

Business and Professional Women Southern Ocean County  
 June 2016 Newsletter  
[www.bpwsoc.org](http://www.bpwsoc.org)

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## PRESIDENTS LETTER

June 2016

It is time to pass leadership on to the next slate of officers to be sworn in on Tuesday June 14th:

Lisa Gambino, President; Stephanie Stockwell, continuing Vice President, Jessica Quackenbush, Secretary and Carmelina Scorsone, Treasurer.

We have had a transition year and set the stage for the future. I appreciated everyone's guidance and patience through the process. Guest speakers and what we've learned:

Evonne Bonamassa, Wildtree Organic Products

-Variety of Freezer Meals and makes a great party while keeping happy and healthy

Cyndy Friedland & Lisa Gambino, History, timelines of BPW

- 98 years ago started National Business Women's Week in Oct

Jessica Quackenbush, Lacey Memorial Home

- the time is now for these type of discussions to minimize future decisions

Julie Lipari, Guidinglight House

-2.2 million female veterans in need, facility including counseling and life skills

Linda Worman, Parliamentarian and BPWNJ member at large

- always start the meeting on time and bringing legislation to action

Stephanie Stockwell, Stockwell Financial

-important tools and easy ways of looking at retirement

Susie Guckin, Peaceful Warriors

-meditation as treatment is 20 minutes 2x per day for 8 weeks, always remember gratefulness and gratitude

We also welcome our scholarship recipients at the awards ceremony on Tuesday June 14th:

Lisa Gambino

Lisa Yanoschack

Nicole Reedy

Stephanie Stockwell

Susan Guckin

Come out and celebrate with us!

Gina Dinkey, President, BPWSOC



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Website



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](#)

IF YOU HAVE NOT DONE  
SO, IT IS TIME TO  
RENEW YOUR  
MEMBERSHIP



#### MEMBER BIRTHDAYS:

Donna Zader - June 7

Maria Todaro - June 11

Lisa Gambino - June 21

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



"The future belongs to  
those who believe in the  
beauty of their dreams."

**Eleanor Roosevelt**

June 14 - BPWSOC Meeting

SCHOLARSHIP AWARDS and

INSTALLATION OF OFFICERS for 2016-

2017

July 12 - BPWSOC Meeting

August 9 - 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!!!



## GUEST SPEAKER

There will not be a guest speaker for this meeting as this meeting will be devoted to SCHOLARSHIP AWARDS and INSTALLATION OF OFFICERS for 2016-2017.



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.



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

BPWSOC Meeting - June 14  
INSTALLATION OF OFFICERS and  
SCHOLARSHIP AWARDS

The recipients are:

Lisa Yanoschak of Toms River

Nicole Reedy of Bayville

Susan Guckin of Lacy

Lisa Gambino of Bayville

Stephanie Stockwell of Bayville

Please join us on Tuesday, June 14th



### Helpful Hint of the Month

as we award these ladies their scholarships and hear their missions.

BPWNJ Foundation annual meeting -  
June 25th  
POCKETBOOK BINGO - New date  
coming

For more information about these  
events

Visit us at [www.bpwsoc.org](http://www.bpwsoc.org).



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Urge Your Senators to Co-Sponsor the STEM Opportunities Act!

On Equal Pay Day, Senator Mazie Hirono (D-HI) introduced the Science, Technology, Engineering, and Math (STEM) Opportunities Act, which aims to improve inclusion of women, minorities, and

people with disabilities in STEM careers. The gender pay gap affects women in all fields—but women in STEM continue to face barriers that limit opportunities for employment and equal pay.

Since its introduction, the bill has garnered ten cosponsors. [Send a message to your senators and urge them to cosponsor the STEM Opportunities Act today!](#)

This legislation would break down the barriers for women and minorities in STEM by helping federal science agencies and higher education institutions to share best practices on inclusion. In addition, universities and nonprofits would be allowed to receive competitive grants and recognition for mentoring women and minorities in STEM.

STEM fields serve as important sources of innovation and economic growth, but the STEM workforce currently is not reflective of the diversity of our nation. This legislation would help inclusion of women, minorities, and people with disabilities in STEM careers by breaking down the existing barriers in higher education and employment.

[Click here to find out if your senators have cosponsored the STEM Opportunities Act. Send a thank you message if they are already a cosponsor; if they are not a cosponsor, urge for their cosponsorship of the bill today!](#)

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AAUW  
1111 16th St NW  
Washington, D.C. 20036



In lieu of a Legislative report this month, here are some interesting facts from the Women's History Network.

## June Women's History Events and Birthdays

### [Celebrate Gay and Lesbian Pride Month](#)

#### June Highlights in US Women's History

- June 1, 1993 – Connie Chung becomes the second woman to co-anchor the evening news, 17 years after Barbara Walters became the first in 1976
- June 9, 1949 – Georgia Neese Clark confirmed as the first woman treasurer of the United States
- June 10, 1963 – Equal Pay Act enacted: “To prohibit discrimination on account of sex in the payment of wages by employers engaged in commerce or in the production of goods for commerce.” (PL 88-38)
- June 11, 1913 – Women in Illinois celebrate passage of a state woman suffrage bill allowing women to vote in presidential elections
- June 15th 2017 Honoree Nominations Deadline <!--[if gte mso 9]><xml> <o:DocumentProperties> <o:Version>12.00</o:Version>

</o:DocumentProperties> </xml><![endif--> <http://www.nwhp.org/womens-history-month/2017-honoree-nominations/>

- June 17, 1873 – Susan B. Anthony's trial starts for illegally voting in Rochester, New York on November 5, 1872
- June 20, 1921 – Alice Robertson ((R-Oklahoma) becomes the first woman to chair the House of Representatives
- June 21, 1997 – The Women's National Basketball Association (WNBA) plays its first game
- June 23, 1972 – Title IX of the Education Amendments of 1972 is signed by President Nixon, one of the most important legislation initiatives passed for women and girls since women won the vote in 1920. This legislation guarantees equal access and equal opportunity for females and males in almost all aspects of our educational systems
- June 25, 1903 – Madame Marie Curie announces her discovery of radium

2016 Honoree Nadine Smith (1965 – Present)

LGBT Civil Rights Activist and Executive Director of Equality Florida

<http://www.nwhp.org/womens-history-month/2016-theme>

National Women's History Project

730 Second Street #469

Santa Rosa, CA 95402

<http://www.nwhp.org>

(707) 636-2888

[nwhp@nwhp.org](mailto:nwhp@nwhp.org)



Summer is just around the corner and we are all Busy, Busy, Busy.

So in honor of our crazy schedules I am posting my favorite smoothie recipes.

These are healthy smoothies that will give you some energy and can be put in a to go cup. Perfect right? Great for those who need to get out quickly in the morning and perfect for those who like to chill on their deck and read the morning paper.

Hope you enjoy mine and please send me some of your favorite recipes to Wildtree by Evonne at [ebonamassa@comcast.net](mailto:ebonamassa@comcast.net). Happy Summer All.

Green Tea, Blueberry, and Banana

Antioxidant-rich green tea makes this healthy smoothie a nutritional powerhouse.

SERVINGS: 1

3 Tbsp water

1 green tea bag

2 tsp honey

1½ c frozen blueberries

½ med banana

¾ c calcium fortified light vanilla soy milk

1. MICROWAVE water on high until steaming hot in a small bowl. Add tea bag and allow to brew 3 minutes. Remove tea bag. Stir honey into tea until it dissolves.
2. COMBINE berries, banana, and milk in a blender with ice crushing ability.
3. ADD tea to blender. Blend ingredients on ice crush or highest setting until smooth. (Some blenders may require additional water to process the mixture.) Pour smoothie into tall glass and serve

NUTRITION (*per serving*) 269 cal, 2.5 g fat, 0.2 g sat fat, 52 mg sodium, 63 g carbs, 38.5 g sugars, 8 g fiber, 3.5 g protein

### Strawberry-Kiwi Smoothie

Stay full and fight disease. This high-fiber smoothie recipe becomes even healthier when you use organic kiwis, which contain higher levels of heart-healthy polyphenols and vitamin C.

SERVINGS: 4

1¼ c cold apple juice

1 ripe banana, sliced

1 kiwifruit, sliced

5 frozen strawberries

1½ tsp honey

COMBINE the juice, banana, kiwifruit, strawberries, and honey. Blend until smooth.

NUTRITION (*per serving*) 87 cal, 0.3 g fat, 0 g sat fat, 3.5 mg sodium, 22 g carbs, 16.5 g sugars, 1.5 g fiber, 0.5 g protein

Evonne Bonamassa

Wildtree by Evonne



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 [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:



### iCloud Storage:

Some of us have iPhones, iPads, or an iMac or Mac Book computers. For those of you who do, you may have heard of iCloud or maybe you are already using iCloud. Either way here are some things to know and/or tips pertaining to iCloud.

You sign into your iCloud account with your Apple ID.

You do not have to have an Apple device to have an iCloud or Apple account. You can access them from your browser.

iCloud is a backup of our mail, contacts, photos, documents, apps, music, etc...



iCloud connects you and your Apple devices and makes sure you have the latest versions of your important information like documents, photos, etc...

iCloud is free for up to 5GB of storage. Beyond 5GB of storage space you will need to pay Apple a monthly fee of .99 for 50GB, 2.99 for 200GB and 9.99 for 1TB.

One of the greatest features of iCloud is that when you get a new device, all of your stuff from your previous device shows up on your new device.

Be sure you have enough storage at iCloud for everything you wish to backup, otherwise you risk losing some of your important information.

Thank you.

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Lisa A. Gambino

Certified Computer Technician and Professional Secretary

A 2 Z Computer Help

[www.A2ZComputerHelp.com](http://www.A2ZComputerHelp.com)

[lisag@A2ZComputerHelp.com](mailto:lisag@A2ZComputerHelp.com)

vm: 732-237-9704

Keyport Office: 732-847-9275

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Our mailing address is:  
BPWSOC  
P.O. Box 722  
Barnegat, NJ 08005

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