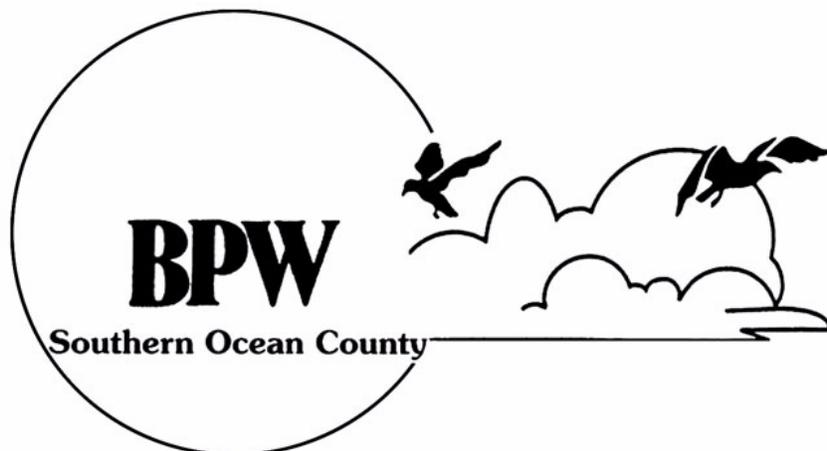


Business and Professional Women Southern Ocean County

[View this email in your browser](#)October 2022 Newsletter  
[www.bpwsoc.org](http://www.bpwsoc.org)

Facebook Website



### PRESIDENT'S MESSAGE

We could have not have done our Psychic Event without every member's support!!! Thank you all for donating lovely gift baskets, time and energy to our BPWSOC Scholarship Fundraiser. With approximately 120 attendees, 7 marvelous psychics, 3 great vendors, Captain's Inn's staff and fine food and spirits almost everyone had a fabulous evening out! We will be hearing more about our successful evening out at our meeting on Tuesday, October 11th at Boun Appetito on Route 9 in Bayville. We will be having meet and greet at 6 PM with our meeting starting at 6:30 PM.

Lisa Gambino will be our guest speaker for the evening addressing our computer "SPAMS" and printer problems. We all have these issues and we can always learn something useful from Lisa's technical and computer talents.

November 8th is just around the corner...and we ladies must get out and VOTE!!! We should be encouraging everyone around us to VOTE accordingly...and to keep in mind how hard the ladies before us fought for our right to VOTE. Even if you are not a campaign person you can ask everyone you meet if they are registered to VOTE...not asking who they are going to VOTE for, just being sure they are able to and will VOTE. Keep pushing...we are not about giving up our RIGHTS...and it starts with each and every one of our VOTES!!!



Ciao,

Cyndy Friedland  
BPWSOC President

Our best get well wishes to Judy Cantor

A warm welcome to our newest member Debbie Miender

That's all I can think of right now!!



Facebook



Website



#### [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*



#### **MEMBER BIRTHDAYS:**

Nicole Palmieri- October 5  
Carol Lieber - October 6  
Jessica Quackenbush - October 17

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

# P.O. Box 722 Barnegat, NJ 08005

(or, you can mail it direct to Lisa's (our Treasurer) home address

September 13 - BPWSOC Meeting - Buon Appetito

September 29 - Psychic Fair - Captains Inn ([click here to download flyer](#))

October 11 - BPWSOC Meeting - Buon Appetito

**\*October 29th - 6pm (Lisa g's Halloween Party-RSVP direct to Lisa by**

**10/24)\***

November 15 - BPWSOC Meeting - Buon Appetito

December 9 - Surflight Dinner Theatre fundraiser - White Christmas.

Tickets \$70.00 (more information will be coming)

December 13 - BPWSOC Meeting - Buon Appetito Holiday meeting

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.)

**Reminder to "REMEMBER":**

**BRING YOUR BUSINESS INFORMATION FOR  
NETWORKING**

**to Meetings & all Events!!!**



Good and Welfare

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

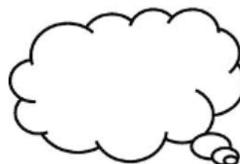


[www.BPWSOC.org](http://www.BPWSOC.org)



**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)**

Sending condolences to Jakki Gioia and her family on the passing of her mother.



**Women were arrested, jailed, beaten,  
punched, chained, body slammed,  
twisted and tortured to win us women  
the right to Vote...and you're not going  
to use it? Really?  
VOTE - NOVEMBER 8**



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.



## Computer Tips:



### Protecting yourself...

I recently read an article about "putting tape over your webcam" and whether this is a bit narcissistic to think someone is watching you as well as if hacking was a real thing. So, yes, someone can watch you through your webcam, but your computer would need to be hacked (it is a real thing). Usually, you would see the "camera" light turn on if your camera is on and you are using it. But, in a true hacked computer situation, the camera light may not be on. If your computer is hacked, my advice would be: shut down, disconnect and you know who to call!

Just a few tips:

- keep your computer "Up To Date";
- keep an eye on your accounts and passwords;
- and put a piece of tape, paper or a bandana over your webcam (when you do not wish to be watched, unknowingly).

Thank you

Lisa

**Also, I am inviting all members to my Halloween Party**

**"October 29th - 6pm (Lisa g's Annual Halloween Party, Please RSVP directly to me by 10/24)"**

--

Lisa A. Gambino  
Certified Computer Technician & Professional (Virtual) Assistant  
A2Z 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 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](mailto: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

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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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by Healing with Love

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Reading Corner

Author: Siobhan Daiko

Title The Girl from Bologna

Note: Susan Guckin Sullivan is Past President of BPWSOC

*Members! feel free to send us something you would like to add to the Newsletter*



October 10th is World Mental Health Day, a good reminder to talk openly with others about struggles and reach out to ask if someone needs an ear or shoulder to share.

Here are some phrases which I jotted down during various sessions from a recent conference. These apply to professional and personal and help to us step back, rethink the situation at hand and provide a sense of purpose.

Focus of futures, blinds past lessons  
Be your authentic self  
Do best work, feel safe and live in truth  
Show up as an ally  
Find your community  
If they don't give you a seat at the table, bring a folding chair  
Look behind, you bring along who is left  
Don't get stuck  
We don't have time for imposter syndrome



Friends,

Today marks 21 years since nearly 3,000 Americans — including 750 New Jerseyans — were murdered in the terrorist attacks on September 11th, 2001. Not only did the country change forever, but friends and family of

those lost on that fateful Tuesday have endured more than two decades without their loved ones.

The evil that found its way to the heart of America on that day sticks in our national consciousness to this day. To “Never Forget,” is more than a motto – it is our duty – to remember the lives lost, not just through words, but through deeds and actions as well.

More than two decades later, countless families are still burdened by the aftermath of the attacks, from the survivors and heroic first responders still facing adverse health effects from being at Ground Zero, to the families still awaiting absolute justice for all those responsible for the empty seat at their kitchen table.

We can never replace those we lost, but we owe it to them and to all of the families and communities that were torn apart, to ensure that the memory of 9/11 will never fade from our nation’s conscience.

Until next week,

If you’re not already, make sure to follow me on [Twitter](#), [Instagram](#), and [Facebook](#) to stay up to date on what’s happening in New Jersey and the Capitol, and stay tuned for future emails with more opportunities to share your thoughts with me.



#### Jersey City

210 Hudson Street - Floorboard 3, Suite 1000  
Jersey City, New Jersey 07311  
973.645.5030 (office) | 201.434.9272 (fax)

#### Barrington

208 White Horse Pike, Suite 18  
Barrington, New Jersey 08007  
856.757.5353 (office) | 856.546.1526 (fax)

#### Washington

525 Hart Senate Office Building

We'll be sending you regular updates from the office, on what's happening in New Jersey and on Capitol Hill.

To unsubscribe, [Opt-out of future updates from Senator Menendez here.](#)



## Act — *Take action on the most pressing policies*

### National Voter Registration Day Is September 20!

Election Day is less than eight weeks away! AAUW works tirelessly year-round to ensure women's voices will be heard at the ballot box on November 8. Midterm and local elections are incredibly important but often overlooked, making "Get Out the Vote (GOTV)" activities even more critical this year. We need your help to make sure every voter is registered and ready.

- **PLAN:** First, [make a plan to vote](#). This includes checking your voter registration, adding voting to your schedule, and knowing your polling information (locations, hours and voting options). Some states have registration deadlines as soon as early October.
- **ACT:** Decide how to [support GOTV efforts in your area](#). You might consider organizing voter registration drives or a candidate forum to help voters make informed decisions.
- **SHARE:** Post on social media to [energize voters](#) around you!

Studies show that voters who plan *early* for how and where to vote are more likely to follow through. **Our democracy works when everyone can fully participate.** [Motivate voters in your community today!](#)

## Learn — *Dig deeper into the issues that matter*

### A Good First Step Towards Less Student Debt

On August 24, President Biden announced the Administration's [plan](#) to cancel up to \$20,000 of federal student loan debt for borrowers and extend the payment pause, for the final time, through December 31, 2022. All borrowers making less than \$125,000 a year (and households bringing in less than \$250,000 a year) are eligible to receive up to \$10,000 in student-debt

**Borrowers will need to apply for cancellation.** Applications are expected to become available in October and will remain open for over a year. Stay tuned for updates as we await more details.

We applaud President Biden's announcement, but women and their families need more. AAUW continues to support automatic, broad student debt cancellation for all borrowers regardless of income. To make a meaningful difference for women—who hold nearly [two-thirds](#) of the nation's student debt—the Administration must provide permanent solutions to canceling student debt and expanding loan repayment programs. Read AAUW's full [statement](#) and our latest research, which found that New York City women are experiencing the “perfect storm” of challenges repaying student loan debt due to the gender and racial pay gaps, racial wealth gap, and economic instability caused by the COVID-19 pandemic.

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

- Read AAUW's [comments](#) to the Department of Education on the recently [proposed Title IX regulations](#). AAUW also [joined](#) over 45 women's rights and gender justice organizations in urging President Biden to swiftly release a proposed Title IX athletics rule to ensure that all students, including transgender, nonbinary and intersex students, can participate fully and equally in school sports.
- In a calculation of the [latest data](#) from the U.S. Census Bureau comparing full-time, year-round workers, women took home 83.7% of the pay that men did—a figure that is not statistically different from the pay gap in 2020. In addition, a more comprehensive calculation that compared everyone with earnings in 2021 (including part-time and seasonal workers) found that women were paid a shocking 77% of men's wages last year.
- Plan ahead for [Equal Pay action days!](#) **The next date on the Equal Pay Day calendar is Black Women's Equal Pay Day on September 21.** Engage with us on [social media](#) to support #BlackWomensEqualPay!
- Learn more about recently introduced legislation endorsed by AAUW, including the [LGBTQI+ and Women's History Education Act \(H.R. 8445\)](#), the [Ending Secrecy About Workplace Harassment Act \(H.R. 8618\)](#), and the [No Tax Deductions for Workplace Harasser Buyouts Act \(H.R. 8619\)](#).
- AAUW [joined](#) 92 civil rights, workers' rights, and gender-equity organizations in support of the nomination of Kalpana Kotagal to the U.S. Equal Employment Opportunity Commission (EEOC), calling for a strong EEOC to prevent workplace discrimination and protect opportunities for women, people of color, LGBTQ people, and people with disabilities.
- AAUW's Legal Advocacy Fund challenges sex discrimination in higher education and the workplace by providing millions of dollars to people working toward gender equity through the legal system. [Applications](#) for our Legal Case Support Grant and Clinic Campus Outreach Grant are now open.
- Sign up as a [Two-Minute Activist](#) today and keep up to date on our policy work with our [letters, comments, testimony and legal briefs](#) to learn more about AAUW's positions and advocacy efforts.

**Strengthen our voice with policymakers with  
a gift to AAUW.**

[AAUW Action Fund](#)

1310 L St. NW, Suite 1000

Washington, DC 20005

[votered@auuw.org](mailto:votered@auuw.org)

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**  
**P.O. Box 722**  
**Barnegat, NJ 08005**

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