

## BPWSOC September 2022 Newsletter

bpwsoc <info@bpwsoc.org>  
Reply-To: bpwsoc <info@bpwsoc.org>  
To: lisa <lisag@a2zcomputerhelp.com>

Thu, Sep 1, 2022 at 12:01 PM

Business and Professional Women Southern Ocean County

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September 2022 Newsletter  
[www.bpwsoc.org](http://www.bpwsoc.org)



Facebook Website



**PRESIDENT'S MESSAGE**

Here we are enjoying the last weeks of summer. Fall is around the corner and let's hope for a warm Indian Summer! We desperately need rain and can do without the humidity that makes us a bit crazy. Mother Nature is alerting us to be mindful of Climate Change, which we need to find ways to cope through the upcoming seasons.

Our Psychic Fair is moving right along. We have had a tremendous response to the event, so much that we have added two more psychics to accommodate the attendees. Every psychic is 98% booked!!

Plan on bringing your gift baskets for our raffle to our meeting on Tuesday, September 13th at Buon Appetito in Bayville. We will need a volunteer to collect the baskets and bring them to The Captain's Inn on September 29th. Please do not plan to bring your baskets at the last minute as we need to have everything set up prior to the guests arriving for 6 PM readings.

We do need a few more volunteers to be timers for the event. This entails keeping a stop watch for the 15 minute readings. If we can have two volunteers that would be great!!

Your officers and volunteer members have been working diligently to make our Psychic Fair a great success...thank you ladies, we could not do this without your help.

Members and guests, join us for this fun filled evening. We will discuss more details at our meeting.

Ciao,

Cyndy Friedland  
BPWSOC President



#### **MEMBER BIRTHDAYS:**

Jackie Iannacone - September 15

Judy Cantor - September 18

If your birthday is in August 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 (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

November 15 - BPWSOC Meeting - Buon Appetito

December 13 - BPWSOC Meeting - Buon Appetito

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!



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)



*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



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Riveter is commonly used as a symbol of feminism and women's economic power.

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## Computer Tips:



**Browsers:** Edge, Safari, Chrome, Mozilla, etc.. just to name a few & most popular.

The browser you use to visit websites on your computer and/or or smart devices is the most important tool on your device. It is your gateway to the internet. This tool needs to be secure, this means it needs to be updated (these days, that is pretty much every week). Additionally, something I see often, is a browser filled with toolbars and or add ons or extensions. You must be very careful and really have a good reason to need any of these additions. I do not personally use any additions to my browsers, I find them unnecessary and more often then not - having a reason to cause harm to your computer. Also, many times you will find extensions filled with malicious software that is ready to take action on your computer and cause security issues. If you start seeing all kinds of pop ups, ads, & many icons across the top of the browser window, etc... you know your Browser has been compromised. It is time to clean it up!

Call your local Computer Technician, if something doesn't seem right, and they will help.

Lisa A. Gambino

Certified Computer Technician & Professional (Virtual) Assistant

A2Z Computer Help

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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 [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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Reading Corner

Author: Rebecca Serle

Title One Italian Summer: A Novel

Author: Susan Guckin

Title: [The Camouflaged Heart](#)

Note: Susan Guckin Sullivan is Past President of BPWSOC

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



August 26th is Women's Equality Day celebrating the 19th amendment prohibiting denial of right to vote. Grace Hopper 1906-1992 was one of the women receiving a Metal of Honor in 1991 and of Freedom in 2016 by President Obama.

I am honored to be selected by Micro Focus to attend the [Grace Hopper Celebration \(GHC\)](#) 3-day event virtually in September for Global Women in Technology. It will include speakers, professional development and provide connections which is possible through Anita Borg, a computer scientist's organization.

Grace had a doctorate in mathematics from Yale University, became a Navy Admiral, and our first electronic and digital computing along with the COBOL programming language. This was one of my favorite studies and is supported by my company.



**MENENDEZ STATEMENT ON SENATE PASSAGE OF THE INFLATION REDUCTION ACT OF 2022**  
WASHINGTON, D.C. — U.S. Senator Bob Menendez (D-N.J.) today released the following statement after the Senate passed the Inflation Reduction Act of 2022:

“It is a historic day for New Jersey families and Americans all across the country. The Inflation Reduction Act will transform the lives of millions by lowering the cost of prescription drugs to help seniors struggling to make ends meet, including provisions I authored like the \$2,000 out-of-pocket cap and smoothing provision for Medicare beneficiaries, and strengthening health care access for millions of working-class families by extending subsidies under the Affordable Care Act for three

years. Despite the obstruction of the fossil fuel industry, passing this bill is also a historic victory in our fight against climate change, marking the most impactful legislation Congress has ever passed to reduce our greenhouse gas emissions and putting us on a path to reduce emissions by 40% by 2030. This legislation will also close tax loopholes abused by the largest corporations, create millions of good-paying jobs, and cut costs for American families.

“While Republicans tried every obstructionist tactic in their playbook to undermine and weaken this bill at every turn, Democrats stood united and remained singularly focused on delivering a once-in-a-generation investment in American families. This is not a perfect bill – it does not repeal the Republican-imposed SALT cap or reform our broken immigration system – but the benefits of this legislation for New Jersey families cannot be understated.

“Today, Democrats proved yet again we can deliver results for the American people, from our seniors to our small business owners to everyone in between. I will continue working to find a path forward for repealing the SALT cap for hard-working middle-class families and building a more humane and inclusive immigration system for all. My Democratic colleagues and I will never stop working to deliver real substantive solutions to address the most pressing challenges facing our nation.”



— Bob Menendez.



**All workplace discrimination is dangerous and hurts our nation's workers and families.**

More than a year ago, the Pregnant Workers Fairness Act (PWFA) passed the House of Representatives in a bipartisan 315-101 vote. Despite overwhelming support, this critical piece of legislation continues to stall in the U.S. Senate. As Labor Day grows closer, we must ensure our leaders know that pregnant workers cannot wait another day.

**We are giving senators a deadline: pass the Pregnant Workers Fairness Act this September!**

Despite federal protections for pregnant workers, loopholes in the law continue to endanger them. *This is unacceptable.* The Senate must ensure all workers have the tools and resources they need to challenge discrimination and all employers have the incentives they need to comply with the law. [This is where YOU come in:](#)

- Need a quick action? Use our Two-Minute Activist tool to quickly write to your senators.
- Have more than a minute? Call your senators (*script included*).
- Have more time? Request a meeting with your elected officials (*how-to guide included*).

**Urge your senators to honor Labor Day by [protecting all pregnant workers now.](#)**

**Take Action**

When women  
support each other,  
incredible things  
happen.



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