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Business and Professional Women Southern Ocean County  
 November 2019 Newsletter  
[www.bpwsoc.org](http://www.bpwsoc.org)

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Facebook Website

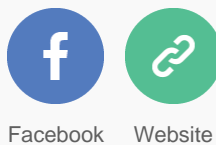
Last week I needed to make a Shiva call. If you do not know what that is, in the Jewish religion it is paying respects to the deceased person's family, similar to a wake. It is customary to bring something to comfort the family, in my case...it's food!!! I make a cheese noodle dish called Kugel. My recipe is from a girlfriend's grandmother's recipe and it's yummy. When I make this dish I always make two of them, one to give and one to share. I find when I bake, which isn't too often, it gives me a chance to reminisce about family..I use my Mother's mixing bowl, a whisk that I bought while shopping with a special cousin, and of course the person that has passed and their family. I feel I am "mixing up family memories" as I bake.

In making the journey from New Jersey to Long Island I joined two cousins for the ride. When they saw the home made Kugel they couldn't wait for this to be served at the house of mourning. They both tried several times to have the deed done but were not successful. I finally had to tell them my baking story, that I brought each of them a container with Kugel to take home. They were amazed that I would do that. "Why not, it's easy to make two, just use two bowls!!" Why do I mention this...sharing is a great way to show that we care...for friends and family, and strangers as well. With the holidays approaching, how can we share our special gifts of friendship, encouragement, paying it forward. Let's think about this and what we can do individually and as

"Sisters".

Cyndy Friedland  
BPWSOC President

*November 12ths meeting is going to be sooo interesting. Tommy Lynch will be joining us to reveal how he discovered his mystical powers!! His path will be interesting and enlightening to hear, so be sure to join us. For those of you that participated in our Psychic Fair, Tommy was one of our psychics. Everyone was intrigued with their readings. He will not be doing reading but will provide us with empowering inspirations!! Looking forward to seeing you on Tuesday, November 12th.*



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:

There are no November birthdays on my list.  
If your birthday is in November and we missed  
you, please let us know. Happy Birthday!



**This is where we send**

2019 Schedule

November 12 - BPWSOC Meeting

December 10 - BPWSOC Holiday

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**

**NETWORKING!!!**



Our Scholarship Awards are given out each year at our June Meeting. You can [download an application](#) to apply on our website, each year, by April 30th. (Note: new Applications for the coming

**Sunshine to a Member who has had a celebration or we're sending wishes to get well or sympathy.**

All the best wishes to everyone and thank you for your thoughtfulness!



**"I wish there was a way I could wave a magic wand and put back when people were respectful of each other and the Congress was working for the good of the country and not just along party lines."**

**Justice Ruth Bader Ginsburg**



Rosie the Riveter is a cultural icon of the United States, representing the

year will be available in December)

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.



Our Fall Psychic Night was a great success! Thanks to all that came out and everyone that helped put it together!



### GUEST SPEAKER

Our guest speaker for this month will be:

[The Amazing "Tommy Lynch"](#)

(come visit us and hear Tommy's story)

We promise, it will be interesting!

Congregation Sha'arey Ha-Yam is hosting a Craft and Vendor Fair on Sunday, November 17th at the Ocean Acres Community Center in Manahawkin. We have spaces available for crafters and vendors; 10 x 10 spaces are \$35. and 10 x 20 spaces for \$50. Tables are available to rent at \$10. Set up starts at 8 AM and the event hours are 10 AM to 3 PM. If you are interested in promoting your business and/or products, kindly contact Cyndy Friedland at 609-698-4459 and leave a message.



## Computer Tips:



Be sure to inspect your email messages. Just because you see what you may think is your friend's name - does not mean it is your friend (look at the email address). The name may be duped and they are trying to get you to click on a link that will most definitely be a scam and or a virus. Don't do it!

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Lisa A. Gambino



Certified Computer Technician & Professional (Virtual) Assistant

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### Reading Corner

Author: Danielle Steel

Title: In His Father's Footsteps

Author: Susan Guckin

Title: The Camouflaged Heart

Note: Susan Guckin is Past President of

BPWSOC

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## 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

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World Mental Health Day was Thurs Oct 10th focused on suicide prevention. Every 40 seconds, someone loses their life to suicide.

<https://www.who.int/news-room/events/detail/2019/10/10/default-calendar/world-mental-health-day-2019-focus-on-suicide-prevention>

<https://wfmh.global/world-mental-health-day-2019/>

<https://www.google.com/amp/s/beebulletin.com/world-mental-health-day/amp/>

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When women  
support each other,  
incredible things  
happen.



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



## Legislative Update **SENATOR CHRIS CONNORS**



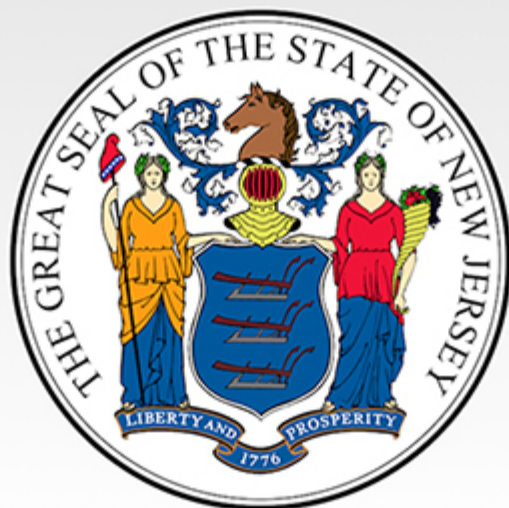
### **Senator Chris Connors (R-9)**

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

[senconnors@njleg.org](mailto:senconnors@njleg.org)

609-693-6700

### [Connors, Rumpf & Gove Support Establishment of Oyster Creek Safety Advisory Panel](#)



Connors, Rumpf & Gove expressed support for the Oyster Creek Safety Advisory Panel that the Murphy Administration recently

announced.

[Click for Full Story](#)

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## [Connors, Rumpf & Gove: Release of Illegal Alien & Suspected Child Rapist More Reason to Fight Sanctuary State Policies](#)



Connors, Rumpf, and Gove highlight the absurdity of sanctuary state policies that resulted in the release of an illegal alien and suspected child rapist.

[Click for Full Story](#)

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## [Connors, Rumpf & Gove Deliver Petitions Signed by Thousands Who Oppose Common Interest Community Legislation to Trenton](#)





To alert the governor and speaker to the intense level of public opposition, the 9th District Delegation provided petitions with more than 5,000 signatures all vehemently opposed to S-2425.

[Click for Full Story](#)

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## [October is Breast Cancer Awareness Month in New Jersey](#)



Share





October is Breast Cancer Awareness Month in New Jersey. We all stand together in combating this terrible disease. Information on the State's cancer-related efforts can be found on the NJ Dept. of Health's official website. Click-through for details.

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equity express

a newsletter from AAUW

October 2019

*"The next time a woman — especially a woman of color, because she stands to make 52 cents on the dollar compared to her white, male counterpart — tells you what she needs in order to do her job, listen to her. Believe her."*

— Emmy-winning actor Michelle Williams





AAUW 2016–17 American Fellow [Joan Morgan](#).

## Don't Be Shy about Self-Promotion

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It's not your imagination: Women are often held to a double-standard in the workplace. They are more likely than men to be perceived as “pushy” when they ask for a higher salary or promotion based on their accomplishments. But when they don't, they are penalized in their pocketbooks.

It's no wonder recent research shows that 7 in 10 women would rather minimize their successes than share them with others. But hiding your value is not the answer.

While self-promotion can be tricky for women, it's also necessary. Because the silent work ethic that won us A's in school won't get us to the C-suite at work. Here are three tips from AAUW's CEO on [how to show the world all the value you bring to it](#).

## Did You Know?

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Southern-Fried Equity. Until recently, Alabama was one of only two states (along with Mississippi) that didn't have any pay-equity protections. But in 2019, Alabama passed a law requiring equal pay for employees who perform equal work and barring employers from retaliating against job applicants who refuse to provide their wage history.

[READ THE STORY](#)

Uncover Your Bias. Like it or not, we all have biases. The good news is we can learn about them to minimize any unfair impact they may have at work. AAUW collaborated with Project Implicit and Harvard University researchers to create a test to gauge our gender-based assumptions.

[TAKE THE TEST](#)

## Two-Minute Activist: Paycheck Fairness

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The U.S. Census Bureau recently released new wage data, and we've crunched the numbers: [women on average still make just 82% of what men are paid](#), and the gap is even worse for most women of color. [Check out the pay gap in your state and congressional district](#). Then, put that data into action by urging your legislators to support strong equity legislation like the Paycheck Fairness Act.

[ACT NOW TO SUPPORT PAYCHECK FAIRNESS](#)

## Equity in the News

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When *Forbes* released a list of America's 100 innovative leaders that included only one woman, Girls Who Code founder Reshma Saujani and more than 50 women CEOs weighed in to say, "Hi, we exist!" [NPR](#)

Dozens of Taylor Swift fans have tagged the *You Need to Calm Down* singer on social media asking for her help with their student debt. Worth a try, Swifties. [ELLE](#)

Of the top 25 best cities for women's pay, nearly half are in California or Texas (six cities in each state). [SMART ASSET](#)

## Where Are They Now?

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As a kid, Kristina Halona was obsessed with anything that flew. She remembers the exact moment when she looked up at a low-flying jet traveling over the isolated Navajo reservation in Arizona where she grew up.



Halona [launched her own career](#) with the help of an [AAUW Selected Professions Fellowship](#) in 2008, while she was pursuing a master's degree in engineering at George Washington

University.

Today, she is working with Northrop Grumman as the program manager of the Antares Systems Engineering Group. Antares is a rocket whose mission is to take cargo to the astronauts living at the International Space Station.

“As a Navajo I grew up in a matriarchal society. The woman is everything,” said Halona. “Our mother is the main person of the household and she is the leader, which isn’t like American society where males traditionally lead the household and are the breadwinners. I think this aspect of my culture helped me to take on the STEM field.”

Read more about this remarkable woman on [this post from Wogrammer](#), an organization on a mission to inspire women and girls to pursue careers in STEM.

## Now Share This

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Knowledge is power, and @AAUW wants more women to use its resources to learn how to negotiate a better salary and benefits. Sign up for the free salary negotiation course today: <http://salary.aauw.org>. [SHARE ON TWITTER](#)

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# 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](mailto: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

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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? 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

## 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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excluding holidays

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