

Business and Professional Women Southern Ocean County

June 2019 Newsletter

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

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Dear Members of BPWSOC,

I hope this letter finds you well. I would like to extend my sincere thanks to all who contributed to our group in so many various ways over the last year. It has been a great year as president of this wonderful organization. Please join us for our upcoming June membership meeting where we will install our new officers for the coming year. During the summer months we will also look forward to our summer social meeting at The Captain's Inn and don't forget to sign up for our annual summer scholarship dinner and a show night out! Bring your families and friends! We always have such a lovely time with everyone and we look forward to seeing the show Matilda this year. Thank you again for the privilege of being president of your organization. I look forward to another great year with a new president at the helm.

The June meeting will be held at Conca D'Oro Restaurant on Lacey Road in Forked River, in the plaza next to the police station and Wawa gas station. See you there!

In Empowerment, Professionalism, and Gratitude,

Susie Guckin  
President, BPWSOC  
2018-2019



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)

**REMINDER! YOUR  
ANNUAL DUES SHOULD  
BE PAID BY JUNE 1,  
2019  
WE HAVE RAISED THE**



MEMBER BIRTHDAYS:

Lisa Gambino - June 21

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



**"Differences can be a  
strength rather than a  
handicap."**

**Condoleezza Rice**

## DUES TO \$75.00.

At the last meeting we voted to increase our annual dues. This will help with Sunshine funds (where we give a check toward any member having an upcoming event, such as a wedding, engagement, hospital stay/operation, or passing of a family member. Also, due to the cost of our dinners and the change of venue along with having Guest Speakers, where we cover their cost for dinner - this will help with this. The intention is that we do not have to shell out any additional monies during the year except of course, if you wish to donate toward the annual Holiday Charity and or anytime toward Scholarships - as these are our 2 main staples that we work toward each year. In between, we are about working together, supporting each other, helping each other and have some fun with the women we like and enjoy spending time with.

### 2019 Schedule

**June 11 - BPWSOC Meeting -**



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.

Scholarship Awards and Installation of

Officers

July 9 - BPWSOC FUN NIGHT AT

CAPTAIN'S INN TIKI BAR

AUGUST 6 - SURFLIGHT DINNER

THEATRE SCHOLARSHIP

FUNDRAISER - The Show is

Matilda at 8:00 PM - preceded by

dinner at **Carmen's Italian**

**Restaurant, 122 N Bay Ave., Beach**

**Haven, NJ** 5:00 PM (In lieu of our

regular meeting)

[Get Tickets here](#)

September 10 - BPWSOC

Meeting

September 29 - BPWSOC Psychic

Night Scholarship Fundraiser

**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!!!**

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

June 11th - BPWSOC Meeting at Conca D'Oro, Lacey NJ

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At the June meeting we will be installing our officers for 2019 - 2020. The Officers are:

President: Cyndy Friedland

Vice President: Open/please let us know if you're interested

Treasurer: Lisa Gambino

Secretary: Pat Stochlinski

GUEST SPEAKER  
none this Month

***SOMETHING REMARKABLE***

Ladies,

I have to share something with you that is nothing short of remarkable. As much as we are colleagues in business and professionalism, we are also friends.

I have been desperstely trying to clean out the garage of old things from my life prior to my head injuries but it has been so hard because every time I touch something it is like my body gets shocked by a memory my mind can't grasp. My amnesia wiped out all memory prior to age 20 but we are seeing some changes in that.

Well today....I discovered something that made me truly believe we are led to where we belong. I encourage you to look at the attached photos to see that BPW awarded me a scholarship in 1998 when I was graduating high school.

This is a truly remarkable find. It was an honor to begin with to become president of the group but the meaning of it just compounded. Thank you for supporting me then and for supporting me now.

Susie



## Computer Tips:



Keyword: A keyword is a word used in a search engine (ie... Google, Bing, Yahoo, Amazon, etc...) to locate information on the world wide web.

Lisa Gambino  
A2Z Computer Help

lisag@A2AComputerHelp.com

732-237-9704

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### Reading Corner

Author: Ariel Lawhon

Title: I Was Anastasia: A Novel

Author: Susan Guckin

Title: The Camouflaged Heart

Note: Susan Guckin is President of BPWSOC

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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

## **JENNIFER D. ARMSTRONG LLC**

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Frank Kellogg's Top 40 Self-Protection tips continued.

26. Close your window shades at night if you enjoy keeping the lights on, you won't be able to see out of your window.
27. Keep the shrubbery around your home at an appropriate height. Never let bushes cover windows or entry points.
28. If staying in hotels, inform the lobby that family may be showing up. It gives the



feeling that you won't be alone.

29. Teach your children not to talk to strangers, as they are more easily manipulated than a full grown adult.

30. Don't walk around with headphones on, or constantly look at your phone when commuting. You could be chosen.

(31 to 35 next month)

When women  
support each other,  
incredible things  
happen.



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



## Legislative Update **CONNORS, RUMPF & GOVE**



### **9th District**

[Home](#) | [Facebook](#) | [Twitter](#)  
[senconnors@njleg.org](mailto:senconnors@njleg.org)

609-693-6700

### [Connors, Rumpf & Gove Launch Online Petition Calling on Gov. Murphy to End Devastating Cuts to Local School Funding](#)



**Sign the petition at** <http://www.senatenj.com/saveourschools/>

Senator Christopher J. Connors, Assemblyman Brian E. Rumpf and Assemblywoman DiAnne C. Gove have launched a new [online petition](#) in opposition to massive school funding cuts proposed by Governor Phil Murphy in his FY 2020 State Budget proposal.



**Connors, Rumpf & Gove launched an [online petition](#) to give their constituents the opportunity to oppose massive school funding cuts proposed by Gov. Phil Murphy in his State Budget proposal. (©iStock)**

The 9th District legislators said the petition and included commenting tool are intended to give their constituents the opportunity to tell the Governor how they feel about the impact his school funding proposal would have on their local school districts.

The petition reads as follows:

Governor Phil Murphy has proposed a State Budget for next year that would cut millions of dollars of funding to our local schools in the 9th Legislative District. That's in addition to harmful cuts he already imposed on many of our schools this year.

As a result of this unfair proposal, teachers will be laid off, class sizes will increase, and important programs, including sports and special education, will be severely impacted in many school districts.

In fact, 17 of the 26 school districts in the 9th District would see a loss in aid under the Governor's plan.

School districts in our area would be among the hardest hit anywhere in New Jersey, with our Ocean County schools suffering a net loss of nearly \$4.4 million in funding next year.

Schools in the Burlington County portion of our legislative district would lose \$1.3 million under the Governor's plan.

While our Atlantic County schools generally do better, they still don't get what they deserve after years of underfunding.

This is the result of a new school funding law that Governor Murphy signed last year, which shifts some of our school aid to districts in other parts of the state.

In future years, the cuts to our schools stand to get worse – far worse.

Our local schools in Ocean County will lose a whopping \$28 million in State school aid annually when the Governor's new funding formula is fully implemented in six years. Our Burlington County schools will lose \$10 million each and every year.

At the same time, Governor Murphy is calling for a variety of higher taxes to send even more of our money to a handful of urban districts that already get the most taxpayer support.

Local property taxpayers in our towns will pay more as districts struggle to preserve the quality of education in our classrooms from the Governor's funding cuts.

We're running out of time to stop this!

We only have until the end of June when the next State Budget must be signed to convince the Governor to fully fund all of our schools.

Please take a few seconds to sign the petition below. You can help send the message to Governor Murphy that every New Jersey student deserves a fair share of State school aid.

**The legislators' petition can be signed**  
at <http://www.senatenj.com/saveourschools/>

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NJ's 9th Legislative District

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### 9th District

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[senconnors@njleg.org](mailto:senconnors@njleg.org)  
609-693-6700

## [Connors, Rumpf & Gove Introduce Victims' Rights Bill](#)

 Like

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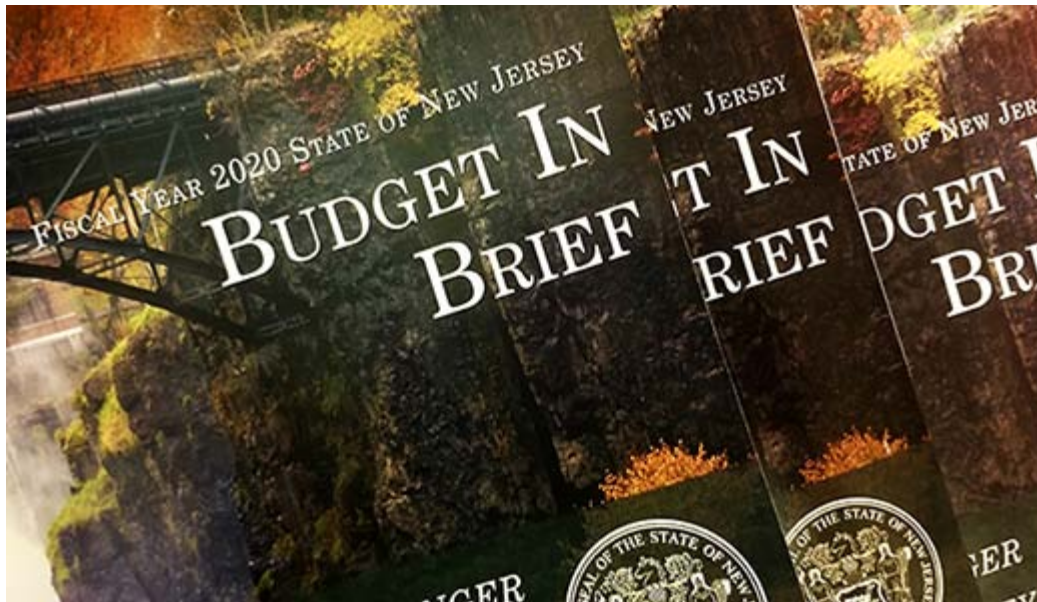
District 9 lawmakers introduce legislation that aims to mandate wage garnishment and participation in enforced community service for certain criminal defendants who fail to make restitution to their victims.

[Click for Full Story](#)

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[Connors, Rumpf & Gove Oppose Fast-Tracked Bill to Give Trenton \\$10 Million in Additional State Aid](#)



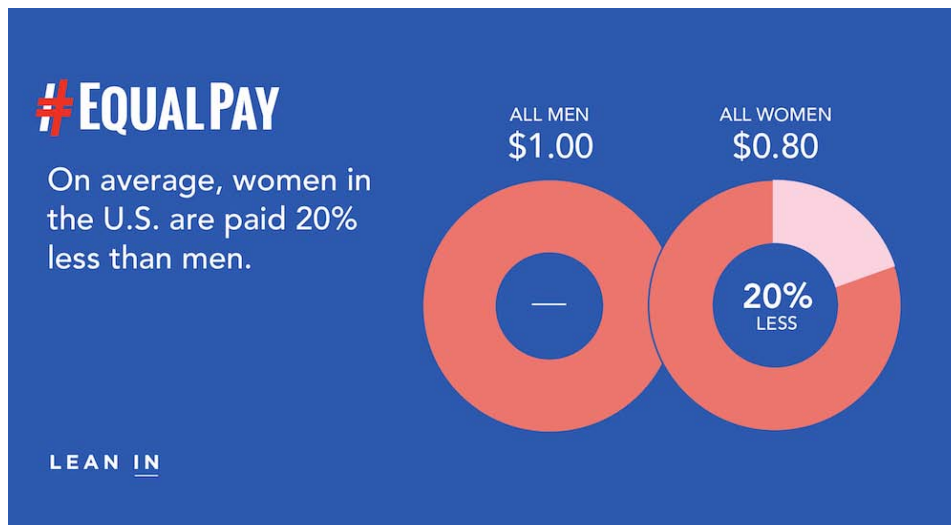


Connors, Rumpf, and Gove are speaking out against yet another attempt to rig the State Budget process, saying they will oppose legislation providing an extra \$10 million of aid annually to the City of Trenton.

[Click for Full Story](#)

**Be sure to get out and Vote in the Primary Election, June 4th, 2019**





## IN Perspective: Equal Pay Matters

Today is Equal Pay Day. That means women in the U.S. had to work all of 2018 and until this day in 2019 to catch up with what men earned in 2018 alone. No matter our job, how much education or experience we have, or the number of hours we work, women are still paid less than men—on average, 20% less, and for Black women, Native American women, and Latinas, the pay gaps are even wider.

Women are doing our part. We're negotiating and are asking for raises at about the same rates as men. We are leaning in. But gender bias in the workplace means we're not getting the same results. And the impact of the pay gap can be devastating for women and families, affecting our ability to buy groceries, pay for childcare, invest in our children's education, and more. It hurts our businesses and communities, too.

Every woman deserves to be paid what she's worth. It's time for **#EqualPay** now.

- Pamela Nonga Ngue, Editor

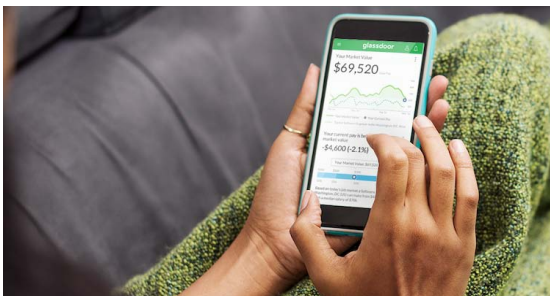




## What your company can do

Companies can't afford to ignore the gender pay gap, because workplaces where men and women are treated equally and fairly achieve better results. Learn more about steps your company can take to close the gender pay gap.

[Read the steps](#)



## Know your worth

Find out if you're being paid fairly by using Glassdoor's [Know Your Worth](#) salary calculator to receive a free personalized salary estimate based on millions of real salaries. Also check out Glassdoor's [new research](#) on the gender pay gap globally.

[Get the estimate](#)

## Negotiate like a pro

Women are doing their part and asking for raises at the same rates as men. Check out our practical steps you can take to improve the



outcome of your next negotiation.

[Read the tips](#)



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](mailto: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](http://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](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  
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M-F, 9AM to 5PM EST,  
excluding holidays  
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