

[Subscribe](#)[Share ▼](#)[Past Issues](#)[Translate ▼](#)[RSS](#) 

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

[View this email in your browser](#)



PRESIDENTS LETTER

September 2016

September is here!

Labor Day has come and gone, kids are back to school and we are all hopefully looking forward to "local" summer! Let's hope for a good two months or so to enjoy more sun and fun the best way we can at the beautiful "Jersey Shore"!

We have some nice events coming up: a Tea and Meditation at Susie Guckin's office for Peaceful Warriors Meditation on Monday, September 26th at 7pm. We also have our Annual Networking Event, which will be held at Kristy's on Thursday, October 13th at 6pm - with our Guest Speaker, Maria Todaro.

If you are driving anywhere for a weekend in the mountains or the city or anywhere else your life takes you, take some time to look at the beauty of this great state we live in as well as the surrounding states. I was recently driving up state New York and the trees and sky and birds were so marvelous that I didn't even realize the traffic and hours it took to get up there and back (well, it was way in the back of my head). I just tried to concentrate on the beauty of nature and the sights on the way. Try it some time and if you like, tell us about it - we would love to hear your stories about your local trips and sights! Visit the website www.BPWSOC.org or drop us an email or visit us at Kristy's, the 2nd Tuesday of each month.

Have a great September and see you at our next meeting on Tuesday, September 13th!

Lisa Gambino
President

www.BPWSOC.org

Certified Computer Technician/Professional Secretary
A 2 Z Computer Help

www.A2ZComputerHelp.com

lisag@A2ZComputerHelp.com

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



Facebook Website



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**

September 13 - BPWSOC Meeting
September 26 - Tea and Meditation
October 11 - BPWSOC Meeting
October 13 - Networking Event- Kristy's
- Speaker: Maria Todaro- Livin the



MEMBER BIRTHDAYS:

Carol Katz Sicheri - September 13
Evonne Bonamassa - September 18

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



Mother
Teresa's

Dream Consulting

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!!!

Anyway Poem

People are often
unreasonable,
illogical and self
centered;

Forgive them
anyway.

If you are kind,
people may
accuse you of
selfish, ulterior
motives;

Be kind anyway.

If you are
successful, you
will win some false
friends and some
true enemies;

Succeed anyway.

If you are honest
and frank, people
may cheat you;

Be honest and
frank anyway.

What you spend
years building,
someone could
destroy overnight;

Build anyway.

If you find serenity
and happiness,
they may be
jealous;

Be happy anyway.

The good you do
today, people will
often forget
tomorrow;

Do good anyway.

Give the world the
best you have,
and it may never
be enough;

Give the world the
best you've got
anyway.

You see, in the
final analysis, it is
between you and
your God;

It was never
between you and
them anyway



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 month there will not be a guest speaker. This meeting will be devoted to planning of our Networking Event, Tea and Meditation and other upcoming activities.



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:

September 13 - BPWSOC Meeting

September 17 - All members are invited to attend a BPW lunch at Maurizio's Pizzeria, 613 Hope Rd., Eatontown, NJ 07724 at 1:00 PM. If you are planning to attend please contact Carol Lieber at mopmopl@aol.com.

September 26 - Tea and Meditation

Monday, September 26, 2016 (7:00pm to 8:30pm)

Tea, Meditation, and Networking for BPWSOC Members

Peaceful Warriors

Contact Information: Susie Guckin

Phone: [609-713-5435](tel:609-713-5435)

E-mail: peacefulwarriormeditation@yahoo.com

Website: www.peacefulwarriormeditation.us

Author Website: www.thecamouflagedheart.com

Office Location: 1044 Lacey Road, Forked River, NJ 08731

(Just off GSP, exit 74)

October 13 - [Networking Event](#) - 6 to 9 PM at Kristy's Casual Dining, Waretown, NJ - Guest Speaker, BPWSOC MEMBER: Maria Todaro, owner of [Livin the Dream Consulting](#).

POCKETBOOK BINGO - Spring 2017

For more information about these events

Visit us at www.bpwsoc.org.



Business and Professional Women
Southern Ocean County

present a

• Networking Event •



Enjoy an evening that includes dinner and networking plus a special Guest Speaker

Maria Todaro

CEO at Livin The Dream Consulting



Livin the Dream Consulting provides Leadership Coaching to Business owners and their Teams, Strategic Business Solutions and Personal Coaching for individuals.

With over 30 years in Business and experience in Executive Management, Direct Marketing and Sales, Operations and HealthCare, and personally going through the process of re-inventing myself many times, I offer a unique perspective on moving your business or your life to the next level. Life is too short to be miserable! Understanding what it means to be a TRUE Leader (having positive influence and inspiring others) affects both your personal and business life. As a Certified Leadership Coach and member of the John Maxwell Team, I offer the tools and unique perspective on living your life and running your business to the fullest. To be

successful in LIFE you need to build Stellar Partnerships with others who can provide the inspiration, tools and implementation you need. No one can do it alone! Our Partnerships in Life are what determine our success!

If you are a business owner who is not seeing the growth in revenue you projected, having staff turn over, or not loving your business - OR - you are an individual who feels stuck, unhappy, and not sure what you want, or ready to re-invent yourself, let's have a conversation!

Livin the Dream Consulting can be Your Partner and Your Success!

Please register via email: info@bpwsoc.org

Thursday, October 13, 2016, 6 - 9 PM

Kristy's Casual Dining

562 Route 9, Waretown, NJ 08758

www.KristysCasualDining.com

• **\$25** (RSVP and pay by 10/1/15) • **\$30 at the door**

Pay by either cash or by check.

Make check payable to BPWSOC and mail to BPWSOC, P.O. Box 722, Barnegat, NJ 08005

www.bpwsoc.org

Inventions by Women

The Fire Escape

The fire escape was invented by Anna Connelly in 1887.



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

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



September Highlights in US Women's History

- September 12, 1910 – Alice Stebbins Wells, a former social worker, becomes the first woman police officer with arrest powers in the U.S. (Los Angeles, CA)
- September 14, 1964 – Helen Keller receives the Presidential Medal of Freedom along with 4 other women: Dr. Lena Edwards, Lynn Fontaine, Dr. Helen Taussig, and Leontyne Price
- September 14, 1975 – Elizabeth Ann Seton is canonized and becomes the first American-born saint, founded the first U.S. Order of the Sisters of Charity of St. Joseph
- September 20, 1973 – Billie Jean King defeats Bobby “No-Broad-Can-Beat-Me” Riggs in the battle of the sexes tennis match
- September 25, 1981 – Sandra Day O'Connor is sworn in as the first woman U.S. Supreme Court Justice
- September 26, 1971 – Rep. Shirley Chisholm (D-New York) announces she will enter the Democratic presidential primaries
- September 26, 1973 – Capt. Lorraine Potter, an American Baptist minister, becomes the first woman U.S. Air Force chaplain
- September 29, 1988 – Stacy Allison becomes first American woman to reach the summit of Mt. Everest



Health Tip

Adult women of all ages are encouraged to perform breast self-exams at least once a month.

“Forty percent of diagnosed breast cancers are detected by women who feel a lump, so establishing a regular breast self-exam is very important.”

How Should A Breast Self-Exam Be Performed?

1) In the Shower

Using the pads of your fingers, move around your entire breast in a circular pattern moving from the outside to the center, checking the entire breast and armpit area. Check both breasts each month feeling for any lump, thickening, or hardened knot. Notice any changes and get lumps evaluated by your healthcare provider.

2) In Front of a Mirror

Visually inspect your breasts with your arms at your sides. Next, raise your arms high overhead.

Look for any changes in the contour, any swelling, or dimpling of the skin, or changes in the nipples. Next, rest your palms on your hips and press firmly to flex your chest muscles. Left and right breasts will not exactly match—few women's breasts do, so look for any dimpling, puckering, or changes, particularly on one side.

3) Lying Down

When lying down, the breast tissue spreads out evenly along the chest wall. Place a pillow under your right shoulder and your right arm behind your head. Using your left hand, move the pads of your fingers around your right breast gently in small circular motions covering the entire breast area and armpit.

Use light, medium, and firm pressure. Squeeze the nipple; check for discharge and lumps. Repeat these steps for your left breast.



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: 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:



Mobile Devices...

It is very important that you charge your mobile device when needed. It is not recommended that you just keep the mobile device plugged into the charger and on your charger overnight. This practice is not good for the device as well as the

battery. A better practice in addition to what is recommended is that you wait for your mobile device to run out and start warning you and then you fully charge it (if this is possible) and you remove it from the charger when it reaches 100%.

Of course, be safe and enjoy these great devices!

Thank you.

--

Lisa A. Gambino

Certified Computer Technician and Professional Secretary

A 2 Z Computer Help

www.A2ZComputerHelp.com

lisag@A2ZComputerHelp.com

vm: 732-237-9704

Keyport Office: 732-847-9275

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

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



Business and
Professional
Women's
Foundation

BPW Foundation

[View this email in your browser](#)



Business and Professional
Women's Foundation

Working women helping women work | 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 – 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

Copyright © 2016, Business and Professional Women's Foundation, All rights reserved.

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

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#)

This email was sent to gdinkey@gmail.com

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

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

MailChimp

Copyright © 2015 BPWSOC, All rights reserved.

Our mailing address is:

BPWSOC

P.O. Box 722

Barneget, NJ 08005

www.bpwsoc.org

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#)