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Business and Professional Women Southern Ocean County

May 2019 Newsletter

www.bpwsoc.org

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Dear Members of BPWSOC,

What a great month March was for us! We had our tea social at 600 Main that was rescheduled from February and we had a lovely paint night at The Captain's Inn! Christina Unalt was an excellent instructor that helped each and every one of us bring out our inner artist, regardless of our experience or ability. The paintings turned out beautifully and it was such a great experience for all. Thank you to all who attended our events, as these events are a great support to our scholarship fund! Your contribution, friendship, and company have been so appreciated. We hope to see you at our upcoming events this summer.

We are still accepting scholarship applications, if you know someone who would like to apply, please direct them to our website to download an application form or please reach out to one of our members.

The warmer months are bringing in lots of fun for BPWSOC. In June, we look forward to our annual scholarship awards dinner, as well as, the induction of new officers. In July we have our informal social

meeting at The Captain's Inn Tiki Bar and in August, we look forward to our annual Surflight Theater dinner and outing.

The May 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)

MEMBER BIRTHDAYS:

Jennifer D. Armstrong - May 30

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

REMINDER! YOUR



"I have learned over the years that when one's mind is made up this diminishes fear. Knowing what must be one does away with

ANNUAL DUES SHOULD
BE PAID BY JUNE 1,
2019

WE HAVE RAISED THE
DUES TO \$75.00.

2019 Schedule

May 14 - BPWSOC Meeting

May 18 - BPWNJ Foundation 100th

Anniversary Celebration

June 11 - BPWSOC Meeting -

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)

September 10 - BPWSOC

Meeting

September 29 - BPWSOC Psychic

Night Scholarship Fundraiser

fear."

Rosa Parks



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
NETWORKING!!!**



2019 SCHOLARSHIP APPLICATIONS ARE AVAILABLE FOR YOU
TO DOWNLOAD AND APPLY! [click here](#)



www.BPWSOC.org

May 14 - BPWSOC Meeting at Conca D'Oro, Lacey NJ



Save the Date!
**BPWNJ 100th
Anniversary Luncheon
May 18, 2019**



*Business &
Professional Women
New Jersey*

1919-2019

[Visit BPW/New Jersey Foundation, Inc.](http://www.BPWNewJerseyFoundation.com)



At the May meeting we will be voting on our proposed slate of officers for 2019 - 2020. The Candidates are:

President: Cyndy Friedland
Vice President: No Candidate
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:



What is a Web Browser?

To access the World Wide Web, you need to launch a browser.

Examples of the various Web Browsers that most of us use are:

- Internet Explorer
- Microsoft Edge (the newer replacement for Internet Explorer - Windows 10)
- Google Chrome
- Mozilla Firefox
- Apple Safari

Your browser interprets and formats the information contained in a website, and displays it on your computer screen.

Thank you,

Lisa A. Gambino
Certified Computer Technician & Professional (Virtual) Assistant
A 2 Z Computer Help
www.A2ZComputerHelp.com
lisag@A2ZComputerHelp.com
Home Office: 732-237-9704

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



Reading Corner

Author: Sam Kashner

Title: The Fabulous Bouvier Sisters

Author: Susan Guckin

Title: The Camouflaged Heart

Note: Susan Guckin is President 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

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

21. Beware of suspicious vehicles with no window of tinted windows, these could be kidnappers. Don't walk too close.
22. Be sure to practice safety with your self-defense weapons, under pressure; for example, pepper spray!
23. If by yourself and approached head-on by a group, you may cross the street instead of walking opposite of them.
24. Remember to avoid the "4 Stupids": Don't do stupid things with stupid people, in stupid places at stupid times..
25. Carry a large metal flashlight in your car and in your bedroom. It can double as

a blunt object and blinding light..
(26 to 30 next month)

When women
support each other,
incredible things
happen.



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



facebook NJ's 9th Legislative District 

[Click here to visit Connors, Rumpf & Gove on Facebook and LIKE their page!](#)



9th District

[Home](#) | [Facebook](#) | [Twitter](#)
senconnors@njleg.org
609-693-6700

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

[Rights Bill](#)

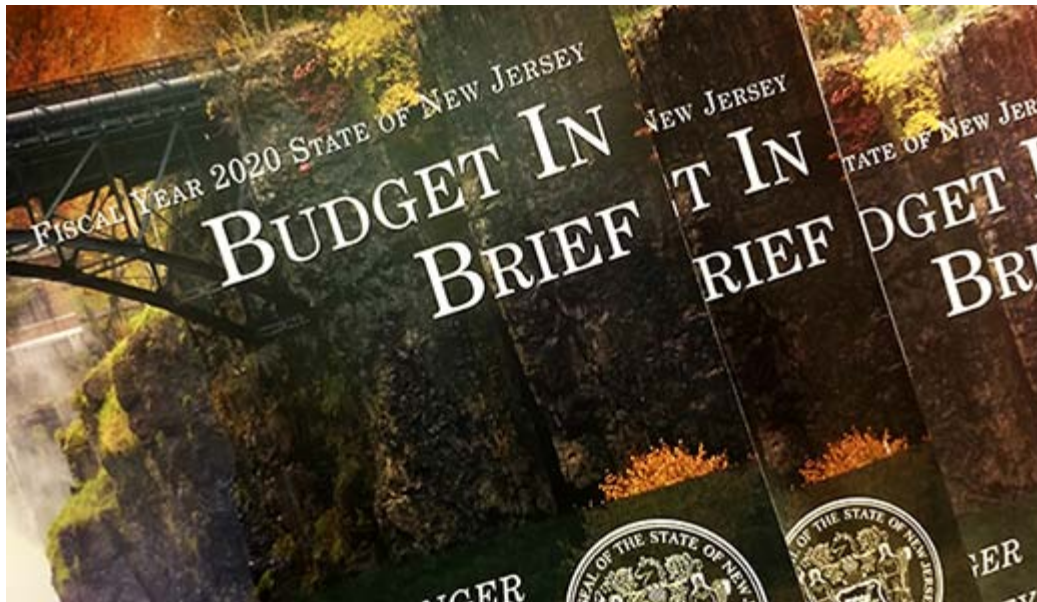


District 9 lawmakers introduce legislation that aims to mandate wage garnishment and participation in enforced community service for certain criminal defendants who fail to make restitution to their victims.

[Click for Full Story](#)

[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](#)

[SCOSA Hosting Free “Successful Aging Festival” on 5/16 at Stockton’s Campus Center](#)



2019 Annual Successful Aging
Festival
Thursday May 16, 2019



CONNECT, CREATE, CONTRIBUTE MAY 2019

The Stockton Center on Successful Aging (SCOSA) at Stockton University is hosting a Successful Aging Festival, free and open to the public, on Thursday, May 16 from 10 a.m. to 2 p.m. in Stockton's Campus Center.

[Click for Full Story](#)

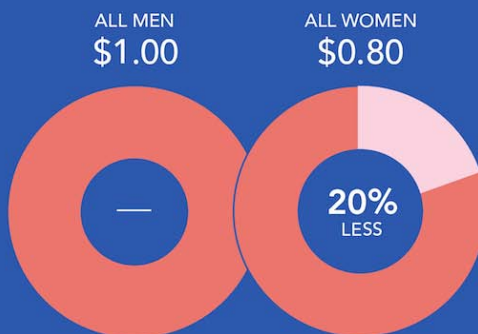


LEAN IN

APRIL 2019

#EQUALPAY

On average, women in the U.S. are paid 20% less than men.



LEAN IN

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.

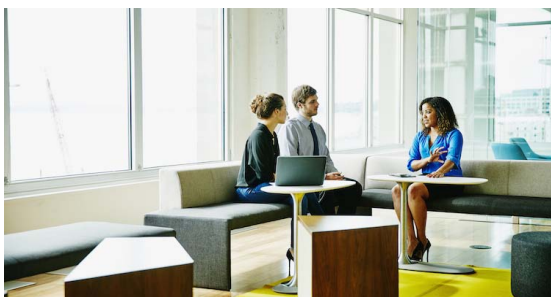
[Read the steps](#)



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



<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

[View this email in your browser](#)

Business and Professional Women's Foundation

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Business and Professional Women's Foundation

Working women helping women work | 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 – 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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