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A MESSAGE FROM OUR PRESIDENT

At our October meeting we were able to meet our scholarship recipients who were our guests of honor for the evening. Christine Rodriguez-Unalt, Kara Casale, Jessica Heim & Jakki Gioia who attended via zoom, shared their journeys and what our scholarship means to them. We hope that these ladies will join us for our meetings and events when possible.

Speaking of scholarships, your Officers are working on a presentation for a large scholarship fundraiser in the Spring. Of course we will need to be watchful of the path of the Pandemic, however we need to discuss this and have everyone working with us for a successful event. We will share more about this at our November meeting.

Kristin Santorelli, founder and President of the Board of Hearts of Mercy spoke to us regarding this group that is based in Barnegat, New Jersey. The prime purpose of this group is to help underprivileged children in the local area. The volunteers assist the children with tutoring, mentoring, driving them to sports, dance class, or to the group's activities. Due to the Pandemic several of the volunteers have taken a hiatus. There are several ways we could assist this 501c3 organization which we will discuss at our November meeting.

We all have been effected by the Pandemic, some may have been exposed and quarantined and hopefully on the other side of that, our work situation have drastically changed and we do not know how long we will be working under strained and stressed conditions. Keeping our positive attitudes is so important... *we can do this...for sure!!!* We have survived eight months and counting! If you have tips to share with our members, email them to me and I will gladly have them listed in

Do you have a favorite recipe that you can share with your sisters...we all are looking for something different (the easier the better for yours truly) to try out. We can start a recipe section of the newsletter...let's see what develops.

Gina Dinky gave us a start...Thanks Gina!!!

Our November 10th meeting will be at Breaker's Kitchen and Tap on Route 9 in Waretown. We will have a private room using social distancing. Kindly email me at cfriedland119@comcast.net or leave a message at 609-698-4459 that you are attending. Feel free to bring a guest and make a reservation for her!

We are always looking for new professionals to join us.

Hoping everyone had a fun Halloween, and that the time change didn't create too much havoc.

Be well and be safe,

Cyndy Friedland
BPWSOC President



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IF YOU HAVEN'T PAID YOUR DUES (\$75.00) or have friends that are interested in joining, PLEASE SEND YOUR CHECK PAYABLE TO: BPWSOC, TO LISA GAMBINO, 166 BUTLER BLVD., BAYVILLE, NJ 08721

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

2020 Schedule

November 10 -BPWSOC MEETING at:
BREAKERS KITCHEN AND TAP "PLEASE RSVP"



MEMBER BIRTHDAYS:

Susan Hetrick - November 10

Happy "Belated" Birthday to Carol 10/6
& Jessica Q 10/17

If your birthday is in November 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

December 8 - BPWSOC Christmas/Holiday

Dinner/Celebration

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.)

We are having a Zoom Meeting for Officers on Thursday 11/5 at 630pm -

RSVP, if you wish to attend - your input is important.

REMEMBER TO BRING YOUR BUSINESS INFORMATION

FOR NETWORKING to Meetings & all Events!!!



Our Scholarship Awards are closed for 2020 and were awarded at our October meeting.

Congratulations to our 2020

Scholarship Recipients:

Christine Rodriguez-Unalt

Kara Casale

Jessica Heim

Jakki Gioia

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

(2021 applications are usually available in December)

recovery



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

**WOMEN WEREN'T
GIVEN THE RIGHT TO
VOTE, THEY FOUGHT
FOR IT. REMEMBER
THAT IN NOVEMBER.**



www.BPWSOC.org



Computer Tips:



The importance of Passwords...

Passwords are needed for any account created for any Company (Bank), Organization (Business Group), App (Application), Social Media Websites (Facebook, Twitter, Instagram, SnapChat, TikTok, etc...), Email, Microsoft, Apple, your Wifi Network (in your home), your Computer, to name a few - the list goes on.

Along with the password, you must use a user name (this is usually your email address - "*this is real important*" - because, if you forget your password you will need to access your email account to recover and/or obtain the password reset email that

very good idea to have at least 2 email accounts (in each one you will use the other email address as an alternate email address to recover the other email account if you forget the password or if your account is hacked and or stolen).

My best advice is to write these accounts, user names and passwords in a book, or on a sheet of paper and keep it with your computer or in a drawer close to it or somewhere special that you can get to it, when needed. Please do not concentrate on trying to remember passwords, this is not the world we live in.

Passwords are usually a minimum of 8 letters, small and CAPS, at least one number and at least one symbol.

Here is a good example of a good password (I do not recommend that you use this one): p@SSw0rd321

Have a great month, and a very Happy Thanksgiving!

Thanks, Lisa

--

Lisa A. Gambino

Certified Computer Technician & Professional (Virtual) Assistant

A 2 Z Computer Help

www.A2ZComputerHelp.com

lisag@A2ZComputerHelp.com

Home Office: 732-237-9704

"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: 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.

Journey into JOY™



with **Jakki Gioia**, BFA, SLC, LMT

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journeyintoy.com

YouTube: Journey into Joy

jakkigioia@journeyintoy.com

Manahawkin, NJ

855-206-HEAL (4325)

"Be Nice to Yourself!"



Reading Corner

Author: Mary E. Trump

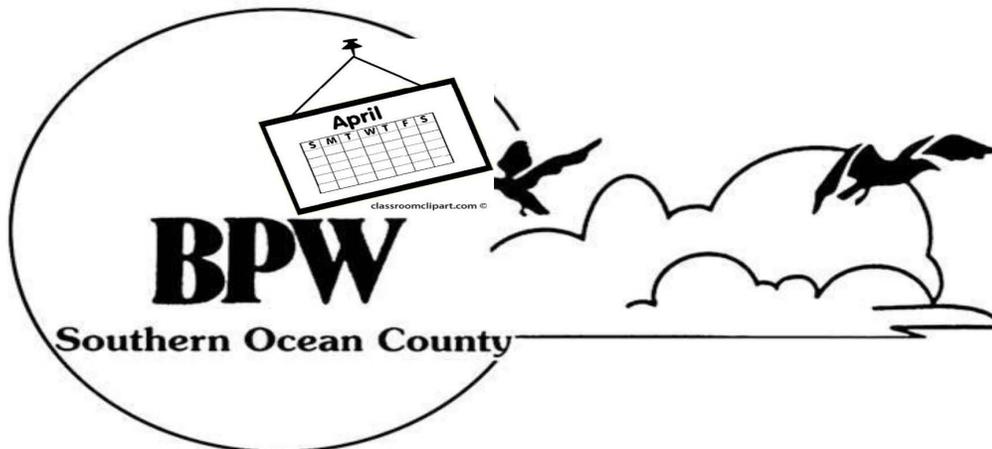
Title: Too Much and Never Enough

Author: Susan Guckin

Title: [The Camouflaged Heart](#)

Note: Susan Guckin is Past President of BPWSOC

This is an important note from our Membership Coordinator: Diane Kett...



To Do List:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. **Pay your BPW Dues.**
8. Invite a friend to the next BPW meeting.
9. Pray for the end of the Corona Virus
10. Wash your hands!

The graphic shows a blue spiral-bound notepad with a pencil lying on it. A white rectangular box is tilted over the notepad, containing a list of ten tasks. The seventh task, 'Pay your BPW Dues.', is highlighted in yellow. The notepad has several horizontal lines for writing, and a pencil is positioned diagonally across the right side.



unnecessary calories and fats plus it can be cheaper based on what is available at home.

Cider Vinaigrette- Detoxinsta

1 garlic clove, minced
1 tablespoon Dijon mustard
1/4 cup raw apple cider vinegar
2 tablespoons fresh lemon juice
1-2 tablespoons raw honey, as needed for sweetness
1/3 cup extra-virgin olive oil
salt and pepper, to taste

Combine all of the ingredients in a glass mason jar, then seal the lid and shake until the honey dissolves and the ingredients are well combined. For best flavor, allow the dressing to marinate for at least 30 minutes before serving over your favorite greens.

For a honey mustard sauce - Pinch of Yum

(great to dipping air fried sweet potatoes)

1/4 cup honey
1/4 cup mayonnaise
1/4 dijon mustard
1 tablespoon white distilled vinegar
1/4 teaspoon cayenne pepper

No-bake energy bites - Gimmie Some Oven

(grab 'n go snack)

1 cup old fashioned oats
1/4 cup toasted coconut
1/2 cup creamy peanut butter
1/2 cup chocolate chips
1/3 cup honey
1 tablespoon vanilla extract
2 tablespoons cocoa powder
1 teaspoon chia seeds
1 teaspoon toaster hemp seeds

Stir together and chill for 1-2 hours which helps the mixture stick together. Roll into 1-inch balls and serve. Refrigerate in a sealed container up to 1 week or freeze for up to 3 months.

from our Member: Gina Dinkey



LEGISLATION



Tomorrow, the Senate Judiciary Committee will likely vote to advance Judge Amy Coney Barrett for consideration of the full Senate. The full Senate could confirm Judge Barrett as soon as Monday. Our rights — health care, access to voting, education, economic security, housing, disability rights, freedom from workplace discrimination — are at risk now more than ever.

Last week, the Senate Judiciary Committee held hearings to consider Judge Barrett to fill Justice Ginsburg's seat. Even though this was a job interview for a lifetime appointment, Judge Barrett refused to substantively answer most questions. Her existing record of opinions and articles shows that her views and philosophy are directly contrary to AAUW's mission. From what we know — and there are still many unknowns because her confirmation has been rushed through in a way that does not allow for the full and fair vetting Americans need and deserve — if confirmed, Judge Barrett would not advance equity for women and girls. She would hinder it. **This is unacceptable.**

Make your voice heard and engage with three simple actions:

- **Call.** Call the U.S. Capitol switchboard at (202) 224-3121 and ask for each of your senators, then use the messaging and talking points here.
- **Share.** If possible, take a video of your call to your senators and connect with us (advocacy@aauw.org) to amplify your impact through our [social media campaign](#).

Our nation is reeling from the COVID-19 pandemic, an economic crisis, reckoning with our long and painful history with racism, and how to access the vote in a critical election year. The American people need a Supreme Court of independent jurists to protect the rights of all, and a U.S. Senate who will do their jobs and provide relief to a nation in crisis.

Urge your senators to oppose Judge Barrett's confirmation to the Supreme Court.

Take Action

P.S. Want to help even more? After making your own calls to oppose Judge Barrett's nomination, join AAUW and our partners at NEAT to [phonebank and connect other Americans with their senators!](#)

To ensure you see updates on Supreme Court engagement opportunities first, text "SAVEOURCOURT " to 21333 to get AAUW action alerts via text.

When women
support each other,
incredible things
happen.



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

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Our mailing address is:
BPWSOC
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Barneгат, NJ 08005

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