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Business and Professional Women Southern Ocean County
 March 2016 Newsletter
www.bpwsoc.org

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PRESIDENTS LETTER

March 2016

How fitting that our meeting falls on International Women's Day (IWD):

Originally called International Working Women's Day, is celebrated on March 8 every year. In different regions the focus of the celebrations ranges from general celebration of respect, appreciation, and love towards women to a celebration for women's economic, political, and social achievements.

In honor of Women's History Month, just some Timelines and Facts from Diversity Inc. where you can find the full data as we continue to be strong and proud of all accomplishments:

1840 Catherine Brewer becomes first woman to receive a bachelor's degree, from Georgia Female College (now Wesleyan College) in Macon, GA

1920 19th Amendment gives women the right to vote

1967 Muriel Siebert becomes first woman to own a seat on the New York Stock Exchange

1972 Katharine Graham of the Washington Post Co. becomes first woman CEO of Fortune 500 Company

1984 Geraldine Ferraro becomes first major-party woman Vice Presidential nominee

1993 Family and Medical Leave Act provides job protection and leave for family, medical issues

2007 Nancy Pelosi becomes first woman Speaker of the House

2012 38.1% of Women earn more than their spouses

2013 Women's earnings are 78.3% of Men's

Also 57.7% Women were awarded Bachelor's Degrees compared to 42.3% of Men

and 58.3% Women were awarded Master's and Doctoral Degrees compared to 41.7% of Men

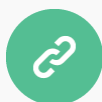
2014 General Motors becomes largest company with a woman CEO (Mary Barra)

I hope to see everyone at the next meeting. Also a reminder that [scholarship applications](#) are due April 15th.

Gina Dinkey, President, BPWSOC



Facebook



Website



MEMBER BIRTHDAYS:

Penny Miller - March 17

Stalo Karamanos - March 20

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

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](#)

MARCH IS WOMEN'S HISTORY MONTH

March 8 - BPWSOC Meeting

GUEST SPEAKER: Linda Worman -

Parliamentarian - BPWNJ member
[April 12](#) - BPWSOC Meeting
[May 10](#) - BPWSOC Meeting
[May 13-14](#) - BPWNJ Conference
[June 14](#) - 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!!!



"The purpose of life, after all, is to live it, to taste experience to the utmost, to reach out eagerly, and without fear, for newer and richer experiences."
Eleanor Roosevelt



GUEST SPEAKER

Our guest speaker this month will be Linda Worman, Parliamentarian and BPWNJ member at large.

Employment: AmerisourceBergen

BPW/New Jersey: Member at Large.
State Federation: President, Vice President, 1st & 2nd Vice President, Treasurer, plus various National, State and District Chairs.

National Federation: Co-Chair of Direct Pay Committee. Has attended many National Conferences and Interim Board Meetings.

Other: Member of National Woman Party, NOW, NAP, Friend of



Action Network: Urge President Barack Obama and the U.S. Senate to Perform Their Constitutional Duties: Fill the U.S. Supreme Court Vacancy

The American Association of University Women (AAUW) joins the nation in mourning the passing of U.S. Supreme Court Justice Antonin Scalia. His untimely passing has left a void at a critical time in the history of the court and the country.

The U.S. Supreme Court has pending cases that will greatly affect the everyday lives of women and their families. It is in the face of losing such a legal giant that we remember how fortunate we are, as a nation, to have a constitutional process to see us smoothly through this transition.

[Take action by urging President Obama and the U.S. Senate to rise above the partisan fray and simply do what the Constitution requires: fairly and expeditiously select and consider a qualified nominee to fill the vacancy.](#)

In so doing, the American people will be reassured that all cases will receive the attention of a fully functioning court. To do anything less could undermine the proud precedent of our constitutional government transitioning peacefully and efficiently, especially election years.

History tells us that there is more than enough time to select and confirm a qualified nominee. Every U.S. Supreme Court nominee since the 1980s has received a prompt hearing and vote within 100 days. The longest wait, Justice Clarence Thomas, took only 99 days, while Justice Sandra Day O'Connor was confirmed in just 33 days. President Obama's two previous nominees received hearings and votes within 88 days. There is almost a full year—more than 330 days—before the next president takes office, more than sufficient time for an orderly and thorough confirmation process.

Gloucester County Library, St Stephen's Episcopal Church of Mullica Hill.

Joining the Business and Professional Women's Club (BPW) of Gloucester County, New Jersey in 1989 after her husband left the service; Linda found her voice in women's issues. Linda has served as Corresponding Secretary, President-Elect, and President of the Gloucester County local. She served as the Public Relations Chairperson, which included being editor of the newsletter, and was on the Fashion Show Scholarship Committee. Linda has worked on the BPW New Jersey Pre-Planning and Educational Committees, and was State Vice President. She served two terms as President of BPW/NJ from 2000-2002, and recently was the Treasurer of the BPW/NJ Foundation. At the BPW national level, Linda served on the Direct Dues Committee, and is currently a member of the BPW/USA ERA Task Force. She has been very active in the ERA campaign, and is a member of the New Jersey ERA Campaign Network and was a founding member of the ERA Summit in Washington DC. She is very active in legislative issues including ERA, Pay Equity, equality in education, and other women's issues. Her enthusiasm and knowledge regarding the ERA has resulted in her being interviewed on radio three times and on television once. Linda is also a Charter Member of the Alice Paul Centennial Foundation.

Linda met her late husband, Wayne, in high school, and they were married for

There is also precedent for confirming a nominee in an election year, even when the U.S. Senate is not controlled by the sitting president's party. Justice Anthony Kennedy was nominated by President Ronald Reagan and confirmed by a Democratic-controlled Senate (97-0).

If the U.S. Senate does not perform its constitutional duty, the U.S. Supreme Court will not have a full complement of justices for the bulk of two court terms—well over a year. This unprecedented delay could have dangerous consequences not only because it creates uncertainty in our courts, but also because it undermines our constitutional system of judicial succession for the highest court in the nation.

[We need your help to urge President Obama and the U.S. Senate to perform their constitutionally appointed duties in the face of a vacancy on the U.S. Supreme Court.](#)

AAUW
1111 16th St NW
Washington, D.C. 20036

over 38 years. Linda, and her son Aaron, a long haul trucker, live in Woodbury Heights, New Jersey. Her eldest son, Lionel, is a computer technician in Wittenberg University, Springfield, Ohio.



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

BPWSOC March 8 meeting

Mark your calendars:

POCKETBOOK BINGO - New date coming

BPWNJ ANNUAL CONFERENCE - May 13-14

For more information about these events

Visit us at www.bpwsoc.org.



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.



Legislative Update **CONNORS, RUMPF & GOVE**

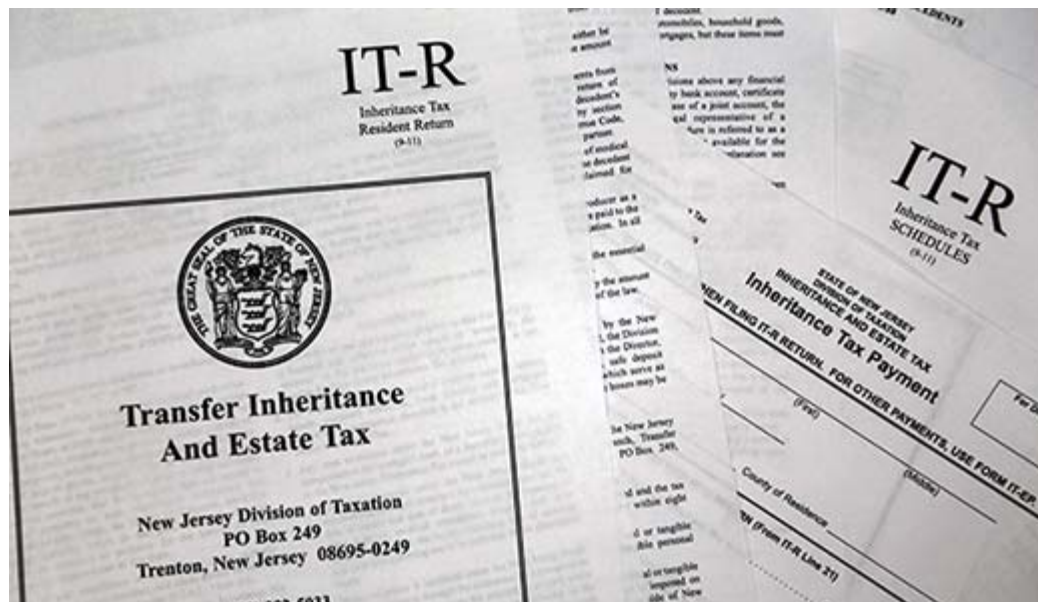


9th District

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[Connors, Rumpf & Gove: Repeal the Death Tax](#)



Remarking on Gov. Christie's State of the State address, Connors, Rumpf and Gove echoed support for repealing New Jersey's Estate Tax, commonly referred to as the 'Death Tax.'

[Click for Full Story](#)

[Connors, Rumpf & Gove Receive Committee Assignments](#)





Connors, Rumpf and Gove of the 9th Legislative District received their committee assignments for the 2016-2017 Legislative Session.

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Compliments of: Evonne Bonamassa

Himalayan Salt Crystal Lamps

They beautify the home and cleanse the air we breathe.

Did you ever notice that after a walk on or near the beach you feel better? It's because we are so polluted with positive ions from all the electronic devices we possess, T.V.'s, Computers, Cell phones... The list can go on and on. When we go to the beach, which is full of negative ions, we neutralize ourselves, causing a more calming effect in our body, mind and soul.

The benefits of ionization are well known to help relieve so many issues such as sleeplessness, allergies and depression. They are effective in eliminating smoke, mold, mildew, dust and pollen. Many doctor's offices have them to project wellness associated from them.

They can be used anywhere in the home to create a serene environment. Their beautiful glow gives such a calming and cozy effect. Restaurants use them to create that perfect ambiance. Those who are into Feng Shui believe that placement can help energy flow. The peacefulness of these lamps are used by many yoga and meditation facilities to contribute to an experience full of peace and tranquility.

So where can you find these beautiful lamps? I have purchased quite a few from my local Walmart, but online is another way to go.



Reading Corner
Author: Adrianna Trigianni
Title: Big Stone Gap



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

Computer Tips:



Disconnecting your Computer from the Internet...

Sometimes we are surfing the internet. Maybe you are googling looking up various ideas, products, services, places, etc.... and all of a sudden you click a link and your computer or the browser freezes. You think, what's wrong with this computer? Well, many times the website you are trying to visit is hacked, corrupt, down or just plain

rouge or taken over by a virus or malware etc....

A really helpful tip is to just plain disconnect from the internet, restart your computer and then run your antivirus software's full scan. Then review results and if ok, restart again, reconnect and launch your browser to see if all is ok. If not, contact your favorite pc tech, no use getting it in a worse state.

How to disconnect from internet:

If you are running a desktop computer or all in one (a tower or a monitor-all in one), most likely you are wired (directly connected with an ethernet cable or the wire that resembles a regular telephone wire but is a bit bigger), then all you do is remove this wire from the back of the computer tower or all in one monitor. If you are connected wirelessly, then you will need to disable the wireless connection. There are many ways to disconnect wirelessly, so I am going to reference this link, <https://answers.stanford.edu/solution/how-do-i-turn-my-wireless-connection> , It's a good interpretation.

Safe surfing and call me with any Q's!

Thank you.

--

Lisa A. Gambino

Certified Computer Technician and Professional Secretary

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Business and
Professional
Women's
Foundation

Business and Professional Women's Foundation ([BPW Foundation](#)) was the first

foundation dedicated to conducting research and providing information solely about working women.

This past year, the BPW Foundation continued implementation of a multi-year strategic plan to transition to a “virtual organization”.

The comprehensive restructuring has encompassed a great deal of thought and effort, as well as many challenges along the way. Once completed, however, we can look forward to a robust online presence that has eliminated the need for expensive office space and overhead, while allowing us to better exchange information with local BPW organizations across the nation. Most importantly, it will provide a cost-efficient, sustainable model to propel BPW into the future.

The first phase — consolidating all five of our related websites into one central online hub – is already underway. The new BPWF portal has been redesigned with a contemporary look and feel, implementing interactive content that reflects current needs and concerns of women in the 21st century workplace. It also preserves valuable research and important achievements of exceptional women who broke through the glass-ceilings in generations past.

The new website, www.bpwfoundation.org, is intended to be an ongoing work in progress. Our goal is to create a definitive Web resource for working women that can provide a wide range of relevant content and mentorship, while giving the BPW Foundation the flexibility to adjust, improve and grow as times change.

Of course, none of this can be fully realized without you, the Legacy partners and supporters who make up the heart of our organization.

By continuing to educate those in your communities about the importance of equal pay and other vital issues, writing your legislators, signing up as mentors for women veterans and supporting BPW Foundation with your contributions, you enable BPW to continue as a true force for women in today's marketplace.

We are humbled and immensely grateful for your ongoing commitment. Please check in at www.bpwfoundation.org for updates and ways to get involved.

Best wishes,

Roslyn Ridgeway, Chair

Board of Trustees

Business and Professional Women's Foundation

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