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Business and Professional Women Southern Ocean County  
March 2017 Newsletter  
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## PRESIDENTS LETTER

March 2017

Happy March!

Welcome Spring! (well - sort of, seems the Groundhog's prediction was a bit inaccurate - we hope, right?)

February was a lovely month - it was National Heart Month, Black History Month, Valentine's Day and Tea for the ladies and guests of Business & Professional Women Southern Ocean County! (hopefully for you too!). We had our meeting on Wednesday, 2/15, at 600 Main - The Victorian Tea House in Toms River and I will say we had a really nice time, with some new faces and lots of talking amongst all of us, that I barely conducted a proper meeting. But, I'll say this, we did have a proper

"Tea" and apparently - this is much more important (at least once in a while). I promise to have a proper meeting this month! Come see join us! We will have guest speaker, Dr. Nicole Bonner and we will talk more about our Event on Thursday, April 27, 2017 at Kristy's.

The 2017 Scholarship (Career) Award applications are available for you to download. Whether it is for yourself or a friend, we invite you to print a copy, complete the application and send it in to us. Our Scholarships are for Women 25 and older who may be attending classes, to further their career, or are continuing their education or maybe you are just starting out. We also have "equipment" scholarships for women who may be starting a new business or are already established and need some assistance purchasing some new equipment for their business. Visit our website [www.BPWSOC.org](http://www.BPWSOC.org) to download and/or print an application today!

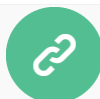
I wish everyone a very happy month and remember all are always Welcome! Also, feel free to tell us about any other events you may have.

Thank you all for your time and looking forward to seeing you at our next meeting on Tuesday, March 14, 2017 at 6:30pm, meet up earlier if you wish to chat with anyone who arrives earlier.

Lisa Gambino  
President  
[www.BPWSOC.org](http://www.BPWSOC.org)



Facebook



Website



BPWSOC Upcoming events for 2016 - 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

March 14 - BPWSOC Meeting

April 11 - BPWSOC Meeting

April 27 - Annual Fundraiser/Ladies Night Out

May 9 - BPWSOC Meeting

June 13 - 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!!!



### MEMBER BIRTHDAYS:

Stalo Karamanos - March 20

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



"Never let a problem to be solved become more important than the person to be loved. "

**Barbara Johnson**



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

Nicole Bonner, D.C.

Dr. Nicole Bonner is a local practicing physician, specializing in health and wellness and she is part of one of the largest healthcare professions in the world. She has been freeing people from pain in Manahawkin and the surrounding areas for more than 14 years. As a chiropractor with experience, Dr. Nicole is committed to promoting optimal health and wellness of her patients and her community.

As a child, Nicole was hospitalized several times due to severe allergies and asthma. After years of trying multiple medications that were not helping, her parents decided to seek an alternate route to help their daughter. At the age of 16, they started their daughter under regular chiropractic care. Within months, she no longer needed any of her allergy and asthma medications. Naturally, this changed her quality of life and made her decide that she had to help others through this natural method of care as well.

Dr. Nicole uses a “whole person approach.” This approach to wellness means looking for underlying causes of any disturbance or disruption (which may or may not be causing symptoms at the time) and make whatever interventions and lifestyle adjustments that would optimize the conditions for normal function. Using this unique approach, Dr. Nicole is able to help you accelerate and/or maintain your journey toward better health.



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

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

Please support upcoming BPWSOC events:

MARCH IS WOMEN'S HISTORY MONTH

Tuesday, March 14 - 6:00 PM

GUEST SPEAKER: Nicole Bonner D.C.

TOPIC: Stress and Time Management

ANNUAL FUNDRAISER - April 27, 2017

For more information about these events

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

SAVE THE DATE: WOMEN'S HISTORY DAY EVENT

Dear Friend,

On behalf of Senator Bob Menendez, I am pleased to announce that our 2017 Women's History Month Celebration will be held on Sunday, March 26, 2017 at Montclair State University from 3:00 pm to 5:00 pm.

Please SAVE THE DATE and share this with friends and family members. The event is FREE and open to the public.

STAY TUNED for future announcements about our Keynote Speaker and this year's Evangelina Menendez Trailblazer Honorees!

Feel free to contact me in the Senator's Newark office at 973-645-3030 or via email at [Artin\\_Haghshenas@menendez.senate.gov](mailto:Artin_Haghshenas@menendez.senate.gov) with any questions.

Again, please [RSVP](#), save the date and [share the event information](#) with others who may be interested!

Sincerely,

Artin Haghshenas


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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.***

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Ladies Night Out/LuLaRoe/Psychic Night 4/27/2017  
Our Scholarship Fundraiser



# "Ladies Night Out" LuLaRoe Fashion Display and Psychic Fair

**Business & Professional Women Southern Ocean County**  
**"Annual Fundraiser"**  
All proceeds go to our Annual "Scholarships for Women" Fund

Vendor Tables \$35.00 non-members  
-Member Donation-


**Doors Open @ 5:30 pm**  
**Tickets \$25.00 (PayPal)**  
**\$30./at door**

**Includes (1) Door Prize Ticket**  
**Psychic Readings (add'l cost)**  
**COMPLIMENTARY**  
**Wine, Cheese, Crudite**  
**at Kristy's Casual Dining**  
**562 U.S. 9, Waretown, NJ 08758**

**Thursday, April 27, 2017**  
**WIN Designer Handbags, Purses, Gloves**  
**by Coach, Michael Kors, Calvin Klein,**  
**Ivanka Trump & Other Designers**

**\*DESIGNER BAG - DOOR PRIZES\***

[www.BPWSOC.org](http://www.BPWSOC.org)  
Contact Us at [info@BPOWSOC.org](mailto:info@BPOWSOC.org)



*Inventions by Women  
The Medical Syringe*

*The medical syringe which could be operated with only one hand was invented by Letitia Geer in 1899.*





## You can help strengthen Title IX by meeting with local school officials!

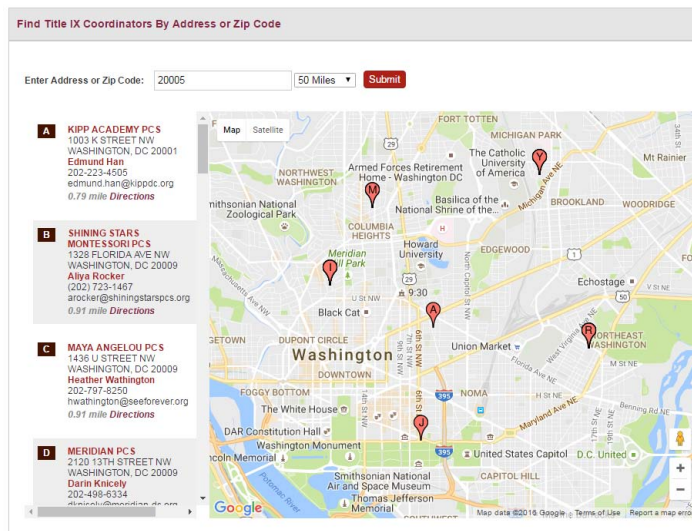
Today, AAUW is excited to announce a critical update to our [Title IX coordinator locator tool](#). On our website, you can now find every college and university Title IX coordinator organized by state. This update makes it even easier for you to find Title IX coordinators at your nearest K-12 schools, colleges, and universities in just a few clicks.

AAUW advocates have met with over *700 Title IX coordinators at K-12 schools in 29 states*. Each of these meetings represents a step forward in our mission to ensure that our schools are free from sex discrimination. We want you to be a part of this one-of-a-kind project!

How can you help?

1. Find your nearest K-12 or higher education Title IX coordinators. [Simply select your state](#), and the coordinator's name, email address, and phone number will appear.





2. Schedule a meeting with the Title IX coordinator. Call or email the coordinator and let them know that you want to deliver the Department of Education’s Title IX resources on behalf of AAUW. [This makes for a great branch project](#)—split up the schools in your area and divide into groups to make the deliveries!

3. Deliver the resources. Print the [resource guide](#) and the [letter to Title IX coordinators](#) to bring to your meeting.

4. Don’t forget to [report how your meeting went!](#) With your help, we can track how many Title IX coordinators our members have contacted by putting your meeting on our delivery map.

Why does this project matter?

The U.S. Department of Education’s Office for Civil Rights (OCR) found that some of the most egregious and harmful [Title IX violations](#) occur when schools fail to have a Title IX coordinator or when a Title IX coordinator does not have the training or authority to oversee compliance with Title IX. Putting this resource guide in the hands of as many Title IX coordinators as possible can help them better understand and perform their important job of ensuring that schools are free from sex discrimination.

You don’t have to be a legislator to strengthen Title IX. Help us [fill our map](#) with even more deliveries nationwide. Your local participation in this important project can help ensure that our schools are free from sex discrimination.



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AAUW  
1310 L St. NW, Suite 1000  
Washington, DC 20005





## **March 2017 News & Events**



### ***In this issue:***

- [March is Women's History Month!](#)
- [Women's History in the Media](#)
- [Important Dates in Women's History](#)
- [Congratulations Nancy Foye-Cox!](#)
- [Remembering NWHP Board Member Carol Norberg](#)
- [Memorial to Feminist Legend Aileen Hernandez](#)

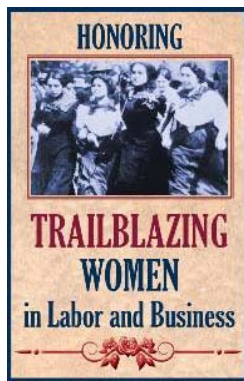


"There is always a large horizon...  
There is much to be done...  
I am not going to be doing it!  
It is up to you to contribute some  
small part to a program of human  
betterment for all time."

Frances Perkins, Secretary of Labor  
under FDR and first female member  
of the United States Cabinet

***March is National Women's History Month***

**Trailblazing Women in Labor and Business**



The 2017 theme for National Women's History Month honors women who have successfully challenged the role of women in both business and the paid labor force. Women have always worked, but often their work has been undervalued and unpaid.

While each Honoree is extraordinary, each is also ordinary in her own way, proving that women business and labor leaders can and should be considered the norm. The 2017 Honorees paved the way for generations of women labor and business leaders to

follow.

## ***How does the media celebrate women?***

### **GIRLS, WOMEN + MEDIA PROJECT**

For the second year, our friend with the [Girls Women + Media Project](#) are celebrating National Women's History Month by asking, ***How does the media you watch celebrate women?***



This month they will highlight media outlets with celebrations of women's history and great women. For more info: [Take Action!](#)

## ***Important Dates in Women's History***



### **Special dates:**

On March 3 we remember the 1913 Women's Suffrage March on Washington, DC, where over 8000 women gathered on the eve of President Woodrow Wilson's inauguration to demand a constitutional amendment guaranteeing the right to vote.

March is a month full of firsts for women in government. On the 4th we celebrate the first female member of Congress as [Jeannette Rankin](#) (R-MT) takes her seat (1917) and the first female member of the United States Cabinet as [Frances Perkins](#) becomes US Secretary of Labor (1933), and on the 11th we celebrate the first female US Attorney General as Janet Reno is confirmed (1993).



On March 8 we observe [International Women's Day](#), the origins of which trace back to protests in the US and Europe to fight for the political rights for working women.



### **Birthdays:**

Several birthdays fall in the month of March as well: Olympic track and field athlete Jackie Joyner-Kersey (4th), record-setting aviator Jerrie Cobb (5th), labor organizer Sue Ko Lee (9th), Supreme Court Justice Ruth Bader Ginsburg (15th), Olympic speed skater Bonnie Blair (18th), civil rights activist Dorothy Height (24th), first woman U.S. Supreme Court Justice Sandra Day O'Connor (26th), first woman Speaker of the U.S. House of Representatives Nancy Pelosi (26th), Choctaw Indian teacher and historian Muriel Wright (31st).

***See the full calendar***

## ***Celebrating Successes***

### **Congratulations Nancy Rose Foye-Cox**

The National Women's History Project congratulates our Board member, Nancy Foye-Cox, who will receive the Humanitarian Award for Social Action Award on March 10th at the Harold K. Stubbs Award Dinner, hosted by St. Paul African Methodist Episcopal Church in Akron, Ohio.

A graduate of Florida State University, Nancy Foye-Cox retired in 2013 with more than 40 years of extraordinary public service. Her most recent position was as a Victim Advocate with the Summit County, Ohio Prosecutor's Office-Juvenile



Division.

## ***In Memoriam***

*We are saddened by the recent passing of two remarkable women who each played an important role in the celebration and making of Women's History.*



Our dear friend **Carol Norberg** has passed away at the age of 92. Carol was born in 1924 in Roseville, California, just four short years after women earned the right to vote. Her passion for history started when, as a member of the curriculum committee for her Jewish Community Center, she volunteered to write the section covering the Holocaust.

In the late 1960s, she joined the League of Women Voters, studied early childhood education, and spent much of her time and energy volunteering with the local school district. It was in her role as a substitute teacher that she was able to look through a wide variety of history textbooks, and noticed the disheartening lack of women.

She served as the chair of Roseville's National Organization for Women (NOW) chapter as well as working with the Roseville Historical Society, where she organized exhibits on local women. In recent years, she and her husband relocated to Oakland, where she was a member of Progressive Oakland Women Empowering Reform, co-chairing women Women's Equality Day parades and organizing other events celebrating women's history.

Her passion for history remained, and she used every opportunity to remind young women of the sacrifices others made to get them the right to vote. "Every time women grouse about working in the movement... I think of those women who sloshed through the snow in high-button boots and long skirts. I wish we could somehow put that in some kind of video with virtual reality so young women today could know what women have gone through in the past to secure their rights."

Through a generous inheritance from her older sister, she became a benefactor of the National Women's History Project, and eventually joined our Board of Directors.



Aileen Hernandez was a phenomenal woman whose work as a union organizer and human rights activist has left a lasting impression on the lives of women around the world. She began as a union organizer for the International Ladies' Garment Workers' Union (ILGWU), then moved up to become their Education and Public Relations Director for the Pacific Coast Region. In 1962, she was appointed Deputy Chief of the California Division of Fair Employment Practices, and in 1964 President Lyndon Johnson appointed her as the only woman on the newly established Equal Employment Opportunity Commission.



National Women's History Project

730 Second Street #469

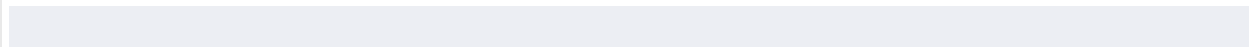
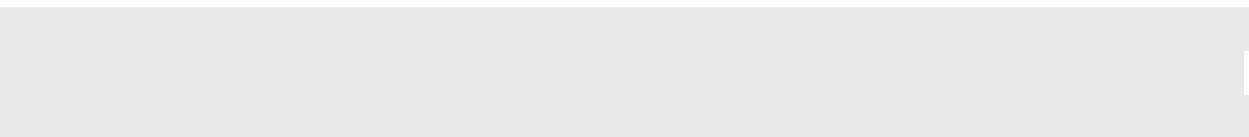
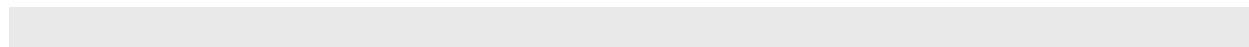
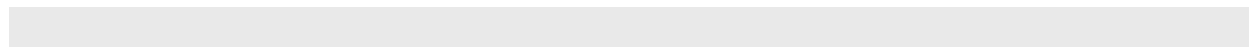
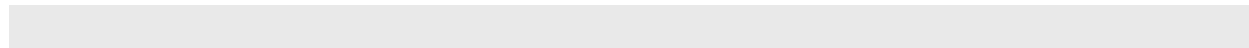
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(707) 636-2888

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## Try This Fat-Flushing Water Recipe To Kickstart Your Metabolism And Lose Weight



[Click here or on photo for article](#)

Health tip provided by BPWSOC Member & 2016 Scholarship recipient Nicole Reedy

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## Reading Corner

Author: Barbara Delinsky

Title: Heart of the Night

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 [Cyndyonbi@comcast.net](mailto: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

# Computer Tips:



Anyone receiving the message in the photo (below), on your computer, **DO NOT CALL!**  
First line of defense is to disconnect your internet connection (ethernet cable or wifi)  
Shut your system down, and once you are sure you are no longer connected to the internet, turn on your system and run your antivirus software (and finally, call Lisa G, A2Z Computer Help for further assistance).

Thank you and please be diligent and safe!

Lisa A. Gambino

Certified Computer Technician & Professional (Virtual) Assistant

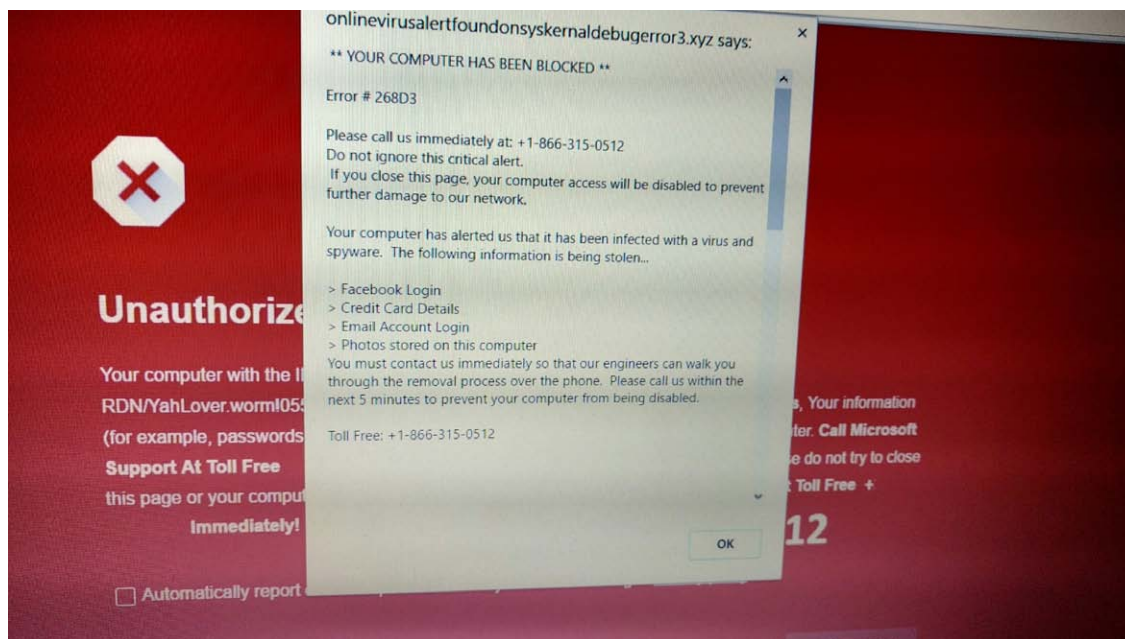
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[www.A2ZComputerHelp.com](http://www.A2ZComputerHelp.com)

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

Home Office: [732-237-9704](tel:732-237-9704)

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



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)

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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