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Business and Professional Women Southern Ocean County

May 2018 Newsletter

www.bpwsoc.org

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April Showers bring May Flowers!

Happy May to all!

We had our 2nd Ladies Night Out last week and what a great time we had! We had Psychics, Tricky Tray Baskets and a super spread of finger foods at the Captain's Inn last week. At our next meeting (May 8th), we will have the results of funds raised. Also, we will have the awards for Scholarships announced. We will award Scholarships at our June meeting. Thank you to all members and non-members alike that helped out to make this a really great event. Women working together can do some powerful things, as we all have seen! Thanks again to everyone!

Wishing everyone a very Happy May and Mother's Day! Summer is coming and we will be out and about for some fun times - join us!

Our Officer's Meeting tonight will be at the Tiki Bar at The Captain's Inn. You are welcome to join us!

Enjoy this month and if you have anything you wish to share, contact us.

Visit www.BPWSOC.org for dates and times.

Thank you all for your time and looking forward to seeing you at our next meeting (at Kristy's Casual Dining) on Tuesday, May 8, 2018 at 6:30pm, meet up earlier if you wish to chat with anyone who arrives earlier.

Lisa Gambino

President

www.BPWSOC.org



Facebook



Website



BPWSOC Meetings are held the 2nd

Tuesday

of each month at 6:30 PM

(come earlier 6 PM for

Networking/Mingling)

at [Kristy's Casual Dining in Waretown](#)

APRIL WAS MEMBERSHIP
RENEWAL MONTH.

PLEASE RENEW YOUR
MEMBERSHIP (\$50.00)

THIS MONTH.

[2018 Schedule](#)

[April 26](#) - Ladies Night Out - Psychic



MEMBER BIRTHDAYS:

Jennifer Armstrong - May 30

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



"Once a child learns to use a library, the
doors to learning are always open."

Laura Bush

Fair Fundraiser

May 8 - BPWSOC Meeting

June 12 - BPWSOC Meeting-

Scholarship Awards and Installation of
Officers

July 10 - BPWSOC Meeting

August 14 - Saturday Night Fever

(Surflight Dinner Theatre Fundraiser) in
lieu of 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.

***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

Unconfirmed at this time. Check back or just join us that night!



www.BPWSOC.org

April 26 - Ladies Night Out - Psychic Fair Fundraiser

May 8- BPWSOC MEETING - MEMBERSHIP RENEWAL REMINDER

June 12 - BPWSOC Meeting- Scholarship Awards and Installation of Officers

July 10 - BPWSOC Meeting

August 14 - Saturday Night Fever (Surflight Dinner Theatre Fundraiser) in lieu of BPWSOC Meeting

Stockwell Financial

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.

AX THE PINK TAX (CLICK ON THE LINK FOR THIS IMPORTANT REPORT)

<https://axthepinktax.com/>



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Will you commit to fighting back for students' rights?

Plain and simple: students should be able to go to schools free from sex

discrimination.

But U.S. Secretary of Education Betsy DeVos has [already taken action](#) to roll back protections for survivors of sexual assault under the law. The Department of Education has stated that it plans to change Title IX's regulations, which could weaken students' civil rights and federal enforcement of Title IX. They've indicated the process could start as early as this month. We're ready to fight back. Are you?

Instances of sexual violence and discrimination interfere with students' ability to learn, and they have no place in our schools. We must speak out against any attacks on Title IX that attempt to diminish protections for students.

1. [Click here to read up on Secretary DeVos' actions and what they mean for equitable access to education for women and girls.](#)
2. [Then, pledge to take part in AAUW's campaign to protect Title IX.](#) We'll provide you with timely reminders, tools, talking points, and resources you need to make your voice heard once the Department of Education kicks off the regulatory process.

Now is our opportunity to let the Department of Education know we won't stand for any rollbacks to students' Title IX rights. Commit to speaking up to protect equity in education during this critical time.

TAKE ACTION!

AAUW
[1310 L St. NW, Suite 1000](#)
[Washington, DC 20005](#)

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New Jersey Assembly Passes Six New Gun Control Measures
But Southern Ocean County's Assembly Members Support Only One
 Apr 04, 2018

New Jersey is on the cusp of making its already strict gun control laws even stricter,

although it is doing so mostly without the support of Southern Ocean County's representatives in Trenton.

Several states, fearing that nothing will ever get done in Washington, have taken matters into their own hands and passed or are in the progress of passing new gun control laws in the wake of the Valentine's Day massacre at Marjory Stoneman Douglas High School in Parkland and the resulting wave of school walkouts and March For Our Lives demonstrations. Some are loath to pass such legislation. Vermont, where hunting is a passion, has some of the laxest gun laws in the country, a point with which Hillary Clinton pounded its junior senator, Bernie Sanders, in the 2016 Democratic presidential primaries. Indeed, carry permits, either open or concealed, aren't required in the Green Mountain State. But Parkland and the February arrest of an 18-year-old who was discovered with detailed plans to shoot up a Vermont high school spurred the state's lawmakers as never before, and they passed a bill that raises the age for purchasing a firearm to 21, imposes universal background checks for all gun purchases, bans the sale of bump stocks and partially bans high-capacity magazines.

Meanwhile, a bill that would allow police to take firearms and explosives away from people judged to be an extreme risk to themselves or others is winding its way through the legislative process after the Vermont Senate approved it by a 30-0 vote. One senator, Randy Brock, a Republican who is an NRA member with an A-plus rating from the group explained his vote by saying, "This is not a gun control law. This is a lunatic control law."

Florida is certainly known as an NRA bastion. But Parkland, along with dedicated Marjory Stoneman Douglas survivors, provided the impetus to push through legislation that raised the minimum age to buy a gun to 21, imposed a three-day waiting period on gun purchases and banned bump stocks.

Other states, decidedly "blue," also ramped up their gun control efforts. It isn't surprising that a ballot initiative has been proposed in Oregon that would restrict the sale, production and ownership of assault weapons and high-capacity magazines or that the governor of Rhode Island issued a "red flag" executive order that urges law enforcement to use "all available legal steps" to remove firearms from those who have shown warning signs such as making threats of violence either in person or online.

Nor is it particularly shocking that New Jersey is ratcheting up its gun control efforts. After all, Democrats control the Assembly by a 54-to-26 count and the Senate, 25 to 15. And the bane of gun control advocates, former Republican Gov. Chris Christie, is gone, replaced by Democrat Phil Murphy.

A half-dozen new gun control bills were passed by the New Jersey Assembly last week despite vehement opposition by Second Amendment supporters. Only one, far and away the least controversial, was supported by Southern Ocean County's Assembly members.

A-1217 allows for judges to issue restraining orders that would seize the guns of people determined to be a significant risk to themselves or others after a household member or law enforcement officer files a petition to do so. The order, which would

also ban such people from purchasing firearms, could be in effect for up to a year. The bill passed easily, 59-12 with three members not voting and five abstaining. That means at least some Republicans had to cross the aisle. But 9th District Assemblyman Brian E. Rumpf cast one of the no votes; Assemblywoman DiAnne C. Gove abstained. Both are Republicans.

A-1181 allows law enforcement to confiscate the firearms of those deemed dangerous to themselves or others by certain mental health professionals. It passed even more easily than its abovementioned cousin – 62-7 with three non-voters and seven abstentions. Rumpf, again, was one of the no votes; Gove again abstained.

A-2758, which would make it much harder for a person to obtain a carry permit (opponents say it would make it impossible except for ex-law enforcement officers), was controversial. It passed 48-26, with those same three non-votes along with two abstentions. Rumpf and Gove were both against it.

A-2757, which requires private gun sales to go through licensed gun dealers and a background check during the process, passed by a 62-10 count, along with four abstentions and three non-voters. Once again, both Rumpf and Gove opposed the measure.

The 9th District duo did vote yes on A-2759, which bans armor-piercing bullets. That vote was almost unanimous, with nobody voting against it and only one abstention.

But Rumpf and Gove voted no on A-2761, which limits magazines to 10 rounds, down from the current 15. It, too, was controversial, passing by a relatively close 48-25-3-3 count.

The major reason A-2761 was hotly debated is that there are many firearms that don't employ clips but rather have self-contained magazines. That's especially true for .22 rifles.

So the bill had exemptions. One exempts semi-automatic .22 rifles with an "attached tubular magazine" and specifically mentions the popular Marlin Model 60. It also allows current owners to permanently modify existing weapons. Former police officers who are authorized to possess and carry a handgun in New Jersey can also carry a magazine holding up to 15 rounds.

Indeed, owners of weapons with a magazine capacity of between 11 and 15 rounds that cannot be permanently modified will be able to keep said weapons. But to do so they'll have to register with the state, and they'll have to pay \$50 for that privilege.

If owners of such weapons chooses not to modify or register their guns with a magazine capacity of more than 10 rounds they'll have to surrender those weapons within 180 days of the law taking effect.



4 Simple Tips to get that Summer Body

1. Fasted Cardio - This puts your body in a state of EPOC (Excess Post-Oxygen Consumption). Just take 20-30 minutes to run on treadmill or some other type of high-intensity cardio. What this means is, your body will continue to burn calories for the rest of the day, even when you are not doing anything, best used in the morning. I recommend taking amino acids right after to avoid unnecessary muscle break down. I've even heard of people taking amino acids for hydration during the workout. Make sure you eat right after your workout, you will need to replenish ASAP.

2. Train Legs - Since they are the largest limb, you burn the most calories by using them. Pick a moderate weight and perform 15-20 reps, but make sure you feel a lactic acid burn, that is how you know your training is challenging you muscles. Try Leg Extensions, or Leg Curls after running.

3. Don't just focus on Abs - Focus on full body exercises, as those will burn the most calories. Everyone who has a 6 pack that I've seen, also has ripped arms and legs usually. But definitely choose some challenging core exercises to incorporate into your training. The abs are not just for aesthetics, but are critical in every movement you perform in your daily life.

4. Don't Focus on Losing Fat, Focus on Building Muscle - Having developed muscles will NOT make you bulky, it can make you toned. You just need to know how to train the muscles. Focus on increasing cardio vascular ability, this will inherently assist you in losing weight, but you are choosing a more positive way to position your goal in your mind.

Healthy regards,

Frank Kellogg

Certified Personal Trainer, AAAI-ISMA

Taekwondo Black Belt of 12 years

Krav Maga/Self-Defense Practitioner of 12 years

Yoga Practitioner of 6 years

Health & Wellness Consultant

Founder of Kellogg Fitness

"Be Healthy, Be Protected"

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Reading Corner

Author: Owen King and Steven King

Title: Sleeping Beauties

Author: Susan Guckin

Title: The Camouflaged Heart

Note: Susan 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: 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:



Antivirus Software

I cannot stress it enough, "Antivirus Software, updates for it and your Operating System, as well as due diligence and some basic common sense, are your only defense". But, remember, this does not mean that you still can not or will not get a virus, it just means that you are practicing the only safety measures you can while being connected to the World Wide Web. Some safety is better than no safety.

If you think your Computer or other device is infected - the only defense is to shutdown and/or disconnect from the Internet. If you do not, you risk all of your data being stolen or further damage to your device.

Thank you and be safe!

Lisa G

A 2 Z Computer Help

www.A2ZComputerHelp.com

lisag@A2ZComputerHelp.com

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



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Working women helping women work | www.bpwfoundation.org

Greetings

What is it like to be 100 years old? In about two years, we'll all find out when 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



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Business and Professional Women's Foundation

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BPW Foundation is a 501 (c) (3) research and education organization. The work of BPW Foundation supports workforce development programs and workplace policies that recognize the diverse needs of working women, communities and businesses.

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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 – 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 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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