



Here comes the Seasons for Giving, Sharing and Caring. The Holidays are in full swing as many advertisers and stores have just skipped over Thanksgiving, which I personally feel is wrong. Thanksgiving traditionally has been a time for family and friends to gather as they travel for the Holiday to Share, Care and Give Thanks for different blessings. Perhaps we may not be happy with "Aunt Mary" or "Uncle Fred" at the diner table, but we would be kind and enjoy the camaraderie of the Holiday. (Pass the wine...please) Thanksgiving is usually a time to catch up with friends and family; remember the first Thanksgiving you came home from college as a new found adult...great memories, or not, but grateful to be home with family and friends. Using this holiday to rekindle memories of giving, sharing and caring is important and should not be forgotten. Looking forward, let us enjoy the festivities of the current seasons, with the spirit we have shared throughout the year. It is a great time to Care, Share and Give to one another - one of our greatest gifts...Friendship!!!

We will have our Holiday meeting on Tuesday, December 13th at Boun Appetito in Bayville. Join us early after 6 PM for networking with our meeting starting at 6:30 PM. Our guest speaker will be Kim Santora, director of CONTACT of Monmouth and Ocean Counties. CONTACT will be awarded our Annual Donation. We will also have a Secret Santa gift swap among our members. The maximum dollar amount for the gift is \$20.00.

Looking forward to seeing you on the 13th.

Ciao,  
 Cyndy Friedland  
 BPWSOC President



**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).

*December 9 - Surfflight Dinner Theatre fundraiser - White Christmas.*

*Tickets \$70.00*

*December 13 - BPWSOC Meeting - Buon Appetito Holiday meeting -*

*Bring a \$20.00 Gift for grab bag Holicay Charity - Contact*

*Janauary 10 - BPWSOC Meeting - Buon Appetito*

*February 14- BPWSOC Meeting - Buon Appetito*

**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!!!**



**MEMBER BIRTHDAYS:**

Gina Cannone - December 7  
 Cyndy Friedland - December 8

If your birthday is in December 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)**



**"Do the thing you cannot do".**  
**Eleanor Roosevelt**



Good and Welfare

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

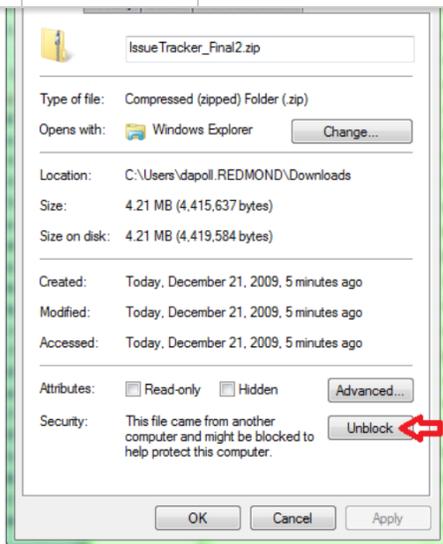


[www.BPWSOC.org](http://www.BPWSOC.org)



## Computer Tips:





You may wonder why there is so much security, protection, and 2 step verification, being asked or provided to us while using our computers & digital devices. Well, this is all due to the constant development of rogue or malicious software that criminals or nefarious parties put out there on the World Wide Web. We all may read and/or hear about what we should do on our computers, but do we always do it? Therefore, the various companies ie....Apple, Microsoft, Amazon, Google, etc...are starting to incorporate various road blocks, if you will, to help you stay safe.

Here is a recent one that I came across while helping a client with Older Word Documents as well as from another Computer. (So, just a little explanation: the virus, or bad link doesn't come from no where, it will usually come from someone's computer or from a rogue website link. Again, this is the reason the companies try to help or warn us). So, a new form of Security has shown its head in Windows 11, where you will have to go to the file properties (right click on the file, click Properties) and "Unblock" the file so that you will be able to view or use it in Word for example. The Security features are vast and there are many ways to address this particular issue, but I always try to present the easiest (or, user friendly) way as well as advise you to be aware of the warning. Meaning, you know who sent the particular file to you. Is it work related or for professional reasons; is it a joke that you really don't need to even find out about? Whatever the reason, be sure that you understand that you will be removing the security, so this is opening up your device to the possibility of harm.

Take the security & protection warnings serious (anyone who knows me, knows I usually try not to take too much too serious, but, keeping ourselves as safe as we possibly can is pretty important), they are only trying to help in the long run. Because, what would come after that warning not taken? A compromised Computer or device and guess what? You will have to call in a professional to get rid of it. Ask yourself, how important is this file or download? Then, give me a call - I can always help!

Thanks, Lisa

Have a very Happy & Merry Christmas!

--

Lisa A. Gambino

Certified Computer Technician & Professional (Virtual) Assistant

A2Z Computer Help

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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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*with Jakki Gioia, BFA, SLC, LMT*

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Reading Corner

Author: Adrina Licio

Title A Fair Time For Death

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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A couple of soup recipes to warm the soul

Cauliflower

1 large onion  
1 small can tomato sauce and same size water  
whole head of cauliflower  
2 cans red beans with juice of both and 1/2 water  
1/2 cup tubini pasta  
after boil, cook simmer one hr  
add oregano and black pepper to taste

Broccoli Rabe

7 cloves of garlic, sliced  
brown and flip  
add oil  
beef broth container add half slowly  
8oz tomato sauce  
simmer one hour  
bunch of broccoli rabe, wash and cut stems, then in half  
pepper and oregano  
rest of broth  
15 min  
tortellini, tubini or chunked potatoes without skin



**9th District**

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609-693-6700

## [Honoring & Serving Our Veterans](#)



This November, we are proud to honor our veterans in a number of different ways. Tomorrow is Veterans Day, all of this week is National Veterans Awareness Week, and this month is National Veterans and Military Families Month.

We hope everyone will join us in thanking and honoring our veterans and their families for all of their sacrifices.

**We are proud to serve all veterans through our work in the Legislature:**

- Senator Connors serves on the Senate Military and Veterans Affairs Committee
- Assemblywoman Gove serves on the Assembly Military and Veterans Affairs Committee

In representing the interests of our constituents, our delegation has a longstanding record of supporting veterans and their families, who constitute a large segment of our constituency, through a number of laws and policy initiatives.

Our delegation is committed to improving the quality of life for veterans and active duty military personnel by supporting benefit enhancements focused on tax relief, higher education, housing, and health care services.

- [\\$6,000 Veteran Income Tax Exemption](#)
- [\\$250 Property Tax Deduction for Senior Citizens and Disabled Persons](#)
- [\\$250 Veteran Property Tax Deduction](#)
- [100% Disabled Veteran Property Tax Exemption](#)
- [Active Military Service Property Tax Deferment](#)
- [Updated New Jersey Veterans' Benefit Guide](#)

**Veterans' Laws Supported by Our Delegation:**

- **Excluding Combat Pay from Income Taxation:** Voted for the law that excludes combat pay from gross taxable income under New Jersey income tax.
- **Veteran Property Tax Deduction – Non-War Time Veterans:** Voted for the enabling law, contingent on voter approval of a constitutional amendment, that authorizes veterans' property tax exemption and veterans' property tax deduction for honorably discharged veterans of the United States Armed Forces who did not serve in time of war or other emergency.
- **Increase in Gross Income Tax Deduction:** Voted for the law that increased the gross income tax deduction available to veterans from \$3,000 to \$6,000.
- **Property Tax Exemption – Not in Theater of War:** Voted for the law that authorizes total disabled veterans who served during a time of conflict, as provided for under State law, but not in the specific theater to be eligible for the veterans property tax exemption.
- **"Combat to College Act":** Sponsored and voted for the "Combat to College Act" which provides that military service members and veterans who live in New Jersey and attend a public institution of higher education will be granted priority in registering for courses at the public institution of higher education.
- **Higher Education Appropriate credit – Student's Military Service:** Voted for the law requiring each public and independent institution of higher education, after taking into account and giving due consideration to the credit recommendation of the American Council on Education, to accept and apply towards an undergraduate degree program appropriate credit for a student's military experience, following an evaluation and determination by the institution that the credits are in alignment with appropriate courses and correspond to the degree being pursued at the institution.

- [S-160/A-854](#): "A Vet is a Vet": Broadens the eligibility for various veterans benefits by eliminating the requirement that to be considered a veteran a person must have served during periods of war, in specific war zones, or during periods of emergency.
- [S-163/A-736](#): Requires the State to annually reimburse each municipality in an amount equal to 102 percent of the amount of any disabled veterans' total property tax exemptions permitted by that taxing district in the current tax year. The 102% reimbursement shall cover the cost of the actual taxes exempted plus any administrative costs that may be incurred by the municipalities due to the enactment of the bill.
- [S-172/A-760](#): Continues the tax exempt status of property owned by a 100 percent disabled veteran whose home has been destroyed by flood, storm event, natural cause, or other act of God.
- [S-1698/A-762](#): Extends the veteran's gross income tax exemption to spouses of deceased veterans.
- [S-522/A-888](#): Grants a property tax exemption to honorably discharged veterans having a service-connected disability in proportion to their disability percentage rating. The exemption is granted only to those veterans with a disability percentage rating of 30 percent to 90 percent.
- [S-3111/A-856](#): Adds the Vietnam Veterans of America to the list of organizations whose duly authorized representatives are entitled to receive a leave of absence with pay to attend State and national conventions under R.S.38:23-2, which applies to persons in the service of the State, a county, or a municipality.

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# AAUW Action Network

## A Day of Action for Pregnant Workers

Pregnant workers need your help to push the Pregnant Workers Fairness Act (PWFA) across the finish line before the end of the year. While the legislation passed the House of Representatives in May 2021, it's been stalled in the Senate ever since, despite bipartisan support. Tell the Senate they must pass PWFA before the end of the year by taking the following actions:

- [Call and write](#) to your senators today and every day this week (suggested script included).
- Join us for a day of action on Thursday—either [in person at the U.S. Capitol](#) or on [social media](#).
- Ask your friends and family to join these actions!

**How to engage virtually:** Take a picture of yourself or loved ones taking action to use on social media. AAUW and coalition partners continue to call on Senate Majority Leader Chuck Schumer to schedule a vote and get this done. A social media post can be personal or straightforward, for example:

Join @AAUW, @ABetterBalance, @ACLU & partners at the “Pass PWFA!” Rally on Capitol Hill in DC on 12/1 at 12:30 pm. We call on Senate leaders to protect pregnant workers before the end of the year! #PassPWFA #ProtectPregnantWorkers <https://bit.ly/3u0XloB>

Pregnant workers can't wait any longer. No one should risk being forced out of the workplace simply for following their doctors' orders. **Urge your senators to [pass the Pregnant Workers Fairness Act](#) before the end of the year!**

**Take Action**

[AAUW](#)

[1310 L St. NW, Suite 1000](#)

[Washington, DC 20005](#)

[advocacy@aauw.org](mailto:advocacy@aauw.org)

When women  
support each other,  
incredible things  
happen.



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