dealing with gun safety, which passed the Senate last week with a strong 65-33 vote, including 15 Republicans.

However, there are more pressing matters today. Just days ago on Friday, we saw the U.S. Supreme Court overturn *Roe v. Wade* and *Planned Parenthood v. Casey*, ending reproductive freedom for millions of women living in states led by right wing conservatives.

For nearly 50 years, our nation has recognized the constitutional right to an abortion as part of the right to privacy and medical freedom. This decision is devastating and disastrous, it will impact millions of American women and will forever be a stain on our country's history. Where a woman lives and her income level will now determine her ability to access reproductive health options.

I am grateful that New Jersey is and will continue to be a beacon of reproductive freedom in our nation, and that we have a governor and a state legislature who will continue to protect a woman's right to choose.

I will never be able to personally understand the pain that this decision causes women across America but my pledge to you is that I will work with you to ensure every single woman in New Jersey and across the nation has equal access to abortion care. We cannot let them go further. We will not let them touch civil rights, voting rights, or LGBTQ+ rights. And we will continue this fight every day after until full reproductive health care access is fully restored.

Until next time,

If you're not already, make sure to follow me on [Twitter](#), [Instagram](#), and [Facebook](#) to stay up to date on what's happening in New Jersey and the Capitol, and stay tuned for future emails with more opportunities to share your thoughts with me.



Jersey City

210 Hudson Street - Harborside 3, Suite 1000  
Jersey City, New Jersey 07311  
973.645.3030 (office) | 201 .434.9272 (fax)

Barrington

208 White Horse Pike, Suite 18

Washington

528 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, [Opt-out of future updates from Senator Menendez here.](#)

---



## AAUW Statement Strongly Condemning the U.S. Supreme Court's Opinion on Dobbs v. Jackson Women's Health Organization

June 24, 2022

WASHINGTON, D.C. – The following is a statement from Gloria L. Blackwell, AAUW Chief Executive Officer:

The American Association of University Women (AAUW) strongly condemns the U.S. Supreme Court's decision in Dobbs v. Jackson Women's Health Organization. The decision overturns the landmark Roe v. Wade ruling that established abortion as a constitutionally protected right nearly 50 years ago and ignores the will of the American people, 80% of whom support legal abortion.

AAUW believes everyone has the right to make decisions about their own reproductive lives without government interference. Abortion access is vital to women's ability to control their lives, bodies and futures. Without reproductive freedom, there can be no equity.

Being able to choose whether and when to become a parent improves women's well-being and fosters economic security—a crucial component of AAUW's mission. This is particularly important in a country that lacks accessible maternal health care, paid caregiving leave and workplace protections for pregnant workers.

The Court's decision hurts all of us, but it will do the most harm to low-income people, women of color, immigrants, people with disabilities and LGBTQ+ people, because these groups already face substantial barriers to accessing reproductive services and health care.

While the Court's decision is a major setback for all Americans, AAUW remains steadfast in our commitment to protecting reproductive rights, a vital component of gender equity.

The American Association of University Women (AAUW) advances gender equity for women and girls through research, education and advocacy. Our nonpartisan, nonprofit

Learn more and join us at [www.aauw.org](http://www.aauw.org).

When women  
support each other,  
incredible things  
happen.



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

*Copyright © 2022 Business & Professional Women Southern Ocean County, All rights reserved.*

**Our mailing address is:**

**BPWSOC**

**P.O. Box 722**

**Barneгат, NJ 08005**

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

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).