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Business and Professional Women Southern Ocean County April 2020 Newsletter
www.bpwsoc.org

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Facebook Website

Spring is finally here! We see Mother Nature's gifts in the budding trees, flowers blooming, tons of birds waking us up earlier as we have Daylight Savings in full swing. A great start to her repertoire. And then comes Coronavirus-19...Which is not her doing for sure! For better or worse we have been asked to stay home and not have contact with others so we can stay as safe as possible to avoid this illness. I pray for each of you to be well and safe during this trying time. We can be upset that we can not socialize, be with family members, meet with our clients or even shop or go to the movies; however it is a time for us to be creative and use our skills to continue working from home or our offices. Limiting our contact to go to our offices is an option if we are disinfected and safe with limited exposure to the public. We have a wonderful tool in social media to reach our clients, family and friends which many of us are doing. Let's be sure to stay in contact and work productively.

Our membership gives us an opportunity to be listed on our Website, which I will say only 11 of our members are on. We know that many women check our Website, so put your bio and photo on BPWSOC.org This is a great exposure for your business...just do it!!

We discussed at our March that we would be looking for a new venue for our meetings. Your Officers have found a new home for us at Breakers Kitchen and Tap on Route 9 in Waretown. We will have a private room, a varied menu, and cocktails available. At this time we are able to maintain our current meeting charge with cocktails being individually billed. We are anxious for you all to meet their owners Kate and Kelly who are very excited to have us locating to their establishment. The restaurant is located off the Garden State Parkway at Exit 69, travel East on Wells Mill Road (passing my listing that is under contract) to Route 9; turn left onto Route 9 North, Breakers Kitchen and Tap will be approximately 1 mile North on the left side.

Looking forward we will need to abide by the New Jersey rules to flatten the curve of the virus and we can do this!!! Let's stay in touch and reach out to each other! I am looking forward to picking up where we left off with our plans for future meetings.

Find the sunshine and spread it!!

Be well and be safe, take care of your family and friends,

Best,
Cyndy Friedland
Prez BPWSOC

This is a poem written by an Irish poet, Kathleen O'Meara in 1869 - after a plague devastated Ireland in the late 1860's - How appropriate for today....

SOMETHING LOVELY

And people stayed home
and read books and listened
and rested and exercised
and made art and played
and learned new ways of being
and were still
and listened more deeply
someone meditated
someone prayed
someone danced
someone met their own shadow
and people started thinking differently---
And people healed...
And in the absence of people who lived in ignorant ways
dangerous, mindless and heartless...
The earth began to heal---
And when the danger ended
and people found themselves...
They grieved for the dead

and they made new choices
and dreamed of new visions
and created new ways to live
and heal the earth fully
just as they had been healed.

Kathleen O'Meara (1869)



Facebook



Website



DUE TO THE COVID19 HEALTH EMERGENCY

BPWSOC Meetings may be held remotely.

Lisa and Gina are researching our options and
you will receive an email with instructions.

2020 Schedule

April 14 - BPWSOC Meeting

May 12 - BPWSOC Meeting

June 9 - BPWSOC Meeting

July 14 - BPWSOC Meeting - out and about at a

local Restaurant

August 11 - - BPWSOC Meeting- Special Event

surflight Dinner Theatre Scholraship

Fundraiser - Save the Date - Mama Mia -

Dinner at Engleside Inn

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 NETWORKING!!!

To think about for the summer of 2020...



Scholarships

Our Scholarship Awards are given out each year at our June Meeting.

You can [download an application](#) to apply on our website, each year, by April 30th.



MEMBER BIRTHDAYS:

Kristen Donadio - April 2

Gail Rivell - April 23

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



This is where we send Sunshine to a Member who has had a celebration or we're sending wishes to get well or sympathy.

All the best wishes to everyone and thank you for your thoughtfulness!



"Never lose sight of the fact that the most important yardstick of your success will be how you treat other people - your family, friends, and coworkers, and even strangers you meet along the way."

Barbara Bush



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.



Gloria's Gang of Gorgeous Girls Luncheons on Saturdays



Computer Tips:



As we all know, everyone sends Text Messages from their Smart Phones (Android or

iPhone). It has become a world of short messages and many acronyms. Here is one I recently heard about and would like to share with you...

HMU is the abbreviation for "hit me up."

It's a quick way to tell someone to contact you or make plans in the future.

For example, you might say to a friend, "HMU when you want to meet up," or, "HMU when you get back in town."

In most cases, HMU is used in social or informal business circles.

I personally love making up "New" acronyms, such as this one: SYLHAND = See You Later Have A Nice Day

HMU, if you'd like to meet &/or talk about anything computers or not

--

Lisa A. Gambino

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



Reading Corner

Author: Heather Morris

Title: The Tattooist of Auschwitz and Cilha's Journey

Author: Susan Guckin

Title: The Camouflaged Heart

Note: Susan Guckin is Past President 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

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Cat's Claw is an herb from the amazon tropics which I wasn't familiar with and recently learned of this anti-inflammatory. It has healing properties ranging from lyme disease, UTI (Urinary Tract Infection), Vitiligo aka Michael Jackson's disease, IBS (Irritable Bowel Syndrome), RA Rheumatoid Arthritis, yeast infections, MS (Multiple Sclerosis), plantar fasciitis, migraines and more. Also assists in emotional balancing when faced with reacting to a situation. Keep away if pregnant or trying to conceive and ensure it doesn't include an alcohol base. Take in the form a tea, mixed with lemon and/or honey. It is readily available and not expensive at GNC, Vitamin Shoppe, Walgreens etc.

When women
support each other,
incredible things
happen.



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



Legislative Update **CONNORS, RUMPF & GOVE**



9th District

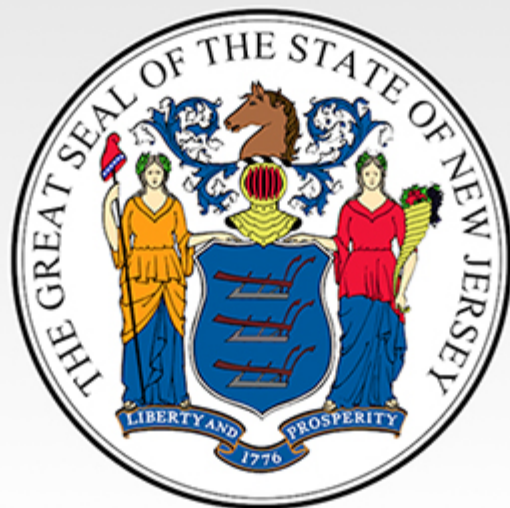
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[Breaking News Update on COVID-19 \(4/1/2020\)](#)



As New Jersey continues under a state of emergency due to the coronavirus, please know that our district office remains available to serve constituents by phone and email. Included below are links to information that you may find helpful, along with important state and national news updates related to COVID-19.



Important State News:

- New Jersey reported [2,196 new cases](#) of COVID-19 yesterday, bringing the state total to 18,696 cases. There have been 267 deaths since the start of the coronavirus crisis, including 69 fatalities reported yesterday.
- **State Tax Filing Deadline Extended:** The tax filing deadline for individual income taxes and corporate business taxes has been [moved from April 15th to July 15th](#).
- **State Fiscal Year Extended:** The governor and legislative leaders announced that the State fiscal year, which normally ends on June 30th, will be extended to September 30th to allow for a well-informed budget process.
- **Keeping Workers on Payroll:** The New Jersey Department of Labor and Workforce Development (NJDOL) is urging employers to keep employees on the payroll throughout the COVID-19 pandemic and to take advantage of a [100%, dollar for dollar, payroll tax credit](#) provided under by the federal stimulus package that immediately and fully reimburses most employers for the amount spent on emergency leave.
- **Help for Small Businesses:** The NJEDA will launch the application for its Small Business Emergency Assistance Grant Program on Friday, April 3, 2020 at 9:00 am. A link to

the grant program application will be posted on the State's [COVID-19 Business Information Hub](#).

- **No Water Shutoffs:** All public and private water utilities in New Jersey have agreed to suspend shut-offs for nonpayment during the COVID-19 pandemic.
- **Federal Support for NJ:** New Jersey received 260,000 pieces of personal protective equipment for healthcare workers and 300 ventilators from the National Strategic Stockpile yesterday.
- **Volunteers:** The State continues to look for qualified health, mental health, and related professionals to bolster our medical ranks. As of yesterday, 4,764 volunteers have come forward. [Sign up here](#).
- **Donations:** If you or your organization have personal protective equipment or medical equipment that healthcare workers can use, [visit this website](#) to fill out the donation form.

Important Resources:

- Gov. Murphy will deliver a coronavirus briefing at 1 p.m. in Trenton. [Click here to watch the livestream](#).
- The latest data on coronavirus infections in New Jersey are available on the [New Jersey COVID-19 Dashboard](#).
- New Jersey's [COVID-19 Information Hub](#) includes valuable resources and information for families, workers, and employers who have questions or needs arising from the current crisis.
- [Information for workers](#) impacted by sickness, loss of employment, or reduction in hours.
- [Information for businesses](#) impacted by COVID-19.
- Need work? Visit the State's [Jobs and Hiring Portal](#) to connect with employers hiring today.

Questions or need assistance? Email our legislative office at senconnors@njleg.org.

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[COVID-19 Update \(3/24/2020\)](#)



As part of our continuing efforts to assist constituents, we wanted to keep you updated on the following State actions to mitigate the impact of COVID-19.

The State has created a COVID-19 Information Hub/website for updates on state efforts. The website is [covid19.nj.gov](https://www.covid19.nj.gov).

Governor Murphy announced a Statewide Stay at Home Order, including a closure of all non-essential retail businesses, with exceptions, through Executive Order 107. For more detailed information, the Governor's official announcement can be reviewed by [clicking here](#).

On March 21, the New Jersey Department of Labor and Workforce

Development issued the following statement on its official Facebook Page:

UI CLAIMANTS – Due to high volume, we’re taking steps to ensure the stability of our online application. Starting Sunday, please claim weekly benefits based on the schedule below & last four digits of your SSN:

0000-2500: 8a-10a

2501-5000: 10a-12p

5001-7500: 12p-2p

7501-9999: 2p-4p



ATTENTION UNEMPLOYMENT CLAIMANTS

Due to high claim volume, we must take steps to ensure the stability of our online application.

PLEASE CLAIM YOUR WEEKLY BENEFIT ACCORDING TO THE SCHEDULE BELOW.

If the last 4 digits of your Social Security Number are between:

- 0000 and 2500, please access the application between 8am and 10am
- 2501 and 5000, please access the application between 10am and 12pm
- 5001 and 7500, please access the application between 12pm and 2pm
- 7501 and 9999, please access the application between 2pm and 4pm

Regardless of the time you claim your benefit, your payment will be processed overnight.

If you miss your designated window, you may certify 4pm - 7pm.
Thank you for your cooperation.

Additional information on labor-related COVID-19 matters can be found on the Department’s official website: <https://www.nj.gov/labor/>.

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AAUW **Action** **Network**

Today is Equal Pay Day, the symbolic day that marks when the earnings of the average woman catch up to what the average man earned in 2019. But in the midst of the COVID-19 pandemic, this Equal Pay Day feels very different. While it's still crucial to [strengthen our laws](#), [create good regulations](#), and [bring impactful litigation](#), we must also take a wider view to focus on how the pandemic is amplifying and exacerbating *all* of the nation's economic inequities.

So this year, to commemorate Equal Pay Day, we're asking you to talk:

Talk to your family.

Talk to your friends.

Talk to your social networks.

Tell them that low-wage workers — about two-thirds of whom are women — are losing jobs by the millions. Talk about how the nation's lack of paid sick and family leave is endangering both the physical and economic well-being of countless

American families. Remind them that the burden of student debt — two-thirds of which is held by women — feels especially onerous for those who are unemployed. And let them know that the persistent gender and racial pay gaps already hurting women and their families will make it even more challenging to recover.

We need to hold these conversations *now* to lay the groundwork for creating the change we have long championed. We must work to ensure that we end up with a better, more economically secure world for women, their families, and society as a whole.

In this time of epic disruption, it is imperative that we make our voices heard. [Join us](#), [donate](#) if you can — and don't wait to [take action](#).

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advocacy@aauw.org
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An inclusive networking community with a single mission: equity for all

Effective Advocacy During COVID-19

- Lend your voice to those most impacted by COVID-19
- Learn how to lobby your elected officials from home
- Explore creative media advocacy strategies
- Define key policy issues for working families

You're invited to our free Equity Network Webinar!

Thursday, March 26, 2020
Time: 7:00 - 8:30 p.m. ET
Location: Zoom

Equity@aauw.org

Greetings from AAUW and I hope that this message finds you safe and healthy. The economic security of countless families is being threatened as our country attempts to contain the spread of COVID-19. Although many of us are following strict CDC guidelines to maintain social distancing, there are things we can do from home to advocate on behalf of communities most impacted by COVID-19 during this national health crisis.

I invite you to participate in AAUW's free Equity Network webinar, Effective Advocacy During COVID-19, to explore how we can all fight for communities impacted by this health crisis. [Register here to tune in March 26, 7:00–8:30 p.m. ET.](#)

We hope you will join us!

Sincerely,



Kimberly Churches
Chief Executive Officer

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Business and Professional Women's Foundation

Founded in 1919

Mission

To partner to create successful workplaces for women, their families and employers.

ADDITIONAL CONTACT INFO



foundation@bpwfoundation.org



<http://www.bpwfoundation.org>

About

<http://www.bpwfoundation.org> Business and Professional Women's Foundation (BPW Foundation) empowers working women to achieve their full potential.

Company Overview

Business and Professional Women's Foundation (BPW Foundation) empowers working women to achieve their full potential and partners with employers to build successful workplaces through education, research, knowledge and policy.

General Information

BPW Foundation transforms workplaces by strengthening the capacity of organizations and businesses to create work environments that are inclusive and value the ... [See More](#)

Founding date

1919



Greetings

What is it like to be 100 years old? 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

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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