

Business and Professional Women Southern Ocean County

December 2017 Newsletter

[www.bpwsoc.org](http://www.bpwsoc.org)

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Happy December and Happy Holidays - "Merry Christmas", "Happy Chanukah", and the best of wishes to you and yours this Winter Season!

We have been having some great weather! But, nonetheless, winter is here and the air has been getting crisp. I know, I have been enjoying those crisp days/nights, and I hope you too are enjoying them!

I hope everyone had a beautiful Thanksgiving, as well as some nice Black Friday and various Cyber Day sales since! The Holiday season is in full swing for giving and buying, so I hope everyone makes the most of it and especially that you enjoy each and every moment!

Our next meeting is on Tuesday, December 12th at 6:30 p.m. at Kristy's and this will be our December Holiday Dinner/Meeting. We will be supporting and donating to Emiliana's Hope. Emiliana's Hope is a 501 (c) (3) non-profit, 100% volunteer driven NJ Based organization. This was created to honor the memory and continue Emiliana's visions and generosity toward others. Emiliana's Hope's mission is to improve the lives of pediatric cancer patients with hope, and their families comfort, while creating awareness of pediatric cancer. We will present Tim O'Brien (Emiliana's father) with our donations. Checks can be made out to "Emiliana's Hope" or they also accept Gift Cards.

Your presence and donation at the Dinner would be greatly appreciated. As always, if you are unable to join us, you are always welcome, but not obligated, to send a donation directly to Emiliana's Hope (and let them know you are part of BPWSOC). But, it would be real nice to present one big envelope to Emiliana's parents

that night, from all of us.

Thank you, again Happy Holidays and hope to see you for our Holiday Dinner!

Lisa Gambino

President

[www.BPWSOC.org](http://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

December 12 - BPWSOC Meeting -

Holiday Gift Giving Dinner

January 9 - BPWSOC Meeting

February 13 - BPWSOC Meeting

March 13 - BPWSOC Meeting

#### MEMBER BIRTHDAYS:

Cyndy Friedland - December 8

Alexandria Savastano - December 11

Diane Wendell - December 25

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



"I really don't think life is about the I-could-have-beens. Life is only about the I-tried-to-do. I don't mind the failure but I can't imagine that I'd forgive myself if I didn't try ."

**Nikki Giovanni**

April 10 - BPWSOC Meeting

June 12 - 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!!!



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 is our Holiday meeting. Our guest will be a representative from Emiliana's Hope.



[www.BPWSOC.org](http://www.BPWSOC.org)

## DECEMBER 12 BPWSOC HOLIDAY MEETING

At our November meeting (11/14/17), the votes were tallied and we have mutually agreed to donate to [Emiliana's Hope](http://www.emilianashope.com).

Please visit their website for the full story: [https://www.emilianashope.com/about\\_us](https://www.emilianashope.com/about_us)

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On Wednesday, 11/15, I had the pleasure of contacting and speaking with Tim O'Brien. Tim is the father of Emiliana. I told him a little about us and that we have chosen to donate to his foundation for Emiliana this year. Of course, he was very thankful and grateful for our choice. I have invited him along with his wife, to join us at our Holiday Celebration on Tuesday, December 12th, where we will present him with our donations. Based on our discussion, checks made out to "Emiliana's Hope" would be the best form of donation, as well as Gift Cards. Your presence and donation at the Dinner would be greatly appreciated and as they say, the more the Merrier! As always, if you are unable to join us, you are welcome, but not obligated, to send a donation to us at our PO Box 722, Barnegat, NJ 08005. You can also donate directly to Emiliana's Hope. But, it will be real nice to present one big envelope to Emiliana's parents that night, from all of us.

Thank you all for your time, your participation and for coming out to the meeting. It really was a great meeting. Everyone had lots to talk about and we have many plans for the upcoming New Year. Looking forward to seeing you in December and joining us for our celebration of donating to a local organization.

Lisa A. Gambino  
President, Webmaster

**Emiliana's Hope Foundation**

HOME ABOUT US SPARKLE STRONG WHAT IS CANCER? GET INVOLVED **DONATE** AWARENESS SHOP

### Donate

**Our Mission:**

Emiliana's Hope is a nonprofit organization dedicated to supporting families fighting pediatric cancer in New Jersey, focused on Monmouth and Ocean Counties currently and funding new and innovative ideas to promote awareness to childhood cancer.

A donation is a thoughtful way to honor someone whose life has been impacted by cancer. Gifts can be made to recognize milestones in a cancer survivor's life or to express the sense of loss when someone loses their battle with this disease. Your donation will help children and their affected families, think less about their financial obligations and focus on their child and family. This disease affects the families, their friends, and even their local communities.

**Gift Cards**

Besides donating financially, Gift cards are a huge help for our families. You can donate gift cards for:

- Grocery stores, Restaurants, Pharmacies, Toy Stores, Gas Stations, etc.

Any denomination will help.

**Services**

Do you own your own business or can you offer your services?

Life still goes on for these parents that have children as a child in treatment.

Many of the following services will help a family: Landscaping, Car Repair, HVAC, General Construction, Electric, etc.

**Donations**

All Donations are tax deductible as Emiliana's Hope is exempt under Section 501(c)(3) of the Internal Revenue Service Code.

**Amazon Smiles**

We all shop online especially Amazon. Please choose Emiliana's HOPE as your charity of choice and The Amazon Smile Foundation will donate 0.5% of the purchase price from customers' eligible purchases.

Click [HERE](#) for more information

# 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.***

***Inventions by Women***

## CENTRAL HEATING

*Although Alice Parker's invention in 1919 of a natural gas-powered central heater was never manufactured. Her idea was the first that allowed for using natural gas to heat a home, inspiring the central heating systems used today.*



## Tell the Senate to Oppose the Tax Cuts and Jobs Act

The U.S. Senate is set to vote this week on the Tax Cuts and Jobs Act and there are lots of reasons to be concerned. The current tax reform proposals in Congress would [gut the Affordable Care Act](#), shoehorn [anti-choice language](#) into the tax code, and [price out many graduate students](#) from working towards advanced degrees. More to the point, any tax reform proposal that disproportionately benefits billionaires and corporations at the expense of middle- and lower-income women and families harms

our communities and our economy.

Calls are needed today. Tell your senators to vote NO on the Tax Cuts and Jobs Act! Making your voice heard is simple. Call the Senate switchboard at (202) 224-3121 to be connected, then follow this script:

*Hello, my name is YOUR NAME and I'm calling from CITY, STATE. As a constituent, I am calling to urge the senator to vote NO on the Tax Cuts and Jobs Act and to oppose any proposal that cuts taxes for corporations and wealthy individuals on the backs of middle- and lower- income Americans.*

AAUW is dedicated to advancing the economic, social, and physical well-being of all women and families. The Tax Cuts and Jobs Act would [threaten the economic security](#) of so many Americans. We can and must do better.

Take action now. Call your senators at (202) 224-3121 and urge them to stand up for working families and oppose the Tax Cuts and Jobs Act.

**TAKE ACTION!**

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AAUW

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

[Washington, DC 20005](#)

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[senconnors@njleg.org](mailto:senconnors@njleg.org)

609-693-6700

[Thank You!](#)

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Thank you to the people of the 9th Legislative District for, once again, allowing us the privilege of serving as your State Representatives. Our delegation has always thought of our constituents as extended family and, as such, we've consistently put people before politics.

[Click for Full Story](#)

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## [Connors, Rumpf & Gove: Heroin Dealers Chief Culprits in Elevating Opioid Addiction to Nation Public Health Emergency](#)



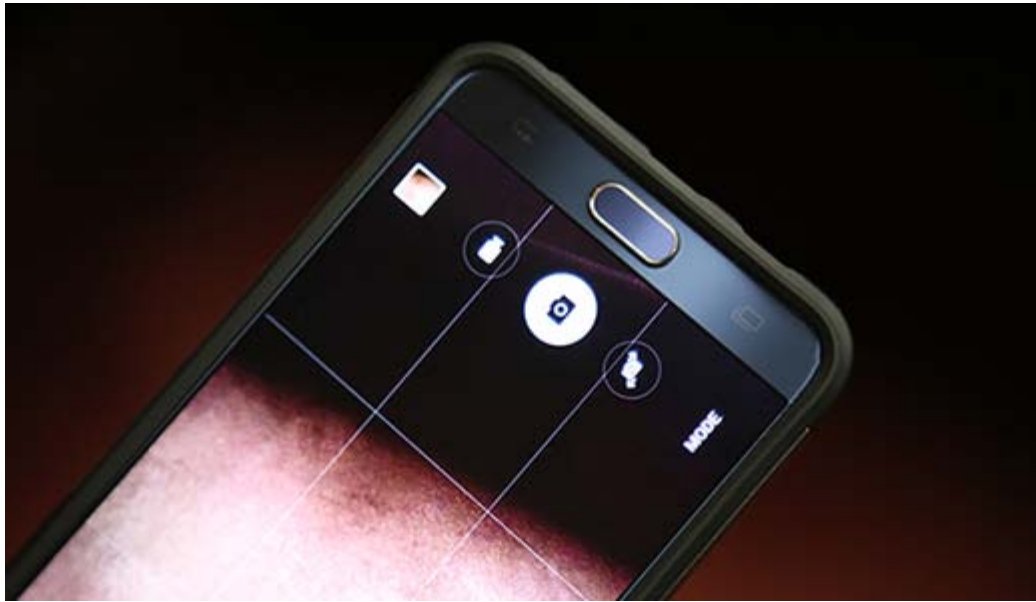


In response to President Trump's declaration of the opioid crisis as a national public health emergency, the 9th District legislative delegation renewed its call for New Jersey to correct a defect in State law that allows heroin dealers to receive lesser sentences as compared to other drug charges.

[Click for Full Story](#)

## [Connors, Rumpf & Gove Supporting Bill to Protect Seniors From Telemarketer Harassment](#)





Connors, Rumpf, and Gove are putting their full support behind a legislative initiative to better protect consumers, most especially seniors, from telemarketing harassment.

[Click for Full Story](#)

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***Health Tip***

Try this kitchen time saving trick: Freeze leftover, cooked brown rice, bulgur, or barley and heat later as a quick side dish.  
From: [Choose My Plate](#)

***Tip by Nicole Reedy***

from [www.mayoclinic.org](http://www.mayoclinic.org)



Reading Corner

Author: James Patterson

Title: The Store

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 [Cyndyonlbi@comcast.net](mailto:Cyndyonlbi@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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## Computer Tips:



Converting a file or webpage to PDF:

Whatever file, document, webpage or even photo you have open, can easily be converted to a .pdf file. (Note: a .pdf file is a file that is universally compatible on all devices.) You ask, "why do I need to know this?" Ever send someone a file and they say, "I cannot open your file".

This is why, if you convert the file to a .pdf, they will have no problem opening it. Because, not everyone has the program you made your file on. But, all computers come with Adobe Reader - and if they do not, it is a free download at Adobe.com.

There are always many ways to do everything, this is just one of the ways I feel may help you:

You open your file, or webpage, or other and go to print that page, when the printer screen comes up, you "Change"

the printer option to "Save as PDF" and now you will save a new file to your computer as a .pdf file. Next, you will navigate to that file in the Windows Explorer or File Explorer component or Finder on a Mac (this is where all your files are, that you have saved or downloaded); and you will go to that new .pdf file and open it up to view it and if you want to print it, you need to remember to go back to the print option and "Change" to your printer to print anything after you have used the "Save as PDF" option. Remember, most things that you do, will stay the same way you last used them.

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



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**Business and Professional  
Women's Foundation**

Working women helping women work | [www.bpwfoundation.org](http://www.bpwfoundation.org)

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

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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](http://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](http://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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