

## **Chat from 12 - 14 - 22**

### **21:38:05 From Jacob Meola To Everyone:**

Jake Meola  
Jake of All Trades  
[@jakeofalltrades\\_NJ](#)

Karaoke:

Tonight 8-1am Madd Hatter in Hoboken  
Thursday 10-2am North Tavern Dunellen  
Friday 9-1am Ellery's Grill and Pub Middlesex  
Tuesday NETWORKING KARAOKE 6-9pm Annabella's House of Mozzarella East

Rutherford

Royal Readers Bookstore:  
[@royalreadersbookstore](#)  
<https://www.royalreadersbookstore.com>  
Legal Shield:  
<https://www.jmeola.wearelegalshield.com>

### **21:38:40 From Jacob Meola To Everyone:**

<https://www.jakeofalltrades.info/events>

### **21:39:46 From David Quick - Total Cover IT® To Everyone:**

David Quick  
Total Cover IT®  
p:973-735-3177  
w:totalcoverit.com  
e:dquick@totalcoverit.com  
<https://www.linkedin.com/in/davidquick1>  
Schedule time with me: <https://www.scheduleyou.in/25ng6xdkVw>  
Watch my 2 minute intro video: <https://youtu.be/8dOUohzxtU>

### **21:40:02 From Wendy Kuchnicki, Pampered Chef To Everyone:**

Wendy Kuchnicki, Independent Consultant, Pampered Chef, 732-310-6131,  
<https://www.pamperedchef.com/pws/wendysquickmeals>

### **21:40:06 From Sue Bannon-Color Street To Everyone:**

<https://www.colorstreet.com/suebannon>  
<https://www.colorstreet.com/suebannon/catalog>  
<https://www.facebook.com/groups/classysassybeauties>  
<https://www.facebook.com/classysassybeauty>  
[sjbannon93@gmail.com](mailto:sjbannon93@gmail.com)  
732-423-7981  
<https://youtu.be/AQ72WyFwo1k> remover hack  
<https://youtu.be/fLEZ7n6B7sl> application video

## **Chat from 11 - 30 - 22**

### **21:29:02 From Paul Taubman To Everyone:**

<https://www.shopify.com/blog/instagram-hashtags>

### **21:30:48 From Paul Taubman To Everyone:**

<https://best-hashtags.com>

### **21:41:00 From Denel Bingel To Everyone:**

I could really use help getting the word out about my healthy holiday hustle! My biz page on FB is <https://www.facebook.com/UpbeatDanceandFitness>, I'd love if you would share or comment on any posts that you find interesting!

### **21:42:00 From Denel Bingel To Everyone:**

And if anyone wants to join in, just scan my QR or use this ridiculously long link.  
[https://go.thryv.com/portal/yoly5yfw1cnh4icy#/contact?s=https%3A%2F%2Fgo.thryv.com%2Fsite%2Fupbeatdanceandfitness%2Fleave-details&o=ZGlyZWN0&title=Healthy%20Holiday%20Hustle&isWidget=false&fbclid=IwAR1kVUHslzchKPNvfr8OkxAln7\\_w2l-KCS6ylcjv1YjfKY7Smphp9e0bEDI](https://go.thryv.com/portal/yoly5yfw1cnh4icy#/contact?s=https%3A%2F%2Fgo.thryv.com%2Fsite%2Fupbeatdanceandfitness%2Fleave-details&o=ZGlyZWN0&title=Healthy%20Holiday%20Hustle&isWidget=false&fbclid=IwAR1kVUHslzchKPNvfr8OkxAln7_w2l-KCS6ylcjv1YjfKY7Smphp9e0bEDI),

### **21:42:05 From Wendy Kuchnicki, Pampered Chef To Everyone:**

Wendy Kuchnicki, Pampered Chef Independent Consultant  
<https://www.pamperedchef.com/pws/wendysquickmeals> 732-310-6131

### **21:55:29 From David Quick - Total Cover IT® To Everyone:**

David Quick

Total Cover IT®

p:973-735-3177

w:totalcoverit.com

e:dquick@totalcoverit.com

<https://www.linkedin.com/in/davidquick1>

Schedule time with me: <https://www.scheduleyou.in/25ng6xdkVw>

### **21:56:44 From Paul Taubman To Everyone:**

Paul Taubman

Digital Maestro

Website Build & Management Services

609.638.7285

Website Audits at <https://DigitalMaestro.com/webaudit>

Schedule a 1-2-1 at <https://DigitalMaestro.com/1-2-1>

## **Chat from 11 - 9 - 22**

### **21:05:42 From Paul Taubman • Digital Maestro To Everyone:**

Attention: There will be no meeting on December 28th!

### **21:36:28 From Wendy Kuchnicki, Pampered Chef To Everyone:**

Wendy Kuchnicki, Pampered Chef Independent Consultant 732-310-6131

<https://pamperedchef.com/pws/wendysquickmeals>

### **21:37:25 From David Quick - Total Cover IT® To Everyone:**

David Quick

Total Cover IT®

p:973-735-3177

w:totalcoverit.com

e:dquick@totalcoverit.com

<https://www.linkedin.com/in/davidquick1>

Schedule time with me: <https://www.scheduleyou.in/25ng6xdkVw>

## **Chat from 10 - 26 - 22**

### **20:07:53 From Rachele DeCrescenzo to Everyone:**

Good morning everyone! I am hosting a sound healing and meditation this Friday from 6:30-7:30p at my office in Clinton (11 Lower Center St). Would love to see you there! Here's the link to join!

[https://secure.gethealthie.com/appointments/embed\\_appt?dietitian\\_id=605043&require\\_offering=true&offering\\_id=77638&hide\\_package\\_images=false](https://secure.gethealthie.com/appointments/embed_appt?dietitian_id=605043&require_offering=true&offering_id=77638&hide_package_images=false)

### **20:30:46 From Jacob Meola to Everyone:**

Jake of All Trades- Jake Meola

<https://www.jakeofalltrades.info/events>

Royal Readers Bookstore

<https://www.royalreadersbookstore.com>

Legal Shield/ID Shield

<https://jmeola.wearelegalshield.com>

862-432-9454

[jake@jakeofalltrades.info](mailto:jake@jakeofalltrades.info)

### **20:31:12 From David Quick - Total Cover IT® to Everyone:**

David Quick

Total Cover IT®

p:973-735-3177

w:totalcoverit.com

e:dquick@totalcoverit.com

<https://www.linkedin.com/in/davidquick1>

Schedule time with me: <https://www.scheduleyou.in/25ng6xdkVw>

**20:32:28 From Paul Taubman to Everyone:**

Paul Taubman

Digital Maestro

Website Build & Management Services

609.638.7285

Website Audits at <https://DigitalMaestro.com/webaudit>

Schedule a 1-2-1 at <https://DigitalMaestro.com/1-2-1>

**20:35:01 From Denel Bingel to Everyone:**

Denel Bingel, M.Ed. Upbeat Dance and Fitness, LLC

[denel@upbeatdance.com](mailto:denel@upbeatdance.com) 215-806-7464

Daily accountability, personal training, small group classes, non-judgmental support!

<https://go.thryv.com/site/upbeatdanceandfitness>

Try a class for free! Go to [upbeatdance.com](http://upbeatdance.com) click on the schedule button, and use the code FIRSTCLASSFREE For the Fall, we have barre Thursdays at 630pm and Salsa and Strength Mondays at 5pm. We also do Sunday walks/hikes if anyone local is interested.

**20:38:12 From Wendy Kuchnicki, Pampered Chef to Everyone:**

Wendy Kuchnicki Pampered Chef Independent Consultant 732-310-6131

<https://www.pamperedchef.com/pws/wendysquickmeals>

**20:38:56 From michellemarieadams@gmail.com to Everyone:**

[michelle.adams@kw.com](mailto:michelle.adams@kw.com) 714-914-3219

KW Metropolitan

Northern New Jersey Realtor!

**20:39:50 From Jacob Meola to Everyone:**

Scary-oke

Thursday 10-27 8pm-11pm @ Zupkos Tavern, Dunellen

Friday 10-28 10pm-2am @North Tavern, Dunellen

## **Chat from 10 - 19 - 22**

### **20:40:18 From David Quick - Total Cover IT® to Everyone:**

David Quick

Total Cover IT®

p:973-735-3177

w:totalcoverit.com

e:dquick@totalcoverit.com

<https://www.linkedin.com/in/davidquick1>

Schedule time with me: <https://www.scheduleyou.in/25ng6xdkVw>

### **20:40:43 From Paul Taubman to Everyone:**

Paul Taubman

Digital Maestro

Website Build & Management Services

609.638.7285

Website Audits at <https://DigitalMaestro.com/webaudit>

Schedule a 1-2-1 at <https://DigitalMaestro.com/1-2-1!>

## **Chat from 10 - 12 - 22**

### **20:02:30 From David Quick - Total Cover IT® to Everyone:**

David Quick

Total Cover IT®

p:973-735-3177

w:totalcoverit.com

e:dquick@totalcoverit.com

<https://www.linkedin.com/in/davidquick1>

Schedule time with me: <https://www.scheduleyou.in/25ng6xdkVw>

### **20:09:08 From Paul Taubman to Everyone:**

Paul Taubman

Digital Maestro

Website Build & Management Services

609.638.7285

Website Audits at <https://DigitalMaestro.com/webaudit>

Schedule a 1-2-1 at <https://DigitalMaestro.com/1-2-1>

### **20:25:28 From Tracy Spiaggia to Everyone:**

Hello everyone and thank you for the opportunity to present. Here is the link to my book which expands on today's topic of why health matter. Please feel free to share.

[https://www.amazon.com/Chained-Changed-Strongholds-Transform-Through-ebook/dp/B06ZYHDDPZ/ref=sr\\_1\\_1?crd=23K0ARGYC6HX1&keywords=from+chained+to+changed&qid=1665577476&qu=eyJxc2MiOilwLjAwliwicXNhIjoiMC4wMCIsInFzcCI6IjAuMDAifQ%3D%3D&srefix=from+chained+to+chang%2Caps%2C656&sr=8-1](https://www.amazon.com/Chained-Changed-Strongholds-Transform-Through-ebook/dp/B06ZYHDDPZ/ref=sr_1_1?crd=23K0ARGYC6HX1&keywords=from+chained+to+changed&qid=1665577476&qu=eyJxc2MiOilwLjAwliwicXNhIjoiMC4wMCIsInFzcCI6IjAuMDAifQ%3D%3D&srefix=from+chained+to+chang%2Caps%2C656&sr=8-1)

### **20:28:00 From Jacob Meola to Everyone:**

<https://www.jakeofalltrades.info/events>

[jake@jakeofalltrades.info](mailto:jake@jakeofalltrades.info)

862-432-9454

Ghost Walks:

This weekend- Woodbridge

Next Weekend- Somerville

Final Weekend- Somerville (different performances)

Karaoke:

Tomorrow! North Tavern in Dunellen- 10pm-2am

**20:38:01 From George Pizzo to Everyone:**

Caring Transitions

Senior Relocation and Estate Sales

[www.CaringTransitionsWSC.com](http://www.CaringTransitionsWSC.com)

908-809-3235

**20:38:47 From Alissa Randall to Everyone:**

All About Headshots by Alissa Randall. <https://www.allaboutheadshots.com>.

917.921.2491. Great to meet everyone!

**20:38:56 From Lance Dunn, NJ to Everyone:**

Lance Dunn, CNE

Keller Williams Real Estate

120 W Main St

Clinton, NJ 08809

973-670-7568 Cell

[www.lancedunn.com](http://www.lancedunn.com)

**20:39:22 From Emily to Everyone:**

Emily Benadon, Volunteer Board of Trustees, Visions & Pathways. Non-profit helping homeless & at-risk NJ kids 13-24 with safe housing, food, and support services.

**20:39:43 From Sam White to Everyone:**

[relaxteams.com/card](http://relaxteams.com/card)

**20:39:47 From Wendy Kuchnicki, Pampered Chef to Everyone:**

Wendy Kuchnicki, Independent Consultant Pampered Chef 732-3106131

<https://www.pamperedchef.com/pws/wendysquickmeals>

**20:39:49 From Sue Bannon-Color Street to Everyone:**

Sue Bannon Color Street stylist

100% dry nail polish strips

732-423-7981

[www.colorstreet.com/suebannon](http://www.colorstreet.com/suebannon)

[sjbannon93@gmail.com](mailto:sjbannon93@gmail.com)

[www.facebook.com/classysassybeautySB](https://www.facebook.com/classysassybeautySB)

[www.facebook.com/groups/classysassybeauty](https://www.facebook.com/groups/classysassybeauty)

**20:44:40 From Sam White to Everyone:**

TOPIC:

Outside Of Work, What Are Your Special Interests? Do You Have Any Hobbies?

**20:49:08 From desirae haluk to Everyone:**

Do you have a solid marketing foundation? - Clairantservices.com -  
dhaluk@clairantservices.com - 973-507-6980

## **Chat from 10 - 5 - 22**

**20:11:47 From Paul Taubman to Everyone:**

<https://www.pamperedchef.com/pws/wendysquickmeals>

**20:40:28 From Sam White to Everyone:**

TOPIC: What Business And/Or Entrepreneurial Hacks Have You Developed To Stay Focused And Productive In Your Day-To-Day?

**20:43:31 From Richard Diacont to Everyone:**

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

**20:44:29 From Paul Taubman to Everyone:**

<https://getrocketbook.com/>

**20:45:28 From Paul Taubman to Everyone:**

<https://www.wondershare.net/>

**20:47:36 From Paul Taubman to Everyone:**

<https://www.pitchhub.com/>

**20:48:39 From Paul Taubman to Everyone:**

Yes! It is available for Windows and Mac!

**20:49:33 From Paul Taubman to Everyone:**

<https://obsproject.com/>

**20:51:11 From desirae haluk to Everyone:**

super smart Wendy!

**20:51:25 From Paul Taubman to Everyone:**

That is the KISS Method - Keep it Simple and Sweet

**20:54:50 From Paul Taubman to Everyone:**

I think if you saw my Inbox, you would go crazy, Maggie! I have too many emails in there!

**20:56:12 From Paul Taubman to Everyone:**



Fully embrace YOUR system!

**21:00:02 From Paul Taubman to Everyone:**

<https://otter.ai/>

**21:00:48 From Tim Stollery to Everyone:**

Wondershare

## **Chat from 9 - 14 - 22**

**20:04:37 From Denel Bingel to Everyone:**

Denel Bingel, M.Ed. Upbeat Dance and Fitness, LLC

[denel@upbeatdance.com](mailto:denel@upbeatdance.com) 215-806-7464

Daily accountability, personal training, small group classes, non-judgmental support! This month, I'm looking for MOMS who now have a few minutes of free time ;-)

<https://go.thryv.com/site/upbeatdanceandfitness>

**20:06:15 From Jessica Dale to Everyone:**

Jessica Dale In-Home Senior Care. A Place At Home 908-430-9222.

[www.aplaceathomenj.com](http://www.aplaceathomenj.com) [Jessica.dale@placeathome.com](mailto:Jessica.dale@placeathome.com)

**20:23:21 From Rachele DeCrescenzo to Everyone:**

Rachele DeCrescenzo, physical therapist; The Healing Journey: Myofascial Release & Physical Therapy; 11 Lower Center St. Clinton, 908-713-0046;

[rachele@thehealingjourneymfrpt.com](mailto:rachele@thehealingjourneymfrpt.com); [www.thehealingjourneymfrpt.com](http://www.thehealingjourneymfrpt.com); I specialize in a type of holistic (WHOLE person) hands on body work called John Barnes myofascial release. I

partner with my patients to get to the root cause of their pain and dysfunction so they are able to live a pain-free active lifestyle!

**20:28:15 From Jacob Meola to Everyone:**

<https://www.jakeofalltrades.info/events>

<https://www.royalreadersbookstore.com>

**20:28:23 From Jacob Meola to Everyone:**

862-432-9454

**20:28:30 From Jacob Meola to Everyone:**

[jake@jakeofalltrades.info](mailto:jake@jakeofalltrades.info)

**20:29:36 From Paul Taubman to Everyone:**

Paul Taubman

Digital Maestro

Website Build & Management Services

609.638.7285

Website Audits at <https://DigitalMaestro.com/webaudit>

Schedule a 1-2-1 at <https://DigitalMaestro.com/1-2-1>

**20:38:29 From Don Wallace to Everyone:**

whoops! Don Insurance and Essential Services solutions. Need to understand your insurance (Auto, Home, Business, Life, Health, Medicare) call me. Help with your Electricity, Gas, Wireless, Home Security, Internet, No cost Panel free solar, fundraising, or if you would like to add an extra income while you make a difference in the lives of other.

**Chat from 9 - 7 - 22**

**20:37:12 From Paul Taubman to Everyone:**

Paul Taubman

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Schedule a 1-2-1 at <https://DigitalMaestro.com/1-2-1>

**20:41:44 From Denel Bingel to Everyone:**

Denel Bingel, M.Ed. Upbeat Dance and Fitness, LLC

[denel@upbeatdance.com](mailto:denel@upbeatdance.com) 215-806-7464

Daily accountability, personal training, small group classes, non-judgmental support!

<https://go.thryv.com/site/upbeatdanceandfitness>

**20:45:31 From Don Wallace to Everyone:**

Don Wallace, Auto, Home, Business insurance help with understanding your risks and coverages and how to keep your costs down. Also using your Security system, Wireless, Internet, electricity, no panels Solar, Health sharing, entertainment and more to add income to your bottom line. 732-489-6708 [Donwallace76@gmail.com](mailto:Donwallace76@gmail.com)

**20:49:26 From Rachele DeCrescenzo to Everyone:**

Rachele DeCrescenzo, physical therapist; The Healing Journey: Myofascial Release & Physical Therapy; 11 Lower Center St. Clinton, 908-713-0046;

[rachele@thehealingjourneymfrpt.com](mailto:rachele@thehealingjourneymfrpt.com); [www.thehealingjourneymfrpt.com](http://www.thehealingjourneymfrpt.com); I specialize in a type of holistic (WHOLE person) hands on body work called myofascial release. I partner with my patients to get to the root cause of their pain and dysfunction so they are able to live a pain-free active lifestyle!

**20:50:17 From Jessica Dale to Everyone:**

A Place At Home Somerville In-Home Senior Care. [www.APlaceAtHomeNJ.com](http://www.APlaceAtHomeNJ.com)  
[Jessica.Dale@APlaceAtHome.com](mailto:Jessica.Dale@APlaceAtHome.com)

732-672-4618

## **Chat from 8 - 31 - 22**

**20:15:19 From Paul Taubman to Everyone:**

<https://RelaxTeams.com>

**20:28:53 From Paul Taubman to Everyone:**

<https://digitalmaestro.com/stretch-yourself-challenge-2022/>

**20:29:44 From Paul Taubman to Everyone:**

Coupon code: STRETCH50

**20:45:12 From Paul Taubman to Everyone:**

Jim Rohn

**20:46:07 From Paul Taubman to Everyone:**

[https://www.youtube.com/results?search\\_query=jim+rohn](https://www.youtube.com/results?search_query=jim+rohn)

**20:47:33 From Paul Taubman to Everyone:**

<https://www.score.org/>

**20:48:23 From Jacob Meola to Everyone:**

<https://www.royalreadersbookstore.com>

**20:49:50 From Jacob Meola to Everyone:**

Check out our new reward program Royal Readers Rewards! Earn Crown Cash to get gift cards or donate books to teachers/families in need!

**20:50:55 From Paul Taubman to Everyone:**

<https://WPSiteHelp.com>

**20:52:21 From desirae haluk to Everyone:**

<https://www.clairantservices.com/sou-aligned-business.html>

## **Chat from 8 - 24 - 22**

### **20:25:02 From Jacob Meola to Everyone:**

<https://www.royalreadersbookstore.com>

<https://www.jakeofalltrades.info/events>

### **20:29:25 From Denel Bingel to Everyone:**

Denel Bingel, M.Ed. Upbeat Dance and Fitness, LLC

denel@upbeatdance.com 215-806-7464

Daily accountability, personal training, small group classes, non-judgmental support!

<https://go.thryv.com/site/upbeatdanceandfitness>

Try a class for free! Go to [upbeatdance.com](http://upbeatdance.com) click on the schedule button, and use the code FIRSTCLASSFREE For the summer, we have barre Tuesdays at 5pm and Salsa and Strength Thursdays at 5pm. We also do Sunday walks/hikes if anyone local is interested.

Please help me this month by liking and commenting on Facebook posts 😊 I would love to like and comment on your posts as well!

@UpbeatFitnessAndDance

### **20:33:41 From Don Wallace to Everyone:**

Don Wallace Insurance and Essential Services. Call me with your insurance questions  
732-489-6708

### **20:33:56 From Paul Taubman to Everyone:**

<https://www.jakeofalltrades.info/events/thirsty-thursday-karaoke-at-zupkos-tavern-copy-7>

## **Chat from 8 - 17- 22**

**20:13:17 From Jacob Meola to Everyone:**

<https://www.royalreadersbookstore.com>

The Bookstore is a proud member of 3 organizations. Besides Relax Teams, name one organization they are proud members of.

What book has been on the bookstore the longest?

I have 10 in my pocket, how many books is the most I can buy?

What is the name of the co-owner of the bookstore?

Find a James Patterson book that starts with the letter "S"

Find a dessert book that calls your name!

How much must you spend to earn free shipping?

**20:49:54 From Paul Taubman to Everyone:**

<https://digitalmaestro.com/stretch-yourself-challenge-2022/>

**20:50:57 From Jacob Meola to Everyone:**

<https://www.jakeofalltrades.info/events>

## **Chat from 8 - 10- 22**

### **20:25:16 From Jacob Meola to Everyone:**

Happy to announce that the Bookstore has started a rewards program! Welcome to Crown Cash! Create your profile and earn points by sharing us on social, referring a friend, adopting books, and more! Reach different tiers to gain point multipliers and redeem for gift cards in the store!

You can also create a wishlist for all your favorites that you're not ready to buy yet. Get alerts when your wishlist items are on sale or back in stock if they are out!

Check it out!

<https://www.royalreadersbookstore.com>

### **20:28:14 From Denel Bingel to Everyone:**

Denel Bingel, M.Ed. Upbeat Dance and Fitness  
denel@upbeatdance.com 215-806-7464

Daily accountability, personal training, small group classes, non-judgmental support!

<https://go.thryv.com/site/upbeatdanceandfitness>

### **20:29:24 From Paul Taubman, CPCU to Everyone:**

Paul Taubman

Digital Maestro

Website Build & Management Services

609.638.7285

Website Audits at <https://DigitalMaestro.com/webaudit>

Schedule a 1-2-1 at <https://DigitalMaestro.com/1-2-1>

### **20:35:37 From Don Wallace to Everyone:**

Don Wallace Insurance and Essential services, Community Solar without panels and no cost ever, Wireless, Energy, Vivint Home security, Health sharing instead of Insurance, Help with any insurance issues. Fundraising for Free, Looking for people who would like to offer additional services to their clients and customers. 732-489-6708 or Donwallace76@gmail.com

### **20:36:46 From Maggie Morris - PRIM Bookkeeping LLC to Everyone:**

Maggie Morris Prim Bookkeeping [www.primbookkeeping.com](http://www.primbookkeeping.com)  
maggie@primbookkeeping.com 908-336-2829

### **20:36:49 From Wendy Kuchnicki - Pampered Chef to Everyone:**

Wendy Kuchnicki, Independent Consultant Pampered Chef 732-310-6131,  
<http://www.pamperedchef.com/pws/wendysquickmeals>

### **20:50:32 From George Pizzo to Everyone:**

<https://preventionlinks.org/recovery-support/recovery-high-school/>

### **20:51:45 From Paul Taubman, CPCU to Everyone:**

I am an American citizen, went to Canada and was stopped and searched ,etc. trying to come BACK into my own country!

