



ATTENTION LADIES!

**Our Meeting for TUESDAY, January 12th will be a ZOOM Meeting.
With the changing climate of the Pandemic, your officers decided
that this would be best for everyone!!!**

**Kindly let Lisa Gambino, know via email, lisag@a2zcomputerhelp.com
so you will be invited to our meeting.**

We will start at 6:30 PM

A MESSAGE FROM OUR PRESIDENT...

Happy New Year to all...may you each have a Happy, Healthy, Productive and Safe 2021. We have put 2020 behind us in many respects. We have had to make major adjustments in our personal and business roles that have provided new avenues for us to travel. The Pandemic challenged us to move forward on un-chartered paths that we never thought possible. Give yourselves a huge round of applause for making it through the year!

Our guest speaker for January is our member, Jakki Gioia, who shared her story with us previously and will give us insight to her "Journey Into Joy". Jakki started The Women's Collective for Healing and Empowerment, and she will share more with us. At our December meeting Jakki volunteered her talents with Hearts of Mercy, a volunteer organization started by Kristin Santorelli which reaches out to children of underprivileged families in the Barnegat area. She was quite the entertaining elf for the children.



At our January meeting I will ask for volunteers to be on the Scholarship Committee. I will present these names to the Officers and we will select the committee. Your officers will be revising the Scholarship requirements for this year's applicants.

This is the time that we also are looking for members to assist with the Nominating committee to recommend a new slate for 2021 -2022 officers. If you would like to be considered for this committee kindly let me know.

We have decided to postpone our meetings at Breaker's Kitchen and Tap in Waretown and make a decision each month accordingly. Join us on Zoom for our meeting beginning at 6:30 PM. Kindly let Lisa Gambino or myself know that you will be attending. Please be safe, continue to practice social distancing, wear your mask, wash your hands and we will take each day - one day at a time!

Best wishes,
Cyndy Friedland
President BPWSOC

(here are a couple more photos from the [Hearts of Mercy](#) Christmas celebration)



Facebook



Website



MEMBER BIRTHDAYS:

There are no January birthdays listed in our roster.

If your birthday is in January and we missed you, please let us know. Happy Birthday!

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

January 12 -BPWSOC we will Zoom & decide each month

postponed: BREAKERS KITCHEN AND TAP "PLEASE RSVP"

go to www.BPWSOC.org and [CONTACT US](#), if you are planning to attend - Thank you!

February 8 -BPWSOC Dinner/Meeting at: BREAKERS KITCHEN AND TAP "PLEASE RSVP"



This is where we send Sunshine to a Member who has had a celebration or we're sending wishes to get well or sympathy.

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 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)



"We do not have to become heroes overnight. Just a step at a time, meeting each thing that comes up, seeing it as not as dreadful as it appears, discovering that we have the strength to stare it down."

Eleanor Roosevelt



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



Computer Tips:



With this new way of life (since the pandemic started), I would like to remind you of a good practice: Clean your keyboard. If you have a laptop - be sure to shut the computer off and unplug the power cord, (if you have a removable battery, remove it). Then, with a cotton/lint free cloth - put a few drops of water on the cloth and wipe all around the keyboard, be sure to not rub so hard that you pop off any keys. Additionally, you may put a few drops of alcohol on the cloth and wipe dry - cleaning any grease, etc...and letting it sit to air dry. (never saturating the rag or device/just enough to remove fingerprints, grime, etc...) Once dry, insert battery, plug in power cord and power on the PC. If you have a Desktop Computer, where you have a keyboard attached by a USB cord or wireless, then you would shut down the computer. If the keyboard is wireless, turn the switch off. Clean the keyboard the same as above let dry and power up your computer.

If I can help you in any way with your electronic devices, give me a call!

Thank you,

Lisa A. Gambino

Certified Computer Technician & Professional (Virtual) Assistant

www.A2ZComputerHelp.com

lisag@A2ZComputerHelp.com

Home Office: 732-297-970 4

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



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: 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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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, SLQ, LMT

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Reading Corner

Author: Sheryll Woods

Title: [Waking up in Charleston](#)

Author: Susan Guckin

Title: [The Camouflaged Heart](#)

Note: Susan Guckin is Past President of BPWSOC



Ladies, Felt the following was a good way to kick off the new year and in future articles I can dive into some of the areas of interest deeper.

The Holidays are usually a time of year calling for traditions. This normally ranges from the food prepared, gift exchanges or celebrations with family and friends. Since this year has caused upheaval in every aspect of our lives, we are proving to adapt and develop new ways and figured I'd share some personal coping mechanisms.

A routine that has continued in my mornings is diffusing essential oils including grapefruit, orange or lemon for a wake me up. I also pull a couple Oracle or tarot cards providing either insight for the day or for a situation. Then meditate calling guides and angels also using mala beads repeating a mantra such as "I am enough". Reiki chakra clearing is next and sending healing to those in need. Using ayurvedic super nasya oil in each nostril both morning and evening relieves stuffy feeling. Helping to drift off using accupressure points especially on the neck and shoulders while listening to soothing music such as the sound of classical instruments, crystal or tibetan bowls. Recently I've adding some yoga poses such as hero's pose and hip openers in the morning.



Legislative from Carol Lieber...

[Senate Republicans Call for Override of Murphy's Veto of Legislation to Save the Struggling Restaurant Industry](#)

January 7, 2021 Contact: [Brad Schnure](#) / (609) 847-3600

Please Share:



calling for votes to be scheduled in both houses of the Legislature to override Governor Phil Murphy's veto of legislation (A-4525) intended to save New Jersey's struggling restaurant industry.

Senate Republicans called for an override of Gov. Phil Murphy's veto of bipartisan legislation intended to save New Jersey's struggling restaurant industry.

(SenateNJ.com)

The full text of the letter is below:

Dear President Sweeney and Speaker Coughlin,

We write to urge you to schedule votes to override Governor Murphy's veto of legislation, A-4525, that was intended to help restaurants, bars, and breweries to survive the economic harm caused by nearly a year of indoor dining restrictions due to COVID-19.

At no time during the months the bill was under consideration did Governor Murphy express concerns with the bipartisan legislation, which passed through both houses of the Legislature without a single dissenting vote.

This legislation is a measured and temporary response to help struggling establishments in all our communities to remain viable by allowing expanded food and beverage service to outdoor spaces they own or lease, including patios, decks, yards, walkways, parking lots, and sidewalks.

We have been warned by representatives of the restaurant industry and operators of local establishments that many restaurants, bars, and breweries are on the brink of closing. They simply cannot make enough to pay their bills under current limitations.

Governor Murphy's inaction on other fronts to support small businesses, including restaurants, makes the override of his veto of A-4525 all the more urgent. We urge you to schedule override votes in both chambers as soon as possible.

Sincerely,

Joe Pennacchio
Whip

Kristin Corrado
Conference Leader

Kip Bateman
Deputy Whip

Robert Singer
Deputy Leader

Chris Brown
Deputy Conference Leader

Steven Oroho
Budget Officer

Anthony M. Bucco
Senator – District 25

Gerald Cardinale
Senator – District 39

Christopher Connors
Senator – District 9

Michael Doherty
Senator – District 23

James Holzapfel
Senator – District 10

Declan O'Scanlon
Senator – District 13

Michael Testa
Senator – District 1

Samuel Thompson
Senator – District 12



December 22, 2020

As 2020 comes to a close, this unprecedented year ends with work left unfinished. The crisis relief bill passed this week is a stopgap. While we are relieved there will be some support for those in need, our elected leaders must do better. AAUW is proud of all we've accomplished this year to advocate for women and girls throughout the pandemic, and we will continue to hold our elected officials accountable to the American people as we march onward in our efforts to heal the country. We look forward to welcoming 2021 and embracing the progress to come.

Wishing you a safe winter,
The AAUW Public Policy & Legal Advocacy Team

Act — *Take action on the most pressing policies*

Congress finally passed a crisis relief bill. More provisional than comprehensive, the failures of this legislation cannot be overlooked. In particular, the exclusion of paid leave benefits will leave millions of American workers and their families vulnerable to sickness, unrelenting caregiving demands and financial hardship. Despite its shortcomings, the bill includes several important provisions:

fund.

- There is also \$10 billion designated for childcare providers who have struggled through the pandemic.
- A \$300/week unemployment benefit extended to at least March 14 (including self-employed workers, gig workers and those who have exhausted state benefits).
- The eviction moratorium extended through January 31.
- Direct payments for each taxpayer, based on 2019 tax filings (\$600 for individuals making up to \$75,000; \$1,200 for couples up to \$150,000; \$600 additional per child).

Since the long-awaited but much-lacking relief bill passed just last night, we do not have a direct action for you today. What we ask instead is: be ready for quick and strong actions when the 117th Congress convenes.

Thank you for advocating with us; we will continue this critical work the week of January 3, 2021

Learn — *Dig deeper into the issues that matter*

Over the last month, AAUW has [communicated](#) with the Biden-Harris transition team about the actions we and our coalition partners would like to see the incoming administration take to support the economic security and education of women of girls. COVID-19 has had an unprecedented impact on women and people of color, and we must take bold steps to address economic disparities and inequitable educational opportunities that have been exacerbated by the pandemic.

We [asked](#) the Biden-Harris Administration to focus on equity issues, including increasing the minimum wage, advancing pay equity, canceling student debt, suspending implementation of the new Title IX rule, and prioritizing gender and racial equity across departments and programs. We also [urged](#) them to appoint candidates to key cabinet positions who have a deep understanding of systemic barriers to equal opportunity faced by historically marginalized communities and have a record of advocating for the civil rights of all working people and students they serve.

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

- Ensure you engage in every AAUW action in the new year and [become a Two-Minute Activist](#) today.
- Re-watch some of the [top policy webinars of the year](#): The Status of Latinas in the United States During COVID-19, Justice Ginsburg's Legacy and the Future of the Court, and Social Media Advocacy 101.
- Access the AAUW Diversity, Equity and Inclusion (DEI) [resources](#), which share best practices for AAUW members and others to incorporate inclusive practices into their branches and daily lives.

When women
support each other,
incredible things
happen.



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