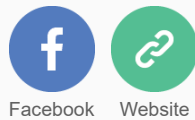


Business and Professional Women Southern Ocean County
December 2023 Newsletter
www.BPWSOC.org

[View this email in your browser](#)



Happy December!



Hi Everyone,

Happy Monday, December 4th!

"Eight crazy days until our Annual Christmas Celebration!"

This is the biggest thing on my mind right now. It is coming to the end of another year 2023. Looking forward to an upcoming fun filled, event planning, fundraising and good year with all of you!

The Officers, along with anyone who wishes to meet up with us, will be meeting tomorrow night at 6:00 pm. If you would like to meet with us, please let me know & Ill text you our whereabouts.

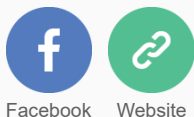
Wishing you all a beautiful week as always and I look forward to seeing you next week!

Thanks,

Lisa 🎄 🧑🏻

Lisa A. Gambino
President, BPWSOC
www.BPWSOC.org
Certified Computer Technician/Professional Secretary
A 2 Z Computer Help
www.A2ZComputerHelp.com
lisag@A2ZComputerHelp.com

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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:

Gina Cannone - December 7
Cyndy Friedland - December 8
Deborah Ann Meinders - December 22
If your birthday is in December and we missed you, please let us know.
Happy Birthday!

BPWSOC
P.O. Box 722
Barnegat, NJ 08005
(or, you can mail it direct to Lisa's (our Webmaster's) home address).

UPCOMING MEETING/EVENT DATES:

- December 12 - Annual Holiday Meeting & Donation**
- January 9 - BPWSOC Regular Meeting
- February 13 - BPWSOC Regular Meeting



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

March 12 - BPWSOC Regular Meeting

ADDITIONAL EVENTS WILL BE ADDED AS THEY OCCUR

(Note: There will be an Officer's Meeting the week before each Regular Meeting. The date, time and place of these meetings will be announced prior to the monthly meeting - All members are invited if you wish to join the Officer's in their discussions/plans etc...)

Reminder to "REMEMBER"!

BRING YOUR BUSINESS INFORMATION FOR NETWORKING

to All Meetings & Events!!!

Also, bring a guest or invite someone you cross paths with



Good and Welfare

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

Wishing everyone good health and happiness...

thinking of you, whether you are specifically mentioned or not)



"When will our consciences grow so tender that we will act to prevent human misery rather than avenge it."

Eleanor Roosevelt



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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Computer Tips:



PC Tips &/or advice...

iPhones had a very big update this past week: Yes, for the most part - our devices update automatically. But, they sometimes need some user interaction: (you need to check, is it up to date?, did it do the most recent update automatically?). To check on any device, you will usually go into settings and look for updates (however it may be worded, ie... Software Update, Windows Updates, Updates, App Updates, Get Updates, etc...). You are only as safe as your device having the very latest update. (And, there are not always one update and done; each device has several areas of the software to be updated. iPhones need to update the software and the Apps; Androids need to update the software and Google Apps; Mac's need to update software & apps and Microsoft PC's need to update software, manufacturer software/drivers, Microsoft Apps and the Browsers (the reason Windows Computers have so many updates is due to the vast amount of roughly 1.4 billion Windows PCs worldwide, per an internet search). *There are over 2328 Cyber Crime Attacks each day according to a google search.*

I hope this helps, and if you need more help, you know who to call!

This is such a good tip, I am repeating it forever:

Keyboard shortcut to undu your last delete = Ctrl + z

Thanks, Lisa

--

Lisa A. Gambino

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Home Office: 732-237-9704

"Like" [my pages on Facebook](#), [Instagram](#) and [Twitter](#)

Thank you, Have a Wonderful Day!



NEED TO GET AWAY - Call Cyndy Friedland!

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 609-290-5040

Jennifer D. Armstrong, LLC

Contact Us

611 Main Street
Suite 4
Toms River, NJ 08753

Toll Free: [888-371-4158](tel:888-371-4158)
Fax: 732-281-6100

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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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GINA CANNONE

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- LIFE & SPIRITUAL COACHING : (attain your goals)
- Past Life Regression Specialist: Discover your past lives
- Intuitive Psychic Medium readings
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Please call to discuss your personal needs!

www.gchypnotherapy.com (917) 865.4662

Location: Eatontown, NJ-Off 35 south-Near Monmouth Mall



Reading Corner:

Author: Hope Holloway

Title: Carolina Christmas

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



Make this your motto..
I am an unstoppable warrior who is strong and fearless. I live with courage and compassion in my heart. I wear my confidence like a shield to deflect all negativity. I am powerful and proud of who I am and what I do. I wake up each day positive and ready to take on the day ahead because I am on a mission to achieve my goals and nothing and no one can stop me.



Springpan
Graham cracker crumbs, follow directions and refrigerate

Better when cake is made a full day before serving

- 2- 8oz pkg cream cheese, softened
- 1 cup sugar
- 1 pt sour cream
- 1 tsp vanilla
- 1 tsp lemon juice
- 5 eggs, room temperature

Soften cream cheese, add sugar and beat well. Separate eggs and add yolks to cheese mixture then beat until light.

Add lemon juice and vanilla then sour cream, beat well.

In a separate bowl, beat egg whites until stiff. Fold into cheese mixture.

Pour into a crumb lined pan. Bake in 300 degree oven for one hour. Turn off oven and leave cake in for one hour.

Then with oven door open, leave in for 30 minutes.



HAPPY HOLIDAYS! ❄️👶🏻🎄



This week during National Family Caregivers Month, AAUW members are going up to Capitol Hill to ask representatives to cosponsor the Family and Medical

Leave Insurance (FAMILY) Act (H.R. 3481). Make your voice heard by [sending a letter](#) to your representative this week asking them to cosponsor the FAMILY Act!

At some point, most workers will need time away from work to deal with a serious personal or family illness, or to care for a new child. Yet many workers can't afford to take leave without pay, forcing them to choose between their family or their job.

Paid leave is an equity issue. Women are often the primary caretakers for children and aging parents, yet the workers in the United States who lack access to paid leave are disproportionately women, people of color, and low-wage workers.

The FAMILY Act will provide workers with up to 12 weeks of paid leave when they take time for a serious health condition impacting themselves or their family. It would enable parents to take paid leave so they can take newborns to the doctor for important check-ups and immunization. It would enable grandparents to take paid time off to care for their grandchild. It would offer survivors of gender-based violence reprieve from having to make the impossible choice between their safety and their paycheck.

National paid family and medical leave will help build stronger families and healthier workers. Urge your representatives to [cosponsor the FAMILY Act \(H.R. 3481\) and support paid leave for all!](#)

Take Action

In solidarity,

Meghan Kissell
Senior Director, Policy & Member Advocacy

AAUW

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[Washington, DC 20005](#)
advocacy@aauw.org

[unsubscribe](#)

When women
support each other,
incredible things
happen.



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

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