

Business and Professional Women Southern Ocean County

April 2018 Newsletter

www.bpwsoc.org

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Happy April, Happy Spring and Happy belated Easter and Passover to everyone...

I hope everyone is enjoying their day! April is here and Spring flowers are on their way!

We have our 2nd Annual Ladies Night Out/Psychic Fair coming up at the Captain's Inn on Thursday, April 26th at 6pm to 10pm (doors open at 5:30pm). There will be a Tricky Tray (Silent/Chinese Auction). Many of us have been visiting businesses to get donations for the beautiful baskets we will have. And, we may have some Designer Hand Bags too! Please spread the word - this is our fundraiser for Scholarships. Scholarships are coming up also - the deadline for this year's applications is on 4/30/18 - SPREAD THE WORD AND LET PEOPLE KNOW WE GIVE OUT ANNUAL SCHOLARSHIPS. All proceeds from our events go toward our Scholarship Fund!

Get your tickets at Event Brite for our Ladies Night Out - click on this link:

<https://www.eventbrite.com/e/bpwsoc-2nd-annual-ladies-night-out-psychic-fair-tickets-44116127525>

Or, you can always pay cash or send us a check or pay at the next meeting too! Get your friends, family and colleagues out for a fun night at the Captain's Inn on 4/26.

See you on Tuesday, 4/10 at our next meeting (last one before our event).

To some of our members (new and seasoned) that we haven't seen in a while, we hope you will join us or drop anyone of us a note. Wishing you all the best.

Thank you, and again, see you in a couple weeks!

Lisa Gambino

President

www.BPWSOC.org



Facebook



Website



BPWSOC Meetings are held the 2nd

Tuesday

of each month at 6:30 PM

(come earlier 6 PM for

Networking/Mingling)

at [Kristy's Casual Dining in Waretown](#)

MEMBER BIRTHDAYS:

THERE ARE NO MEMBER BIRTHDAYS THIS MONTH.

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



"Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world."

Lucille Ball

APRIL IS MEMBERSHIP RENEWAL MONTH.

PLEASE RENEW YOUR MEMBERSHIP (\$50.00)

THIS MONTH.

[2018 Schedule](#)

[April 10](#) - BPWSOC Meeting

April 26 - Ladies Night Out - Psychic

Fair Fundraiser

June 12 - 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!!!



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

Unconfirmed at this time. Check back or just join us that night!



www.BPWSOC.org

April 10 - BPWSOC MEETING - MEMBERSHIP RENEWAL MONTH

April 26 - Ladies Night Out - Psychic Fair Fundraiser



2nd Annual "Ladies Night Out" and Psychic Fair April 26, 2018 6p - 10p

Business & Professional Women Southern Ocean County

"Annual Fundraiser"

All proceeds go to our Annual "Scholarships for Women" Fund

Doors Open @ 5:30 pm

Psychic Readings

Door Prize Ticket/Light Snacks

at The Captain's Inn

Lacey Rd. Forked River, NJ

(add'l cost for Readings)

*Featuring:
Cassandra from
Charmed in Company
along with 3 other
famous Psychics*



Thursday, April 26, 2018

6p - 10p

**TRICKY TRAY
DOOR PRIZES**

Tickets \$15.00 (PayPal & Event Brite)
\$20.00 at door

www.BPWSOC.org

Contact Us at info@BPWSOC.org

Stockwell Financial

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.

SAFETY AND AWARENESS TIP

Just a few starter tips, to help increase safety and awareness. Feel free to share with your loved ones, friends, and family.

1. Be aware of your surroundings. Use the reflections of ATM machines, car windows, or store fronts to subtly observe your surroundings. Or at night, use the shadows from street lights to see if people are coming up behind you.
2. Body language. Keep your head up when walking and walk with a confident stride. Don't drag your feet, don't look down, don't allow your chest to cave in. These postures communicate a lack of confidence, which can attract wrong-doers.
3. Being alone on the street is okay, as long as, there are many other people around (imagine NYC during commuting hours). However, being by yourself, when there aren't any other people is dangerous because there is less chance that anyone will help if you are attacked. Travel in groups if possible.
4. Carrying your own weapons is not sufficient. You must practice using them under pressure. If you stumble or drop the pepper spray, knife, or gun, then your attacker can easily use it against you. Find a studio or location, where you can simulate different situations. If you are not comfortable using them, it's best not to carry them.
5. No matter how strong anyone is, they will always be weak in the eyes, nose, throat, ears, and groin. Since women are typically smaller in stature than men, it is best to train in a system that develops strength in attacks to these areas. But remember, you will want to move quick. Don't stand there and fight if there is clear and obvious exit from the situation. Just because these are popular weak areas, everyone's tolerance for pain is different so don't assume they are "magic switches" that will instantly disable the attacker.

ALSO, keep your phone on you with full charge so you can notify the authorities in dangerous situations.

Let me know if you have any questions, or if you have any tips of your own, feel free to share. There is so much more that could be mentioned.

Frank Kellogg

Certified Personal Trainer, AAI-ISMA
Taekwondo Black Belt of 12 years
Krav Maga/Self-Defense Practitioner of 12 years
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Will you commit to fighting back for students' rights?

Plain and simple: students should be able to go to schools free from sex discrimination.

But U.S. Secretary of Education Betsy DeVos has [already taken action](#) to roll back protections for survivors of sexual assault under the law. The Department of Education has stated that it plans to change Title IX's regulations, which could weaken students' civil rights and federal enforcement of Title IX. They've indicated the process could start as early as this month. We're ready to fight back. Are you?

Instances of sexual violence and discrimination interfere with students' ability to learn, and they have no place in our schools. We must speak out against any attacks on Title IX that attempt to diminish protections for students.

1. [Click here to read up on Secretary DeVos' actions and what they mean for equitable access to education for women and girls.](#)
2. [Then, pledge to take part in AAUW's campaign to protect Title IX.](#) We'll provide you with timely reminders, tools, talking points, and resources you need to make your voice heard once the Department of Education kicks off the regulatory process.

Now is our opportunity to let the Department of Education know we won't stand for any rollbacks to students' Title IX rights. Commit to speaking up to protect equity in education during this critical time.

TAKE ACTION!

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THERE IS NO LEGISLATIVE REPORT THIS MONTH

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Can you OD on vitamins?

Yes, says the Good Housekeeping dietitian. Fat-soluble vitamins - A, D, E, and K - can be harmful at super high doses. That said, "It's extremely unlikely that you'll get too much of these from food," she says. In other words, unless your doctor has advised it, taking these as supplements may not be a good idea. Eating a variety of vitamins - and mineral - packed veggies, fruits, nuts, seeds, beans, and lean protein like dairy products and fish will let you give your body what it needs without overdoing it.

Source: Good Housekeeping magazine



Reading Corner

Author: Michael Wolff

Title: Fire and Fury: Inside the Trump White House

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:



Antivirus Software and "Full" Scans

Antivirus Software is very important software to have on your computer.

There are many programs/software/apps that all provide similar protection. Some are free, some you have to buy. There are quick scans, and deep or full scans and customizable scans. None the less, you should have something and it should run a "Full" Scan on a daily basis.

Open your antivirus program, it should be listed in the bottom right corner where the time and date are located.

You always need to be sure it is up to date and that you are protected. Be sure to schedule a "Full" Scan to run on a daily basis.

Of course, if you need further assistance with this, you know who to call!

Thank you and be safe!

Lisa G

A 2 Z Computer Help

www.A2ZComputerHelp.com

lisag@A2ZComputerHelp.com

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



Business and
Professional
Women's
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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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