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ATTENTION LADIES!

***Our Meeting for TUESDAY, February 9th, will be a ZOOM Meeting and
our Guest Speaker is Gina Cannone***

***Let Lisa Gambino, know via email, lisag@a2zcomputerhelp.com
for the invite to our meeting.***

We will start at 6:30 PM

A MESSAGE FROM OUR PRESIDENT...

It seems that we are all looking forward to changing up our game and attitudes for 2021. Are there better business decisions we can make or share to increase our business or personal lives? Our member, Gina Cannone, will speak to us on our Zoom meeting on Tuesday, February 9th on how we can save for our future. Join us for our meeting and gain insight with Gina's leadership.

Your Officer's are working on new guest speakers for our upcoming meetings. More to follow on this as we make decisions.

As we know, we will not be going to The Mathis House at 600 Main Street for our annual Victorian Tea dinner. Hopefully we will back next year for a delightful Valentine's celebration with our sisters.

If you are interested in being a committee member on our Nominating or Scholarship committees let me know at your convenience.

Please be mindful and wear your masks, wash your hands, keep your social distance and speak clearly when wearing your mask...This Pandemic is not a joke...Be mindful for ourselves, your family and friends...we want to be able to assemble again, but we all need to participate and be mindful.

Best,

Cyndy Friedland

*Our Get Well Wishes go out to:
 Pat Stolschinski our lovely Secretary as she recuperates from surgery.
 Diane Kett as she recuperates for Covid-Pneumonia.*



SAVING FOR YOUR FUTURE!



SPEAKER

GINA CANNONE

M.H., RMT., Intuitive, Author
 Power Coach specializing in:
 Life -Spiritual-Business-Book Coaching
 Speaker-Instructor
www.spiritualmediumginacannone.com
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Speaker February 9, 2021

COME WITH QUESTIONS and YOUR OWN IDEAS to share for

SAVING FOR THE FUTURE!

Questions often asked...

- How many credit cards should I have?
- How much do I need to save to feel financially secure?
- How do I save?



Facebook



Website



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, TO LISA GAMBINO, Treasurer, 166 BUTLER BLVD., BAYVILLE, NJ 08721

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

2021 Schedule

February 9 (2nd Tuesday) ZOOM MEETING
go to www.BPWSOC.org and [CONTACT US](#), if you are planning to attend - Thank you!

Saturday - April 24, rain date/May 1st: this is a tentative date for our "Holistic Fair"
(members are currently working on a 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!!!



Our best wishes to Pat Stochlinski as she recuperates from Surgery.

Continued well wishes to Diane Kett as she continues to recuperate from Covid-Pneumonia.

Anyone, not mentioned is not intentional.



MEMBER BIRTHDAYS:

There are no February birthdays listed in our roster.

If your birthday is in February 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 Dianne Kett a speedy recovery.



**"Women belong in all places where decisions are being made. It shouldn't be that women are the exception."
Ruth Bader Ginsburg**



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

We New Jerseyans, can now register for our COVID shots. Go to [COVID-19 Vaccine Registration](#)



www.BPWSOC.org



Our Scholarship Applications for 2021 are open for discussion and review. We will post information here. You can [download an application](#) to apply on our website, each year, by April 30th. (2021 applications are usually available in December)



Computer Tips:



This is the simplest tip ever:

Restart (aka Reboot), Shut Down, Turn Off, Unplug, Wait, "Patience is a virtue" and Restarting is the solution to many computer problems, as well as any of your electronic devices.

Please do not hesitate to give me a call, if you have any questions or need assistance!

Thank you,

Lisa A. Gambino
Certified Computer Technician & Professional (Virtual) Assistant
www.A2ZComputerHelp.com

"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: 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, SLG, LMT

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"Be Nice to Yourself!"

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GINA CANNONE

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Title: The Dressmaker's Gift

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



Disclaimer - everyday there is new information and not claiming to be an expert rather wanted to help with some references:

History: 1918 H1N1 which is influenza and 2009 variant known as swine flu, 1957-58 H2N2, 1968 H3N2 SARS (Severe acute respiratory syndrome is a viral respiratory disease, we remember from 2003

Coronavirus is a common infection in your upper tract which is nose, sinus or throat or lower, windpipe and lungs

Dec '19 had an outbreak in China, this new strain is called SARS-CoV-2, another type was MERS (Middle Eastern Respiratory Syndrome)

DNA (deoxyribonucleic acid) is the code present in the nucleus and what has been approved in the US is RNA (ribonucleic acid). This is present in living cells, controls proteins and teaches our cells to trigger an immune response rather than injecting a form of the germ.

Two available in the States; Pfizer and Moderna, which we understand is better. The arm is sore from the first shot and second will feel sick for about a day.

Vaccine Tourism - Only residents full and part time residents of Florida can receive

Testing: PCR (Polymerase Chain Reaction) & ACR

1. Rapid/Antigen with results while you wait ex: Beach Haven, LBI there is a private contractor for a cost of \$135. This can be used when requiring answers to future the spread and notification to those you live or work with etc.
2. Molecular by a lab, ex: CVS Waretown by appointment through insurance, pickup at drive thru and video sent beforehand instructs how to administer self. Perform in your car and return in a drop box which gets results in a couple days.
3. Antibody by blood, determines if you had the virus and not immunity.

Fri 1/22 Gov Phil Murphy reported:

1. Infection transmissions rate - NJ 1.04% with a goal of below 1 meaning we are trending in the right direction
2. Covid positivity NJ 10% & PAR - antibody
3. Hospitalizations and ventilators, ICU (Intensive Care Unit) up in NJ means patients are more severe, CCU (Critical Care Unit)

Websites:

National: <https://covidtracking.com/> - shows 7-day average by state map

NJ: <https://covid19.nj.gov/> - broken down by counties

Health Tip from Gina Dinkey



Legislative from Carol Lieber...



9th District

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

sennconnors@njleg.org

609-693-6700

[All Seniors & Individuals With Certain Medical Conditions Now Eligible for COVID-19 Vaccination](#)



Beginning today, all New Jersey residents ages 65 and older, and individuals ages 16-64 with certain medical conditions, as defined by the Centers for Disease Control and Prevention (CDC), that increase the risk of severe illness from the virus, are eligible for the COVID-19 vaccination.



Those conditions include cancer, chronic kidney disease, COPD, Down Syndrome, heart conditions, obesity and severe obesity, sickle cell disease, smoking, and type 2 diabetes mellitus. Individuals who are pregnant and those in an immunocompromised state (weakened immune system) from solid organ transplant are also eligible but should follow CDC guidance and first discuss vaccination with their medical provider before receiving the vaccine.

In addition to paid and unpaid healthcare workers in Phase 1A, these two groups mark the expansion of eligible residents in Phase 1B, which recently opened to include sworn law enforcement and fire professionals.

How to Register for Vaccination

- [How to Get Vaccinated if You Are Eligible](#)

What to Know About the COVID-19 Vaccine

- [How Do COVID-19 Vaccines Work?](#)
- [Vaccine Trials and Safety Precautions](#)
- [Vaccination Timeline and Priority Groups](#)
- [Where and How to Get Vaccinated](#)

Related FAQs on the COVID-19 Info Hub

- [New Jersey's Phased Approach to COVID-19 Vaccination: Phase 1A](#)
- [Is the COVID-19 vaccine free? What if I don't have insurance?](#)
- [Who is eligible for vaccination in New Jersey? Who is included in the vaccination phases?](#)



January 22, 2021

On January 20, Joe Biden was sworn in as the 46th President of the United States, along with Vice President Kamala Harris. From the White House and the Cabinet nominees to the new Congress and state elected officials, we are witnessing [unprecedented diversity in our leadership](#). We celebrate this historic step in representation and the commitment to equity for all that it hopefully indicates.

Act — *Take action on the most pressing policies*

As the 117th Congress takes on the great many challenges facing the American people

what men are paid, and the gap is even wider for many women of color.

AAUW has worked for decades to enact the Paycheck Fairness Act, which would update the Equal Pay Act of 1963 and give us important tools to close the pervasive pay gap. The House of Representatives passed the legislation with bipartisan support during the 116th Congress, but it stalled in the Senate. This year, both chambers must act to send this critical bill to President Biden's desk, so it can finally become federal law.

The [Paycheck Fairness Act](#) would:

- Prohibit employers from relying on salary history to set wages.
- Close loopholes that have weakened the law over time to allow employers to justify paying workers unfairly.
- Create more robust remedies for those who have suffered discrimination.
- Prevent employers from retaliating against workers who discuss or disclose their wages.
- Provide much needed training and technical assistance, as well as data collection and research.

Your elected officials need to hear from you today about this important bill. Tell them to co-sponsor and quickly [pass the Paycheck Fairness Act once it is reintroduced in this Congress!](#)

Learn — *Dig deeper into the issues that matter*

- During the period between the November election and inauguration of our 46th President, AAUW worked closely with the [Biden transition team](#) to delineate our priorities for the incoming administration. We offered our thoughts on [executive actions to take immediately](#) to support gender equity.
- AAUW's [letter to the 117th Congress](#) outlines our federal legislative priorities for this session. We urge you to use it as an advocacy tool when speaking with your elected officials about their need to take up and move quickly to support the economic security and education of women and girls.

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

- As our nation struggles to combat the COVID-19 pandemic, and recover from the economic crisis it created, [AAUW remains steadfast](#) in advocating for women and people of color to be prioritized in the response.
- Read [AAUW's Statement on the Creation of Gender Policy Council](#) to learn about the Biden Administration's commitment to "restoring America as a champion for women and girls."
- Share your perspective on the proposed 2021-23 Public Policy Priorities in the member survey [here](#).

Strengthen our voice with policymakers with a gift to AAUW.

Donate Now

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

When women
support each other,
incredible things
happen.



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

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