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Business and Professional Women Southern Ocean County
December 2019 Newsletter
www.bpwsoc.org

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How time flies when you're having fun...we all know this phrase and what it means. Where did our year go and what did we do with our time? Some of us have traveled, some of us stayed close to home, some pursued new jobs, some of us reached milestones with their positions. Are we satisfied, happy with our last eleven months and what we did? Sometimes we are challenged with more than we can manage which presents another type of challenge. Can we handle what we need to do and are we prepared to move forward into 2020?!!

Let's think about what is awaiting us in 2020.No crystal ball here, however I am hoping to work on projects that will help improve our environment, perhaps work with children that need guidance, and be available for my sisters that need an ear or a hand in moving forward!! That's what I am looking forward to pass forward for 2020...Note I am not talking about cleaning, sorting, filing or tossing out...I want to reach out, pay some deeds forward and be available to help others...Let's see if I can do this! I hope you have a personal challenge for 2020!

For now, I wish you all a Happy Hanukkah, Merry Christmas and a Happy New Year. May each of you have a glorious Holiday Season.

Cyndy Friedland
President BPWSOC 2019-20

Our December 10th meeting is going to be sooo interesting. Tommy Lynch will be joining us to reveal how he discovered his mystical powers!! His path will be interesting and enlightening to hear, so be sure to join us. For those of you that participated in our Psychic Fair, Tommy was one of our psychics. Everyone was intrigued with their readings. He will not be doing reading but will provide us with empowering inspirations!!
~~Looking forward to seeing you on Tuesday, November 12th.~~



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)

[2019 Schedule](#)

December 10 - BPWSOC Holiday

Meeting

January 12 - BPWSOC Meeting

February 9- BPWSOC Meeting

March 9- BPWSOC Meeting

April 13 - BPWSOC Meeting

May 11 - BPWSOC Meeting

June 8 - BPWSOC Meeting

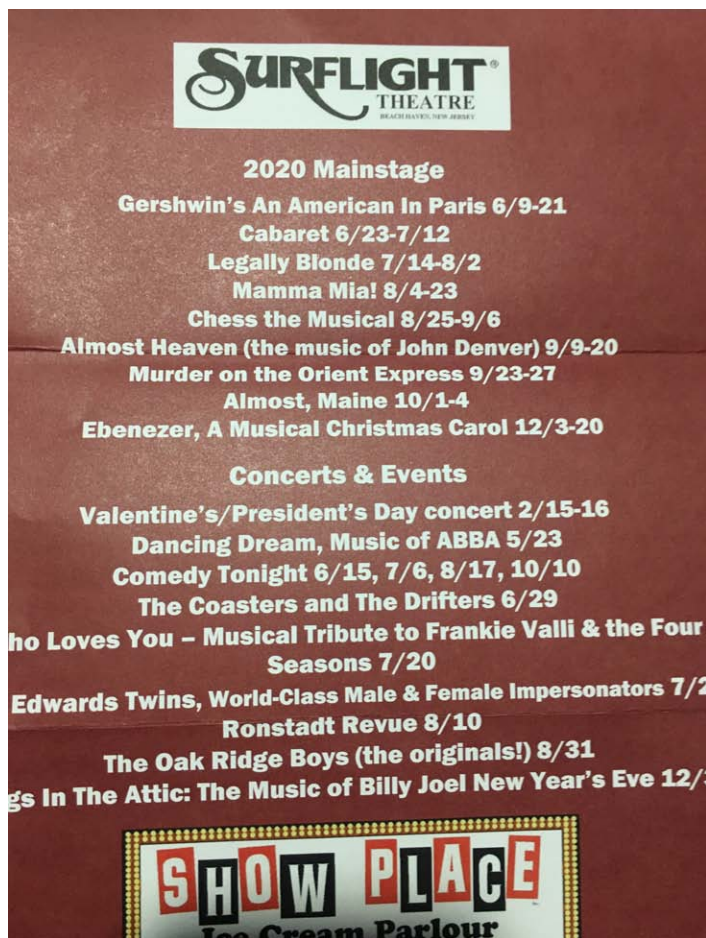
ADDITIONAL EVENTS WILL BE ADDED AS THEY OCCUR

(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.)

REMEMBER TO BRING YOUR BUSINESS

INFORMATION FOR NETWORKING!!!

To think about for the summer of 2020...



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.

(Note: new Applications for the coming year will be available in December)



MEMBER BIRTHDAYS:

Cyndy Friedland - December 8

If your birthday is in December 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!



"Mirror, mirror on the wall...It does not matter if I'm short or tall...If I have skinny legs or my hips are wide...It only matters who I am inside... Blue eyes, brown eyes, black or green...What makes me most beautiful cannot be seen...When you look at

me, don't judge me by my parts...

"The most beautiful thing about me is my heart."

Author unknown



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.



A little Halloween fun!



Annual Holiday Meeting/Donation & Guest Speaker

A representative from [Dottie's House](#) will be attending this **"Holiday Meeting "** to accept our donations to their wonderful facility.

Our guest speaker for this month will be:

[The Amazing "Tommy Lynch"](#)

This meeting is going to be sooo interesting. Tommy Lynch will be joining us to reveal how he discovered his mystical powers!! His path will be interesting and enlightening to hear, so be sure to join us. For those of you that participated in our Psychic Fair, Tommy was one of our psychics. Everyone was intrigued with their readings. He will not be doing reading but will provide us with empowering inspirations!! Looking forward to seeing you.



Computer Tips:



Print Screen (screenshot):

A quick screenshot can be taken with the following combination of keys (on your keyboard):

Windows Key + "Print SysRq" (or it may say "PrtSc") - Hold down the Windows Key with one finger and press the other key with other finger and let go.

Once you do this combination of keys, if you screen dims or sort of blinks - then the screenshot is saved in your "Pictures" folder, and then in the "Screenshots" folder.

Thank you to everyone that refers me and calls me for my help! I am very thankful and grateful to you!

Lisa A. Gambino
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A 2 Z Computer Help

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["Like" my page on Facebook](#) and [Twitter](#)



Reading Corner

Author: Sarah Blake

Title: The Guest Book

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

JENNIFER D. ARMSTRONG LLC ***Divorce and Family Law***

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January 9, 2020 from 6:00 - 7:15 p.m.

611 Main Street, Suite 4
Toms River, New Jersey 08753
Phone: 732-281-6000
www.jdarmstronglaw.com



Hello, I've been seeing this point lately, the full resource link is below:

According to the Alzheimer's Research & Prevention Foundation, [regular physical exercise](#) can reduce your risk of developing Alzheimer's disease by **up to 50 percent**. What's more, exercise can also slow further deterioration in those who have already started to develop cognitive problems. Exercise protects against Alzheimer's and other types of dementia by stimulating the brain's ability to maintain old connections as well as make new ones.

<https://www.helpguide.org/articles/alzheimers-dementia-aging/preventing-alzheimers-disease.htm>

(Health tip provided by Gina Dinkey)

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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senconnors@njleg.org

609-693-6700

[9th District Delegation's "Combat to College Act" Bill Passes Senate Committee](#)



The 'Combat to College Act' sponsored by Sen. Connors, Asm. Rumpf and Asw. Gove to make it easier for military service members and veterans to register for classes at public colleges was approved by the Senate Higher Education Committee.

[Click for Full Story](#)

[Connors, Rumpf & Gove Call for Action on Their Bill to Create Criminal Offense of Financial Exploitation of Senior or Disabled Person](#)





Connors, Rumpf & Gove are calling for public hearings on their legislation which would create the new offense of theft by financial exploitation of a vulnerable person.

[Click for Full Story](#)

[Connors, Rumpf & Gove Support Initiative to Expand Eligibility for Veterans' Property Tax Deduction](#)



Sen. Connors, Asm. Rumpf, and Asw. Gove are supporting a bill to extend the \$250 veterans' property tax deduction to veterans who did not serve in time of war.

[Click for Full Story](#)

[Connors, Rumpf & Gove Highlight State Resources for Veterans](#)



Senator Christopher Connors, Assemblyman Brian Rumpf, and Assemblywoman DiAnne Gove highlighted various State resources that are available to assist veterans and their families. "New Jersey provides a wealth of resources and support to our veterans and military families," the legislators said. "The value of the tax and employment benefits, education assistance programs, and other forms of recognition and support that are available to those who served should not be overlooked."

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equity express

a newsletter from AAUW

November 2019

*“If one man can destroy everything,
why can’t one girl change it?”*

— Malala Yousafzai, Pakistani activist and the youngest Nobel Prize laureate



How to Succeed in STEM

Even though women make up nearly half of all employees in the U.S. economy, they hold only 29% of the jobs in science, technology, engineering and math (STEM). That's a missed opportunity since STEM jobs represent some of the fastest-growing — and highest-paid — occupations in the U.S.

The good news is that representation of women in STEM has increased over the years, according to a recent survey. But gender bias still holds women back.

“Teachers and parents provide explicit and implicit messages starting in early childhood that boys and men are ‘better’ at math, and the gaps in the professions reinforce the opportunities, culture and lack of role models that perpetuate male dominance,” says Laura Segal, AAUW’s senior vice president, communications and external affairs.

[HERE ARE 5 TIPS FOR CLOSING THE STEM GENDER GAP.](#)

Did You Know?

What's Your Gap? The gender pay gap varies by state. We've recently updated our stats and created social media graphics so you can share your where your state stands.

[FIND THE STATE OF YOUR STATE](#)

Two-Minute Activist: Protect Reproductive Choice

AAUW supports the right of every woman to access safe, affordable and comprehensive reproductive health care. Both federal and state measures are being considered that would further roll back women's reproductive choices. We must stand up against any measure that threatens women's access to reproductive health care.

[FIGHT BACK](#)

Equity in the News

Last year, U.S. companies founded by female-only teams received just 2.2% of venture capital funding. [FORTUNE](#)

Black women vote at comparatively high rates and had a higher voting rate than all other groups of men and women during the last two presidential elections, but remain underrepresented at every level of federal and state political office. [BLACK GIRL NERDS](#)

More than half of women in tech are paid less than men in similar positions. [BUSINESS INSIDER](#)

Where Are They Now?

In October, Sami Schalk, Ph.D., a 2013-14 AAUW American Fellow, lived one of her dreams — to twerk onstage with superstar singer Lizzo. Schalk is an assistant professor of gender and women’s studies at the University of Wisconsin-Madison. She led our July #AAUWAsks Twitter chat exploring creative ways for women in academia to [make the most of their summers](#).



The video of her time onstage with Lizzo quickly went viral and was picked up by several news outlets.

While there were some who questioned her professionalism, Schalk explained in a [recent Vox article](#) why her twerking aligns just fine with her role as an educator. “As a gender and women’s studies professor, I spend a lot of time teaching students how to recognize sexist, racist and ableist body shame in our culture and reject them,” she wrote. “My students benefit from, indeed deserve, a joyful educator who practices what she preaches regarding self-love and fighting oppression.”



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

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
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Washington, DC 20036
T: [\(202\) 293-1100](tel:2022931100)
M-F, 9AM to 5PM EST,
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