

Business and Professional Women Southern Ocean County
February 2016 Newsletter
www.bpwsoc.org

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PRESIDENTS LETTER

February 2016

I'm always passing by a little church in town and the sign out front reads 'Free coffee and hugs'. This message sends positive energy with such a warm greeting.

Since February 14th is approaching, I would like to share a poem and wish everyone a healthy heart and Happy Valentine's Day!

A Friend Is Like A Valentine

A friend is like a Valentine,
Heartwarming, bringing pleasure,
Connected to good feelings,
With memories to treasure.

Seeing a special Valentine
Brings happiness to stay,
And that's what you do, friend,
You brighten every day!

By Joanna Fuchs

Stay warm and cozy because Memorial Day is that much closer!

We are in the process of moving our PO Box from Manahawkin to Barnegat as a matter of convenience. Also stay tuned for the latest [scholarship applications](#).

I hope to see everyone at the next meeting.

Gina Dinkey, President, BPWSOC



Facebook



Website



MEMBER BIRTHDAYS:

Carmelina Scorsone - February 6

Jaimee Henbest - February 14

If your birthday is in February 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](#)

February 9 - BPWSOC Meeting

GUEST SPEAKER: Linda Worman -

Parliamentarian - BPWNJ member



"No matter how plain a woman may be, if honesty and truth are written across her face, she will be beautiful."

Eleanor Roosevelt

February 27 - BPWNJ Board Meeting

March 8 - BPWSOC Meeting

April 12 - BPWSOC Meeting

May 10 - BPWSOC Meeting

May 13-14 - BPWNJ Conference (

Tentative date)

June 14 - 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!!!



Former BPWSOC Member and recipient of BPWSOC Women helping Women award, Lucille Bates-Wickward (nee Michel), passed away unexpectedly on Jan. 12, 2016. She was 74.



BPWNJ VOICE

Did you know that you can advertise your business in the BPWNJ Voice in order to reach our sisters throughout the State? For more information contact Eunice Clark at eclark@brookdalecc.edu

If you are not receiving your copy of the Voice electronically, and would like to, e-mail Eunice Clark at the address above and ask her to put you on the electronic e-mail list. By doing so, you are helping BPWNJ save the cost of mailing.



GUEST SPEAKER

Our guest speaker this month will be Linda Worman, Parliamentarian and BPWNJ member at large.



She was a lifelong resident of Stafford Township and the daughter of Amos and Violet Michel. She was a graduate of Southern Regional High School and West Jersey Nursing School, Camden. She was the owner/operator of Lucille's Country Cooking in Warren Grove for the past 41 years. She was involved in many clubs and organizations in her life. She was also an avid Southern Regional Rams fan. She is predeceased by her husband, James L. Bates in 1980, and her daughter Cathy Bates-Lomauro in 2009.

After the tragic death of her daughter BPWSOC assisted her in getting Kathy's Law passed. This legislation prevents first responders from taking pictures and videos at accident scenes and posting them on multi-media.

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 February 9 meeting

Mark your calendars:

BPWNJ BOARD MEETING - February 27 - Monmouth University

POCKETBOOK BINGO - New date coming

BPWNJ ANNUAL CONFERENCE (tentative date) - May 13-14

For more information about these events

Visit us at www.bpwsoc.org.



For information about



[National Mentoring Month](#) -

Why Sponsorship Matters for Women in STEM

Action Network: Registration: Title IX Coordinators Delivery Project Conference Call

Hundreds of AAUW members have pledged to deliver new resources from the U.S. Department of Education to [Title IX coordinators](#) at schools in their area. [Join us for an all-member conference call](#) to hear the status of those efforts, including recent success stories and tips for overcoming common challenges from those who have already taken action.

Date: February 3, 2016

Time: 7:30 p.m. ET

Location: Online

Cost: Free

All AAUW members are invited but space is limited. This call will be recorded and made available at a later date.

[Register here today!](#)

Business & Professional Women

of New Jersey

visit: www.bpwnj.com



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.



Compliments of: Evonne Bonamassa

The acai berry is an inch-long, reddish-purple fruit. The berry comes from the acai palm tree, which is native to Central and South America.

Some research has shown that acai fruit pulp is even richer in antioxidants than cranberries, raspberries, blackberries, strawberries, or blueberries.

A lot of experts say that the acai berry promotes weight loss but this has never been proven, but they are a great addition to your diet.

They are used in beauty and cosmetic products in the form of acai oil. It maybe a safe alternative to other tropical oils used in facials, massage oils, shampoos and conditioners. Acai oils have a long storage life, which does not alter its antioxidant levels. They remain high.

If you have a pollen allergy to similar fruits, acai berry might not be for you. But, just like anything we eat, moderation is the key.



Reading Corner

Author: Jonathan Kellerman

Title: The Murderer's Daughter



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:



Facebook Privacy Settings:

I highly recommend that you go through all of the privacy settings in your account to verify that your privacy is properly protected.

A good place to start is to be on your "Timeline", and up above in the Facebook

toolbar area (which is blue), to the right of your name and "Home" button - the 4th icon is a picture of a lock with 3 lines; click this icon to go to the "Privacy Shortcuts" and then click on "Privacy Checkup".

After you have reviewed this, you can go on to the additional options and then go to more settings and adjust them to your liking.

Enjoy the Internet and Facebook, be safe, and as always have fun!

Thank you.

--

Lisa A. Gambino

Certified Computer Technician and Professional Secretary

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

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.

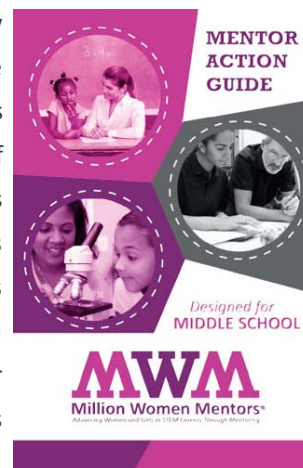
January 21st is Thank Your Mentor Day!



As you may know, January is National Mentoring Month. To celebrate we are tweeting daily mentoring and Million Women Mentors highlights from each of the states engaged with MWM. Make sure you follow us [@millionwmentors](https://twitter.com/millionwmentors) to keep up with all that is going on. We will be using the hashtag [#MWMStates](https://twitter.com/MWMStates) for each of our state's features. If you have an event or activity to highlight please send it to states@millionwomenmentors.org.

MWM Launches New Mentor Action Guide for Middle School

Million Women Mentors is excited to release the first of four new mentor action guides. The action guide provides mentors who are working with middle school students with 20 weeks/hours of activities to do with their mentees. Within the guide, mentors will find a mix of hands-on and online activities as well as touch points for conversations around things like goal setting. The action guide for middle school is integrated with Learning Blade®, an online STEM career awareness curriculum, and has information on how mentors can access an account to use with their mentees. To download a copy of the mentor action guide, visit the [Resources Page](#) on the Million Women Mentors website.



MWM State News





MWM-AR Gears up for Kickoff Event

MWM-AR, led by Andrea Roberts of STEM Strategy at Wal-Mart, is hosting the kick-off event for the state on February 2nd. The event is set to take place in Bentonville, AR with partners across the state. Lt. Governor Tim Griffin, who serves as the Honorary Chair for MWM-AR, is helping launch the state's efforts with Million Women Mentors at the kickoff. Kevin Delaney from the Museum of Discovery in Little Rock will be performing at the launch, which is expecting a few hundred attendees from business and industry, government and education. If you would like to learn more about the MWM-AR Kick-off event, [please contact Andrea Roberts](#).

MWM-IA's Jana Rieker - "Mentoring is a Gift worth Giving" Excerpt

If you've ever made the statement "This wouldn't have been possible without the help of ...," then you have been blessed with a mentor. Maybe that person introduced you to a new skill or to a new career opportunity. Maybe they stood up for you when you needed it. Maybe they believed in you when no one else did.

Congrats. Now my question to you is "Did you pay that forward?"

Continue reading [here](#).

Featured 100 CIO/CTO in STEM: Kathleen Brandt

Kathy Fish was elected as P&G's first female Chief Technology Officer on February 1, 2014. In his role, Kathy brings over 35 years of Research & Development experience and expertise.

In 1979, after graduating from Michigan State University with a B.S. in Chemical Engineering, Kathy joined P&G in process development and has a broad range of experience across process, products research, technology and packaging. Early in her career, she worked on World Liquid, which became the initial launch of Heavy Duty Liquid for Tide and Ariel globally. Following this, Kathy moved to Hair Care where she worked on 2-in-1 shampoos for Pert Plus and Pantene. While in Hair Care, she also worked on efficacy upgrades to Head & Shoulders and on the styling business.

Kathy managed R&D for the global Downy/Lenor business from 1999 to 2002 before moving to Baby Care. There, she led the upstream program before becoming R&D Vice President leading Pampers to strong and steady growth behind innovation on the premium tier, Baby Stages of Development and strong growth in Low Income Markets. She returned to Fabric Care in 2009, and led the R&D team on the launch



Kathy Fish, CTO at P&G

of Tide/Ariel Pods in NA and Greater Europe and Downy Unstopables in NA and Japan.

Kathy is committed to leading the R&D organization. She is focused on driving new capabilities and technologies to deliver discontinuous innovation that creates enduring brands and enables the long-term growth of the business.

Read more about Kathy and P&G [on the STEMconnector Blog](#).

MWM & Women in STEM News

Women in Technology International Summit June 5-7

The Women In Technology International (WITI) Summit, [June 5-7](#) in San Jose, is the annual gathering of tech-savvy women, held in the heart of Silicon Valley. Executive women, entrepreneurs, and technology thought leaders from around the world converge to collaborate on innovative solutions to common business challenges; explore new business opportunities that underscore how technology is powering change; and build and expand strong connections in a welcoming networking environment of women committed to helping each other succeed. Use code WOMEN for \$200 discount off the prevailing cost of a 3-day pass. www.witi.com/summit

Clearinghouse on Women's Issues session on Climate Change January 26, 2016 - free and open to public

Jennifer Andreassen, Senior Communications Manager, Global Climate, Environmental Defense Fund and Tommy Wells, Director of the DC Department of Energy and the Environment and leader of the DC delegation to the Paris Climate Change Conference will be speaking on women as an underutilized resource and implications of the UN Paris global conference. *Meeting is free and open to the public.*

Date: Tuesday, January 26, 2016 from noon-1:30PM

Location: Alliance for Justice (2nd Floor), 11 DuPont Circle NW, Washington DC 20036

ASU Launches New Center to Empower Women of Color in STEM

Arizona State University today launched the Center for Gender Equity in Science and Technology. The first-of-its-kind center, led by Dr. Kimberly A. Scott, will explore, identify, and create best practices to empower young women of color in school and college to succeed in science, technology, engineering, and mathematics.



Dr. Scott's pathfinding work in this field includes programs being used in states from coast to coast and has drawn recognition from the White House for her efforts. The center's mission is to team up scholars, policy makers and practitioners to research and develop strategies that help break down the systemic barriers that prevent girls and women of color -- African American, Native American, Latina or Asian American, for example -- from studying in STEM fields and pursuing related careers.

"This is a critical goal that requires expertise, experience and brainpower from a variety of fields," said Dr. Scott. "Our collective work will manifest into a larger and further reaching impact to benefit girls of color." Read more [here](#).

A startup is prepping girls for STEM by letting them design 3D-printed shoes - First Look

In the past couple of decades, there's been more and more chatter surrounding how we as a society can encourage girls to go into Science,

Technology, Engineering and Math - better known as STEM. It seems like everyone - not just schools - are taking an interest in

closing the gender gap in these fields. And startups are

becoming pretty creative when it comes to making STEM better appeal to young girls.

Take, for instance, Savvy Society. This venture makes engineering fun and approachable for girls, teaching them to use CAD as they design their own 3D-printed shoes. Alexa Fleischman and Lauren Wallace, who graduated from Boston College and Babson respectively and who now live in San Francisco, launched the startup last fall, and they maintain it will give girls a leg up in certain areas of STEM further down the road. Read more [here](#).



Savvy Society co-founders Alexa Fleischman (left) and Lauren Wallace (right)

4 inspiring women shaping the future of the STEM workforce

Within the tech world, it's a known fact that women are outrageously underrepresented. Silicon Valley is notoriously full of white men, and even many of the giants of the tech corporate world reveal disappointing numbers regarding diversity in annual reports. In 2013, only 26% of computing professionals were female.

But there's a shift occurring. As pushes for increased diversity - and more women - in STEM fields become stronger, more and more female students are enrolling in engineering programs and graduate studies.

George Washington University's School of Engineering & Applied Science is one such institution making an impact. Its engineering graduate programs are consistently ranked as including some of the highest percentages of women in the nation. And the school's efforts extend beyond the student body; in 2013, half of all faculty hires were women.

Below are profiles of several graduate students and faculty members on their efforts, STEM-focused projects and thoughts on the future of women in scientific fields. Read more [here](#).



Image: George Washington University

About Million Women Mentors

Million Women Mentors supports the engagement of STEM professionals (male and female) to serve as mentors for girls and women middle school through careers, allowing them to persist and succeed in STEM programs and careers. MWM is an initiative of STEMconnector in collaboration with over 45 corporate sponsors, 60 partners and 35 state leadership teams.

Questions about engaging with the MWM movement? Contact:

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Questions about engaging with the MWM State Initiatives? Contact:

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