

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

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## PRESIDENTS LETTER

April 2016

Easter is my favorite Holiday because of hope and renewal. This shows through in the pastel colors and flowers in bloom.

Some thoughts last month from the CEO of Hewlett Packard to inspire Women:

- Understand your personality and do what is necessary
- Know who you are and be yourself
- Think about what you are good at and let go of the other tasks
- Be authentic
- Build a supportive network
- Embrace change
- Accelerate inclusion and mindsets which enables problem solving, enhances productivity and improves communications.
- Be fearless

Leading your way to success are tips for any stage of your career:

- Continue to learn and challenge yourself
- Believe in yourself and let your voice be heard
- Always remember who you are

- Building relationships is important; treat others with respect
- Keep your passion!

Also 'Be Limitless' is something I heard recently which struck a chord. We all have full plates and this creates an open mantra with assurance that you can do it all and be good at it!!!

It's Volunteer Month, so naturally we celebrate by doing for others which benefits everyone.

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:

Tara Apgar - April 21

If your birthday is in April 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](#)

RENEW YOUR MEMBERSHIP IN

APRIL



"Women are like teabags. We don't know our own strength until we are in hot water."  
Eleanor Roosevelt

April 12 - BPWSOC Meeting

May 10 - BPWSOC Meeting

May 28 - Waretown Founders Day

June 14 - BPWSOC Meeting

July 12 - BPWSOC Meeting

August 9 - 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!!!

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## GUEST SPEAKER

Our guest speaker this month will be Stephanie Stockwell, BPWSOC member

Stephanie Stockwell assists individuals, families, and businesses in wealth management planning. Stephanie has been a part of the financial service industry since 2010 and is a:

- Registered Representative with H.D. Vest Investment Services SM
- Life and Health Insurance Producer in NJ, FL, and VA

Stephanie is also the Vice President of Business and Professional Women of Southern Ocean County and a member of the Lacey Chamber of Commerce.

Stephanie takes a team approach in assisting clients not only does she utilize professional experts from H.D. Vest Investment Services<sup>SM</sup>, but also attorneys, accountants, and health insurance professionals with whom she's formed a relationship.

When she is not working Stephanie loves spending time with her family, vacationing, and relaxing. Stephanie is also very active in her community by



## Action Network: Take Action to Support Pay Transparency!

Earlier this year, President Barack Obama directed the Equal Employment Opportunity Commission (EEOC), in partnership with the U.S. Department of Labor (DOL) and its Office for Federal Contracts Compliance Programs, to publish a proposal to annually collect summary pay data by gender, race, and ethnicity from businesses with 100 or more employees.

The new proposal will cover over 63 million employees, and the data collected would provide critical insights into the gender and racial pay gap. This step, stemming from a recommendation of the President's Equal Pay Task Force and a Presidential Memorandum issued on Equal Pay Day 2014, will help focus public enforcement of equal pay laws and provide better insight into discriminatory pay practices across industries and occupations.

[We need your help to submit comments on the proposed rule before the April 1 deadline—take action and submit your comments to support this important step for fair pay!](#)

DOL has identified the Equal Employment Opportunity Commission (EEOC) as the best collector of this summary data from employers. AAUW has long asserted

serving in Emmanuel Community Church.



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 April 12 meeting

### SCHOLARSHIPS

**A reminder that forms for both Education and Equipment need to be submitted by 4/15/16 for committee selection.**

**Please spread the word and see our [website](#) for qualifications and applications.**

**Our organization raises funds to help women starting their own business or returning to school.**

**Some of our own members have been past recipients.**

that this kind of transparency is associated with a smaller gender pay gap, and that the implementation of this nationwide data collection is an important step in our efforts to ensure fair pay for all.

This proposed rule is an innovative improvement over the April 2014 memorandum; it's more efficient, dramatically less costly for business, and utilizes existing mechanisms to collect and report the data through the annual EEO-1 filing process.

Women and people of color continue to face significant pay disparities in the United States. In 2014, women typically were paid just 79 percent of what men were paid. The pay gaps are even worse for African-American and Latina women, who earned 63 percent and 54 percent, respectively, of white men's earnings. Moms and older women also face great pay disparities. But just one year out of college, women with the same major and in the same field were still paid less than their male counterparts. These troubling statistics underscore the need for scrutiny of employers' pay practices, and the new proposed rule will help us do just that.

[Submit your comments to the U.S. Department of Labor today—help to establish this important step in the fight for fair pay!](#)

## New! AAUW Research on Women in Leadership Barriers and Bias

We need more women leaders.

## You can also apply for additional scholarships from [Business and Professional Women's Foundation](#).

Mark your calendars:

POCKETBOOK BINGO - New date coming

WARETOWN FOUNDERS DAY - May 28

For more information about these events

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

Women are not new to leadership; think of Cleopatra or Queen Elizabeth. Think of the women who led the civil rights and education reform movements. But women are still outnumbered by men in the most prestigious positions, from Capitol Hill to the board room. *Barriers and Bias: The Status of Women in Leadership* examines the causes of women's underrepresentation in leadership roles in business, politics, and education and suggests what we can do to change the the status quo. Use [#leadHERship](#) to follow the discussion.

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



U.S. Senator Bob Menendez Hosts An  
Empowerment Summit

Friday, April 22, 2016  
9:00 a.m.-1:30 p.m.

Trenton War Memorial  
1 Memorial Drive  
Trenton, NJ 08608

economic power.

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# SAVE THE DATE

U.S. Senator Bob Menendez Hosts An

## **EMPOWERMENT SUMMIT**

*Build your toolkit to connect with federal agencies and service providers*

**Friday, April 22, 2016**

**9 AM - 1:30 PM**

### **Trenton War Memorial**

1 Memorial Drive  
Trenton, NJ 08608

### **Panel sessions**

Economic Empowerment;  
Housing and Community  
Economic Development;  
Empowering our Veterans,  
Social Justice;  
Health Care &  
Preventive Care;  
& Education



## Nature trails

Refresh your spirit with a Nature Walk.

New Jersey has so many beautiful parks that offer Nature trails through mountains, streams or near the bay.

Take your time, stroll and enjoy the tranquil benefits that nature has to offer. Skip the gym and incorporate walking with nature as part of your exercise to help fulfill peace of mind, body and soul. Listen to the birds, the stream near by or just the rustling of the leaves as the wind blows. Find your inner peace since our lives are so chaotic and routine.

Every time you go on your walk explore the habitat. Take pictures to remember the serene moments. Frame them so you can capture the moment and bring peace to your day when glancing over at them. Your cloudy thoughts are pushed away by clarity because there are no distractions. Stimulate your senses by focusing on what nature has to offer...a flower, leaf or even a rock.

Whether you see nature walks as a time for reflection or a chance to learn about wildlife, make the most of your stroll into wilderness. They are great for teaching and also a fun way to get the family together to explore and reconnect.

For more information on New Jersey trails visit [www.njhiking.com](http://www.njhiking.com)

Evonne Bonamassa  
Wildtree by Evonne





Reading Corner  
Author: Thomas Benigno  
Title: The Good Lawyer: A Novel



### 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:



Browsers: (the software application you launch to view websites on the World Wide Web or otherwise know at the Internet). Some of the most commonly used today are: Internet Explorer, Firefox, Chrome, & Safari.

You launch a browser (when you go on your computer, your tablet or mobile device) to visit websites or webpages. The different browsers will allow you to view some websites different than in another and sometimes what works using one browser may not in another, therefore the need for more than one browser. Happy surfing on the web!

Thank you.

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Lisa A. Gambino

Certified Computer Technician and Professional Secretary

A 2 Z Computer Help

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

vm: 732-237-9704

Keyport Office: 732-847-9275

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

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



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 21<sup>st</sup> 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](http://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](http://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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Our mailing address is:

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

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