

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

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PRESIDENTS LETTER

December 2016

As one door closes, another opens...

Cheers to a new year and another chance for us to get it right. -Oprah Winfrey

Tomorrow, is the first blank page of a 365 page book. Write a good one. -Brad Paisley



I hope to see everyone at the next meeting.

Gina Dinkey, President, BPWSOC



Facebook



Website



MEMBER BIRTHDAYS:

LuAnn Ford - January 27

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

BPWSOC Upcoming events for 2016

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

January 12 - BPWSOC Meeting

February 9 - BPWSOC Meeting

March 8 - BPWSOC Meeting

April 12 - BPWSOC Meeting

April 30 - Pocketbook Bingo

May 10 - BPWSOC Meeting



"We seem to forget that the unemployed are individuals, human beings with all the tastes and likes and dislikes and passions we have ourselves."
Eleanor Roosevelt

June 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!!!



Legislative:

FY 2016 Funding Bill Includes Record
Investments to Address Violence
Against Women

CATEGORY: NEWS

DECEMBER 18, 2015

US Capitol Bldg

Washington, DC – Today the U.S.
Congress passed the omnibus Fiscal
Year (FY) 2016 Funding bill with
record investments in programs that



BPWNJ VOICE

Did you know that you can advertise
your business in the BPWNJ Voice in
order to reach our sisters throughout
the State? For more information
contact Eunice Clark at
eclark@brookdaleecc.edu

*If you are not receiving your copy of the
Voice electronically, and would like to, e-mail
Eunice Clark at the address above and ask
her to put you on the electronic e-mail list.
By doing so, you are helping BPWNJ save
the cost of mailing.*



GUEST SPEAKER

The January meeting will be a
planning meeting. There will not be a
guest speaker this month. Please
make an effort to attend. Your input is
important to us.



address domestic and sexual violence, including the Victims of Crime Act (VOCA) fund, the Violence Against Women Act (VAWA) and the Family Violence Prevention and Services Act (FVPSA).

“Increased attention to domestic and sexual violence is shining a light on these shameful crimes that impact millions of victims and their families each year,” said Kim Gandy, President and CEO of the National Network to End Domestic Violence (NNEDV). “This level of funding is long overdue, and can begin to transform victim services and multiply our efforts towards preventing, addressing, and ending domestic and sexual violence.”

Specifically, the bill includes an additional \$15 million for the FVPSA, the nation’s only dedicated funding for shelters and related services for domestic violence victims and their children and an additional \$50 million for coordinated community responses and specialized services authorized by VAWA. The bill also releases an additional \$312 million from the VOCA Fund for state victim assistance grants, which are used to provide direct services to victims of crime in each state. This important investment builds on the funding released from the VOCA Fund through the FY 15 bill. While VOCA releases have been

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

BPWSOC January 12 meeting

Mark your calendars:
POCKETBOOK BINGO - April 30
For more information about these events

Visit us at www.bpwsoc.org.



For information about

**Business & Professional Women
of New Jersey**

visit: www.bpwnj.com

historically low compared to deposits made into the fund, last year's bill released the amount in VOCA that was deposited into the Fund in the previous year.

"Last year's VOCA increase was celebrated and welcomed across the nation, as this year's increase will be. "The promise of steady funding has allowed states to plan for the future and begin to tackle the long-standing, unacceptable status quo – victims' lack of access to services," said Gandy.

Advocates were concerned when earlier this year as part of the Bipartisan Budget Act of 2015, Congress and the Administration rescinded \$1.5 billion from the VOCA Crime Victim Fund, the \$12 billion non-taxpayer source of funds, from which a specific amount each year is appropriated to help victims. In light of the budget deal, NNEDV and its allies generated thousands of calls, emails and phone calls to Congress, urging them to protect VAWA and VOCA.

For the 9th consecutive year NNEDV conducted its one-day unduplicated account of adults and children seeking domestic violence services in the United States. In just one 24 hour period in 2014 almost 11,000 requests for services went unmet because domestic violence service providers did not have the resources to meet the immense need.

"Increased federal funding is critical if we are ever going to disrupt this stubborn gap in services," said Gandy. "Make no mistake, this will save lives." NNEDV and victim advocates nationwide are applauding the leadership of the appropriators,



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.



**Register Now: GOTV Kickoff
1/13**

AAUW is dedicated to making sure every woman

specifically, Senators Richard Shelby (R-AL), Barbara Mikulski (D-MD), Roy Blunt (R-MO), and Patty Murray (D-WA) and Representatives John Culberson (R-TX) Mike Honda (D-CA), Tom Cole (R-OK), and Rosa DeLauro (D-CT) and other congressional champions of VOCA, VAWA and FVPSA funding, administration officials, crime victims, and advocacy organizations for this achievement. We also thank those who fought for the funding, including Representative Ted Poe (R-TX), Jim Costa (D-CA), Senator John Cornyn (R-TX), Chuck Grassley (R-IA), Jeff Sessions (R-AL), Patrick Leahy (D-VT), Mike Crapo (R-ID), Patrick Toomey (R-PA), and Representatives Gwen Moore (D-WI), John Conyers (D-MI), Jan Schakowsky (D-IL), and Judy Chu (D-CA).

“These increases reflect the leadership of key appropriators and the culmination of years of advocacy from the victims’ rights field,” said Gandy. “These key funding investments will make a difference in the lives of countless victims and their children. For that, we are grateful.”

Though an earlier version of the bill included a VOCA funding allocation for tribes, the final bill did not – without access to these funds victims on tribal lands will suffer without adequate services. Additionally, advocates are urging Congress not to transfer VOCA Funds to fund other federal programs, as was done in the FY16 bill.

While the increases provided in the bill are instrumental in ensuring resources are available to keep survivors safe, there is still a long way to go until these appalling crimes are diminished.

is registered and has the information she needs to cast her vote. We'll kickoff our 2016 Get Out the Vote (GOTV) campaign with this [all-member webinar on January 13](#). With so much at stake in this election, learn how your branch can register, educate, and turn out millennial women voters nationwide as part of our It's My Vote: I Will Be Heard campaign!

All AAUW members are invited but space is limited. This call will be recorded and made available at a later date.

Date: January 13, 2016

Time: 7:30 p.m. ET

Location: Online

[Register here today!](#) Details for accessing the webinar will be emailed to you shortly after registering.

Tell Congress to Avoid Last-Minute Brinkmanship on the Omnibus!

Thank you to the AAUW Action Network advocates who made their voices heard by legislators over the last few weeks. As Congress worked to reach an agreement to fund the government through an omnibus spending bill, ideological policy riders threatened to stop the bill's progress. Nearly 6,000 messages were sent by Action Network to the House and Senate from all 50 states, urging them to avoid the policy riders and pass a funding bill to protect critical programs for Americans.

Congress' proposal avoids most of the damaging riders that AAUW opposed – such as ones to limit women's access to health care or block civil rights enforcement activities. While it is not a clean bill, it reflects many AAUW-priority policies that support women and families. Americans rely on these programs to stay safe, healthy, and secure—next year, Congress must avoid this last-minute brinkmanship!

Here are a few of the outcomes in the omnibus

that AAUW considers wins:

- No cuts to the Pell Grant program, allowing the maximum grant to increase to \$5,915 in the 2016-17 school year.
- A policy rider to block the Department of Education's gainful employment rule, which helps protect consumers from bad career education programs, was defeated.
- Violence Against Women Act programs see increased funding, including the campus grants to help end sexual violence.
- A policy rider to defund Planned Parenthood and limit women's access to health care was not included.
- The federally funded, Washington, DC school voucher program was not reauthorized.

Your advocacy is an important part of AAUW's work on public policy priorities. The omnibus avoided many of the most problematic and ideological riders. Thank you for being a critical voice in supporting the funding of programs that keep Americans healthy and safe.

[Urge your members of Congress to avoid this last-minute brinkmanship next year!](#)

[Planning for AAUW Advocacy: Equal Pay Day 2016](#)

[AAUW](#)

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Washington, D.C. 20036



New Year, New Positive You.

We all want a happy life. A *positive attitude* feels better than a negative one. But for some reason, we are all attracted to and can be easily drawn to the negative side.

How do we go about to establish a more positive attitude as a daily habit.

Choose to be Happy

Sometimes this is not easy. Passing the blame on outside forces is always easier. I realize that everything happens how it happens and it's up to me to choose how I want to feel about it. I am in control of my happiness level and no one can take that away from me.

Rid your Life of Negativity

If you want to live a positive, happy life, you cannot be surrounded by negative people who are not encouraging your happiness. The more negative you are, the more negative people surround you. The saying...Misery loves, well you get it. It's not easy saying good-bye to those in your comfort zone, but it will open your mind to a new refreshing and rewarding life.

Search for the Positive in Life

There is the positive aspect in every person and situation. Sometimes you have to look hard to find it but it's there. Look past the outer shell and really try and understand the person or situation. Take the time to find out what's good instead of accepting that what's bad is bad. Most of the time it's not all that obvious but it's there.

Have Positivity in Yourself

Tell yourself you're awesome, you look good, that you love and accept yourself. That you did a great job today at work, home, etc. Be honest with yourself, but do your best to look for the good. Nothing good can come of telling yourself that your no good, your not tall or pretty enough or that your work is not the best.

Bring Happiness to Others

Now you have to share your wealth of positivity with the world. You will be amazed how just being nice can make a big impact on someone's life. Pay it forward. Tell someone he or she looks nice today or that they did a great job. Cheer up those who are upset. The easiest thing I find that I can do is just SMILE. Smiling is positive and it acknowledges others presence which brings on a lighter mood.



Reading Corner

Author: Elin Hilderbrand

Title: Barefoot



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: 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:



Safely Remove Hardware

When you connect a storage device or removable drive to your computer, when you

are finished using it (saving data or other files), you must use the "Safely Remove" option or you will risk losing some information.

Most of the time, if you just unplug it from the computer you will be safe as long as the information you saved has finished. Some flash drives or external hard drives have a light on them - which shows it is in use. When the light finishes flashing most likely it is safe to unplug or remove the device.



But, to be real safe, if you see the "Safely Remove Hardware" icon in the notification area (at the far right of the taskbar - bottom right corner, just left of the date and time), you can use this to remove the device by clicking on the icon and clicking "Safely Remove" and then clicking accordingly in the next window - it will then give you a message that it is now safe to remove and you can remove your external device.

Thank you.

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**Business and
Professional
Women's
Foundation**

Business and Professional Women's Foundation ([BPW Foundation](#)) was the first foundation dedicated to conducting research and providing information solely about working women.

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