

Business and Professional Women Southern Ocean County

September 2018 Newsletter

www.bpwsoc.org

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Dear Members of BPWSOC,

I would like to offer a great big thank you to all of the members and guests who attended our scholarship fundraising dinner and theatre event on Long Beach Island. We gathered together for fun, conversation, networking, and a delicious dinner at Carmen's Restaurant and then took a lovely stroll over to the Surfflight Theatre for a rousing rendition of the musical "Saturday Night Live!" Each person who attended helped to support our efforts to provide scholarships for women who are looking to further their education and/or build their businesses through education and equipment scholarships. Thank you for being there and for supporting this very important part of who we are as an organization. We appreciated your company, laughter, smiles, and support! We looking forward to seeing you again soon at one of our upcoming events! We have so much to look forward to this Fall! Please share this thank you with the guests that may have attended with you. Their presence made a difference to someone's future.

At our September meeting, we welcome Christian Kane as our guest speaker to discuss a project that will touch so many lives. If you or someone you know understands the challenges of having a child with special needs, then you will be able to relate to the monumental task that Mr. Christian Kane is taking on in support of his disabled son and other children like him.

Mr. Kane has orchestrated the construction of the Field of Dreams park in Toms River, NJ. You see, Christian's son, Gavin, suffered a traumatic brain injury (TBI) back when he was just a mere 19 months old. Christian was driving with Gavin in his car seat when a fully loaded truck hit them from behind. Gavin is now seven years of age and has multiple challenges, both physically and mentally, due to the accident. Gavin

loves the park, but is unable to utilize much of the equipment there due to his disabilities. It has since become Christian's dream and goal to have a park with specially designed equipment so that Gavin and other children like him, both young and older, can enjoy themselves.

Please visit the Field of Dreams website for more information and please consider attending our September meeting to hear this inspiring and heartfelt talk about this wonderful, life-changing project.

<https://tomsriverfieldofdreams.com/>

Stay tuned for our October newsletter and meeting, as we are planning a very fun, family friendly event that you won't want to miss! We also have more guest speakers coming to share their professionalism and goals with us! More information to come!

In Empowerment, Professionalism, and Gratitude,

Susie Guckin
President, BPWSOC



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Website



MEMBER BIRTHDAYS:

Evonne Bonamassa - September 18

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

BPWSOC Meetings are held the 2nd

Tuesday

of each month at 6:30 PM at Kristy's

on Route 9 in Waretown, NJ

(come earlier 6 PM for

Networking/Mingling)



"If you obey all the rules, you miss all the fun."

Katherine Hepburn

MEMBERSHIP Renewal is in

April each year (\$50.00).

Renew, if you haven't already.

2018 Schedule

September 11 - BPWSOC Meeting

October 9 - BPWSOC Meeting

October 13 - Haunted Halloween at
Lacey Memorial Home

November 13 - BPWSOC Meeting

December 11 - 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



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.

NETWORKING TABLE!!!



GUEST SPEAKER

In September our guest speaker will be Christian Kane. His project that he will discuss with us is Toms River Field of Dreams Park. It is a portion of a TR park that will be dedicated to the installation of park equipment for children with physical and developmental challenges. His son was injured seven years ago in an automobile accident as a result of which he has physical and developmental challenges.



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September 11- BPWSOC Meeting

Thank you all for your unprecedented support of our scholarship fundraiser.

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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.



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SOMETHING REMARKABLE

Ladies,

I have to share something with you that is nothing short of remarkable. As much as we are colleagues in business and professionalism, we are also friends.

I have been desperately trying to clean out the garage of old things from my life prior to my head injuries but it has been so hard because every time I touch something it is like my body gets shocked by a memory my mind can't grasp. My amnesia wiped out all memory prior to age 20 but we are seeing some changes in that.

Well today....I discovered something that made me truly believe we are led to where we belong. I encourage you to look at the attached photos to see that BPW awarded me a scholarship in 1998 when I was graduating high school.

This is a truly remarkable find. It was an honor to begin with to become president of the group but the meaning of it just compounded. Thank you for supporting me then and for supporting me now.

Susie



Stand Up for Women's Rights: Urge Your Senator to Oppose Judge Kavanaugh

Last month, President Trump nominated Judge Brett Kavanaugh to a lifetime appointment on the U.S. Supreme Court and the stakes are enormously high. Despite the fact that his full record has not been released, the Senate has scheduled his confirmation hearings to begin as soon as September 4. AAUW has carefully [considered](#) his available record and one thing is clear: Judge Kavanaugh would put at risk the issues that are central to AAUW's mission.

AAUW [advocates](#) for the health, education, and economic security of all women and girls. But Judge Kavanaugh's confirmation would put women's constitutional rights, including access to abortion and contraception, at risk. Judge Kavanaugh has also called into question the protections of the Affordable Care Act, and his record shows that he is willing to do grave harm to women by upending employment and labor rights and restricting voting rights. We cannot support a nominee who will not uphold and protect our most fundamental freedoms and rights.

Judge Kavanaugh's Senate confirmation hearings will begin as soon as September 4, and it's vital that every senator hear from their constituents about what's at stake.

Take action now:

1. [Join a nationwide day of action on August 26 to Unite for Justice.](#) On Women's Equality Day, Americans will stand united in commitment to women's rights to demand that the U.S. Senate oppose Judge Brett Kavanaugh's confirmation. Use our unique link to [find and register](#) for an event near you and show up to speak out.
2. [Share your personal story with your senators and urge them to oppose Judge Kavanaugh's confirmation.](#) Your voice matters! AAUW's toll-free number, 1-855-973-0824, will

automatically connect you to your senator's office. Let your senator know what's at stake if Judge Kavanaugh is confirmed – from the erosion of health care coverage for pre-existing conditions to the elimination of access to abortion and contraception.

3. [Share this opportunity with friends and family in key states.](#) The votes of senators in Alabama, Alaska, Indiana, Maine, Missouri, Nevada, North Dakota, and West Virginia are critical. Urge your networks in these key states to [make their voices heard.](#)

Judge Kavanaugh has shown he won't stand up for the health, education, and economic security of women and girls — and we won't stand for that. Take action today to oppose Judge Kavanaugh's confirmation to the Supreme Court.

TAKE ACTION!

AAUW

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empowered by  salsa



9th District

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[Connors, Rumpf & Gove: Budget Process One-Sided Debate – Higher Taxes and No Spending Cuts](#)

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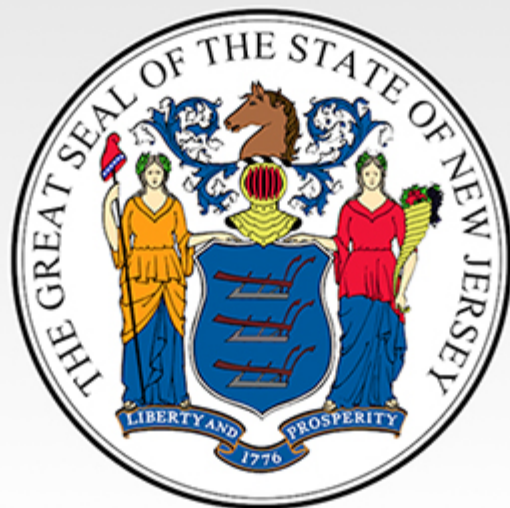


Connors, Rumpf & Gove reemphasized the pressing need to control government spending and oppose extreme taxation policies that drive residents out of New Jersey.

[Click for Full Story](#)

[Forced Consolidation: Counterfeit Reform Based on Faulty Premise That Bigger Is Better](#)

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Connors, Rumpf & Gove urge residents to reject the false narrative that forced municipal consolidation will produce a windfall of savings for taxpayers.

[Click for Full Story](#)

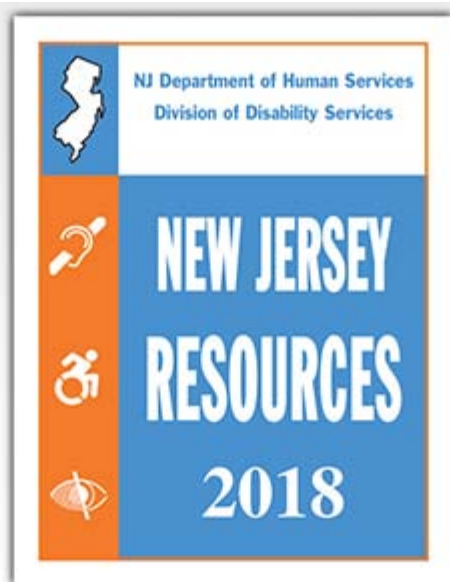
[Connors, Rumpf & Gove Oppose Creation of New Fee-Imposing Government Entities](#)



Connors, Rumpf & Gove said they will vote against legislation permitting local governments to finance stormwater utilities through new user fees and debt.

[Click for Full Story](#)

[Updated Resources Guide from NJ Division of Disability Services](#)



The New Jersey Division of Disability Services has published an updated resources guide for 2018, which identifies programs and services for individuals with disabilities, their families, caregivers, and advocates.

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A graphic with a blue background. On the left is a circular logo with a map of New Jersey and the text "BOB MENENDEZ UNITED STATES SENATOR FOR NEW JERSEY". To the right, the headline reads "Menendez Fights to Lower Prescription Drug Costs". Below the headline, it says "Sen. Menendez Supports:" followed by a numbered list: "1. Capping Prescription Costs Act", "2. The CREATES Act", "3. The SPIKE ACT", and "4. Know The Lowest Price Act". The background of the graphic features several blue and white capsules.

Menendez Fights to Lower Prescription Drug Costs

Sen. Menendez Supports:

1. Capping Prescription Costs Act
2. The CREATES Act
3. The SPIKE ACT
4. Know The Lowest Price Act

For anyone who has struggled with a chronic condition like high blood pressure or depression – or had a loved one diagnosed with cancer or Parkinson’s – you know affording your prescription drugs feels like, not just a matter of health – but a matter of wealth.



[Watch to learn how my CREATES Act would help bring more generics to the market.](#)

[John and Barbara from Randolph know this all too well.](#) To afford the \$1,600 a month for his Parkinson’s medication, they were forced into bankruptcy and foreclosure. [Bill and Teri from Mountainside, NJ,](#) spend \$18,000 a month on the medications Bill needs to fight lung cancer. And [Kelli from Park Ridge, NJ](#) has a son with hemophilia whose medication – that he will need for the rest of his life – is a staggering \$60,000 a

month.



Just about everyone knows people like John and Barbara, or understands personally what it's like for Bill and Teri. Or can imagine the fear Kelli faces every day worrying about her son.

[Jeffrey Graciano, a Pharmacist in Weehawken](#), works with doctors and insurance companies every day to help his customers get their life-saving prescriptions, but even then, he told me, "they still cost thousands of dollars a month."

This cannot keep happening in the greatest nation in the world.

And it's pretty clear — especially after the Trump corporate tax cuts — that drug companies can afford to lower costs, but that doesn't mean that they'll do the right thing.

I believe we can do something in Washington to help lower the skyrocketing costs of prescription drugs. Here is just some of what I've been working on:

- Cap how much patients pay for their medication - That's right, I believe there should be a limit on your out-of-pocket costs for life-saving medication. That's why I support the *Capping Prescription Costs Act*, which caps drug copays at \$250 a month for individuals. No American should have to spend their life savings just so they can go on living. It's as simple as that.



After talking with NJans struggling with skyrocketing prescription drug costs, I described a few solutions I'm working on in the short term to tackle the problem. [Listen](#).

- Bring Cheaper Generics to Market – Some big drug companies play fast and loose with the rules to keep more affordable generics off the market. I introduced the *CREATES Act* to crack down on companies that put profits over patients and put up illegal roadblocks to cheaper versions of their drugs. [Watch my video on how this works](#).
- Hold Drug Companies Accountable for Price Gouging –The *SPIKE*

Act would force pharmaceutical companies who jack up prices on life-saving drugs to disclose their reasons why to the public.

- Stop Insurance Companies from Hiding Lower Cost Drug Options – This one made me the most upset when I found out about it. Health insurance companies often use gag clauses to ban your pharmacist from telling you if it's cheaper to pay out of pocket than to use your insurance! I've cosponsored the *Patient Right to Know Drug Prices Act* and the *Know the Lowest Price Act of 2018* to stop this.

In the richest country on earth, no family should be faced with bankruptcy to afford the cost of prescription drugs. No patient should be forced to choose between the medication they need and the home they live in. And no mother should worry their child may never have the resources s/he needs to live a long life, independently.

That's the kind of country I'm fighting for.



Senator Bob Menendez



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[Opt-out of future updates from Senator Menendez here.](#)



Mindful Health Tip:

Twenty minutes of meditating twice a day has been shown to create positive physiological changes in the brain and body. Get started with meditating by setting a timer for five minutes twice a day and work up to twenty.

(This health tip was provided by Susie Guckin, President of BPWSOC)



Reading Corner

Author: Beatriz Williams

Title: Summer Wives

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:



Email and Good old Common Sense:

Nothing beats good old common sense. If you receive an email from someone you do not know - Just do not open it. Delete it. And, if you do know it is definitely SPAM, mark it as SPAM.

On the other hand, if you do know the person or company the Email is coming from, it does not mean it is safe. Contact me for further discussion.

Lisa A. Gambino

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



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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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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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