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Business and Professional Women Southern Ocean County

August 2019 Newsletter

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We anticipate summer for so long and now that it's here we can hardly breathe with the heat and humidity!! I do hope that everyone is hydrating more than usual to get through this heat wave. The ozone layer is definitely affected, which has caused so many changes to our lives and the world today. Please be careful and do self care in this heat.

The Captain's Inn Tiki Bar gathering was a great meeting out. I believe all that attended enjoyed the atmosphere, camaraderie, food and music. The outing is becoming an annual event, let's keep it going. Should you have a suggestion for another venue please mention it to me or any of the officers. Variety is the spice of life!!

Our dinner theater has come together for Tuesday August 6th. We will meet at, Carmens at 5 PM for dinner. Just a reminder that it is a BYOB restaurant. I have heard good reviews about the play, Matilda and Lisa has watched the movie with a great personal review. I am looking forward to seeing you all with your guests there.

Keep cool, use sunscreen and don't forget that water bottle!!

Regards to all,

Cyndy Friedland
President BPWSOC



Facebook



Website



BPWSOC Meetings are held the
2nd Tuesday of each month -

6:30 PM at...[Conca D'oro](#)

778 Lacey Road, Forked River,
NJ

(unless otherwise noted)

(come earlier 6 PM for
Networking/Mingling)

**REMINDER! YOUR
ANNUAL DUES SHOULD
BE PAID BY JUNE 1,
2019**



MEMBER BIRTHDAYS:

Stephanie Stockwell - August 9

Gina Dinkey - August 13

Diane Kett - August 15

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



**This is where we send
Sunshine to a Member who
has had a celebration or
we're sending wishes to get
well or sympathy.**

All the best wishes to everyone and thank you
for your thoughtfulness!

WE HAVE RAISED THE DUES TO \$75.00.

At the last meeting we voted to increase our annual dues. This will help with Sunshine funds (where we give a check toward any member having an upcoming event, such as a wedding, engagement, hospital stay/operation, or passing of a family member. Also, due to the cost of our dinners and the change of venue along with having Guest Speakers, where we cover their cost for dinner - this will help with this. The intention is that we do not have to shell out any additional monies during the year except of course, if you wish to donate toward the annual Holiday Charity and or anytime toward Scholarships - as these are our 2 main staples that we work toward each year. In between, we are about working together, supporting each other, helping each other and have some fun with the women we like and enjoy spending time with.

[2019 Schedule](#)



**"Done is better than perfect."
Sheryl Sandberg**



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.



AUGUST 6 - SURFLIGHT DINNER

THEATRE SCHOLARSHIP

FUNDRAISER - The Show is

Matilda at 8:00 PM - preceded by

dinner at *Carmen's Italian*

Restaurant, 122 N Bay Ave., Beach

Haven, NJ 5:00 PM (In lieu of our

regular meeting)

[Get Tickets here](#)

September 10 - BPWSOC

Meeting

September 29 - BPWSOC Psychic

Night Scholarship Fundraiser

October 8 - 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.)

Our Scholarship Awards are given out each year at our June Meeting.

You can [download an application](#) to apply on our website, each year, by April 30th.

REMEMBER TO BRING YOUR
BUSINESS INFORMATION FOR
NETWORKING!!!



www.BPWSOC.org

AUGUST 6 - SURFLIGHT DINNER THEATRE SCHOLARSHIP FUNDRAISER - The Show is Matilda at 8:00 PM - preceded by dinner at Carmen's Italian Restaurant, 122 N Bay Ave., Beach Haven, NJ 5:00 PM (In lieu of our regular meeting) PLEASE NOTE, we still have one available seat - let us know if you want to join us or know of someone. And, if you let us know asap, maybe we can get someone else in also (in case you need 2 tickets).

[Get Tickets here](#)

September 10 - BPWSOC Meeting

September 29 - BPWSOC Psychic Night Scholarship Fundraiser



GUEST SPEAKER
none this Month

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 desperately 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

Susie Guckin is Past President of BPWSOC



Computer Tips:



PC Performance/Speed Explained:

There are 2 main components inside your computer that makes it fast or slow. The first one is the CPU (this stands for Central Processing Unit) and it is essentially the brain of the computer. The 2nd one is RAM (this stands for Random Access Memory) and it is sorta like the brain's (CPU) short term memory. These are the 2 components to consider when you are purchasing your devices.

These days, with all that everyone wants to do on their computer, tablet, smartphone, etc... the numbers for these components are very confusing. It is complicated, but if you have a good computer technician that you can consult with before you buy - you will get the proper device. Don't be fooled by Internet Service Provider Speed, as well as low priced computers, tablets or phones - these are not going to be fast or help your device to be fast.

Electronics are expensive, I recommend you get something in the middle of less expensive to very expensive, in order to get a proper device that will function (if you are watching your cost). I, also, highly recommend that you take care of these devices - meaning, you should have them properly set up, maintained, kept away from liquids, food and dust. Also, they should be kept on flat surfaces safe from dropping. Finally, be sure to keep the power cords free from tangle and use the one that came with the device or buy a new one, if needed, that goes with your device.

Thank you, Lisa G.

--

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



Reading Corner

Author: Elin Hildebrand

Title: Summer of '69

Author: Susan Guckin

Title: The Camouflaged Heart

Note: Susan Guckin is Past 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

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Hello everyone,

I am really excited to gift you this E-book for your summer time travels. It contains 43 safety tactic blurbs and is a really easy read, especially if you are on an airplane. Definitely read the first section on how to choose a hotel with safety in mind!

See link below (PDF is attached as well):

https://www.canva.com/design/DADWOK-Orjo/gxADMOTLX5egA7VhmvGKow/view?utm_content=DADWOK-

[Orjo&utm_campaign=designshare&utm_medium=link&utm_source=sharebutton](#)

Safe travels,

Frank Kellogg

2nd Degree Taekwondo Black Belt

Krav Maga/Self-Defense Practitioner of 12 years

Founder of Sorority Self Defense

"Be Healthy, Be Protected"

(609) 879-1379

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Facebook: Sorority Self Defense

When women
support each other,
incredible things
happen.



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

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[Connors, Rumpf & Gove: School Cuts in Adopted State Budget Are Unconscionable](#)



Connors, Rumpf & Gove lambasted deep funding cuts to local school districts in the recently adopted FY 2020 State Budget that was passed by the Legislature and signed by Governor Murphy.

[Click for Full Story](#)

[Connors, Rumpf & Gove Oppose New Law Spending Millions on Legal Services for Illegal Aliens](#)





Connors, Rumpf & Gove railed against Gov. Phil Murphy for approving \$3.1 million to pay the legal costs for illegal aliens facing detention or deportation.

[Click for Full Story](#)

[Connors, Rumpf & Gove Praise Signing of Law Doubling Veterans' Tax Exemption](#)



Share



Connors, Rumpf & Gove praised the recent signing of a law doubling the veterans' income tax exemption from \$3,000 to \$6,000, and called for the passage of legislation exempting combat pay from the state income tax.

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[Connors, Rumpf & Gove Praise Legislative Passage of Superstorm Sandy Foreclosure Assistance Bill](#)



District 9 legislators praise the final passage of legislation they sponsor to extend the mortgage forbearance and foreclosure assistance program for Superstorm Sandy victims.

[Click for Full Story](#)

[Senate Passes 9th District Bill to Exempt Disabled Veterans From Paying for Beach Buggy Permits](#)





The NJ Senate has passed legislation sponsored by District 9 legislators to exempt veterans from certain beach buggy fees.

[Click for Full Story](#)

[Connors, Rumpf & Gove Oppose Common Interest Community Bill; Express Concerns About Impact on Age-Restricted Communities](#)



As legislators with a longstanding track record of supporting the rights of age-restricted communities, the 9th District delegation will oppose legislation that would consolidate laws concerning common interest communities.

[Click for Full Story](#)

[Connors, Rumpf & Gove: Route 72 Manahawkin Bay Bridge Project is the Remarkable Engineering Achievement that Ocean County Deserves](#)



District 9 lawmakers celebrate the successful completion of the reconstruction of the Old Causeway Bridge and the rehabilitation of Hilliards Thorofare Bridge – part of the Route 72 Manahawkin Bay Bridges project, at a ribbon cutting ceremony led by NJDOT Commissioner Diane Gutierrez-Scaccetti.

[Click for Full Story](#)

[Department of Human Services Releases 2019-](#)

[2020 New Jersey Resources Guide](#)



We wanted to inform our constituents that New Jersey Resources 2019-2020, a comprehensive guide detailing the programs and services that the NJ Department of Human Services offers to residents, caregivers and advocates, is now available for download.

[Click for Full Story](#)

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Thanks to advocates like you, the House of Representatives is going to vote this week on the Raise the Wage Act — legislation that will help ensure economic security for women and their families by raising the federal minimum wage.

[Send a message to your representative today urging them to vote YES on the Raise the Wage Act!](#)

Strong support for this bill will send a clear message: Americans need a higher minimum wage. [Will you speak up for working women and families by contacting your representative?](#)

Thanks for all that you do,

-The AAUW Policy Team



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February 7, 2019

Minimum wage is a women's issue – and it's time for a

raise.

Minimum wage workers need a raise. The federal minimum wage hasn't changed in a decade, and the tipped minimum wage has been frozen for an astonishing 28 years. And because women make up the majority of minimum wage workers nationwide, their [economic security](#) is at stake.

[Click here to urge your members of Congress to fight for working women by supporting the Raise the Wage Act!](#)

The Raise the Wage Act would gradually increase the federal minimum wage from \$7.25 to \$15 per hour, and then require that the minimum wage increase based on changes in overall wages. It will also end unfair exclusions for tipped workers, people with disabilities, and youth so that they, too, can benefit from a decent minimum wage.

Raising the minimum wage is an important part of ensuring women's economic security and that of their families. We can't wait any longer for a raise – tell Congress to pass the Raise the Wage Act today!

TAKE ACTION!

AAUW

[1310 L St. NW, Suite 1000](#)

[Washington, DC 20005](#)

June 2019

*“We don’t have to be perfect.
We just have to try.
We have to give a damn.”*

— Roxane Gay

Bestselling author and keynote speaker at AAUW’s 2019 National Conference for College Women Student Leaders (NCCWSL)



4 Tips for Finding the Job You Want

We all want to find the career of our dreams. The question is: Where do you start? We asked five AAUW Fellows and Grantees who have excelled across a range of professions to share their advice.

A key theme was to believe in yourself. “I wish I knew it was OK to apply for ‘stretch’ jobs — jobs where I couldn’t necessarily check off all of the prerequisites but knew I would rise to the occasion if given the opportunity,” said Kristen Johnson, a civil rights attorney with the NAACP Legal Defense and Educational Fund and AAUW 2012–13 Selected Professions Fellow. “By not applying, I didn’t even give myself a shot!”

Read on for [three more expert tips](#) on how to launch the career of your dreams.

Learning the nuts and bolts of negotiating your first salary or promotion can bolster your confidence. For free online training, check out [AAUW’s Work Smart Online](#).

Did You Know?

Progress in Congress. There was a 44% increase in women serving in Congress between 2012 and 2019 — and a 75% rise in women of color.

[READ THE STORY](#)

LA Story. In a study of 25 major metropolitan areas, the city with the smallest gender pay gap is Los Angeles, where women are paid 91% of what their male colleagues make.

[READ THE STORY](#)

Negotiating Change. When you're negotiating a job offer, an employer may not be able to provide the full amount you request. If that happens, you can negotiate for benefits or ask if your manager can evaluate your work product in a few months to see if a raise is possible then.

[READ THE STORY](#)

Two-Minute Activist: End the Student Loan Crisis

As of early 2019, women hold almost two-thirds (\$929 billion) of the country's \$1.46-trillion student debt, according to AAUW's report [Deeper in Debt: Women and Student Loans](#). Women borrow more, and because of the gender pay gap, they also take longer to pay off their loans. "Student loan debt is very much a women's issue," says Kim Churches, CEO of AAUW.

[ACT NOW TO END THE CYCLE](#)

Equity in the News

Before the digital age, "computers" were humans who did math by hand. They powered everything from astronomy to the space race — and many were women.

[SMITHSONIAN](#)

Career tip: Before you approach a prospective mentor, answer the "why" question. "Learn as much as you can about her work and about what you hope to learn from her." — AAUW CEO Kim Churches for Mika Brzezinski's Know Your Value initiative.

[MSNBC](#)

Among workers with a bachelor's degree, women are paid 74 cents for every dollar men make. And women without a bachelor's make 78 cents for their male

counterparts' dollar.

[GOOD MORNING AMERICA](#)

Where Are They Now?

Tererai Trent

She's so compelling that Oprah Winfrey picked her as her favorite guest from the more than 30,000 people she interviewed over 25 years. Now 2001–02 AAUW International Fellow and 2017 Alumnae Recognition Awardee [Tererai Trent](#) — scholar, humanitarian and educator — has been named one of the 10 most inspiring women in the world!



In August, a life-size statue of Trent will be unveiled by [Statues for Equality](#) in New York City alongside sculptures of Winfrey, author Cheryl Strayed, Olympic gymnast Gabby Douglas and others.

Trent grew up in a cattle-herding family in rural Zimbabwe. By the time she was 18, she had four children and lacked a high-school education. As a featured speaker at AAUW's recent [NCCWSL](#) conference, Trent described her journey from poverty to Ph.D., and how she helped rebuild 11 schools in Africa. "Those girls will be the first to break the cycle of poverty. They won't be silenced. They are going to be champions of this world."

Now Share This

#DidYouKnow moms make only 69% of what dads do? And it's even worse for women of color. [@AAUW](#) is helping thousands of women negotiate better pay and benefits with their free online course in salary negotiation. Sign up today: <https://aauw.us/aauwworksmartmoms> #MomsEqualPay

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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

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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, 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

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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