

Business and Professional Women Southern Ocean County

[View this email in your browser](#)October 2021 Newsletter
www.bpwsoc.org

On Tuesday, October 12th our monthly meeting will be starting at 6 PM with our normal schmoozing and our business meeting will start at 6:30 PM. Be sure to join us as our special guest speaker will be Tommy Lynch who is a dear friend to many of us. He will be sharing his journey how he entered the world of being a psychic, medium and fabulous personality. His gifts are too many to list so be sure to mark your calendar for this meeting! As usual we will be meeting at Breaker's Kitchen and Tap in Waretown.

There are so many issues concerning our rights...promoting voting rights is close to my heart for sure. At the Saturday BPW luncheon we had quite an in depth discussion on what we can do to promote that every citizen be registered to vote. Victoria Mack has been active with two groups that mails postcards of hand written notes to different states to promote voting registration. I suggest checking these out to assist in getting citizens registered to vote:

Vote Forward can be found at votefwd.org

Cranbury New Jersey has a group <https://indivisible.org>

What ever your views are on voting rights, abortion, women's rights, climate control, we can call our Congressmen and women to let them know our views. They represent us and we voted for them to represent our views. There's no time like now to let them know how they are doing and what you want them to promote. Emails and phone calls work!!!

We are moving forward on our April 30th Holistic Fair. Last month we discussed and agreed that each member will be responsible to provide a gift basket for the event valued from \$75. to \$250. These will be collected 2 weeks prior to the event. We need your participation in this event as it will most likely be our largest fundraiser to date.

Have a productive week and I look forward to seeing you all on the 12th for our meeting.

Best,

President

www.BPWSOC.org

Facebook



Website

**MEMBER BIRTHDAYS:**

Carol Lieber - October 6

Jessica Quackenbush - October 17

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

[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 home address).

2021 Schedule**October 12****November 9****December 14**

Our "Holistic Fair" TBD

(members are currently working on a date & 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!!!](#)**

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)

Wishing Susie Sullivan a speedy recovery from her surgery.



"Women weren't given the right to vote, they fought for it. Remember that in November."



Good and Welfare

We extend our best wishes to all who may be experiencing difficult times.

**Everyone can be vaccinated, if you wish.
Be Safe, be smart, be respectful & be kind to one another!**



www.BPWSOC.org



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.



Our Scholarship Applications for 2021 will be postponed until 2022. You can [download and view an application](#) to prepare to apply (for 2022) on our website. Each year, applications must be received by April 30th to qualify for review. (2022 applications will be available at the end of the year).



Computer Tips:



PC Tip/Info:

Printers: they are very finicky (it's the best I've got). They are just that.
Here are a few things to know:

- they can "usually" be easily set up and added to your computer, if your computer is up to date and the printer is up to date (and you download the software from the Manufacturer's website).
- sometimes they are not easily set up. Your computer may have an older Operating System and the New Printer's software is not necessarily compatible with it.
- sometimes your computer is newer & has the latest update, but the printer is older and the software is not compatible.
- I have found, they are not always "black and white". Each situation has its own conclusion. But, I will get your printer to work or advise further & I will come up with a workaround for your printer or another recommendation (if needed).
- I recently read from a real good source (Bob Rankin) that something I have always steered clear from (using discounted ink cartridges), can actually save you money and do work. It is a myth, that the warranty for your printer is voided if you use non-brand ink cartridges. The important thing to know is that if you buy discounted ink cartridges from a supplier - be sure they are a reputable supplier (meaning they have been around for a long time; look them up; read reviews; see what their warranty is for their cartridges). I hear [LD Products](#) and [123Inkjets.com](#) are reputable.

Happy Printing!

Thank you, wishing everyone well and a very Happy October!

Lisa

--

Lisa A. Gambino
Certified Computer Technician & Professional (Virtual) Assistant
A2Z Computer Help
www.A2ZComputerHelp.com
lisag@A2ZComputerHelp.com
Home Office: 732-237-9704

["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

Jennifer D. Armstrong, LLC

Get the qualified, proven help you need today. 📞 **888-371-4158**

JENNIFER D. ARMSTRONG LLC

Divorce and Family Law

We help people protect what's most important to them.

**Concentrating in all areas of: Family Law, Divorce, Custody & Support
As well as Last Wills and Testaments, Powers of Attorney and Living Wills**

611 Main Street, Suite 4

Toms River, New Jersey 08753

Phone: 732-281-6000

www.jdarmstronglaw.com

"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, SLG, LMT

Helping you Create your Heaven on Earth
by Healing with Love

- Concerts
- Workshops
- Self-Love Retreats
- Healing/Coaching Sessions
- Healing Essential Oils
- Self-Help books
- Dance Instruction
- Wedding Officiating

- Self-love Coach, Author, Performing Artist, Healer with 25 yrs experience & dozens of methods
- Specializing in pain relief & relationship issues

journeyintojoy.com
 YouTube: Journey into Joy
jakkigioia@journeyintojoy.com
 Manahawkin, NJ
 855-206-HEAL (4325)



Find us on Facebook

"Be Nice to Yourself!"

GINA CANNONE

HYPNOTHERAPIST — SPIRITUAL MEDIUM

[HOME](#) [EVENTS](#) [CONTACT](#) [ABOUT](#) [RADIO SHOWS](#) [SERVICES](#) [HYPNOTHERAPY](#) [BOOKS](#)

EATONTOWN HYPNOTHERAPIST – SPIRITUALIST, IT'S TIME TO BELIEVE

In Angels, Spirit Guides and Yourself!

Learn how to

Get your life on the course you desire

Dream it...Believe it...Pray for it and get it!

SpiritualMediumGinaCannone.com

917.865.4662



Reading Corner

Author: Kristen Hannah

Title: The Great Alone

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



HEALTH TIP FROM GINA DINKEY

An ancient Indian therapy called Ayurveda means life knowledge giving us a tool to heal ourselves. There are 3 types which can be combined in 10 possible ways. Your main one can be identified by guidelines such as body size, weight, eyes, nose, lips, teeth, skin, hair, nails, neck, chest, belly, hips, joints, appetite, digestion, taste, thirst, elimination, physical and mental activity, emotions, faith, intellect, dreams, speech and financial.

Vata - Fall air and ether, movement, cool, dry weather

Kapha - Winter, water and earth, heating or metabolism, dark, heavy, damp, cloudy

Kapha-Pitta - Spring warm, light

Pitta - Summer, fire and water, body structure and liquid

Most are a 2 type and the goal is to balance for good health, ideal immunity and longevity. This is done via a quiz or Ayurvedic physician who measures your pulse. There are recommended foods and those to avoid in areas of fruits, vegetables, grains, legumes, animal foods, condiments, nuts, seeds, oils, beverages, herbal teas, spices sweeteners, food supplements, minerals, vitamins.

Routine comes into play for regulation. Some examples are awaking before sunrise, gazing at rays of the sun at dawn daily, rubbing soles of feet with oil before bed, position of sleep such as not on your belly.

The [Ayurvedic Institute](#) is located in Albuquerque, New Mexico and includes information on courses, products and recipes such as Kitchari which is a personal go to for digestion. Susie and I had the pleasure to meet Dr. Vasant Lad a few years ago in New York who writes, teaches the practices.



LEGISLATION

**9th District**[Home](#) | [Facebook](#) | [Twitter](#)
senconnors@njleg.org

609-693-6700

[Connors, Rumpf & Gove Disabled Veteran Property Tax Relief Bill Signed Into Law](#)

[Like](#) [Share](#) [Tweet](#)

Legislation introduced by Sen. Christopher Connors, Asm. Brian Rumpf, and Asw. DiAnne Gove that would extend the current disabled veterans' property tax exemption to disabled veteran shareholders and their surviving spouses residing in a cooperative or mutual housing corporation has been signed into law.

[Click for Full Story](#)

[Connors, Rumpf & Gove Will Vote Against Nanny State 'Dog Leashing and Fencing' Bill](#)

[Like](#) [Share](#) [Tweet](#)



Sen. Connors, Asm. Rumpf and Asw. Gove said they will vote against legislation that would require dog owners to fence their property, calling the bill extreme and unnecessary.

[Click for Full Story](#)

[Connors, Rumpf & Gove Hail Signing of Senior Community COVID Legal Immunity Bill](#)



Sen. Christopher Connors, Asm. Brian Rumpf, and Asw. DiAnne Gove hailed the signing of S-3584 as a statutory means of protecting senior communities from potentially expensive pandemic-related lawsuits now.

[Click for Full Story](#)

[9th District Delegation Votes Against Sanctuary State Bill that Would Eliminate Effective Tool to Deter Illegal Immigration](#)





Sen. Christopher Connors, Asm. Brian Rumpf and Asw. DiAnne Gove voted against a Democrat bill they said was another attempt to establish New Jersey as a sanctuary state.

[Click for Full Story](#)



[View in browser](#)

Hope your trip is going well. We did get a few figs after seeing you!

----- Forwarded message -----

From: **AAUW Washington Update** <votered@email.aauw.org>

Date: Thu, Sep 9, 2021 at 11:27 AM

Subject: A Busy Fall: Crisis Relief, Voting Rights, Title IX

To: Gina Dinkey <gdinkey@gmail.com>

September 9, 2021



Gina,

We hope you had an enjoyable summer. The AAUW team has been hard at work over the past three months. We released an important report on the [status of Latinas during COVID-19](#), made progress on ensuring that our priorities are part of a [monumental relief package](#) currently working its way through Congress, took [steps](#) to strengthen Title IX, and tackled many projects to set us up for a successful rest of the year.

The summer was marked by many tragedies—from Hurricane Ida, to the plight of women and girls in Afghanistan, to devastating attacks on our rights through state anti-voter and anti-choice bills. While our hearts are heavy, our mission is clear and each of you makes it more possible to continue the hard work of advancing gender equity. The coming months will provide opportunities to make our mark, and many key issues are quickly evolving. Keep an eye out for *Washington Update* emails, [follow](#) AAUW on social media, and [sign up](#) for Action Network alerts.

Thank you for being a critical part of positive change,
The AAUW Public Policy & Legal Advocacy Team

Act — Take action on the most pressing policies

On August 24, the U.S. House of Representatives passed the John Lewis Voting Rights Advancement Act (H.R.4). Our democracy works when everyone can fully participate—and we need the protections in this legislation to realize that promise. In 2021 alone, 49 states introduced more than 400 anti-voter bills, and at least 18 states passed 30 of them.

The legislation now moves to the Senate. You still have time to make your voice heard on this and other key AAUW priorities. Write to your Senators to [protect the freedom to vote!](#)

Learn — Dig deeper into the issues that matter

Crisis Recovery Update

Crisis recovery talks took center stage this summer, with a focus on building an equitable and sustainable future for everyone.

A chilling reality check:

Women aren't seeing the same rate of job recovery as men. While job growth is picking up in 2021, women are yet to be consistently included: Job gains are slow to reach women of color, and 1.5 million mothers still had not returned to the workforce as of April. Over half of mothers who left their jobs during the pandemic reportedly did so because their child's school or daycare closed. And women who are returning to the workforce are predominately looking for work (97%) while most men returning are already employed (88%).

Where are we in the political process?

On August 24, the House adopted a budget resolution (H. Res. 601)—already agreed to in the Senate (S. Con. Res. 14)—that paves the way for committees to draft the pieces of the budget. Once that happens, Congress can vote on the reconciliation package in late September.

This budget package is expected to incorporate key elements of the [American Families Plan](#) proposal — including AAUW priorities such as making child care more accessible and affordable, expanding and making permanent the Child Tax Credit, providing universal

advocates like you.

What's next?

Despite their popularity, supports that profoundly benefit working women and families could still be underfunded or left out of the final budget this fall. When Congress returns from recess late this month, we will have a small window when big decisions are expected to be made.

We need you to stay informed and engaged as the process picks up speed.

AAUW's [Crisis Recovery Activist Toolkit](#) will keep you up to date on what's been done and when to take action. Your elected officials need to hear from you!

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

- Latinas in the U.S. were among the hardest hit by the COVID-19 pandemic. AAUW's new report, [Pandemic Inequity: Latinas and the COVID-19 Experience](#), documents the health and economic repercussions of COVID-19 on Latinas—and outlines policy priorities to aid in the recovery.
- The Department of Education does not plan to propose a new Title IX rule until May 2022. If the Department follows a similar timeline to the last rule (which took 21 months to become law), a new rule won't take effect until February 2024! By then, many students will have spent nearly all of high school or college under the harmful current rule. AAUW signed on to a [letter](#) calling for swift action and joined the [ED ACT NOW](#) coalition. [Educators](#) are encouraged to sign onto a similar letter at the individual level (by Friday 9/10)!
- Following a Massachusetts federal district court decision in July, the U.S. Department of Education [updated](#) a Title IX regulation regarding which testimony and evidence can be considered in the decision process.
- Yesterday marked [Native Women's Equal Pay Day](#), we commemorated how far into this year Native women must work to make what white, non-Hispanic men were paid for the previous year. On average, Native women are paid 60 cents for every dollar paid to white, non-Hispanic men.
- "AAUW strongly condemns the U.S. Supreme Court's refusal to suspend implementation of a dangerous Texas law that would virtually strip individuals of their well-established, Constitutional right to control their bodies and erode their economic security," says an AAUW [statement](#) on September 2. As the situation unfolds in courts and legislatures, AAUW will work in coalition to ensure quality, affordable and accessible health care—including abortion care—is available for all.
- AAUW stands with the 85 women and human rights organizations who [wrote](#) to urge President Biden and Vice President Harris to protect women and girls in Afghanistan.
- With back-to-school season underway, the U.S. Department of Education Office of Civil Rights shared resources [for America's transgender students](#) with one unifying message: "we are here to support you." The Department specifically requested that AAUW members distribute them widely.
- In August, the U.S. Department of Education Office of Civil Rights (OCR) [announced](#) that it will administer a 2021-22 Civil Rights Data Collection (CRDC), marking the first time that OCR has conducted a CRDC, including all public school districts and their schools, two years in a row. This survey—critical to understanding and addressing the needs of students and educators and ensuring schools and districts comply with civil rights laws—is needed more than ever, since the pandemic has changed our educational landscape.
- This was a busy summer! Check out our [letters, comments, testimony and legal briefs](#) to learn more about AAUW's positions and advocacy efforts.

Strengthen our voice with policymakers with

[Donate Now](#)[AAUW Action Fund](#)[1310 L St. NW, Suite 1000](#)[Washington, DC 20005](#)votered@aauw.org[unsubscribe](#)

June 2021

“If your competition and your ambition is rooted in you standing on another sister’s neck, it is not feminist, not freedom-oriented, and it’s not worth it.”

—Brittney Cooper, the 2021 National Conference for College Women Student Leaders (NCCWSL) keynote speaker



[How to Cultivate Inclusivity](#)

We all have preconceived notions about people that can affect how we make decisions and behave, sometimes in ways that can be discriminatory. Fortunately, you can identify your biases and become more inclusive by:

Exploring your own beliefs. The first step to addressing your biases is to acknowledge that you have them.

Looking for value in differences. It’s natural to seek out commonalities with others, but reflect too on all the ways that our differences can add value.

Understanding your privilege. Be aware that not everyone has equal access to the same opportunities, networks, resources and support systems.

Broadening your world. Proactively work to expand your horizons.

Ready to learn more? [Read](#) about how to develop an inclusive mindset and then [register](#) for the Equity Network’s Social Change Ambassadors Certificate program.

[Did You Know?](#)

Science Pays. Women with STEM jobs earn nearly 28% more than women in other fields. [Check out our free STEMEd for Girls program.](#)

subtract loan debt and a few standard living costs from the average entry-level salary. [Access the latest stats.](#)

June Is Pride Month. An estimated 4.1 million LGBTQ workers live in 29 states that don't have laws protecting them against discrimination based on sexual orientation and gender identity. [Read where we stand on LGBTQ rights.](#)

Know Your Value. The pay gap disproportionately affects women of color, who stand to lose more than \$800,000 over a 40-year career. Negotiating your salary can help. [Find a training near you.](#)

Two-Minute Activist: End Pregnancy Discrimination at Work

The Pregnant Workers Fairness Act would require employers to make reasonable accommodations to protect the health of pregnant workers, such as letting them carry bottles of water or take restroom breaks. [Urge your Senators](#) to make it unlawful for employers to discriminate against pregnant workers.

Equity in the News

The 2021 graduating class of Wilberforce University got treated to an excellent commencement speech. The Ohio HBCU president Dr. Elfred Anthony Pinkard announced the whole class's student debt would be erased. [The Cut](#)

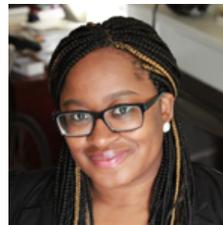
Women in manufacturing leave their jobs at a higher rate than men. AAUW research found that a pay gap, lack of promotion, and harassment are the main culprits. [Boss Magazine](#)

Two-time tennis major champion Victoria Azarenka called out the French Tennis Federation for gender inequality following her recent loss at the French Open. [ESPN](#)

Recommended Reads from AAUW Fellows & Grantees

Whether you're at the beach or in your bedroom, summer is a great time to catch up on your reading—and we have a great list for you! Check out these remarkable [recent books by AAUW Fellows and Grantees.](#)

In *Four Hundred Souls: A Community History of African America, 1619-2019*, for example, editors Ibram X. Kendi and 2016-17 AAUW American Fellow Keisha N. Blain assemble 90 brilliant writers to cover Black history in America over the past four centuries. Each contributor takes on a five-year period from 1619 to the present.



Keisha Blain

The Washington Post calls *Four Hundred Souls*, "a vital addition to [the] curriculum on race in America."

Now Share This

Student loans are making it nearly impossible for many women to meet basic living expenses after graduating from college. Read the latest stats—and solutions—in @AAUW's Deeper in Debt report. <https://www.aauw.org/resources/research/deeper-in-debt/>

[Tweet This](#)

[Donate Now](#)

Follow us on social media



1310 L St. NW, Suite 1000 • Washington, DC 20005

© 2020 AAUW. *Equity Express* brings AAUW news and updates to AAUW supporters. We welcome your comments on *Equity Express*. Please send feedback to editor@aauw.org.

When women
support each other,
incredible things
happen.



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