

Business and Professional Women Southern Ocean County  
June 2020 Newsletter  
[www.bpwsoc.org](http://www.bpwsoc.org)

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Facebook Website

Thank you members for having the professional awareness to continue working and staying in "the loop" during these trying days of our "Stay at Home" COVID-19 situation. It is indeed a test of our skills to continue to do what we all do on a daily basis. Fortunately we are able to have our off site meetings via Zoom!!! I am sure it is challenging for everyone to do the best we can, providing our services at a distance from clients and public. We all have mastered the art of sanitizing and being prudent if and when we need to meet with clients. I know for myself it is difficult to see family and friends only at a distance when possible. When we need a hug it's certainly at a distance or viral hugs. When we are able to resume our "normal" work routines will it ever go back to normal?! This has taught me how to maximize my time to coordinate clients, showings and closings. My field has definitely been effected with "distancing". Looking forward we will have a different approach to who and how we do in person meetings. That being said, we will do out best to be together again for Tuesday night meetings...maybe in September?!!

Our June guest speaker will be our newest member, Gina Cannone. Yes she joined our organization after speaking to us last month and meeting most of you on Zoom. This month she will speak to us on "Create the life you want". We are all on a different path towards are future however there is always room for improvement. Be sure to join us for our meeting on Tuesday. June 9th.

Cyndy Friedland

President BPWSOC

Cynthia "Cyndy" Friedland

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[http://www.njar.com/docs/risk\\_management/98CIS%28A%29.pdf](http://www.njar.com/docs/risk_management/98CIS%28A%29.pdf)



## ABOUT GINA CANNONE

Gina Cannone holds many titles...Board Certified Advanced Clinical Hypnotherapist, Instructor, Keynote Speaker, Hypnotic Life Coach, Psychic Medium, Radio Host and Author. Her true purpose is to help people to achieve happiness, success, spiritual growth and to live a purposeful life.

Gina is recognized for her many **psychic gifts**; clairvoyance, clairaudience, clairallience and her uncanny ability to communicate with "the other side." She incorporates automatic "trance" writing within her reading sessions.

Her first book, **"IT'S TIME TO BELIEVE" in Angels, Spirit Guides and Yourself...** explores Gina's spiritual side, and the extraordinary journey of her life to date. "IT'S TIME to BELIEVE" is about answered prayers and how one can find fortune, happiness, loving relationships and a clearer path to achieve personal and professional goals. The chapters in the book juxtapose amazing true stories throughout Gina's life, along with advice and guidance on how to find your true path. The heart of "IT'S TIME to BELIEVE", is prayer-intertwined with psychic and clairvoyant events. Worldwide Distribution **BARNES & NOBLE and AMAZON.**



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**IT IS TIME TO PAY YOUR DUES FOR  
2020/ THE DUES ARE \$75.00 PLEASE SEND  
YOUR CHECK PAYABLE TO: BPWSOC, TO  
LISA GAMBINO, 166 BUTLER BLVD.,  
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DUE TO THE COVID19 HEALTH  
EMERGENCY

BPWSOC Meetings will be held remotely. You  
will receive an email with instructions.

2020 Schedule:

**June 9 - BPWSOC Meeting**

**July 14 - BPWSOC Meeting - out and about at a  
local Restaurant**

**August 11 - - BPWSOC Meeting - Special Event:**

**Surflight Dinner Theatre Scholarship Fundraiser -**

**Save the Date -**

**Mama Mia & Dinner at The Engleside Inn**

**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!!!***

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To think about for the summer of 2020...



Our Scholarship Awards are given out each year at our June Meeting.

You can [download an application](#) to apply on our website, each year, by April 30th.



## MEMBER BIRTHDAYS:

June 21 - Lisa Gambino

June 23 - Donn Montana

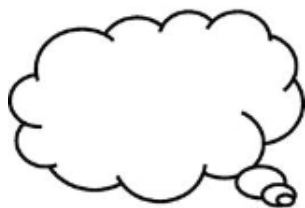
If your birthday is in June and we missed you, please let us know. Happy Birthday!



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

All the best wishes to everyone and thank you for your thoughtfulness!

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**"I did then what I knew how to do. Now that I know better, I do better."**  
**Maya Angelou**

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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.

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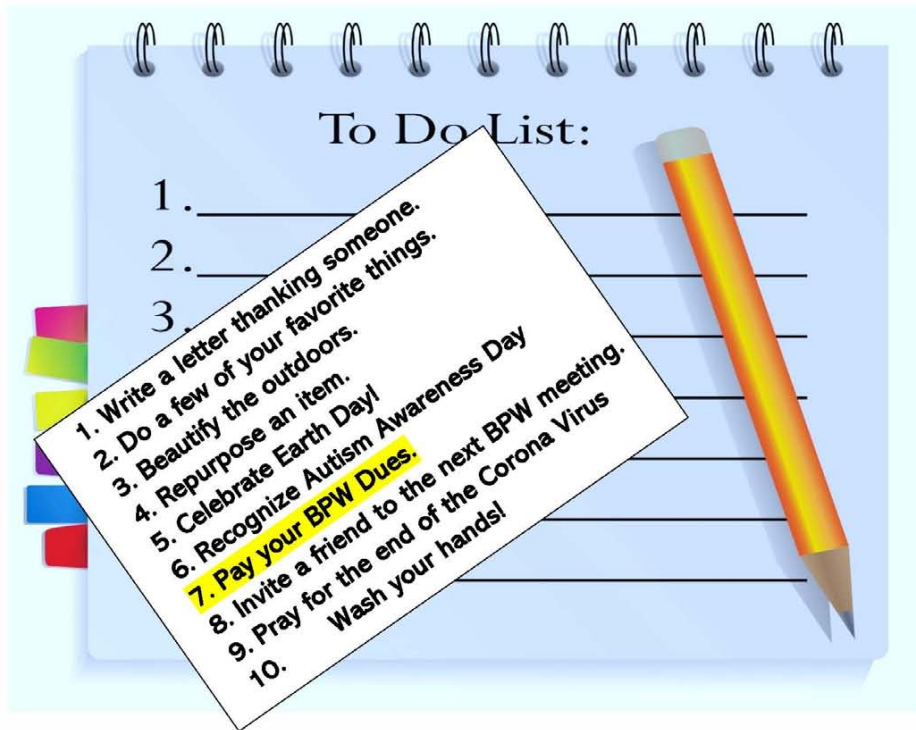
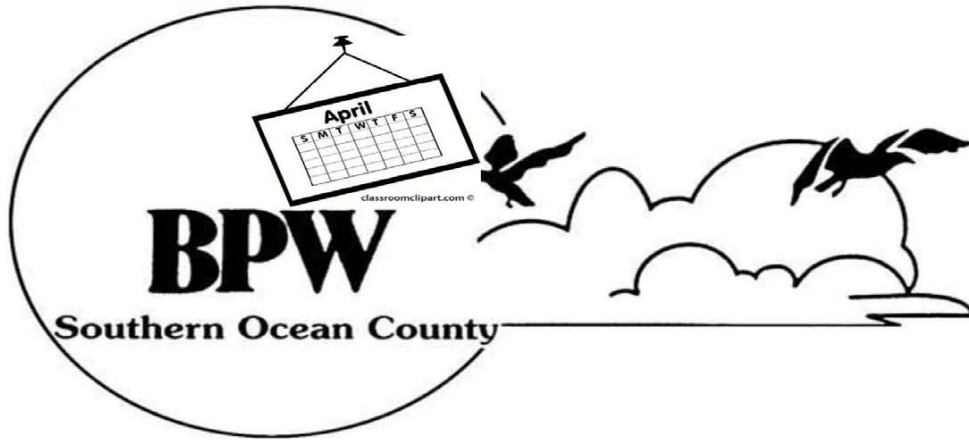


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This is a little note from our Membership Coordinator: Diane Kett...







Gloria's Gang of Gorgeous Girls Luncheons on Saturdays



## Computer Tips:



In staying with the current theme, I am talking about Zoom again. [www.Zoom.us](http://www.Zoom.us).

- Please be sure to have the latest UPDATE for your Zoom client software.
- Create an account with your email address and a password.
- open your client software, sign in and join a meeting or start a meeting.



- create your own PMI "Personal Meeting ID" - this will allow you to invite people with one ID # and your own password for your Personal Meeting.

Be Safe, Be Smart, Be Kind!

Lisa

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Lisa A. Gambino  
Certified Computer Technician & Professional (Virtual) Assistant  
A 2 Z Computer Help  
[www.A2ZComputerHelp.com](http://www.A2ZComputerHelp.com)  
[lisag@A2ZComputerHelp.com](mailto:lisag@A2ZComputerHelp.com)  
Home Office: 732-237-9704

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["Like" my page on Facebook](#) 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](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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*"Be Nice to Yourself!"*

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Reading Corner

Author: Laine Moriarty

Title: Nine Perfect Strangers

Author: Susan Guckin

Title: [The Camouflaged Heart](#)

Note: Susan Guckin is Past President of BPWSOC



May is Mental Health Month which is a national movement towards awareness observed in the US since 1949. The current theme is 'You Are NOT Alone' highlighting the coming together, even more important now. A couple of nonprofit resources are [NAMINJ](#) (National Alliance on Mental Illness) Ocean County and [MHANJ](#) (Mental Health Association in New Jersey, Inc.). NAMI includes support groups for the individual as well as the family programs, walks, workshops and education. MHANJ has virtual groups and zoom sessions. Here are different types of conditions and disorders: panic attacks, phobias, chronic anxiety, social anxiety, depression, bipolar, obsessive-compulsive (OCD), Post-traumatic Stress Disorder (PTSD), Schizophrenia, Borderline Personality Disorder (BPD), Psychosis and Dual Diagnosis which is when someone has one of the above along with substance abuse. These experience symptoms ranging from fear, sadness, mania, Repetitive Acts, emotional numbness, hallucinations, Suicidal Thoughts. Some

common signs are problems concentrating, mood changes, irritability or anger, avoiding social activities, difficulties relating to other people, changes in sleeping habits or feeling tired and low energy, changes in eating habits, changes in sex drive, inability to handle typical activities intense concern with appearance and signs of self-harm. Also there are treatments ranging from medications, psychotherapy, cognitive behavioral therapy (CBT), hospitalizations and alternative methods like yoga, float therapy, acupuncture and mindfulness meditation. Remember someone is always available and listening.

This health tip was provided by member Gina Dinkey..

When women  
support each other,  
incredible things  
happen.





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



## Legislative Update **CONNORS, RUMPF & GOVE**



### **9th District**

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## [Reopening the State and Opposing Toll Increases](#)

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Falling short of decisive action, Governor Murphy last week signed an [Executive Order allowing the resumption of child care services, youth day camps, and organized sports](#) and signed [a directive allowing for horse racetracks to reopen](#). This marks progress but New Jersey needs to be reopened on a more expedited scale. For weeks our Delegation has been calling for just that in representing the small businesses and constituents in our District who believe the Governor has gone too far in exercising his executive powers.

[Click here for more.](#)



Unconscionable. This best describes the recent decision by two State transportation authorities to authorize toll increases on the Garden State Parkway, Atlantic City Expressway and New Jersey Turnpike. From the outset, our Delegation opposed the proposed toll hikes that were fast-tracked during a state of emergency. New Jersey is already unaffordable for too many. Accordingly, we demanded Governor Murphy veto the toll increases in view of the serious fiscal and economic hardships that will be created for commuters and businesses.



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# equity express

a newsletter from AAUW 

May 2020

“When I’m sometimes asked when will there be enough [women on the Supreme Court] and I say, ‘When there are nine,’ people are shocked. But there’d been nine men, and nobody’s ever raised a question about that.”

— Ruth Bader Ginsburg



## How to Create a Career Portfolio

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This is certainly not the easiest time to be seeking employment. But as millions of us work and wait at home, there is one asset you may be able to leverage in your job search: time. Take this opportunity to build a professional portfolio that captures your skills and accomplishments.

A résumé is only one part of this. The goal is to create a full inventory that will help you to articulate the depth and breadth of your expertise to employers. Some tips:

- Maintain a running list of articles you've written, products you've launched, and other deliverables that showcase your work output.
- Keep a journal of your successes, like boosting your company's bottom line or pitching a winning idea. If you're not currently working, jot down how you've been keeping up your professional development through reading and online events.
- Keep a kudos file where you collect congratulations from peers or managers, awards and rewards, and any other recognition for work you've done.

[Read More about Creating your Career Portfolio](#)

## Did You Know?

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Moms Deserve More. Moms working full-time earn, on average, 70% of what dads do — a disparity highlighted on Mom's Equal Pay Day on June 4.

[Learn More about Moms in the Workforce](#)

Vote for Access. Certain jurisdictions attempt to restrict voting under the guise of preventing "voter fraud," even though that is an extremely rare occurrence.

## [Get Involved in the 2020 Elections](#)

Brand Yourself. A personal brand is a powerful tool for advancing your career and message. It reflects how you present yourself, communicates what you value, and defines what you can bring to the table.

[Watch the Webinar](#)

The Cost of COVID. Throughout the COVID-19 crisis, women's job losses outnumbered men's in almost all sectors of the economy.

[Consider COVID-19 through a Gender Lens](#)

## Two-Minute Activist: Title IX

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Last week, the Trump Administration issued a rule that will substantially weaken Title IX, [rolling back important protections](#) for student survivors of sexual harassment and assault.

[Stand Up for Equity in Education](#)

## Equity in the News

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As job losses linked to the coronavirus pandemic dwarf what the country experienced in the 2007-2009 crisis, the heaviest toll is falling on women. [Washington Post](#)

Using the "hand-raising" function in Zoom can help ensure that women don't get talked over in meetings or "mansplained" like they do IRL. [Mashable](#)

A universal basic income, emergency funds for marginalized groups, and waived co-pays for COVID-19 tests: These are all part of the first "feminist economic recovery plan" proposed by a U.S. state. [The Lilly](#)

## Where Are They Now?

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Kimberly Jung, a 2019–20 AAUW Selected Professions Fellow sponsored by the Arconic Foundation, received funding to research acoustic navigation for underwater robotic vehicles at the Massachusetts Institute of Technology.



Kimberly Jung

But in the midst of the coronavirus pandemic, she's taken on a new challenge. Jung is collaborating with a team at MIT to create low-cost emergency ventilators for patients with COVID-19.

She is pursuing a master's degree in mechanical engineering and weighing options for her future, including potentially working with her team on a

medical device startup with an aim toward markets in developing countries. “I’m super proud of the team for how each of us stepped up to the plate and stuck with it despite the internal and external challenges,” Jung recently told [MIT News](#). “All of us have one mission in mind, which is to save lives.”

## Now Share This

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The #coronavirus #pandemic is amplifying this reality: Women are more likely to be economically insecure than men at every life stage, and women of color face larger income and wealth disparities. We call on Congress to #FundFamilies to help everyone weather the current storm.

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Our mailing address is:  
BPWSOC  
P.O. Box 722  
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