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Business and Professional Women Southern Ocean County
December 2016 Newsletter
www.bpwsoc.org

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PRESIDENTS LETTER

December 2016

December President's Message:

Happy Winter!

The Holidays have begun and December has arrived before we even knew it...

Well, we all survived the election - how about that? We have a new President and while it is not a woman - yet, it is another man who will hopefully run the United States as we all would like. All the best to President, Donald Trump and all the best to each and every one of you!

Thanksgiving was a beautiful day for giving thanks to our family, friends, colleagues and the people to whom we come in contact with on a daily basis. These people may provide a service for us, help us check out at a store, or just be someone you pass on the street, nonetheless, they are people and I am thankful to all I come in contact with, daily. I hope you all enjoyed your Thanksgiving and I also give thanks, to all of you, for everything you do, for reading this Newsletter and for possibly being a part of Business and Professional Women and just for being you!

We had Julie Lipari from Guiding Light House speak to us again this year about her program, "A Transitional Living Program For Female Veterans". This is a place where women veterans will get housing assistance, medical treatment, employment training and job seeking assistance, financial coaching, psychological counseling as well as many other benefits. For further information visit www.GuidingLightHouse.net

We will be honoring and supporting Guiding Light House this year at our Holiday Dinner/Meeting, on our regular scheduled 2nd Tuesday of the Month, December 13th, at Kristy's Casual Dining, Waretown, at 6:30pm (we always suggest that you come by early if you would like to meet up with anyone and or get a chance to chat with the others before our meeting begins. Some of us will usually arrive around 6pm, but if you you wish, feel free to contact anyone and set up a time to meet up with them before the meeting begins).

We will be donating various items from the list (posted below in this Newsletter, on Facebook and on our Website). If you have anything you wish to donate, please join us and/or contact myself or any of the other members you may know to arrange to get your donations to us. We will gladly deliver your donations to Guiding Light House for you, if you are unable to attend the Holiday Dinner on December 13th.

Happy Holidays to all of you and your families and hopefully we will see you and share some Holiday spirit with you on Tuesday 12/13 at 6:30pm.

Lisa Gambino

President

www.BPWSOC.org

Business & Professional Women Southern Ocean County



Facebook



Website



Guidinglight House, Inc
1039 Farmingdale Road
Jackson, NJ 08527
732-921-9161
www.guidinglighthouse.net

UPDATED LIST

11/9/16

Items Needed For Home

Kitchen Items:

Towels
Plates
Silverware
Copper – non stick cookware
Hand Mixer
Measuring cups
Knife Set

Pictures of woman – (In positive manner-no naked ones please)
Pictures with positive writings /sayings - (currently beachy décor)

Personal Items;

Hair Care
Skin Care
Feminine products





BPWSOC Upcoming events for 2016 - 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](#)

2016

December 13 - BPWSOC Holiday Meeting

Bring donations for residents of Guiding Light House residence for homeless female veterans.

2017

January 10 - BPWSOC Meeting

February 14 - BPWSOC Meeting

March 14 - BPWSOC Meeting

April 11 - BPWSOC Meeting

April 27 - Pocketbook Bingo

May 9 - BPWSOC Meeting

June 13 - 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!!!

MEMBER BIRTHDAYS:

Cyndy Friedland - December 8

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



"The world is full of good people. If you can't find one be one."

Saint Teresa of Calcutta



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 FOR HOLIDAY PARTY

This month Julie Lipari from Guiding Light House residence for homeless female veterans will be our guest to accept our donations to the veterans for the Holidays.

DONATION ITEMS NEEDED FOR GUIDING LIGHT HOUSE, INC.

FOR SINGLE SIZE BEDS

Sheets - 12 sets - (two matching sets of each pattern and/or color.)

Bath Towels - 6 Sets - (3 towels, 3 washcloths) - 6 different colors

Comforters - 6 - Two of each color or design

Toothpaste

Toothbrushes

Shampoo

Conditioner

Body Wash

Brushes/Combs

Curling Irons - Different Sizes

Straighteners

Non Aluminum - Non Stick Pots and Pans

Toaster Oven



www.BPWSOC.org

Please note that you can always go to our [website](#) for the latest information and/or "[Members Only](#)" area.

Please support upcoming BPWSOC events:

Tuesday - December 13 - BPWSOC Holiday Meeting . Bring your donations for Guiding Light House to the meeting.

POCKETBOOK BINGO - April 27, 2017

For more information about these events

Visit us at www.bpwsoc.org.

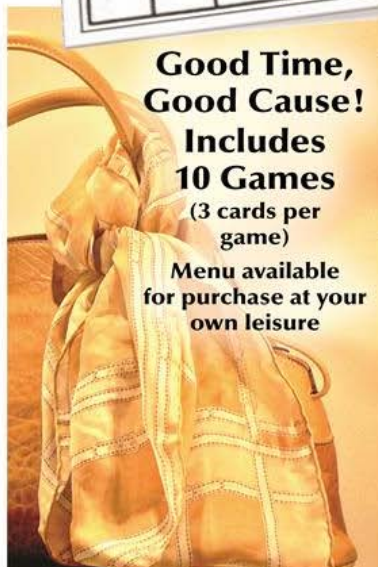
Stockwell Financial

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.

Pocketbook Bingo coming in 2017!

Business and Professional Women
Southern Ocean County
Annual Fundraiser



**Good Time,
Good Cause!**
**Includes
10 Games**
(3 cards per
game)
Menu available
for purchase at your
own leisure

Thursday, April 27, 2017
WIN Designer Handbags by
COACH, MICHAEL KORS, & OTHER DESIGNERS

Doors Open @ 5:30 p.m. • Game Begins @ 6:30 p.m.

Tickets are \$25.00
(in advance or at the door)

All proceeds go to our
Annual Scholarships for Women Fund

at Kristy's Casual Dining

562 U.S. 9, Waretown, NJ 08758

www.kristycasualdining.com

TO PURCHASE TICKETS, RETURN THE COMPLETED FORM AND PAYMENT TO THE ADDRESS BELOW

Name: _____ # of Tickets: _____

Address: _____

Email: _____ Phone # _____

Total \$ _____ Check #: _____

Make check payable to BPWSOC and mail to BPWSOC, P.O. Box 722, Barnegat, NJ 08005

www.bpwsoc.org

Inventions by Women

This popular board game was designed by

Elizabeth Magie in 1904, originally called the "Landlord's Game". The purpose of this game was to expose the injustices of unchecked capitalism.

Her game was ripped off by Charles Darrow who sold it to Parker Brother's 30 years later. However Parker Brothers later paid Elizabeth \$500 for her game. Gee thanks!



November 11, 2016

The One Thing
You Must Do...

[Become an AAUW member today at a special rate of \\$21](#) by using the appeal code D17KEL1002A, and you will [begin receiving](#) this weekly members-only

*Are you receiving this newsletter for the first time? Washington Update is AAUW's weekly members-only e-bulletin, which provides an insider's view on the legislative process, the latest public policy news, resources for advocates, and updates from the AAUW Public Policy and Government Relations Department. Check out the "One Thing You Must Do" section to find out how to begin receiving this weekly newsletter.

Voters made history November 8 by electing political outsider Donald J. Trump to the White House. [AAUW](#) intends to approach our work with both the new administration and Congress with our mission in mind. After this hyperpartisan election year, AAUW's nonpartisan leadership and research-based advocacy is needed now more than ever.

It is now, after an election, that the real work begins. AAUW will find common ground with the Trump administration and the new Congress on issues that are important to women and working families. Women want progress on issues that affect them, and AAUW intends to be a valued ally and fierce critic, depending on what is warranted. Most importantly, in true AAUW fashion, we will not hesitate to speak truth to power.

Election 2016 touched on many issues that affect women and families at every level: local, state, and federal. We still face congressional gridlock over the [Paycheck Fairness Act](#), resulting in [more states taking matters into their own hands](#) to work toward equal pay. Students are still waiting for real action on [college affordability](#) and high student debt, and they expect a continued commitment to [combating campus sexual assault](#). Working families are still looking for good jobs with [paid family and medical leave](#) and other [workplace equity policies](#). And Americans still don't have the basic necessity of a [full Supreme Court](#).

Members of AAUW worked hard to get out the women's vote on Election Day by registering and educating voters, holding candidate forums and town halls, and writing local op-eds and letters to the editor urging women to make their voices heard. These efforts were a part of the [AAUW Action Fund's "It's My Vote: I Will Be Heard" campaign](#), which aims to turn out millennial women voters, a group that is often underrepresented at the polls.

Candidates must now work to deliver on their promises. Women voters expect our newly elected officials to work together on solutions. AAUW believes democracy demands work every day of the year, and hyperpartisan rhetoric only damages the chances for reasonable consensus. Women voters are watching. We've laid out our priorities, and we will hold each and every candidate accountable.

Yours in AAUW,

Lisa M. Maatz

Vice President of Government Relations and Advocacy

benefit! [By joining AAUW](#), you can help break through barriers for women in government, in the workplace, and on campus.

But Because You Want To Do More...

If this election has taught us anything, it's that AAUW values and voices are needed now more than ever. Action Network is the cornerstone of AAUW's e-advocacy efforts. [By signing up](#), you will receive urgent e-mail notices to contact your elected officials on issues important to women and families. Don't forget to [invite three friends or family members](#) to sign up and make a difference today!

New Resources

The Education Trust has released a report on black teachers and their perspectives on diversity in the field of education. African Americans only make up seven percent of the teaching force. This report lifts up the voices of teachers in an environment lacking diversity. Read the report [here](#).

The Institute for Women's Policy Research recently

Top Stories

Recapping the 2016 ballot measures on AAUW's radar

This week, several states voted on ballot measures related to AAUW's priority issues. Voters in Maine, Colorado, Washington, and Arizona voted to [increase their state minimum wages](#). The new wages in those states range from \$12 to \$13.50 per hour. Arizona and Washington also [approved new paid sick leave programs](#). In Missouri, a ballot question (opposed by AAUW of Missouri) on [raising the cigarette tax](#) to help fund a school voucher system failed. AAUW is disappointed to see that the state passed a measure requiring government-issued photo IDs in future elections. Alaska passed an AAUW-supported initiative to [automatically register](#) all qualified voters when they apply for a Permanent Fund dividend. In addition, California passed a [number of AAUW-supported ballot initiatives](#), including wins for community college funding and improving health coverage for low income Californians.

Obamacare sign-ups surge after election

The day after the election of Donald J. Trump, the U.S. Department of Health and Human Services (HHS) reported the [strongest day](#) of Obamacare signups in this year's open enrollment period thus far. More than 100,000 people selected plans on [HealthCare.gov](#) on November 9. Repealing Obamacare was one of the main policy promises of President-Elect Trump and the GOP Congress during the 2016 campaign season. The Obama White House will continue to encourage Americans to sign up for coverage through the Affordable Care Act during the current enrollment period, according to White House Press Secretary Josh Earnest.

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AAUW Cheer of the Week

In 2017, there will be [21 women](#) serving in the U.S. Senate—the highest number in history. The chamber will also feature a record number of women of color. Senators-elect Tammy Duckworth (D-IL), Catherine Cortez Masto (D-NV), and Kamala Harris (D-CA) [made history](#) by becoming the first Thai American, first Latina, and first biracial woman, respectively, to serve in the U.S. Senate.

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AAUW Jeer of the Week

The University of New Mexico (UNM) [pays male professors](#) more than women professors, according to the U.S. Equal Employment Opportunity Commission (EEOC). After investigating UNM earlier this year, the EEOC found a gender pay gap for professors in the university's economics, English, linguistics, and marketing departments.

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In Recognition

Janet Reno, [the first female U.S. attorney general](#), passed away on November 7. Reno served under the Clinton administration from 1993 to 2001. In 1999, she addressed the AAUW national

published a report on high school girls and violence. The chartbook focuses on girls of color and their experiences with physical and sexual violence. Learn more about these statistics [here](#).

convention in Washington, DC. In her remarks, Reno told AAUW members, "You are doing so much to improve the lives of women and girls in this country. As we face the challenges of the next century, your messages of leadership, empowerment, and the need for diversity could not be more timely or important." Her powerful words still ring true today.

Honoring Veterans

AAUW recognizes Veterans Day today, November 11, to celebrate the admirable dedication of service-members to our country. Observe Veterans Day by [learning more about Elaine Harmon](#), who was a member of the Women Airforce Service Pilots (WASP). Her daughter-in-law, Linda Harmon, is the co-president of the AAUW Atlantic County (NJ) Branch and led the fight for women pilots' inurnment rights at Arlington National Cemetery earlier this year. AAUW and its members were proud to be a part of honoring these amazing women and recognizing them for the trails they blazed for generations to come.

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Washington Update is an internal communication for public policy leaders and members of the American Association of University Women (AAUW). Take the next step to break through barriers for women and girls: [Join AAUW today!](#)

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AAUW

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senconnors@njleg.org

609-693-6700

[Honoring Our Nation's Veterans](#)



This Friday, November 11, is Veterans Day. We proudly honor all of our nation's veterans for their service.

[Click for Full Story](#)

[Connors-Rumpf-Gove Supported Measure Requiring South Jersey Representation on Turnpike Authority Advances](#)





Bipartisan legislation sponsored by the 9th District legislative delegation requiring at least one member of the New Jersey Turnpike Authority to be from South Jersey was approved by the Senate Transportation Committee.

[Click for Full Story](#)

[Connors, Rumpf & Gove: The Fix Was Already in on Gas Tax & North Jersey Mass Transit](#)



Connors, Rumpf and Gove lambasted comments made by certain legislators demanding that rail projects in North Jersey get top billing for new revenue generated from the recent gas tax increase.

[Click for Full Story](#)

[Connors, Rumpf & Gove to Propose Tax Deduction Lessening Burden of Gas Tax Increase](#)



Connors, Rumpf and Gove announced legislation to provide for an income tax deduction on fuel taxes paid by motorists for their personal vehicles.

[Click for Full Story](#)

[9th District Delegation Works to Designate U.S. Constitution Week in N.J.](#)



The General Assembly passed legislation sponsored and supported by the 9th District legislative delegation that would designate the week of September 17 through September 23 of each year as 'Constitution Week.'

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LIFESTYLE AWARENESS TIP

Magnesium, NOT Calcium, Is The Key To Healthy Bones

Calcium is not any more the only holy grail for people who want to have healthy strong bones. Dietary intake of magnesium, not necessarily calcium, may be the key to developing healthy bones during childhood, according to new research presented at the Pediatric Academic Societies (PAS) annual meeting in the USA.

But how really effective is calcium supplementation?

The mainstream engine has been promoting the use of calcium to prevent weak bones for decades.

Age-old myths that calcium supplementation builds strongest bones and teeth have almost become "an institution".

A 2004 scientific study showed that people with excess calcium in their coronary artery, and those who take statins, have a 17-fold higher risk of heart attacks than do those with lower arterial calcium levels. Researchers concluded that the 2 most definitive indicators of heart attack were LDL levels and calcium build-up.

A 2007 study showed that calcium from dietary sources has more favorable effects on bone health than calcium from supplements in postmenopausal women (Am J Clin Nutr 2007).

A 2008 study found calcium supplements are associated with a greater number of heart attacks in postmenopausal women (BMJ 2008)

A 2010 meta-analysis showed calcium supplements (without co-administered vitamin D) are associated with increased risk for heart attack (BMJ 2010)

According to the National Osteoporosis Foundation (NOF), food will always be the best source of calcium: "People who get the recommended amount of calcium from foods do not need to take a calcium supplement. These individuals still may need to take a vitamin D supplement. Getting too much calcium from supplements may increase the risk of kidney stones and other health problems."

healthy-strong-bones

“Calcium supplements have been widely embraced by doctors and the public, on the grounds that they are a natural and therefore safe way of preventing osteoporotic fractures,” said the researchers, led by Professor Sabine Rohrmann, from Zurich University’s Institute of Social and Preventative Medicine.

“It is now becoming clear that taking this micronutrient in one or two daily [doses] is not natural, in that it does not reproduce the same metabolic effects as calcium in food,” they added.

Supplement market offers supplements that contain calcium carbonate which is an inferior form of calcium and manufacturers attach a simple chelating agent like citric acid to make it more absorbable. However, the end product is inferior to other calcium supplements such as calcium orotate, which is the only known form of calcium which can effectively penetrate the cell membranes.

Another fact most people are unaware of is the myth promoted by the dairy industry that consuming pasteurized dairy products, such as milk or cheese, increases calcium levels. This is totally wrong! The pasteurization procedure only creates calcium carbonate, which has absolutely no way of entering the cells without a chelating agent.

So what the body does is pull the calcium from the bones and other tissues in order to buffer the calcium carbonate in the blood. **THIS PROCESS ACTUALLY CAUSES OSTEOPOROSIS!** Milk definitively does not do a body good if it is sterilized.

Increasing awareness of magnesium superiority

The new data from Professor Steven Abrams and his colleagues at the Baylor College of Medicine in Houston finds that magnesium intake during tender age is the key to the total bone mineral content and bone density – while dietary calcium intake was not significantly correspondent to such degrees.

“Dietary magnesium intake may be an important, relatively unrecognized, factor in bone mineral accretion in children,” the researchers revealed.

“Lots of nutrients are important for children to have healthy bones. One of these appears to be magnesium,” said Abrams. “Calcium is important, but, except for those children and adolescents with very low intakes, may not be more important than magnesium.”

The researchers noted that parents have been long instructed to give their children a good intake of calcium in order to help them build strong and healthy bones.

However, the importance of other minerals also necessary for sound bones, such as magnesium, has not been well-promoted.

Abrams and his team suggested that it may be the case, very soon, that parents are urged to ensure their children consume enough magnesium as well!

Greater magnesium intake is significantly related to higher bone mineral density (BMD) in men and women. There is an approximate 2% increase in whole-body BMD for every 100 milligram per day increase in magnesium.

“Osteoporotic fractures are a significant health problem in aging adults,” Dr. Kathryn M. Ryder, of the University of Tennessee, Memphis, and colleagues note in their report. Given the high prevalence of low BMD and fracture, small improvements in BMD may have a large public health effect.

“Magnesium is a ‘lesser-studied’ component of bone that may play a role in calcium metabolism and bone strength,” they add.

Supplementing with magnesium

For the majority of human history, the ratio of calcium to magnesium in the diet was 1:1, a ratio that’s considered optimal. A ratio that’s between 1:1 and 2:1 is satisfactory (for instance, 800 mg of calcium to 400 mg of magnesium). Unfortunately, today’s diets contain an average of 10 times more calcium than magnesium.

Magnesium comes in many forms. Magnesium oxide or chloride is fine, as is chelated magnesium. Capsules usually contain 250-500 mg of magnesium. You can also use a calcium/magnesium supplement. And go ahead, experiment with levels!

It’s best to take your magnesium in divided doses throughout the day. You can take it either on an empty stomach or with meals. You can also add some salts to your baths (for example, Epsom salt is magnesium sulfate). It is absorbed through the skin and will help replenish magnesium supplies.

Only 1% of the body’s magnesium is in the blood, and the body will take it from bones and tissues if that level drops. That means that a blood test could easily show a normal reading, even when the rest of the body is very deficient.

Yet, the best sources of magnesium will always be food. Dietary sources of magnesium include green leafy vegies. Seeds, cacao, and all sorts of nuts are considered the highest sources of magnesium.

Note well: The Recommended Daily Allowance (RDA) for magnesium is 350-400

mg per day, although for optimal levels, you may need as much as twice that amount.

Source: <http://curiousmindmagazine.com/magnesium-not-calcium-is-the-key-to-healthy-bones/>

Health tip provided by BPWSOC member and scholarship recipient Nicole Reedy



Reading Corner

Author: Susie Guckin

Title: The Camouflaged Heart

Note: Susie 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:



Using your "Ctrl" key on your keyboard:

You can use your Ctrl key together with the left or right arrow to move one word in a document instead of just moving to each letter with just the left or right arrow key. Hold the Ctrl key with one of your left fingers and press the left or right arrow key to move to the next word or previous word.

Contact Lisa G at A2Z Computer Help!

Lisa A. Gambino

Certified Computer Technician & Webmaster

A 2 Z Computer Help

www.A2ZComputerHelp.com

lisag@A2ZComputerHelp.com

Home Office: [732-237-9704](tel:732-237-9704)

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



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Working women helping women work | www.bpwfoundation.org

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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