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Business and Professional Women Southern Ocean County

August 2017 Newsletter

www.bpwsoc.org

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AUGUST PRESIDENT'S MESSAGE

Hi,

Happy August!

July was beautiful month, lotsa flowers, beautiful skies, beautiful trees, some rain, some really great sun and some real hot days - it's been great and I hope you have been enjoying your summer, too!

We (the women of BPWSOC) have been having lotsa fun!

We had our regular 2nd Tuesday of the Month Meeting at Latitudes, outside on the top deck, overlooking the Forked River - what a nice night! Then we had a really great Zumba (aka Zoomba) night, with a really great and gracious instructor, Gina! For as hot as it was that night, all of us that went and worked out, had a really great time! We will do this again!

Now, for August - we are not having our regular 2nd Tuesday of the month meeting (which would be 8/8), but we are having a road trip to Long Beach Island for dinner and a show at the SurfFlight Theatre where we will see Hairspray and before the show we will be having dinner at The Engleside Inn! Also, on Tuesday, 8/8, we will be having an officer's meeting (anyone is welcome to join us - but you must let us know) at Jessica's Marina in Forked River at 6/30pm

Stephanie Stockwell and Maria Todaro (board members) have reported their visit and the progress of Guiding Light House (A transitional living program for female veterans). We have been supporting Guiding Light House the last 2 years at our Holiday Dinner/Meeting. The home is now open and currently has one female veteran living there. This is a truly great program.

There's lots going on, networking events, people helping people, sharing with others, etc... (check the newsletter, the website, our Facebook page).

Thank you for now, hope to see you or hear from you and much happiness to you!

Lisa

Lisa Gambino

President

www.BPWSOC.org



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Website



BPWSOC Upcoming events for 2017
Meetings are held the second Tuesday
of each month at 6:30PM (come earlier
6PM for Networking) at [Kristy's Casual
Dining in Waretown](#)

2017

APRIL WAS MEMBERSHIP
RENEWAL MONTH. IF YOU
HAVE NOT DONE SO YET,
PLEASE RENEW YOUR
MEMBERSHIP NOW (\$50.00)

August 8 - BPWSOC Executive Board



MEMBER BIRTHDAYS:

Stephanie Stockwell - August 9

Gina Dinkey - August 13

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



Meeting

(This is not a general meeting. The Surflight Theatre Fundraiser will be instead of the regular meeting)

August 15 - Surflight Theatre (See information below)

September 12 - BPWSOC

Meeting/Women's Equality Day

October 10 - BPWSOC Meeting

November 14 - BPWSOC Meeting

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 OUR NETWORKING TABLE!!!

**"HATE, it has caused a lot of problems in this world, BUT IT HAS NOT SOLVED ONE YET."
*Maya Angelou***



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.



GUEST SPEAKER

This meeting will be dedicated to fun.



www.BPWSOC.org

PLEASE SUPPORT UPCOMING EVENTS:

August 8 - BPWSOC Executive Board Meeting

August 15 - SurfFlight Theatre - Dinner Theatre event. (in Lieu of the August 8 regular meeting)

We will be going to SurfFlight Theatre in Beach Haven to see Hairspray. - Dinner at Engleside Inn - 5:30 - Hairspray - 8:00.

August 26



National Women's History Project

SUPPORT NWHP



Are You Ready For Women's Equality Day?

Each year, on August 26, we celebrate [Women's Equality Day](#), a national observance commemorating the passage of the 19th Amendment granting women the right to vote. The date was selected to commemorate the date it certified, August 26, 1920.

The observance of Women's Equality Day not only celebrates this important achievement in women's history, but also calls attention to our continuing efforts toward full equality. Every year, all around the country, workplaces, libraries, organizations, and public facilities participate in celebrating Women's Equality Day with special programs, displays, video showings, and many other activities.

We can help!



Shop our Women's Equality Day Items

Posters, banners, balloons and



Ideas for celebrating Women's Equality Day

Suggestions and links to help

more for your Women's
Equality Day event.

you plan your Women's
Equality Day event.



**Download our Women's
Equality Day Brochure**

Our annual brochure is a great
introduction to the history of
women's suffrage.

Join The Women's History Alliance



**WOMEN'S
HISTORY
ALLIANCE**

There is no Federal holiday that honors women. To address this need and build on the success of Women's History Month, the National Women's History Project is proud to announce the establishment of a new [Women's History Alliance](#).

National Women's History Project
730 Second Street #469
Santa Rosa, CA 95402
<http://www.nwhp.org>
(707) 636-2888
nwhp@nwhp.org

Stockwell Financial

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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.

***Inventions by Women
The Dishwasher***

The Dishwasher was invented by Josephine Cochrane in 1887. Before her time, she even marketed her machine to Hotel owners and even opened her own factory without the help of a man!



We're Calling on Secretary DeVos to Protect and Strengthen Title IX

Dear Gina:

This afternoon, I'll have the opportunity to [speak](#) with Secretary of Education Betsy

DeVos about the importance of Title IX. AAUW has urged Secretary DeVos to strengthen and fully enforce this crucial civil rights law. But the Department of Education has left the door open to rolling back the guidance and regulations that implement Title IX and ensure our schools are free from sex discrimination.

That's why we need you to make your voice heard at the Department of Education, too.

[Click here to join with AAUW and urge the Department of Education to protect Title IX, preserve all of its current regulations and guidance, and fully enforce the law.](#)

In recent years, the Department of Education's release of much-needed information and guidance for schools has made a difference in the lives of students with the goal of ensuring all schools are free from discrimination and violence. It is imperative that the Department maintain the progress we've made.

We need your help safeguarding the steps we've taken toward strengthening and protecting Title IX today. [Speak up for Title IX by adding your name to our petition and urge the Department of Education to preserve Title IX guidance and regulations and fully enforce the law.](#)

Thanks for all that you do,

Anne Hedgepeth
Interim Vice President of Public Policy and Government Relations
AAUW

TAKE ACTION!

P.S. In addition to taking action, I hope you'll consider [donating](#) today. If you aren't already a member, then there's no better time to [join](#) us. Our voices are stronger together. Thank you!

AAUW
1310 L St. NW, Suite 1000
Washington, DC 20005

empowered by  salsa



Legislative Update **CONNORS, RUMPF & GOVE**



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NJ's 9th Legislative District

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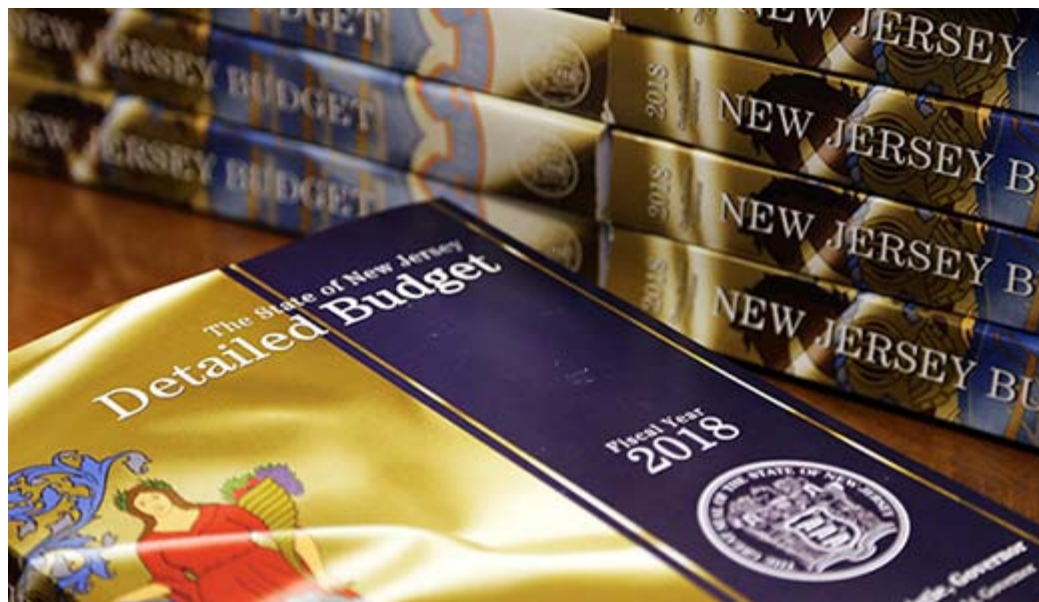
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[Connors, Rumpf & Gove Statement on Ending of State Shutdown and Horizon Raid Showdown](#)



Connors, Rumpf, and Gove echoed the frustration of their constituents over the state government shutdown that lasted until the July 4th holiday.

[Click for Full Story](#)

[Assembly Passes 9th District Delegation Bill to Designate U.S. Constitution Week](#)





The General Assembly passed a 9th District bill to establish 'Constitution Week.'

[Click for Full Story](#)

[Connors, Rumpf & Gove Sign Onto Superstorm Sandy 'Clawback' Bill to Assist Victims](#)



Connors, Rumpf and Gove sign on to Superstorm Sandy

“Clawback” legislation.

[Click for Full Story](#)

[Connors, Rumpf & Gove: New Open Space Law Includes Areas Throughout 9th Legislative District](#)



Connors, Rumpf, and Gove praised the signing of legislation that appropriates nearly \$60 million for open space projects.

[Click for Full Story](#)

[The New Jersey Move Over Law](#)



THE NEW JERSEY MOVE OVER LAW



Drivers approaching stationary emergency vehicles, tow trucks and other highway safety vehicles displaying red, blue and/or amber flashing lights must now move over one lane or, if not safe to move over, then slow down below the posted speed limit. The move over law was updated this year to include sanitation vehicles as well.

[Click for Full Story](#)

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[11 Surprising Foods That Will Never Spoil](#)



Reading Corner

Author: Georgia Bockoven

Title: The Beach House: Coming Home

Author: Susan Guckin

Title: The Camouflaged Heart

Note: Susan Guckin is a member 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

Computer Tips:



[5 good habits that immensely improve your online security](#)



In the age of drive-by downloads, ransomware, data breaches, rampant identity theft and millions of other digital threats, good online security is critical. Unfortunately, with attacks coming at you from every direction, it can sometimes feel like it's impossible to keep up.

However, it is possible to reduce the number of threats to a manageable level. It just takes developing some good security habits. None of these tasks is particularly difficult, but you need to do them regularly or they won't become a true habit. So keep reading to find out what you can start doing now to make your online experience safer.

1. Use security software

The most important habit for good online security is to use strong security software. Good security software stops most attacks before they can even start, but great security software goes beyond that with other features that keep you safe.

Of course, while great security software will protect you against most threats, there are still some things you can do to help out.

2. Pause before you click

One of the biggest threats out there is phishing scams. These are deceptive emails and text messages that trick you into clicking on a link to a malicious site or downloading malicious attachments.

There are many phishing scam tactics, but they all rely on you clicking before you have a chance to really think things through. A phishing scam might say there's a problem with your

Amazon account and you need to click fast to clear it up. Or maybe it says you can win a free iPad if you sign up immediately.

Taking a second to think is usually enough time to unravel the scam. You might notice a fishy email address or horrible spelling and grammar, or just remember our advice to never click on links in unsolicited emails.

That's why you should make a habit of waiting a second or two before clicking any link. Use that second to confirm that nothing is out of the ordinary. And if you click the link and are presented with something else to click, take another second to really look at that as well.

While this will add a few seconds to each email, it's worth it when you easily avoid the next phishing email to roll around. [Learn more about spotting and avoiding phishing emails.](#)

3. Use the safest account

Pausing before clicking isn't just for phishing emails either. If you're using a standard account in Windows, it will ask for permission before installing any program. You might get in the habit of just clicking "OK" to get rid of the message, but pause and make sure you know what it's trying to install. Otherwise, you might agree to install a virus or other malicious download, without realizing it.

That's with a standard account, though. Many people have the habit of using whatever account their computer has set up when they get it. Often this is an administrator account. While using an administrator account is convenient (i.e. fewer pop-ups asking for permission to do things), it's also much less safe.

With an administrator account, malicious programs can install or change settings without your permission. In fact, studies show that switching to a standard account can cut your risk from online threats by 86 percent. [Find out how to switch over to a Standard account and make sure you always use one in the future.](#)

4. Create strong passwords and security questions

Securing your online accounts is just as important as securing your Windows account. The first step is to have a strong password and security question.

When you're creating an online account, you might be in the habit of rushing to get through the process so you can start using the site. That's why many people use weak passwords like "password" or "123456," or reuse passwords from other accounts.

Both of these make you unsafe. Hackers can get through an easy password in minutes. If you reuse passwords and they get your password in a data breach then they can get into all your accounts without a problem.

That's why you need to get into the habit of creating unique, complex passwords. These take more time to create, but they keep your information safe. Of course, you also need a good way to remember them. [Here are 5 password mistakes that will likely get you hacked.](#)

We recommend using a password manager. This can store all your passwords behind a single master password. That way you can have dozens of complex passwords and only have to remember one. Most password managers can also help you create strong passwords.

When you're setting up your online accounts, you also shouldn't rush past the security questions. Most security questions ask for common information that a hacker or snoop can guess if they do a bit of research or know you. That's why you need to create answers that no

one can guess.

5. Turn on two-factor authentication

Whenever you create an account on a new website, or every few months when you visit an old website, you should get in the habit of taking a few minutes to look through the account settings. You can often find additional security features to turn on, such as two-factor authentication, that will make you safer.

Two-factor authentication means that if a hacker gets your password, they still won't be able to log in to your account without access to your phone..SIGN ME UP!

This is from my favorite website and Digital Goddess - [Kim Komando](#)

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Greetings

What is it like to be 100 years old? In about two years, we'll all find out when 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, BPW 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
1030 15th Street, N.W., Suite B1 #148
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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