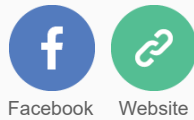


Business and Professional Women Southern Ocean County  
October 2023 Newsletter  
[www.BPWSOC.org](http://www.BPWSOC.org)

[View this email in your browser](#)



Happy Fall!

Hi Everyone,

I am writing this and in the middle of finalizing and getting all of our ducks in place with all of you for our Psychic Night - this coming Thursday 10/5. We have been having these events for quite some time now (shout out and thank you to Rosalind and others who originally recommended it to us). It seems to be a favorite down here at the Jersey Shore, so then we keep having the event!

Our next Regular Meeting will be Tues October 10th at Buon Appetito- meeting starts at 6:30 pm and we ask you to arrive 6:00 pm for Networking and or catching up with Business and or Pleasure. We will have a guest speaker from Sea Change, arranged by Jakki Gioia - thank you, Jakki! *Always, remember to invite anyone you come in contact with that you think may be interested in our little group.*

Bring your fun, your ideas, your probs and lets try to help, solve and keep on moving forward, because time keeps moving on.

Thank you always, to each and every one of you!

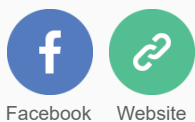
I apologize for any errors in advance, because I am rushing to our Officer's Meeting!

Lisa

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

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["Like" my pages on Facebook](#) and [LinkedIn](#)



**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:**

Carol Lieber October 6th  
Jessica Quackenbush October 17th

*If your birthday is in October 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:**

**October 5 - Psychic Night at Captain's Inn 6 - 10 pm**

October 10 - BPWSOC Regular Meeting at Buon Appetito  
w/Guest Speaker

November 14 - BPWSOC Regular Meeting

December 11 - Annual Holiday Meeting & Donation

**ADDITIONAL EVENTS WILL BE ADDED AS THEY OCCUR**

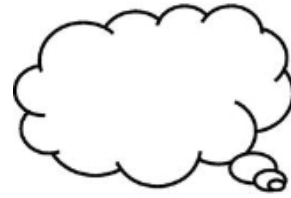


**This is where we send Sunshine to a Member/Members who has had a celebration, wishes to get well, or sympathy.**  
*(We want you to know, we are thinking of you, whether you are specifically mentioned or not)*

(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 - 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!!!**



*"Reading shaped my dreams, and more reading helped me make my dreams come true"*

*Ruth Bader Ginsberg*



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...



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.



Fall is coming!



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





**Business & Professional Women Southern Ocean County**

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

# “PSYCHIC NIGHT”

BE ENLIGHTENED

**THURSDAY | October 5, 2023**

6:00pm-10:00pm

at the

**Captain's Inn**

E Lacey Rd, Forked River, NJ 08731



Enjoy browsing the vendor tables!

ADMISSION: \$20.00 *Includes light Appetizers*

MEDIUM Readings: \$50/per reading/20 minutes

PSYCHIC TAROT Card Readings: \$30/per reading/15 minutes

**All proceeds go to our Annual "Scholarships for Women" Fund**

**PLEASE BOOK YOUR TIME SLOT *IN ADVANCE*: CALL GINA at (917) 865-4662**

PRE- PAY IN ADVANCE online at: [www.BPWSOC.org/events](http://www.BPWSOC.org/events) *(Please include \$5 credit card fee)*

Send CHECK to: BPWSOC, P.O. Box 722, Barnegat, NJ 08005

**All Events are for Charity - NO REFUNDS**

**JOIN us for a night of enlightening and mystical experience...FEATURING:**

### MEDIUM READING

with well-known PSYCHIC MEDIUM

**Gina Cannone**

M.Ht., RMT., C.Ht. L.C., C.M.Th.,Speaker, Author

**Medium Reading w automatic writing**  
(You keep the writings)

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### MEDIUM READING with TAROT CARDS

with well-known PSYCHIC MEDIUM

**Carol Hellings**

### ANGEL/ANIMAL TAROT AND ORACLE READINGS

with well-known PSYCHIC

**Tommy Lynch**

RMT., Certified Ascended Angel Practitioner, Card Reader

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### TAROT CARD & PALM READINGS

with well-known PSYCHIC

**Kasandra**

from

**CHARMED IN COMPANY**

ALSO FEATURING:

**CAROL ...Tarot Cards**

**MARGARET ...Angel Reader**

**BELLA...Gypsy Witch Cards**



# Computer Tips:



PC Tips &/or advice...

Keyboard shortcut to undu your last delete = Ctrl + z

Please do not call, do not accept calls and do not fall for phone call scams.  
Check your actual statement or go to the source for the appropriate account and call the number on it, if you want to be sure about something.

Due diligence is your best & only defense.

Thanks, Lisa

--  
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 [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

Jennifer D. Armstrong, LLC

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**Toms River, New Jersey 08753**

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**[www.jdarmstronglaw.com](http://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.

Go to: <https://dc-aroma.com/blogs/news/need-support-during-this-challenging-time>

# Journey into JOY™



with **Jakki Gioia**, BFA, SLC, 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](http://journeyintojoy.com)

YouTube: Journey into Joy

[jakkigioia@journeyintojoy.com](mailto: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!

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Get your life on the course you desire

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[SpiritualMediumGinaCannone.com](http://SpiritualMediumGinaCannone.com)



017 865 4662

# Gc Hypnotherapy & Reiki Healing

## GINA CANNONE

Board Certified Master Clinical & Spiritual Hypnotherapist  
EMDR Trained Facilitator for Trauma Resolution  
REIKI Master-Usui and Crystals  
Life & Spiritual Coach/ Intuitive Medium/Published Author  
...for positive dramatic changes in your life!

- HYPNOTHERAPY for : Anxiety, Weight Loss, Smoking, PTSD, Pain Control, Grief & Loss, ADD, Motivation and more.
- REIKI (Crystal Reiki): Energy channeled through hands and crystals
- LIFE & SPIRITUAL COACHING : (attain your goals)
- Past Life Regression Specialist: Discover your past lives
- Intuitive Psychic Medium readings
- Host your own Spritual Event

Please call to discuss your personal needs!

[www.gchypnotherapy.com](http://www.gchypnotherapy.com) (917) 865.4662

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



Reading Corner

Author: Danielle Steele

Title: Happiness

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*



"A mother's love is the fuel that enables a normal human being to do the impossible."  
- Marion C. Garretty

Health Tip/Quote by Gina Dinkey



SPINACH GOAT CHEESE BLUEBETTY SALAD (by Carol Lieber)

**INGREDIENTS**

- 1 Bag Baby Spinach
- 1 cup blueberries
- 1 cup crumbled goat cheese
- 1 cup chopped walnuts toasted (350 degrees for 10 minutes)
- 3 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 tsp honey
- 1 tsp fresh thyme (or ¼ tsp dried thyme)

Reserve dressing until immediately before serving. Toss thoroughly, the honey helps to coat the spinach leaves.



[See Current Bills to be Considered on the House Floor](#)

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[AAUW Analysis of U.S. Census Bureau and U.S. Bureau of Labor Statistics  
Gender Pay Gap Data Reveals Little Progress](#)

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When women  
support each other,  
incredible things  
happen.



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

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