

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

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PRESIDENTS LETTER

May 2016

Happy Mother's Day remembering all those qualities making us who we are today so pause and recognize all they do to guide us!

It's that time of year when many activities are in full swing and we want to look back on these times. Recently looking for a picture, realized as I get older, the more nostalgic I've become and sharing with the family gets smiles across all generations.

Media overload can cause us to constantly be on and available which is a whole new world for some. It is a struggle, since we get our news and education instantly while filtering out the garbage. Here are some good and bad which caught my attention:

Heroin Series - long term effects on families

\$20 bill to be replaced with Harriet Tubman - including women

Death of Prince - memories of high school like it was yesterday

Beyonce dropping a virtual album - always reinventing herself

Everyone's focus and interests is different and sharing is what helps us connect, become well-rounded and keep up to date. Our lenses are each taking data and processing based our backgrounds and where minds are at the moment.

Cherish family/close friends, look back at old pictures, read and sing!!!

I hope to see everyone at the next meeting. Also a reminder that [scholarship applications](#) are due..

Gina Dinkey, President, BPWSOC



Facebook 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

- [May 10](#) - BPWSOC Meeting
Guest speaker - BPWSOC member Susie Guckin
ELECTION OF OFFICERS FOR 2016-2017
- [May 28](#) - Waretown Founders Day
- [June 14](#) - BPWSOC Meeting
- [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

Our guest speaker this month will be Susie Guckin, BPWSOC member

Susie Guckin is a Warriors At Ease certified trauma-sensitive meditation teacher with advanced training in military combat stress, trauma, post-traumatic stress, and resiliency. She began practicing meditation to help herself overcome the symptoms of post-traumatic stress due to sustaining



MEMBER BIRTHDAYS:

Jennifer Armstrong - May 30

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



"Let no one ever come to you without leaving better and happier.

Be the living expression of God's kindness:
Kindness in your face.
Kindness in your eyes.
Kindness in your smile."
Mother Teresa



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.

two brain injuries following car accidents she was in. After sharing her positive, personal experiences with meditation with the soldiers at the Fort Dix Warrior Transition Unit where she volunteered for over eight years, the troops encouraged her to get certified to teach people just like them. She has been a guest speaker and meditation instructor at Joint Base McGuire-Dix-Lakehurst, Community Medical Center, Bancroft Neuro-Health, Delran Police Department, and the Center for Head Injuries in Edison, NJ.

She is the owner of Peaceful Warriors in Forked River, where she is dedicated to helping others learn about the benefits and practice of meditation from a trauma-sensitive perspective for the last three years. Her clientele includes veterans, active duty military, law enforcement, corrections officers, domestic violence victims, traumatic accident victims, Hurricane Sandy victims, as well as, those seeking respite from stressful jobs and long-term illnesses. Susie helps people from many walks of life learn how to use meditation as a tool to help them move through stress in a safe and effective manner. In April 2015, she published her first book *The Camouflaged Heart* sharing her journey of recovery from traumatic brain injury (TBI), trauma, and post-traumatic stress (PTSD), coupled with the experiences and wisdom she gained from volunteering with the soldiers at Fort Dix. As a member of the National Alliance for Mental Illness (NAMI), she appeared twice on the Hunterdon County, NJ Chapter's award winning radio program "Mental Health Matters" with veteran and host Larry Cartwright. On the radio program she discussed her experiences with TBI and PTSD, as well as, the impact these conditions have on our military, law enforcement, and their families.



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 May 10 meeting

SCHOLARSHIPS

Forms for both Education and Equipment were due by 4/30/16 for committee selection. Our [website](#) includes qualifications and applications.

Our organization raises funds to help women starting their own business or returning to school. Some of our own members have been past recipients.

You can also apply for additional scholarships from [Business and Professional Women's Foundation](#).

Mark your calendars:

BPW Lincoft - Annual Conference -
May 13 - 14
POCKETBOOK BINGO - New date coming
WARETOWN FOUNDERS DAY - May 28

For more information about these events

Visit us at www.bpwsoc.org.

Susie is a graduate of The College of New Jersey and a member of the New Jersey Education Association. She has been a public school instrumental music teacher for the last 13 years, where she was recently named Teacher of the Year 2016 at Reading-Fleming Intermediate School, Flemington, NJ. Having studied meditation under the direction of Sarah McLean, Susie became a certified S.E.E.D. (Simple Easy Every Day) certified meditation teacher. This program has certified her to offer meditation in a way that is suitable and accessible for all people, including children, to learn how to reduce stress and live a healthier, more balanced life. She provided a before-school meditation program for teachers and staff in her school district using the S.E.E.D. Method. This summer Susie will be an assistant to Sarah McLean preparing the new class of meditation teachers for certification in the S.E.E.D. method.

Lincroft Business & Professional Women
Annual Conference
Embracing Our Possibilities

Friday, May 13, 2016
 Dinner Theatre "The Vagina Monologues"
 5:30pm Dinner
 7:00pm "The Vagina Monologues"
 (Lunar Ball Room)

Saturday, May 14, 2016
 Workshops
 Keynote Speaker
 "The Vagina Monologues"
 (Second Viewing)

Cost:	Members	Non Members
Friday Only	\$80.00	\$65.00
Friday & Saturday	\$90.00	\$100.00

For ticket sales, please contact President, Gwen Evans at 732-431-4245

*Special Eatontown Hotel
 6 Industrial Way
 Eatontown, NJ 07724
 Limited Room Availability at 732-542-4500*

This event is a fund-raiser for the Lincroft BPNW Scholarship Committee. Scholarships are provided for those pursuing degrees in the helping professions. Applicants must be enrolled in an accredited college with a 2.0 GPA.



Community wide effort to raise awareness of the importance of annual mammograms.

PAMPER ME PINK FUNDRAISER

MAY 22, 2016

Benefiting Meridian's Paint the Town Pink
 Our Mission: Paint the Town Pink is a community-wide effort to raise awareness of the importance of annual mammography. Our Goals: To encourage women to get mammograms, and if and when, to have them annual mammograms, to raise money to provide underserved women in our community, and to make a difference in the lives of women in our community.



Yoga by Malia Murphy from 11am – 12pm

All ages and levels welcome
 Must bring your own Yoga mat or towel



RSVP to Tara.Bonetti@homeinstead.com for early registration



Info

Yoga: Early registration \$10 or \$15 at the door

Chair massages: available from 11am-1pm \$15 for 15 minutes early registration or \$20 for 15 minutes at the door

Younique and It Works will also be there!

Light refreshments will be served

HOME INSTEAD
 (Over 1500 Franchises)
 13 Memorial Dr.
 Wallingford, NJ 08798
 (609) 607-9200
www.homeinstead.com/06
 Sunday, May 22nd
 11am – 1pm



Friday May 20th, come walk with us



[About](#) | [Facebook](#) | [Twitter](#)

Today's the day.

Today, we observe Equal Pay Day, when women's median earnings have finally caught up to men's earnings in 2015. In New Jersey, women working full time, year round were paid [just 80 percent](#) of what men made. But our state has the power to make this Equal Pay Day our last.

On March 14, the NJ Pay Equity Bill (S992/A2750) was approved by the New Jersey legislature. Now, all we are waiting for is the governor's signature.

[Urge Governor Christie to sign the NJ Pay Equity Bill into law today!](#)

The NJ Pay Equity Bill strengthens protections for women under New Jersey's Law Against Discrimination (LAD), creating greater transparency surrounding compensation and greater protections for employees. Last year, Governor Christie vetoed a similar bill. Don't let it happen again.

Tell Governor Christie New Jersey women deserve fair pay.

[Take action now](#) to ensure equal pay protections are codified in our state. Tell Governor Christie to sign S992/A2750 today!

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



HOME > NEWS & RELEASES > ON 'EQUAL PAY DAY,' WEINBERG, SWEENEY & CUNNINGHAM CALL ON GOVERNOR TO SIGN PAY EQUITY LEGISLATION



FOR RELEASE: IMMEDIATE
TUESDAY, APRIL 12, 2016
CONTACT: PRESS OFFICE, 609-847-3700

ON 'EQUAL PAY DAY,' WEINBERG, SWEENEY & CUNNINGHAM CALL ON GOVERNOR TO SIGN PAY EQUITY LEGISLATION

Would Make NJ a National Leader in Fight Against Wage Discrimination

TRENTON – Senate Majority Leader Loretta Weinberg, Senate President Steve Sweeney and Senator Sandra Bolden Cunningham today called on the governor to sign legislation they are sponsoring that would help close the gender wage gap in the state. The senators' call comes on 'Equal Pay Day,' the date on the calendar that marks the amount of extra time the average woman needs to work to match the earnings of the average man from the previous year.

"It is unconscionable that it takes more than 15 months for a woman to 'catch up' to a man's annual earnings," said Senator Weinberg (D-Bergen). "In New Jersey, the wage

disparity will cost women hundreds of thousands of dollars over their careers. This not only harms women – it harms families. We passed legislation with bipartisan support to combat wage discrimination and to help close the wage gap. We are calling on the governor to stand up for the women of this state who continue to be subjected to unfair labor practices, and sign the bill into law.”

“It is unacceptable that women continue to make less than men for the same work. We put a strong pay equity bill on the governor’s desk that will make New Jersey a national leader in the fight against wage discrimination. It will help ensure that women are treated fairly and equitably, and in doing so will help families get ahead,” said Senator Sweeney. “The governor must act quickly to enact this legislation.”

“Our goal must be to ensure that workers are treated equally, no matter their gender, race, ethnicity, religion or background and this legislation will help take our state in the right direction, toward fairness for women,” said Senator Cunningham (D-Hudson). “A woman should not have to work 15 months in order to make the same amount as a man, for the same type of work. This is unfair treatment that has to stop. The governor has a chance with this bill to do what’s right for the next generation and for all of the women working across the state.”

In 2016, women in the United States make 79 cents for every dollar a man makes. In New Jersey, on average, women make 80.4 cents for each dollar a man makes, according to **information** from the National Women’s Law Center. The wage gap is much greater for women of color and research shows that the disparity in wages has a significant long-term impact on the earnings of women of all backgrounds.

In New Jersey, the amount today’s wage gap would cost a woman over a 40-year career, known as the “lifetime wage gap,” is \$477,080. Compared to a white man, over a 40-year career, it would cost an African American woman \$1.2 million, a Latina \$1.7 million, an Asian American woman \$416,560, and a Native American woman \$1.2 million, according to **research** from the National Women’s Law Center. If wages continue to change at the current pace, women in New Jersey will not see equal pay until the year 2055, the Institute for Women’s Policy Research reported.

The senators’ legislation (S992) would make changes to New Jersey’s laws to combat pay discrimination by creating greater transparency surrounding compensation and greater protections for employees. It would prohibit unequal pay for “substantially similar” work, and would require an employer to demonstrate a different rate of compensation is the result of specific factors, such as training and education. It would restart the statute of limitations each time a paycheck is issued in furtherance of discrimination, reflecting language in the federal Lilly Ledbetter Act; however, it would allow back pay for the entire period of time in which the violation is continuous, if it continues to occur within the statute of limitations, a provision that is stronger than the federal law’s two-year cap.

The bill was approved with bipartisan support in both houses and sent to the governor’s desk in March.

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NEW JERSEY WOMEN Trailblazers in Businesses

NJPRO celebrates Women's History Month by recognizing and sharing notable contributions of New Jersey women to the state's businesses.




Antionette Guinby Scudder bought a paper mill and transformed it into the iconic Paper Mill Playhouse in Millburn.



Bayonne's seamstress **Ida Rosenthal** invented the brassiere in the 1920s and manufactured it for many years in her Bayonne Maiden Form Brassiere Company, later the Maidenform Company.




Clara Barton was the founder of both the American Red Cross and the state's first free public school in Bordentown.



Jennie E. Precker, a lawyer, founded the Susan B. Anthony Building and Loan Association in Newark, the first bank in the world whose entire staff (officers and directors included) was all women.



Campbell Soup, a Fortune 500 company located in Camden, is led by President and CEO, **Denise Morrison**.



Dr. Virginia Apgar of Westfield, creator of the routinely used Apgar score for newborns, was the first woman to lead a department at Columbia Presbyterian Medical Center.



Women own businesses across every industry sector in New Jersey. Those with the highest percentage were professional, scientific, and technical services (16%); healthcare and social assistance (15%); and real estate and rental/leasing (9%).
2012 Survey of Business Owners.

36%

As of January 2016, 36% of New Jersey's public research universities, state colleges and universities, independent colleges, and community colleges have a female President (16 female presidents in total).
New Jersey Office of the Secretary of Higher Education.



In 2014, women were a major part of New Jersey's labor force, working in healthcare and social services (77%), educational services (69%), retail trade (46%), finance and insurance (46%) and real estate (45%).
2010-2014 American Community Survey 5-Year Estimates.

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 **Legislative Update**
CONNORS, RUMPF & GOVE



9th District

[Home](#) | [Facebook](#) | [Twitter](#)

senconnors@njleg.org

609-693-6700

[Connors, Rumpf & Gove: Determine Sexual Predators' Risk of Re-Offense Before Their Release from Prison](#)

 Like  Share  Tweet



Connors, Rumpf and Gove have reintroduced legislation to require that a sexual offender's risk of re-offense be determined prior to release from incarceration.

[Click for Full Story](#)

[Connors, Rumpf & Gove Vote to Fight Status Quo on State's Dysfunctional School Aid Formula](#)



Connors, Rumpf and Gove voted against a measure that protects the status quo of underfunding the majority of suburban and rural school districts.

[Click for Full Story](#)

[SCOSA Hosting Free “Successful Aging Festival” on 5/19 at Stockton’s Campus Center](#)



STOCKTON UNIVERSITY Channel 9

Save the Date

Stockton Center on Successful Aging
Aging Successfully Festival 2016

Thursday, May 19, 2016
9 am - 4 pm
Free Admission

Celebrating Older Americans Month - Blaze a Trail to Stockton
Stockton University Campus Center
101 Vera King Farris Drive, Galloway, NJ 08205.

The Stockton Center on Successful Aging (SCOSA) at Stockton University is hosting a Successful Aging Festival on Thursday, May 19th from 9 a.m. to 3:30 p.m. in Stockton’s Campus Center. The event is free and open to the public.

[Click for Full Story](#)



Stand up paddle boarding (SUP), is becoming more and more popular each year. It is a great way to enjoy the water, spend time with friends, and exercise, while staying out of the gym. It is a great workout for your core, uses your leg muscles for balance, and your arms, back and shoulders to help maneuver through the water. It is really a cross training activity using cardio and strength training. A great benefit to be aware of is that it can be very relaxing and a great way to relieve stress, which always imposes a negative impact to your body and mind. I have personally found that stand-up paddle boarding has been an excellent stress coping method for me. The experience of being outdoors with the sun shining on you and the water beneath your feet is always a breathtaking one. Once I get out on the water and start paddling, I can literally feel my body and mind relaxing as I get into the paddling rhythm. Now, I incorporate practicing yoga while paddle boarding. It adds a whole new dimension of balance to the activity. This can be a lot of fun as well as very challenging. I am still on the road to perfecting my balance and have landed in the water while striking a pose, but its all in good fun. Practice makes perfect. So as the weather gets warmer, try something a little different...Just SUP!

Evonne Bonamassa
Wildtree by Evonne



Reading Corner
Author: Stephen King
Title: The Bazaar of Bad Dreams: Stories



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:



Use your Keyboard to launch Taskbar programs:

Your Taskbar is the bar that runs across the bottom of your computer screen. Just to the right of your "Start Button" where you will have programs that can be launched by clicking on them once.

Another way to open a program without leaving your keyboard would be to press the "Windows" Key on your keyboard along with a number from 1-0. On most keyboards you will find one of these keys on the left side of the bottom row and one on the right side of the bottom row of keys. It is the key with the "Windows" logo on it - the same one you find on your "Start" button (although, with Windows 8, 8.1 and 10 - it now has become a bit more square and less colorful - but nonetheless still the same logo).

Note, starting from the first program just to the right of the "Start" button, would be the first program and pressing the "Windows" key with one finger and then the number "1" with another finger would launch that program. And, then the #2, #3, and so on for each following.

Info:

Programs = these are your programs (ie...Microsoft Word, Windows Media Player, Browsers, Windows/File Explorer, etc...), also know as applications (the more prominently used term these days).

Taskbar = this is the bar at the bottom of your computer screen. At the very left bottom corner the "Start" button sits and then to the right of it are all the pinned programs/application and at the very right bottom corner, you have your time/date and just to the left of this are your programs that start up when you turn on your computer.

Launch = this is what you do when you open your browser or a program/application. One might say, "Launch your browser".

Browser = this is the program you launch to visit websites; Internet Explorer, Chrome, Mozilla, Safari, etc...

Thank you.

--

Lisa A. Gambino

Certified Computer Technician and Professional Secretary

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



Business and
Professional
Women's
Foundation

Why you should care about
EQUAL PAY DAY 2016!



Join the BPW Foundation and thousands of women across the United States in a national day of action against unfair pay.

According to the U.S. Census Bureau, women are paid only 79 cents for every dollar a man is paid. In 2016, Tuesday, April 12th symbolizes the day that the average wages paid to American women finally catch up to the wages paid to men from the previous year. By now, most of us have been working over 3 months more to make the same amount of money as men!

As many of you know, BPW has long been at the forefront of championing equal pay for working women. To find out more about the relevant issues that matter to all of us, check out our updated BPWF website, www.bpwfoundation.org.

As you ramp up for your annual state BPW meetings, we also invite you to register on our new BPWF Community page to post about topics and local events -- even share photos from your local organizations! Go to: <http://bpwfoundation.org/community-login/>

Onward!

Roz

Roslyn Ridgeway, Chair
Board of Trustees
Business and Professional Women's Foundation

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Our mailing address is:
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www.bpwsoc.org

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