

Business and Professional Women Southern Ocean County

November 2017 Newsletter

www.bpwsoc.org

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Happy November and the beautiful Season of Fall!, which is in full swing!

Our 1st Halloween - "Haunted Funeral Home Walk" did not get to play out. Well, we all live and learn - something new every day (at least, I do). Apparently we were in need of a Permit (but, no one was aware of this) and when we found out, it was too late. So, next year, in July, we will put in an application for a Permit and we will have our event - so, I hope you stick with us!

Our combo Networking Event with Kearny Bank was on Tuesday, October 24th and what a great night it was! Thanks to all that came out! Kearny Bank and Carmelina Scorsone put on a lovely event for us! Stephanie Stockwell and Maria Todaro were the guest speakers and they spoke beautifully about their businesses. It was great talking and networking with some of the new people I met and I look forward to seeing them again. Hopefully they will join us at our next meeting.

Remember, our main goal is raising funds for our Scholarships and for various Charities that we donate to each year. Any event that we have and/or funds that we raise goes toward them. This, in addition to supporting women and equity in the workplace/workforce is the foundation of Business and Professional Women. Be sure to visit the website for Business and Professional Women Foundation www.bpwfoundation.org there are many resources here for you, too!

Remember this quote from the website:

"We're working women helping women work"

Our next meeting is on Tuesday, November 14th at 6:30 p.m. at Kristy's and this will be our last meeting before our December Holiday Dinner/Meeting. If you are able to join us, please do! We will have our donation to a Charity announced and we will talk about more things coming up in the New Year.

Thank you, hope to see you soon!

Lisa Gambino

President

www.BPWSOC.org



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Website



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!

BPWSOC Upcoming events for 2017

Meetings are held the second Tuesday

of each month at 6:30PM (come earlier

6PM for Networking) at [Kristy's Casual](#)

[Dining in Waretown](#)

2017

November 14 - BPWSOC Meeting

December 12 - BPWSOC Meeting

ADDITIONAL EVENTS WILL BE ADDED AS



**"You never lose by loving. You always
lose by holding back ."**

Barbara De Angelis

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!!!



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

This meeting will be a planning meeting.



www.BPWSOC.org

PLEASE SUPPORT UPCOMING EVENTS/MEETINGS:

November 14 - BPWSOC MEETING



TURNING OVER A NEW LEAF: NAVIGATING THE DIVORCE PROCESS

Starting a new chapter of your life can feel scary and daunting but with the right information and support you don't have to feel stuck.

This informative seminar is the 2nd in our Turning over a New Leaf series and is for anyone wanting some real-world advice and professional guidance on how to navigate the divorce process and protect what's most important to you.

WHEN: Thursday, November 9, 2017

TIME: 5:30 p.m. - 7:00 p.m.

**WHERE: Jennifer D. Armstrong, LLC
40 Bey Lea Road, Suite C204
Toms River, NJ 08753**

Please RSVP by 11/8/17 to:
paralegal@jenniferdarmstronglaw.com or
Contact Tiffany at 732-281-6000
Space is limited



EAT, DRINK
and be *Giving*

Join Us For
A Charity Dinner and Gift Auction Benefiting Woman Veterans At:

Guidinglight House, Inc.

A 501 (c)(3)

Saturday December 2nd 2017 From 5-9 P.M.
Knights of Columbus, 401 Bartley Road, Jackson, NJ
Tickets \$35 Includes Admission and Buffet Dinner

Must Pre-register At: paypal.me/guidinglighthouse by 11.22.17

Limited Seating Available

Tickets For Gift Items Sold Separately



Stockwell Financial

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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
THE MODERN PAPER BAG

Margaret Knight invented a machine that makes square bottomed paper bags in 1871. She almost didn't get credit when Charles Anan tried to steal her work claiming that it wasn't possible for a woman to create this brilliant invention.

(Margaret also invented a safety device for Cotton mills when she was 12. That invention is still being used today.)



Here's How You Can Fight Back against Title IX Rollbacks

Yesterday, AAUW helped to [deliver](#) over 100,000 letters from advocates who urged the Department of

Education to protect and preserve the Title IX guidance that keeps students safe.

But today, Secretary of Education Betsy DeVos announced that she is taking the [first step](#) towards dismantling protections for survivors of campus sexual assault, claiming that existing guidelines have “failed.” According to this logic, the Secretary sees evidence that schools are failing to adequately protect students as a reason to weaken Title IX protections – not enforce them.

[Click here to join AAUW in urging the Department of Education to protect Title IX, preserve all of its current regulations and guidance, and fully enforce the law.](#)

AAUW stands with survivors and remains committed to protecting and defending Title IX. These regulations and guidance have made real progress toward preventing and ending discrimination in our schools. With this progress under attack, now more than ever we need to make our voices heard.

Tell the Department of Education we won't move backward—sign AAUW's petition today.

TAKE ACTION!

AAUW

[1310 L St. NW, Suite 1000](#)

Washington, DC 20005

empowered by  salsa



Don't let Congress defund the equal pay data collection. Call your Representative at [1-855-973-0824](tel:1-855-973-0824) now!

The latest numbers are out and they confirm what we already know – the gender pay gap is persistent and it's pernicious. According to [new data](#) released today, U.S.

women make on average only 80 cents for every dollar men are paid.

To add insult to injury, Congress is now moving to defund a crucial data collection tool that helps employers and enforcers identify pay discrimination.

Let's be clear: voting to defund the equal pay data collection is a vote against equal pay.

This week, the House of Representatives will vote on the FY 2018 Commerce, Justice, Science appropriations bill, which includes language that would defund the Equal Employment Opportunity Commission's collection of summary pay data by gender, race, and ethnicity through the Employer Information Report, known as the EEO-1. This information is invaluable to the fight for fair pay. That's why Representatives DeLauro, Frankel, and Scott have offered an amendment that would restore funding for the EEO-1 pay data collection.

Gina, we can't let this issue go down without a fight.

Call [1-855-973-0824](tel:1-855-973-0824) now to urge your representative to vote YES on the DeLauro/Frankel/Scott amendment to the FY18 Commerce, Justice, Science appropriations bill to restore funding for the equal pay data collection. When you use our phone line, you'll hear a brief script before being connected to the appropriate office. The vote could happen as soon as tonight, so don't wait to make your voice heard.

At our current rate of progress, the gender pay gap won't close for more than a century, but there are actions our lawmakers can take to make pay equity a reality.

Call [1-855-973-0824](tel:1-855-973-0824) now or [send an email](#) to your member of Congress and let them know you won't keep waiting.



Health Tip

[Dietary Fiber, eat more...](#)

Dietary Fiber is found mainly in fruits, vegetables, whole grains and legumes and is probably best known for its ability to prevent or relieve constipation.

[Read the full article for the full details!](#)

Tip by Nicole Reedy

from www.mayoclinic.org



Reading Corner
Author: James Patterson
Title: The Store
Author: Susan Guckin

Title: The Camouflaged Heart

Note: Susan 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 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



Computer Tips:



This month's tip is about Computer Tech Support or "Who ya gonna call"

My personal tip to you is this:

If your computer is not running properly (it is slow, sluggish, jams up/freezes, does not install updates, you see lots of pop-ups (just to mention a few symptoms)), you should call your local "Computer Repair Technician". We can troubleshoot, diagnose and repair or tune up your computer as it should be, without the worry of what might happen next. This is a service that I highly recommend that you have for your computer - at the very least, every six months (many people will do this quarterly or even every month). Think of it like your Dentist (most people go to check/clean their teeth every six month and everyone is recommended to service their car with at least an oil change every 3000 miles or 3 months (whichever comes first). So, just add your computer to one of the 3 most important things to take care of for your daily life to function properly.

Here is a link to one of the technical professionals I follow, which has a more in depth explanation:

https://askbobrankin.com/time_to_call_the_geek_squad.html?awt_l=Bhe2g&awt_m=lmwpsnbZqeP6SL

Thank you always and be safe and enjoy your day!

Lisa A. Gambino
Certified Computer Technician & Professional (Virtual) Assistant
A 2 Z Computer Help

www.A2ZComputerHelp.com

lisag@A2ZComputerHelp.com

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

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Working women helping women work | www.bpwfoundation.org

Greetings

What is it like to be 100 years old? In about two years, we'll all find out when 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



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Business and Professional Women's Foundation

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BPW Foundation is a 501 (c) (3) research and education organization. The work of BPW Foundation supports workforce development programs and workplace policies that recognize the diverse needs of working women, communities and businesses.

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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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