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

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## PRESIDENTS LETTER

November 2016

November is here!

Welcome everyone and a very happy crisp day to you and yours!

October was a beautiful month and we had our Annual Networking Event at Kristy's Casual Dining. It was a very nice event with Maria Todaro of Livin' The Dream Consulting (our very own member), who spoke about her own journey through her life and career and how she got to where she is now. Everyone has a great story and whether it has been difficult and/or challenging, it's all interesting and part of our life learning experience. We all hopefully get through these times and become the great women that we aspire to be. Many of which are among us in our own communities and organizations, such as ours. As a John Maxwell Certified Coach, Teacher and Speaker - Maria's mission is to create a partnership with businesses and individuals to develop TRUE Leadership Skills, define THEIR Destiny and TRULY Live Their Dream! She can help you develop and implement - Leadership Skills, Operational Policy and Procedure, Marketing strategies, New Business development and Work/Life balance. Feel free to visit Maria's website:

[www.johnmaxwellgroup.com/mariatodaro](http://www.johnmaxwellgroup.com/mariatodaro)

We are getting ready for the Holidays and will be focusing and supporting Guiding Light House again this

year. Julie Lipari will be our Speaker at our next meeting on Wednesday, November 9, 2016 at 6pm at Kristy's Casual Dining - this month we are meeting on "Wednesday" - due to Election Day falling on the 2nd Tuesday, November 8, 2016. We will be accepting and gathering donations for "Julie's Guiding Light House" - a transitional living program For Female Veterans. We feel this is very appropos, since Veteran's Day is November 11th.

As always, we hope you will join us and we look forward to seeing you!

Have a great month and see you at our next meeting on WEDNESDAY, November 9th. Again, this month it is on Wednesday due to Election Day being Tuesday 11/8.

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

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

Certified Computer Technician

A2Z Computer Help

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

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

Home Office: [732-237-9704](tel:732-237-9704)

Keyport Office: [732-847-9275](tel:732-847-9275)

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Facebook Website



BPWSOC Upcoming events for 2016 -  
2017  
Meetings are held the second Tuesday



#### MEMBER BIRTHDAYS:

There are no member birthdays in November.

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

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

2016  
November 8 - ELECTION DAY -  
REMEMBER TO VOTE  
WEDNESDAY [November 9](#) - BPWSOC  
Meeting (Please note change of  
meeting date due to Election Day on  
Tuesday)

[December 13](#) - BPWSOC Meeting  
2017

[January 10](#) - BPWSOC Meeting  
[February 14](#) - BPWSOC Meeting  
[March 14](#) - BPWSOC Meeting  
[April 11](#) - BPWSOC Meeting  
[May 9](#) - BPWSOC Meeting  
[June 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!!!



Susan B. Anthony,  
the famous  
women's rights  
activist believed  
that the voices of  
*ALL* women were  
vital for democratic  
justice.

Today over  
18,000,000 (18  
Million!) women in  
the US who are  
currently eligible to  
vote have not  
even registered.  
Additionally, in  
2014, 60% of  
women who were  
registered didn't  
even vote!

Was Susan B.  
Anthony wrong?  
Do you believe  
that the voice of  
*ALL* women are  
vital for democratic  
justice? Borrow  
some of the  
passionate  
courage and  
steadfast  
conviction of  
Anthony's life --  
register and vote!

"There have  
been others  
also just as  
true and  
devoted to  
the cause - I

wish I could  
name every  
one - but  
with such  
women  
consecrating  
their lives,  
failure is  
impossible!"

***Susan B.  
Anthony***



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.

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## GUEST SPEAKER

This month Julie Lipari will be out Guest Speaker.

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[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:

November 8 - ELECTION DAY - Remember to VOTE  
Wednesday - November 9 - BPWSOC Meeting .  
POCKETBOOK BINGO - Spring 2017

For more information about these events

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

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## 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.***

## *Inventions by Women*

*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!*



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It's get-out-the-vote season! Register for AAUW's GOTV skills trainings today!

AAUW and the AAUW Action Fund *It's My Vote: I Will Be Heard* campaign harnesses the power of AAUW members to register and turn out millennial women voters nationwide. At a time when young women are less likely to vote and with Election Day rapidly approaching, your branch can spring into action to help Get Out The Vote (GOTV) this fall!

In this series of three webinar trainings, you will learn all the information and resources you need to register, educate, and turn out voters. Register for one or attend all three and help to make a difference this Election Day!

[Voter Registration: It's My Vote Training Part I](#)

Date: Wednesday, August 31, 2016

Time: 7–8 p.m. ET

National Voter Registration Day is September 27, so there's no time like the present to plan a voter registration drive in your community! In the first of a three part series, you will learn everything you need to know to host a successful event including tips for maximizing your reach, opportunities to seize, and information about voting rights and protection efforts in the state.

[Voter Education: It's My Vote Training Part II](#)

Date: Wednesday, September 28, 2016

Time: 7–8 p.m. ET

Each election cycle, AAUW members seek to provide all women voters with the information they need to cast their ballots. With so much at stake in this election, our efforts are needed across the country. At this one hour training, you will learn the ins and outs of a successful voter education campaign and tips for you to employ in your branch this fall. From hosting candidate forums and attending town halls to making use of voter guides, and bird dogging candidates, there are so many ways you can help ensure that women voters are educated, able to exercise their right, and encouraged to do so on Election Day.

[Turning Out the Vote on Election Day: It's My Vote Training Part III](#)

Date: Tuesday, October 18, 2016

Time: 7–8 p.m. ET

Once you've helped to register and educate eligible voters, how can you ensure that they show up to the polls? Find out in this one hour webinar, which is the final training of our three part series. You will learn the crucial actions necessary to turning out voters on Election Day and actionable strategies for following up with and getting out the vote via the *It's My Vote: I Will Be Heard* campaign.

# RSVP TODAY!

AAUW Action Fund  
1310 L St. NW, Suite 1000  
Washington, DC 20005

empowered by  salsa



PLEASE REMEMBER TO PREPARE FOR THE UPCOMING ELECTION BY EDUCATING YOURSELF ABOUT THE CANDIDATES AND THEIR PLATFORMS. IT DOESN'T MATTER FOR WHOM YOU VOTE, IT MATTERS THAT YOU VOTE. ***YOUR VOTE MATTERS!***



LIFESTYLE AWARENESS TIP



## Tips to Help You Stress Less

Life is a journey, not a destination.

You have a wealth of wisdom living in your cells, body and mind that are ready to help you unwind and remember inner calm.

Most of these suggestions are not new, but may invite you to cultivate a better relationship to stress.

Turn off the phone, unplug, take a nap, cuddle with your pets or favorite human.

Laugh regularly! Try to get plenty of sleep. Spend time in nature and with friends.

Take deep breaths and stretch breaks during the day.

Try 15 minute Power Naps (we know easier said than done)

Find your smile and share it with others.

Focus on something beautiful regularly.

*Health tip provided by BPWSOC member and scholarship recipient Nicole Reedy*

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### Reading Corner

Author: Susie Guckin

Title: The Camouflaged Heart

Note: Susie Guckin is a member 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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## Computer Tips:



### Laptops/Notebooks:

Laptops and/or Notebooks are the same thing and they are still a computer. There are also tablets and they come in many sizes usually from 7 inches to 11 inches and some a bit bigger. They are made and/or put out by Microsoft (Surface), Apple

(iPad), and various other companies (Androids & Windows). There is a difference still between a tablet and a computer. A laptop is a portable style and fully functional personal computer or Mac. It comes with an attached keyboard and runs full versions of the Windows Operating System or Apple's OS Operating System. Laptops can be used online or offline and they may or may not have a touch screen. A tablet is a device that functions using a touch screen and may or may not have the option to attach a keyboard. The most popular tablets are Android and Apple. When you use an Android tablet you will find apps (which are applications or programs) for your tablet in the Google Play Store (you must set up an account). On an iPad you will find your apps in the iTunes Store (you will need an account). Tablets are designed to work with an internet connection - wirelessly. Also, tablets are pretty much the same as what we now call our "Smart Phones".

So, if you are a person that will need many options, like a direct internet connection (ethernet - for optimal performance), printer, connections to external storage devices, various programs for documents, photos, music etc... you may want a computer. While you can get apps for most of these computer tasks, it will all depend upon what you need to perform and or accomplish with your device. The choice is yours, but if you need to discuss further or need help purchasing and setting up your device, Contact Lisa G at A2Z Computer Help!

Lisa A. Gambino  
Certified Computer Technician & Webmaster  
A 2 Z Computer Help  
[www.A2ZComputerHelp.com](http://www.A2ZComputerHelp.com)  
[lisag@A2ZComputerHelp.com](mailto:lisag@A2ZComputerHelp.com)  
Home Office: [732-237-9704](tel:732-237-9704)

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

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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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Our mailing address is:  
1718 M Street, NW, #148  
Washington, DC 20036  
T: [\(202\) 293-1100](tel:2022931100)  
M-F, 9AM to 5PM EST,  
excluding holidays  
e: [foundation@bpwfoundation.org](mailto:foundation@bpwfoundation.org)

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Business and Professional Women's Foundation · 1718 M Street, NW, #148 · Washington, DC 200036 · USA

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Our mailing address is:

BPWSOC  
P.O. Box 722  
Barneget, NJ 08005

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

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