

Subscribe

Past Issues

Translate ▼

RSS 

Business and Professional Women Southern Ocean County

December 2018 Newsletter

www.bpwsoc.org

[View this email in your browser](#)



Facebook



Website

Dear Members of BPWSOC,

What a wonderful Fall season we have had here at BPWSOC! We have worked together, bonded, laughed, worked hard, and enjoyed the process through and through. During the month of December, we enjoy our annual holiday dinner together and offer a donation to a charity of our choosing. This year we have chosen to donate back to The Field of Dreams in support of the project started by our guest speaker from September, Christian Kane. We will be donating \$350.00 to the project to support the placement of a bench at the The Field of Dreams Park in Toms River, that will contain a plaque saying that it is from the Women of BPWSOC.

Mr. Kane's personal life experiences and his child's tragic accident have led him to be inspired to help other families with people with special needs, children and adults. We are proud to offer our support to his mission and can't wait to visit the final product once the park is completed. Please visit the website to learn more.

<https://tomsriverfieldofdreams.com/>

Donations towards the purchase of the bench can be made on our website through the “Donate” button or you are welcome to write a check to BPWSOC and mail it to us or bring it to our upcoming holiday dinner. We appreciate your generosity and are looking forward to supporting Mr. Kane’s very valuable project.

Last month we welcomed Mr. Frank Kellogg, martial arts instructor and self-defense instructor. Mr. Kellogg gave a demonstration and talk to our BPWSOC women about modern-day techniques to defend themselves in situations that could be dangerous. He gave us an interesting and informative look at developing our level of self-awareness and environmental awareness so that we can prevent having to be in a situation where physical force might be needed. We learned a bit about the stress response in the brain through the limbic system, as well as, analyzed photos of scenarios to see if we could pick out the potential dangers. We thank him for taking the time to share his knowledge and expertise with us.

Looking forward to the new year, we will be having one of our very own BPWSOC members speak about a great tool for healing the body. Diane Ferreira-Kett will be introducing us to a product called “The Bemer”. We cannot wait to learn more about the health benefits of using the Bemer to help increase oxygenation in the body and promote greater health and wellbeing.

Have a wonderful holiday season with family and friends. We are grateful for all who are a part of our amazing group and we wish you a happy, healthy, and vibrant new year. Meetings will be held at Conca D’Oro Italian Restaurant on Lacey Road in Forked River, in the plaza next to the police station and Wawa gas station. See you there!

In Empowerment, Professionalism, and Gratitude,

Susie Guckin, President,
BPWSOC 2018-2019



Facebook Website



MEMBER BIRTHDAYS:

Cyndy Friedland - December 8

BPWSOC Meetings are held the 2nd

Tuesday

of each month at 6:30 PM at Conca

D'oro, 778 Lacey Road, Forked River,

NJ

(come earlier 6 PM for

Networking/Mingling)

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



"A champion is afraid of losing. Everyone else is afraid of winning.."

Billie Jean King

**PLEASE RENEW YOUR
MEMBERSHIP (\$50.00), if you
haven't already.**

2018 Schedule

December 11 - BPWSOC Meeting

2019 Schedule

January 8 - BPWSOC Meeting

February 12 - BPWSOC Meeting

March 12 - BPWSOC Meeting

April 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.)



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.

REMEMBER TO BRING YOUR
BUSINESS INFORMATION FOR OUR
NETWORKING TABLE!!!



GUEST SPEAKER

This meeting is our holiday celebration. We will be presenting our donation of \$350.00 to Christian Kane for his Field of Dreams project in Toms River, New Jersey.



www.BPWSOC.org

December 11 - BPWSOC HOLIDAY MEETING

HAPPY HOLIDAYS TO YOU ALL!
MERRY CHRISTMAS
HAPPY HANNUKAH
AND HAPPY NEW YEAR

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.



www.BPWSOC.org

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 desperstely 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



It's time to take action for Title IX.

Last year, the administration began its [systematic attack](#) on Title IX, and even announced that additional rollbacks were coming. Today, it happened — the Department of Education issued a [plan](#) to make sweeping changes to Title IX's regulations, which would have [significant implications](#) for students' civil rights and for federal enforcement of the law.

Title IX protects **all** students from discrimination — students of all genders, from kindergarten through college. But these expansive changes put those protections at risk.

[We need your help to fight to stop these changes.](#)

It's the Department of Education's job to keep all students safe and to keep schools free from discrimination, including sexual harassment and violence. These proposed changes would weaken Title IX's protections by narrowing the definition of sexual harassment to allow schools to exclude

much of the abuse students experience, limiting when schools will respond, and putting in place processes that make it harder for students to come forward when they experience sexual harassment or assault. Simply put, these changes will make schools less safe for students.

Over the next 60 days, we have an opportunity to weigh in with the Department of Education on their proposed changes. It's crucial that advocates speak up — loudly — and fight back against any attacks on Title IX that attempt to diminish students' protections.

We can't let the Department of Education weaken Title IX. Add your name today to oppose the changes, and to learn more about how you can help fight back.

TAKE ACTION!

AAUW

[1310 L St. NW, Suite 1000](#)

[Washington, DC 20005](#)

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

Election Day is less than a month away — and it's time to make our voices heard.

As the recent fight over the Supreme Court nomination so clearly demonstrated, politicians and policy makers are routinely making decisions about issues that directly impact women. From our paychecks to paid leave, access to reproductive health care to access to education, our lives are on the line — but more often than not, those conversations lack women's voices.

To create real change, women must be part of the conversation — and the most powerful way for us to chime in is at the polls.

As we enter this season of political punditry and campaign promises, it's more important

than ever to identify those who would best represent our values from those who would roll back our rights. AAUW and the AAUW Action Fund are dedicated to making sure every woman is registered and has the information she needs to cast her vote. And on November 6, our voices and our votes will make a difference.

The AAUW Action Fund just released updated get out the vote (GOTV) resources for the 2018 election. Here's how you can use these tools to engage your community:

- Learn where candidates stand on issues of importance to women and girls – and hold them accountable to their commitments. The [AAUW Action Fund Voter Issue Guide](#)* is designed to help you get your candidates on the record about the issues that impact us most. Take it to town halls or candidate forums and speak up!
- Spark conversation among both candidates and voters alike by calling attention to incumbents' voting records. The [AAUW Action Fund Congressional Voting Record](#)* scores each elected federal legislator on the votes they cast and bills they cosponsored on issues that are critical to our mission. See where your elected officials stand, then use our [letter to the editor resource](#) to craft the perfect piece to get the word out in your local paper.
- Get out the vote in your community. Voter and civic education can be critical in enhancing women's participation in elections. Our [voter guide templates](#)* can be used to create a nonpartisan guide to your candidates' positions on issues like equal pay, education, and reproductive rights. You can also find more suggestions for successful voter registration, turnout, and education campaigns in our [GOTV tool kit](#).

Between now and Election Day, let's start conversations about the issues that affect our families and communities. We need to ask tough questions, jumpstart the discussion, and determine where our candidates stand.

Feeling motivated? Now's the time to carry that energy to the polls. After all, when women vote, we change the conversation.

*Copies of these resources can be ordered through the [upcoming events form](#). Only affiliates with 501(c)(4) tax status may distribute AAUW

Action Fund materials.

AAUW Action Fund
[1310 L St. NW, Suite 1000](#)
[Washington, DC 20005](#)



Legislative Update **CONNORS, RUMPF & GOVE**



facebook NJ's 9th Legislative District 

[Click here to visit Connors, Rumpf & Gove on Facebook and LIKE their page!](#)

9th District

[Home](#) | [Facebook](#) | [Twitter](#)
senconnors@njleg.org



609-693-6700

[District 9 Lawmakers: Taxpayers Likely Footing Excessive Legal Bill for Latest Controversial State Hiring](#)



Connors, Rumpf, and Gove commented on the Murphy Administration's controversial hiring of certain officials, and the Legislature's plans to hold hearings on the matter, stating that taxpayers will ultimately be forced to foot the bill.

[Click for Full Story](#)

[Committee Advances Connors-Rumpf-Gove Veterans' Surviving Spouse Benefit Bill](#)



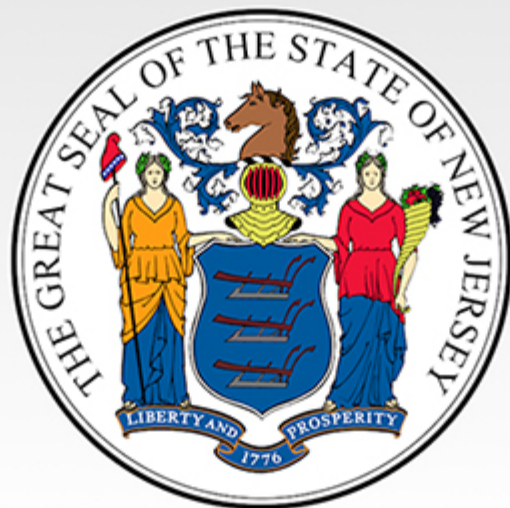


A Senate committee approved a bill sponsored by Connors, Rumpf, and Gove requiring the \$750 annual compensation to surviving spouses of certain blind or disabled veterans to be payable from the date of the veteran's death.

[Click for Full Story](#)

[Connors, Rumpf & Gove: Hiring of Convicted Public Official Typifies NJ's Extremist Policies](#)





Calling it a clear betrayal of the public trust, Connors, Rumpf, and Gove questioned how the Murphy Administration could rationalize hiring a corruption-convicted ex-public official for a \$70,000-a-year job with the New Jersey Department of Education.

[Click for Full Story](#)

[‘It Never Ends’ – Connors, Rumpf & Gove Oppose Bill to Send More State Aid to Paterson & Trenton](#)





The 9th District legislators stand unconditionally opposed to legislation that would send yet more taxpayer dollars to Paterson and Trenton.

[Click for Full Story](#)

[November Is Alzheimer's Disease Awareness Month & Veterans' Month in New Jersey](#)



Did you know that November is both Alzheimer's Disease Awareness Month and Veterans' Month in New Jersey?

[Click for Full Story](#)

[Click to view this email as a web page](#)

[Subscribe](#) | [Unsubscribe](#) | [9th Legislative District Office - Connors, Rumpf & Gove](#)



FRANK KELLOGG'S TOP 40 SELF-PROTECTION TIPS (1 through 5)

1. Check under cars in parking decks. Criminals have been known to hide underneath with sharp weapons.
2. Remember where you parked in parking decks, large parking lots, stadiums, etc. You don't want to look lost.
3. Don't visibly carry jewelry or other expensive items in high crime areas. You'll be targeted as a potential victim.
4. Yell FIRE, not HELP! People are more likely to come to your aid. It's curiosity of there being a "FIRE".
5. Keep your phone charged. This helps in many situations, you can call the authorities, 911, or family members.

Look for 6-10 next month.



Reading Corner

Author: Donald J Trump, by accident.

Title: Whose Boat is This Boat?

(All proceeds from this book go to help for the hurricane victims of 2018)

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 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:



Happy Holidays everyone!

It's here, the Most Wonderful Time of the Year and we know that everyone has to be very on top of their game and be extra careful while surfing the internet.

My advice to you is to be careful, do not fall for any scams, there are many scams whether they are telephone scams, email scams, direct through your browser on your computer scams - do not believe anything, no one is calling you and you should not pay anyone that tries to call you or or contact you through your computer.

Please call your local computer technician preferably me Lisa G from A 2 Z computer

help!

Thank you and be safe!

Lisa A. Gambino

Certified Computer Technician & Professional (Virtual) Assistant

A 2 Z Computer Help

www.A2ZComputerHelp.com

lisag@A2ZComputerHelp.com

Home Office: 732-237-9704

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

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

[View this email in your browser](#)



Business and Professional
Women's Foundation

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



Copyright © BPW Foundation. All rights reserved.

Business and Professional Women's Foundation

1030 15th Street, N.W., Suite B1 #148

Washington, DC 20005

e: foundation@bpwfoundation.org

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.

Want to change how you receive these emails?

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

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:202-293-1100)
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 lisagbino@gmail.com

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

Business and Professional Women Southern Ocean County · P.O. Box 1207 · Manahawkin, NJ 08050 · USA

