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Business and Professional Women Southern Ocean County  
August 2016 Newsletter  
[www.bpwsoc.org](http://www.bpwsoc.org)

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## PRESIDENTS LETTER

August 2016

Happy Hot and Heavy August!

Well, it would not be Summer if it weren't HOT!

Hope everyone is enjoying their Summer (Hot or Cool), it's all beautiful! Summer is in full swing these days and I know I am busier than any bee out there and I am enjoying the Summer months to the fullest!

We had a really great meeting last month with lots of ideas and suggestions for our upcoming events. So, we have our annual Networking event that will get underway for probably late September or beginning of October. There are always so many other events and we try to not get in the way of the others so everyone can hopefully enjoy all they may be involved with. We are still working on our Pocket Book Bingo event for which we do have I believe 9 pocket books and our goal is 10 or more, which will represent how many games will be played that night. The event will most likely be in the Spring of 2017. We also have Macy's Shop for a Cause coming up on the weekend of 8/26 through 8/28 (this year it is 3 days, instead of just the one Saturday), this is nice and it gives people a better chance to be able to get out and shop if they so wish. We have the special Shopping Passes, put out by Macy's, which are \$5.00 each. Remember all of the events we have, the proceeds go toward our Scholarship Awards which are awarded each year at our June

Meeting.

Hope to see you at our next meeting on August 9th at Kristy's Casual Dining in Waretown - the meeting starts at 630pm and some of us try to arrive earlier to mingle and network with each other or with new guests or members - see you there!

Thanks and have a great Summer!

Lisa Gambino

President

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

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BPWSOC Upcoming events for 2016  
Meetings are held the second Tuesday  
of each month at 6:30PM (come earlier  
6PM for Networking) at [Kristy's Casual  
Dining in Waretown](#)

IF YOU HAVE NOT DONE  
SO, IT IS TIME TO  
RENEW YOUR  
MEMBERSHIP



MEMBER BIRTHDAYS:

Stephanie Stockwell - August 9

Gina Dinkey - August 13

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

August 9 - BPWSOC Meeting

GUEST SPEAKER: Maria Todaro -  
BPWSOC member

August 26th to 28th - **Macy's Shop for  
a Cause Fundraiser**

September 13 - BPWSOC Meeting

October 11 - BPWSOC Meeting

November 8 - BPWSOC Meeting

December 13 - 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!!!



"Do things for people not  
because of who they are  
or what they do in return,  
but because of who you  
are."

**Mother Teresa**



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

Our Guest Speaker this month will be Maria Todaro BPWSOC member, owner of Livin the Dream Consulting.

Maria Todaro CEO/Founder - Livin the Dream Consulting

6 Kansas Rd Little Egg Harbor NJ. 080087

877-887-7766 C-717-645-8767

Maria Todaro is the CEO/Founder of LIVIN the DREAM Consulting and has been working in the business world since 1980. She graduated from Lock Haven University with a Bachelor's degree in Social Work and is a Certified Leadership Coach and Member of the John Maxwell Team.

### Notable Achievements

Maria's most notable achievements are her children. She has 2 Daughters, Veronica and Denni, a son Ryan and 2 granddaughters, Saige and Hailey. Her children have brought her challenges over the years but ultimately brought more joy and love than any heart can hold and her first priority in life !

In addition to her children, other notable achievements are she helped start the Big Brothers/ Big Sister's Program of Harrisburg, Named Women of the Year in 1983, Founding member and former Board of Directors President of Central Pennsylvania Association of Female Executives, CEO/Owner of Choice Nursing, Current member of America Business Women's Association, Professional Women's Association, National Association of Female Executives, Business and Professional Women (NJ &PA), New Jersey Association of Women Business Owners and ZONTA. Maria has always strived to support women through organizations and mentor-ship.

Maria was born in Easton Pa. and moved to Hanover Pa when she was 9 as her Father had been transferred through work. Maria lived in Hanover until she graduated from college. After graduation her first job landed her in Harrisburg Pa working with Catholic Charities where she worked as a house parent and then Big Brothers/Big Sisters. From Social Work she moved into sales in both Women and Men's retail fashion. She moved quickly up the Corporate ladder. Wanting to start a family Maria decided to change career paths and move into Healthcare where she spent the last 28 years, from Staffing Coordinator and HR co coordinator for Harrisburg Hospital to Director of Operations for several Home Health/Staffing Companies to Owner of her own Home Health and Staffing company, Choice Nursing.

With the staffing Industry coming to an end once again Maria needed to change

direction, while staying in Health Care she felt her journey in Eldercare was complete when she went to work for Compassionate Care Hospice. Maria worked in Hospice for the last 9 years and is very grateful to Compassionate Care for allowing her to transfer back to Bethlehem Pa where her mother was living. This transfer allowed Maria to care for her mother in her home through her end of life journey. With that journey complete Maria once again has taken a new direction and launched LIVIN the DREAM Consulting. She provides Leadership Coaching to Business Owners and their teams as well as Strategic Business Solutions. She is servicing clients in New Jersey and Harrisburg Pa.



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

Please note that you can always go to our [website](#) for the latest information and/or ["Members Only"](#) area.

Please support upcoming BPWSOC events:

August 9 - BPWSOC Meeting

August 26th to 28th - **MACY'S SHOP FOR A CAUSE**

POCKETBOOK BINGO - New date coming

For more information about these events

Visit us at [www.bpwsoc.org](http://www.bpwsoc.org).

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***Inventions by Women***  
***Monopoly***

***This popular board game was designed by Elizabeth Magie in 1904, originally called the "Landlord's Game". The purpose of this game was to expose the injustices of unchecked capitalism.***

*Her game was ripped off by Charles Darrow who sold it to Parker Brother's 30 years later. However Parker Brothers later paid Elizabeth \$500 for her game. Gee thanks!*

Support our Scholarship Fund, by purchasing Shopping Passes for you, your friends, family & colleagues! Ask any of us for a pass! Thanks!



## FIND THE **MAGIC** OF GIVING BACK!

**Friday, August 26, 2016**  
**Saturday, August 27, 2016**  
**Sunday, August 28, 2016**

Since 2006, Macy's Shop For A Cause Event has partnered with non-profit organizations nationwide to raise more than \$50 million for their ongoing charitable efforts. This is your chance to be part of this monumental weekend long event.

Shop For A Cause gives you the opportunity to give back to your community and to help our organization. Purchase a \$5 Shopping Pass\* for exclusive savings in every Macy's store on Friday, August 26 – Sunday, August 28, and we keep 100% of the proceeds, plus you can enter to win a \$500 Macy's Gift Card.

Find the magic of giving back, as Macy's celebrates a national day of support for our community.



\*Some exclusions and restrictions apply. For more information or to purchase a pass contact: \_\_\_\_\_



**Tell your Member of Congress: Take a stand to support Title IX today!**

In the more than 44 years since President Richard Nixon signed into law Title IX of the Education Amendments of 1972, girls and women have made great strides in education. Despite tremendous progress, however, inequality in education still exists. Reports that school environments are hostile because of sexual harassment, assault, or violence have become routine, and it doesn't stop there...

[But you can make a difference. Click here to tell your \(Senator/Representative\) to support Title IX today and co-sponsor the Patsy T. Mink Gender Equity in Education Act!](#)

Sen. Mazie Hirono (D-HI) and Rep. Louise Slaughter (D-NY) have introduced the Patsy T. Mink Gender Equity in Education Act (GEEA) to tackle sex discrimination in all areas of education. Critically, GEEA supports the work of thousands of Title IX coordinators by providing annual training and competitive grants to K-12 schools, colleges, local educational agencies, and states to support their gender equity work.



This bill will amplify the great work of AAUW members across the country to inform and resource Title IX coordinators in local communities.

[Tell your Member of Congress to support Title IX and co-sponsor GEEA today!](#)

By co-sponsoring this bill, your representatives will be standing up for the rights of all students to equal educational opportunity. Everyday instances of sex discrimination, such as those experienced by LGBT youth, women pursuing education in STEM fields, and pregnant & parenting students, affect the ability of all students—male and female—to get the most out of their education. When they cannot succeed, our country is limited in its ability to produce skilled workers for an increasingly competitive global marketplace.

[Urge your Member of Congress today to co-sponsor GEEA, and stand up for Title IX!](#)

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## [9th District-Supported “Combat to College Act” Passes Senate](#)

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The Senate passed legislation by Connors, Rumpf & Gove which would grant military service members and veterans living in the state priority in registering for courses at a public institution of higher education.

[Click for Full Story](#)

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## [Connors-Rumpf-Gove-Supported Bill Requiring Turnpike Meetings in South Jersey Advances](#)

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Legislation by Connors, Rumpf and Gove requiring at least two regular meetings each year of the New Jersey Turnpike Authority in South Jersey was released by the Senate Transportation Committee.

[Click for Full Story](#)

## [9th District-Supported Bill Requires Pledge of Allegiance & U.S. Flag at All Public Meetings](#)



All public bodies would be required to display the United States flag and recite the Pledge of Allegiance at the beginning of meetings under legislation sponsored by Sen. Christopher J. Connors.

[Click for Full Story](#)

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## [Connors, Rumpf & Gove Veterans' Housing Initiative Passes Senate](#)



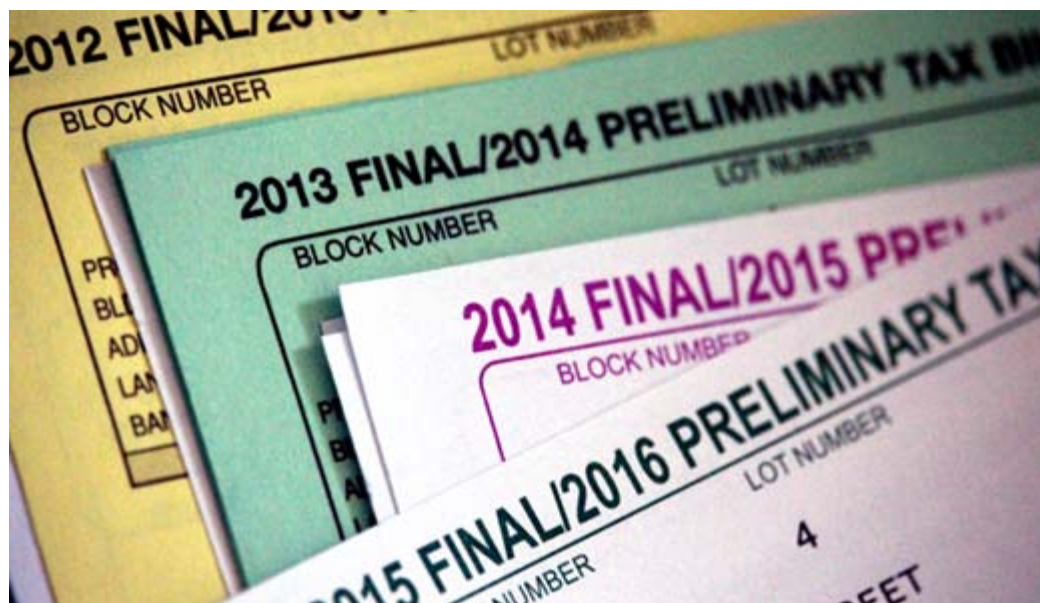
Legislation sponsored by Connors, Rumpf & Gove to expand housing opportunities for veterans has been passed by the New Jersey Senate.

[Click for Full Story](#)

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## [Property Tax Reimbursement \(Senior Freeze\) Filing Deadline Extended](#)





The filing deadline for 2015 Senior Freeze (Property Tax Reimbursement Program) applications has been extended to October 17, 2016.

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Health Tip

Iron is absorbed the best on an empty stomach.

Foods that you should NOT eat at the same time as you take your iron include:

- o High fiber foods, such as whole grains, raw vegetables, and bran
  
- o Foods or drinks with caffeine

Some doctors suggest taking a vitamin C supplement or drinking orange juice with your iron pill. This can help the iron absorb into your body. Drinking 8 ounces of fluid with an iron pill is also ok.

Source: <https://medlineplus.gov/ency/article/007478.htm>



Reading Corner

Author: Susie Guckin

Title: The Camouflaged Heart

Note: Susie 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](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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## Computer Tips:



To sync Contacts with your iPhone or iPad:

- open the settings app
- click on Mail, Contacts, Calendars -- Add Account -- and choose Google
- type your email (Gmail Account) address and password



-click Next

-switch "Contacts" on. If you see a pop up, choose whether you want to keep or delete existing Contact on you device before you sync Google Contacts (I would suggest you keep what is already on your device, so that they add to Google Contacts).

-at the top, click Save

-to begin syncing, open your Contacts app.

To sync Contacts with your Android device:

When you add your Google Account to your Android phone or tablet, your Contacts will sync automatically.

This is a great feature that Google's Gmail/Contacts service has and a good way to not have to worry about ever losing your Contacts if your phone crashes, explodes, gets lost or whatever, because all of your Contacts will be in your Gmail Account.

Thank you.

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Lisa A. Gambino

Certified Computer Technician and Professional Secretary

A 2 Z Computer Help

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



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Women's Foundation

Working women helping women work | [www.bpwfoundation.org](http://www.bpwfoundation.org)

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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