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Business and Professional Women Southern Ocean County

April 2019 Newsletter

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Dear Members of BPWSOC,

Thank you to all who attended our March tea scholarship fundraiser event, as well as, the scholarship fundraiser paint night. We truly appreciate all who came out to enjoy these lovely evenings with us. Your attendance helped to contribute to our annual scholarships to support business and professional women in their educational endeavors or with any business or professional equipment needs they may have. As a previous scholarship recipient, I can tell you how deeply appreciative I am of our scholarship program. I have experienced first hand how empowering it is to be given a helping hand by other business and professional women. Thank you for being a part of this process.

The April meeting will be held at Conca D'Oro Restaurant on Lacey Road in Forked River, in the plaza next to the police station and Wawa gas station. See you there!

In Empowerment, Professionalism, and Gratitude,

Susie Guckin
President, BPWSOC
2018-2019



Facebook



Website



BPWSOC Meetings are held the 2nd
Tuesday
of each month at 6:30 PM at Conca
D'oro, 778 Lacey Road, Forked River,
NJ
(unless otherwise noted) - (come
earlier 6 PM for Networking/Mingling)

2019 Schedule

April 9 - BPWSOC Meeting

May 14 - BPWSOC Meeting

May 18 - BPWNJ Foundation 100th

Anniversary Celebration



MEMBER BIRTHDAYS:

Kristen Donadio - April 2

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

"IT IS NOT HOW MUCH YOU DO,
BUT HOW MUCH LOVE YOU PUT
INTO THE DOING THAT MATTERS."
-MOTHER TERESA

**"If you bungle raising your
children, I don't think
whatever else you do well
matters very much."**

Jacqueline Kennedy Onassis

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.)

REMEMBER TO BRING YOUR BUSINESS INFORMATION FOR NETWORKING!!!



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.



2019 SCHOLARSHIP APPLICATIONS ARE AVAILABLE FOR YOU
TO DOWNLOAD AND APPLY! [click here](#)



www.BPWSOC.org

April 9 - BPWSOC Meeting at Conca D'Oro, Lacey NJ



Save the Date!
**BPWNJ 100th
 Anniversary Luncheon**
May 18, 2019



*Business &
 Professional Women
 New Jersey*

1919-2019

[Visit BPW/New Jersey Foundation, Inc.](http://www.bpwnj.org)



GUEST SPEAKER

TO BE ANNOUNCED

SOMETHING REMARKABLE

Ladies,

I have to share something with you that is nothing short of remarkable. As much as we are colleagues in business and professionalism, we are also friends.

I have been desperstely trying to clean out the garage of old things from my life prior to my head injuries but it has been so hard because every time I touch something it is like my body gets shocked by a memory my mind can't grasp. My amnesia wiped out all memory prior to age 20 but we are seeing some changes in that.

Well today....I discovered something that made me truly believe we are led to where we belong. I encourage you to look at the attached photos to see that BPW awarded me a scholarship in 1998 when I was graduating high school.

This is a truly remarkable find. It was an honor to begin with to become president of the group but the meaning of it just compounded. Thank you for supporting me then and for supporting me now.

Susie



Computer Tips:



I love keyboard "Shortcuts"!

Here's one I use when working on my computer...

"Alt + Tab" - allows you to switch between open programs

To explain: if you have your email open in a browser (ie...Chrome, Edge, Mozilla),

and you have Quickbooks open, and you have another tab in your browser open to Google - where you are searching the internet, and maybe you have Microsoft Word open - where you are working on a document. If you hold down the "Alt" key and press the "Tab" key you can quickly switch between these 4 windows and go to the one you need quickly.

You can always call your local PC Tech and they will help with this and or teach you more keyboard shortcuts.

--

Lisa A. Gambino

Certified Computer Technician & Professional (Virtual) Assistant

A 2 Z Computer Help

www.A2ZComputerHelp.com

lisag@A2ZComputerHelp.com

Home Office: 732-237-9704

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Reading Corner

Author: Laine Moriarity

Title: Nine Perfect Strangers

Author: Susan Guckin

Title: The Camouflaged Heart

Note: Susan Guckin is President of BPWSOC



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: 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

Stockwell Financial

Stockwell Financial

Stockwell Financial offers tailored business solutions to help support the needs of businesses. We work with business owners to identify and prioritize their needs and then implement customized solutions to help maximize the efficiency and effectiveness of their business. If you would like a free informal valuation of your business give Stephanie a call at 732 731 9856.



Frank Kellogg's Top 40 Self-Protection tips continued.

16. Wear clothing that will allow you to easily move. You may need to kick.punch;or you may need to run.

17. Only drink alcohol in moderation, you lose the ability to make good decisions the more intoxicated you are.

18. Secure your home, get a "beware of the dog" sign to deter wrongdoers from randomly selecting your home.

91. Install cameras inside and outside your home. This will allow you to ID criminals and further deter crime.

20. Can you safely escape the highest exit point of your building, in case there is a burglar, fire, or other hazard?

(21 to 25 next month)

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





Legislative Update **CONNORS, RUMPF & GOVE**

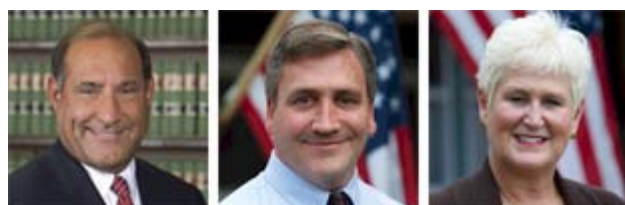


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NJ's 9th Legislative District

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9th District

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senconnors@njleg.org

609-693-6700

[Connors, Rumpf & Gove: Price Tag for Taxpayer-Funded Tuition Aid for Illegal Aliens Is a Slap in the Face to Legal Citizens](#)

Like Share Tweet



District 9 lawmakers react to news that the State has already spent millions on taxpayer-funded student loans for persons living in the country illegally. The 9th District delegation has vehemently opposed legislation that authorized State tuition aid for illegal aliens.

[Click for Full Story](#)

[Connors, Rumpf & Gove to Introduce Bill to Prevent State Highway from Charging Tolls to Emergency Vehicles From Ocean County](#)

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District 9 lawmakers will introduce legislation to prohibit the SJTA, which operates the Atlantic City Expressway, from charging tolls to ambulances, first-aid or emergency-aid vehicles, or fire trucks from Ocean County.

[Click for Full Story](#)

[Connors, Rumpf & Gove Will Vote NO on Marijuana Legalization](#)



The 9th District Delegation is unified in their opposition to legalizing marijuana, and will be voting accordingly when a bill is considered by their respective Houses.

[Click for Full Story](#)

[SIGN THE PETITION: Tell Gov. Murphy that NJ Shouldn't Give Driver's Licenses to Illegal Aliens](#)



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Sign the online petition to tell Gov. Murphy that New Jersey shouldn't give driver's licenses to illegal aliens or become a sanctuary state.

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BREAKING NEWS

You did it! Thanks to you and other advocates, the House of Representatives just voted 242 to 187 to pass the Paycheck Fairness Act (PFA) with bipartisan support.

We're one step closer to ensuring every woman can take home the pay she rightfully earns. Now it's up to the Senate to act, and we need your support to succeed.

[Will you donate today to keep the momentum going and enact the Paycheck Fairness Act?](#)

GIVE NOW

Equal pay for equal work is something we can all get behind. As

legendary equity advocate Lilly Ledbetter put it, "This is not Democrat. It's not Republican or Independent. This belongs to everybody." Congress must pass the Paycheck Fairness Act, which would:

- Require employers to prove that pay disparities between men and women are a business necessity and job-related.
- Ban the use of salary history, which has been shown to negatively impact women.
- Protect workers from being penalized for discussing their salaries.
- Help employers implement fair-pay practices.

We've fought too long and too hard to turn back now. You've sent thousands of emails and made hundreds of calls, and the House heard you loud and clear. Let's make sure the Senate does too.

[Please, give now so this vital law can be enacted.](#)

Thanks for all you do,



Deborah J. Vagins

Deborah J. Vagins
Senior Vice President,
Public Policy and Research

P.S. When we finally see equal pay for equal work, it's not just women who will benefit: men, families, communities and the economy will thrive too. [Please donate today.](#)

GIVE NOW

AAUW
[1310 L St. NW, Suite 1000](#)
[Washington, DC 20005](#)
connect@aauw.org

empowered by  salsa



Business and Professional Women's Foundation

Founded in 1919

Mission

To partner to create successful workplaces for women, their families and employers.

ADDITIONAL CONTACT INFO



foundation@bpwfoundation.org



<http://www.bpwfoundation.org>

About

<http://www.bpwfoundation.org> Business and Professional Women's Foundation (BPW Foundation) empowers working women to achieve their full potential.

Company Overview

Business and Professional Women's Foundation (BPW Foundation) empowers working women to achieve their full potential and partners with employers to build successful workplaces through education, research, knowledge and policy.

General Information

BPW Foundation transforms workplaces by strengthening the capacity of organizations and businesses to create work environments that are inclusive and value the ... [See More](#)

Founding date

1919

BPW Foundation

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Business and Professional Women's Foundation

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Business and Professional Women's Foundation

Working women helping women work | www.bpwfoundation.org

Greetings

What is it like to be 100 years old? Our storied organization turns the Big Century Mark in 2019!



To start the historic countdown, here's a timely factoid in honor of Women's History Month: While mobilizing for World War I, the U.S. government recognized the need for a cohesive group to coordinate identification of women's available skills and experience. A Women's War Council was established to organize the resources of professional women. As a result, the National Federation of Business and Professional Women's Clubs was founded on July 15, 1919.

For the past 98 years, BPWF has made great strides in the workplace, illuminating and supporting such issues as the elimination of sex discrimination in employment, the principle of equal pay, and the need for a comprehensive equal rights amendment.

None of this could have happened without the enduring passion and support of our dedicated members. Now, more than ever, your critical voices need to be heard.

You represent the hearts and minds of professional women all over the country, so please keep marching strong for your rights and pave the way for sisters to come!

Onward,



Roslyn Ridgeway, Chair
Board of Trustees
Business and Professional Women's Foundation

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Business and Professional Women's Foundation
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Washington, DC 20005

e: foundation@bpwfoundation.org

BPW Foundation is a 501 (c) (3) research and education organization. The work of BPW Foundation supports workforce development programs and workplace policies that recognize the diverse needs of working women, communities and businesses.

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To my BPW sisters across the nation:



I'd like to take a minute to tell you more about an exciting new feature that just launched at www.bpwfoundation.org – our very own BPW Community Page!

This interactive hub provides state federations, local organizations, as well as individuals, a wonderful opportunity to start a dialogue, voice a comment and basically share things that matter to working women across the country.

Signing up is simple and painless.

1. Go to www.bpwfoundation.org homepage and click on the Register link at the bottom of the Community Login section under “Get Involved”
2. Fill in the required fields.

3. When you're finished, click "Register".
4. That's it! Your registration confirmation should be sent to you shortly at your email address.

After that, just enter your username/email and password under Community Login anytime you want to post or read about what other hardworking women are talking about.

Here's something more.

As a leader of your local organization, you'll be able to offer your members a brand new way to develop national business networking and information exchange. On a purely social level, everyone can have fun uploading pictures and sharing stories.

But we need to spread the word! I urge you to talk to your members and friends, forward this email and ask all to join us on the BPW Community Page. Many of you have state conferences scheduled over the next several weeks. Please make this announcement at conference and help members sign up on the spot. Post pictures of your conference highlights as one of your first shares. Together, we can make "Working Women Unite" a robust reality.

Thanks for your continuing support,

Roz

Roslyn Ridgeway, Chair
Board of Trustees
Business and Professional Women's Foundation

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