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Business and Professional Women Southern Ocean County

November 2018 Newsletter

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Dear Members of BPWSOC,

Welcome to the month of thanks and gratitude! November brings people together in gratitude for all that life has to offer, but for us at BPWSOC we are grateful for one another every single day.

The friendships, camaraderie, support, and professional relationships help each of us to grow in our own way. Thank you to each of you for sharing what we do to support women and our community.

In October we had guest speaker John R. Fugazzi join us to speak about the “Helping Brands” of “Neighbors-helping-Neighbors” [www.nhnusa.org](http://www.nhnusa.org) workforce support program and career education program and “Women Helping Women”. [www.helping-Women.org](http://www.helping-Women.org), which aims to create partnerships with local women’s groups who can pull together information and resources to help make this effort successful. Please visit their websites for a wealth of information, support, leadership, and resources that may help you or someone you know.

In November we welcome Frank Kellogg, martial arts instructor and self-defense instructor. Mr. Kellogg teaches women about modern-day techniques to defend themselves in situations that could be dangerous. We are looking forward to learning something that may be new to many of us. Please join us for an interesting talk and demonstration.

A big thank you goes out to our Halloween Committee members and all those who attended and helped with our Halloween Psychic Night! The planning was fast and furious over just a period of 3-4 weeks, but we put our heads together and mobilized to make it all happen. We have a great group of women working together to help support other women through scholarships. Thanks so much to all who helped with planning, attending, decorating, arranging, providing items to raffle off and to all of the wonderful members of the surrounding communities who came to support us. What a fun night for all!

On a final note, thank you so much to our members for continuing to make community connections with the wonderful guest speakers we have had at our meetings. It is making a difference for everyone. Meetings will be held at Conca D'Oro Italian 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



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BPWSOC Meetings are held the 2nd  
Tuesday  
of each month at 6:30 PM at Conca



#### MEMBER BIRTHDAYS:

There are no member birthdays  
this month.

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

D'oro, 778 Lacey Road, Forked River,

NJ

(come earlier 6 PM for

Networking/Mingling)

**PLEASE RENEW YOUR  
MEMBERSHIP (\$50.00), if you  
haven't already.**

2018 Schedule

November 6 - VOTE

November 13 - BPWSOC Meeting

December 11 - 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!!!



"Remember no effort that we make to attain something beautiful is ever lost."

***Helen Keller***



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

Frank Kellog will discuss and demonstrate Self-Defense.

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

November 13 - BPWSOC Meeting

Thank you all for your unprecedented support of our scholarship fundraiser.

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# 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.*



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

***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 desperately 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



# IT'S MY VOTE



A A U W    A C T I O N    F U N D

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Election Day is less than a month away — and it's time to make our voices heard.

As the recent fight over the Supreme Court nomination so clearly demonstrated, politicians and policy makers are routinely making decisions about issues that directly impact women. From our paychecks to paid leave, access to reproductive health care to access to education, our lives are on the line — but more often than not, those conversations lack women's voices.

To create real change, women must be part of the conversation — and the most powerful way for us to chime in is at the polls.

As we enter this season of political punditry and campaign promises, it's more important than ever to identify those who would best represent our values from those who would roll back our rights. AAUW and the AAUW

Action Fund are dedicated to making sure every woman is registered and has the information she needs to cast her vote. And on November 6, our voices and our votes will make a difference.

The AAUW Action Fund just released updated get out the vote (GOTV) resources for the 2018 election. Here's how you can use these tools to engage your community:

- Learn where candidates stand on issues of importance to women and girls – and hold them accountable to their commitments. The [AAUW Action Fund Voter Issue Guide](#)\* is designed to help you get your candidates on the record about the issues that impact us most. Take it to town halls or candidate forums and speak up!
- Spark conversation among both candidates and voters alike by calling attention to incumbents' voting records. The [AAUW Action Fund Congressional Voting Record](#)\* scores each elected federal legislator on the votes they cast and bills they cosponsored on issues that are critical to our mission. See where your elected officials stand, then use our [letter to the editor resource](#) to craft the perfect piece to get the word out in your local paper.
- Get out the vote in your community. Voter and civic education can be critical in enhancing women's participation in elections. Our [voter guide templates](#)\* can be used to create a nonpartisan guide to your candidates' positions on issues like equal pay, education, and reproductive rights. You can also find more suggestions for successful voter registration, turnout, and education campaigns in our [GOTV tool kit](#).

Between now and Election Day, let's start conversations about the issues that affect our families and communities. We need to ask tough questions, jumpstart the discussion, and determine where our candidates stand.

Feeling motivated? Now's the time to carry that energy to the polls. After all, when women vote, we change the conversation.

\*Copies of these resources can be ordered through the [upcoming events form](#). Only affiliates with 501(c)(4) tax status may distribute AAUW Action Fund materials.

empowered by  salsa



**Women weren't given the right to vote, they fought for it. Remember that in November.**



Mindful Health Tip:

Adding stretching to your morning routine can boost circulation, aid digestion, and ease back pain.



*(This health tip was provided by Susie Guckin, President of BPWSOC)*

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Reading Corner

Author: Steven Colbert

Title: Whose Boat is This?

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 [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

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## Computer Tips:



Did you know that there was an...

**INTERNATIONAL CAPS LOCK DAY!**

10/22/18

It is a whole day dedicated to the thing that drives most people crazy -- text that is written in ALL CAPITALIZED LETTERS.

International Caps Lock Day was created in 2000 by Drek Arnold of Iowa. This holiday began as a parody. It was intended to poke fun at those individuals who unnecessarily capitalize letters, words, and phrases. The day

became so popular with internet users that it is now celebrated twice a year -- on June 28th and on October 22nd.

Hit your caps lock button and celebrate INTERNATIONAL CAPS LOCK DAY!

Lisa A. Gambino  
Vice President, Webmaster  
Business and Professional Women Southern Ocean County

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

A2Z Computer Help

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

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

Tel: 732-237-9704

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



Business and  
Professional  
Women's  
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? 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, BPWF 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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e: [foundation@bpwfoundation.org](mailto:foundation@bpwfoundation.org)

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](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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