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Business and Professional Women Southern Ocean County

October 2019 Newsletter

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Our Psychic Fair which we held at The Captain's Inn Friday September 27th was a grand success!!! Our Psychics, Tommy, Kasandra, Harold and medium Nick gave us great insight to our present and future auras. If you have never had the experience to know what signs meant, this was the perfect opportunity to gain this type of insight. My experience with Nick the Medium was spot on with what signs and messages from my loved ones that have passed on brought clarity to many unanswered questions. But enough of my experience. Members and guests that attended had a marvelous evening out; meeting new ladies with a chance to make new friends. That was a plus for everyone. We also had the opportunity to welcome a new member, Jakki Gioia Tigar who is the owner of Divine Creations Aromatherapy and a Spiritual Counselor and Healer. We are thrilled to have her as a "sister".

Thank you to our members Lisa Gambino, who designed our flyers, handled donations on our website for reservations and kept the readings on time with her stop watch; Susie Guckin Sullivan for arranging payments thru Eventbrite; Pat Stochlinski and Donna Montana for handling check

ins and squeezing in the extra walk ins that needed to have a reading. Thanks to our members that participated in attending and inviting friends and family to our event. Debra Abromowitz Kay of The Captain's Inn provided a lovely setting for us and an outstanding hot and cold buffet for us. Her staff was attentive to all our needs and assisted in making our event run smoothly. We look forward to planning another Psychic Event with added Psychics and possible a second Medium. Stay tuned...

We all are professionals with demanding schedules that keep us on the go from our first cup of coffee to cocktails or dessert. Making a commitment to participate in our meetings and events is part of the special bond we all share. Once a month we have a dinner meeting and a chance to share our work and personal experiences. We are a congenial group of gals that enjoy each other's company and support. We are a unique group that shares and cares about our members which seems to be rare in today's world but our relationships are what make us special. Thank you all for being fabulous members.

I will not be attending this month's meeting as it is Yom Kippur, our day of atonement. As I just celebrated the New Year of 5780, some could say "We're back to the 80's", I wish you all a Sweet, Healthy and Happy New Year, and that you will be inscribed in the book of life for another year.

Best regards to all,

Cyndy Friedland
President 2019-2020



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BPWSOC Meetings are held the
2nd Tuesday of each month -



MEMBER BIRTHDAYS:

Carol Lieber - October 6

Jessica Quackenbush - October 17

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

6:30 PM at...[Conca D'oro](#)

778 Lacey Road, Forked River,

NJ

(unless otherwise noted)

(come earlier 6 PM for

Networking/Mingling)

[2019 Schedule](#)

[October 8 - BPWSOC Meeting](#)

[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!!!



This is where we send 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!



"The art of acting morally is behaving as if everything we do matters."

Gloria Steinem

Scholarships

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 year will be available in December)



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.



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:

[Karen Kirtin from Mary's Place by the Sea in Ocean Grove](#)

This is a respite home for women who are dealing with cancer by providing any services in a serene setting by the sea.

Please join us as we welcome Karen and hear about the many ways Mary's by the Sea supports the challenges they face.

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

Susie Guckin is Past President of BPWSOC



Computer Tips:



Windows 10 has a great keyboard shortcut for the "Snip & Sketch" tool:

Press all keys at once Windows Key + Shift Key + S

This will open up the "Snip & Sketch" app for smart screenshots.

You can also click here to read all about it or get it for your Windows 10 Computer:

<https://www.microsoft.com/en-us/p/snip-sketch/9mz95kl8mr0l?activetab=pivot:overviewtab>

Thank you,

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Lisa A. Gambino

Certified Computer Technician & Professional (Virtual) Assistant

A 2 Z Computer Help

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lisag@A2ZComputerHelp.com

Home Office: 732-237-9704

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



Reading Corner

Author: Georgia Hunter

Title: We Were the Lucky Ones

Author: Susan Guckin

Title: The Camouflaged Heart

Note: Susan Guckin is Past 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 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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www.sororityselfdefense.com IS NOW LIVE!!!

If you are receiving this e-mail you are given my gratitude, because you were kind enough to give me your business, your time, and/or your trust to provide my services to your organization. You may have been a previous mentor of mine, or a friend who has given me critical feedback, and for that you are appreciated. This

business has the purpose of educating and preventing violent crime, sexual assault, and harassment against women through self defense, safety awareness, and empowerment. If you know any individual or group who could benefit from this purpose, please refer them to www.sororityselfdefense.com.

I serve:

- Sororities (colleges/universities)
- Fitness Studios/Gyms
- Yoga Studios
- Sports Teams
- Businesses
- anyone else on request

Locations include:

- New Jersey
- Pennsylvania
- New York
- Delaware
- North Carolina
- anywhere else on request

My new business e-mail is frank@sororityselfdefense.com, but I will continue to respond to e-mails to "sororityselfdefense@gmail.com" from the new e-mail account.

Please continue to follow my social media for women's self-defense, safety awareness, and empowerment content:

Instagram: @sorority.self.defense

Facebook: "Sorority Self Defense"

Website was build by the team at Lets B Media. www.letsbmedia.com

If you have any comments, questions, concerns or even feedback please feel free to let me know directly via e-mail. Your feedback makes what I do better for the next audience...pay it forward :)

Safe and kind regards,

Frank Kellogg

2nd Degree Taekwondo Black Belt

Krav Maga/Self-Defense Practitioner of 12 years

Founder of Sorority Self Defense

(609) 879-1379

frank@sororityselfdefense.com

Website: www.sororityselfdefense.com

Instagram: @sorority.self.defense

Facebook: Sorority Self Defense

When women
support each other,
incredible things
happen.



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



LEGISLATION



Senator Chris Connors (R-9)

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

senconnors@njleg.org

609-693-6700

[Connors, Rumpf & Gove: Keep Pressure on to Stop Murphy from Giving Driver's Licenses to Illegal Aliens](#)





Connors, Rumpf & Gove are warning residents that Gov. Phil Murphy remains committed to advancing legislation that would permit illegal aliens to receive New Jersey driver's licenses.

[Click for Full Story](#)

[Connors, Rumpf & Gove: State Should Reimburse Towns For Cost of Disabled Veterans' Property Tax Exemption](#)



Connors, Rumpf & Gove are calling for committee consideration of their legislation to require the State to reimburse towns for the cost of exempting disabled veterans from paying property taxes.

[Click for Full Story](#)

[Connors, Rumpf & Gove Will Introduce Legislation to Extend Veterans Tax Exemption to Surviving Spouses](#)



Connors, Rumpf & Gove will introduce legislation to make surviving spouses eligible for the annual veterans' exemption under the New Jersey gross income tax.

[Click for Full Story](#)

[Connors, Rumpf & Gove Support New Anti-Corruption Law Targeting Public Pensions](#)



Connors, Rumpf & Gove praised the recent signing of legislation expanding the scope of State anti-corruption laws.

[Click for Full Story](#)

[Connors, Rumpf & Gove Praise Signing of Law Doubling Veterans' Tax Exemption](#)



Connors, Rumpf & Gove praised the recent signing of a law doubling the veterans' income tax exemption from \$3,000 to \$6,000, and called for the passage of legislation exempting combat pay from the state income tax.

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equity express

a newsletter from AAUW 

August 2019

"Never be limited by other people's limited imaginations."

— Mae Jemison, the first black woman to travel in space and 1994 AAUW Woman of Distinction and 2007 Achievement Awardee



4 Hurdles to Successful Salary Negotiation — And How to Overcome Them

Talking to an employer — or a prospective one — about money is never easy. Some people find it so challenging, in fact, that they quickly accept the first salary offer that comes with a new job. Or they hesitate to ask for a raise, even when they're 110% certain they deserve one.

That's not the wisest way to go. Most employers fully expect to negotiate and build funds into their compensation budget for just that reason. That's why it's critical to face your fears and tackle them head on. As they say, you never get what you don't ask for.

Here are [four hurdles to overcome](#) when negotiating salary — and advice on how to do it.

Did You Know?

Love Her to the Moon. In 1969, the same year Neil Armstrong and Buzz Aldrin walked on the moon, longtime AAUW member Nancy Grace Roman won NASA's Exceptional Scientific Achievement Medal. Roman, who died last year, was NASA's first chief astronomer. And she occasionally explained a thing or two to the Apollo 11 astronauts.

[TAKE A LOOK](#)

Helping History-Makers. In 1888, scholar Ida Street received AAUW's first fellowship in the amount of \$350. Today, AAUW is one of the largest funding sources for women's graduate education, awarding \$4.3 million to 270 women and community projects for the 2019–20 academic year.

[READ THE STORY](#)

Now Pay Them! The U.S. Women's National Soccer Team crushed it in the Women's World Cup last month and they continue to fight for equal pay. So, during their parade in New York City, we threw some ticker-tape their way — on Twitter.

[PERUSE THE PARADE](#)

Two-Minute Activist: Raise the Minimum Wage

The federal minimum wage hasn't budged since 2009. As a result, millions of workers across the country — particularly women — struggle to make ends meet. On July 18, the U.S. House of Representatives [passed](#) the Raise the Wage Act, which would gradually lift the minimum wage over the next several years. Now it's up to the Senate to move this critical legislation forward.

[ACT NOW TO SUPPORT THE RAISE THE WAGE ACT](#)

Equity in the News

Dallas-based restaurant group Dick's Last Resort has pledged to add "chicks" to its name if the U.S. Women's National Soccer Team gets equal pay. Thanks ... we guess?

[GUIDELIVE](#)

After years of glacial change, women now hold more than 1 in 4 corporate board seats.

[THE NEW YORK TIMES](#)

A recent study found that the uninterrupted leisure time of most mothers lasted, on average, no more than 10 minutes at a stretch.

[THE GUARDIAN](#)

Where Are They Now?

Heather Boushey's first book, [Finding Time: The Economics of Work-Life Conflict](#), was hailed by *Vogue* as "the feminist econ book you never knew you needed." In it, the 1997–98 AAUW American Fellow pointed out that many households are led by women



breadwinners, yet policies still assume there's a wife at home to take care of the family.

Today, Boushey is president and CEO of the [Washington Center for Equitable Growth](#), and she's tackling income inequality on a broad scale. She has a new book coming out this fall called [Unbound: How Inequality Constricts Our Economy and What We Can Do about It](#). Boushey was recently featured on a list of [16 Powerhouse Female Economists](#), and, in May, she edited a multi-chapter report from Brookings, titled [Recession ready: Fiscal policies to stabilize the American economy](#).

In June, Boushey was interviewed on a [MarketPlace](#) podcast exploring why CEOs' salaries are increasing at twice the rate of ordinary wages. "[Equitable growth] doesn't have to be oxymoronic," she said. "We used to be a country where, when the economy grew, people up and down the income spectrum grew, and ... the evidence points to the fact that we can do it again."

Now Share This

AAUW is teaming up with General Assembly, an education and tech company, to offer a free, online #salarynegotiation webinar on Aug. 20! Sign up at <https://aauw.us/aauwworksmartatga> and help us spread the word by telling #5WomenYouKnow about it. @AAUW @GA

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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



<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

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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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Washington, DC 20036

T: [\(202\) 293-1100](tel:2022931100)

M-F, 9AM to 5PM EST,
excluding holidays

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