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Business and Professional Women Southern Ocean County  
February 2017 Newsletter  
[www.bpwsoc.org](http://www.bpwsoc.org)

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## PRESIDENTS LETTER

February 2017

Happy February!

This month we are following through on a member's idea and having our Monthly Meeting on WEDNESDAY, February 15th (due to the regularly scheduled 2nd Tuesday falling on Valentine's Day) - you may have other plans, if so - Have a very Happy Valentine's Day and we hope to see you on Wednesday!

February has some National Days as posted in the National Day Calendar at [www.nationaldaycalendar.com](http://www.nationaldaycalendar.com) #CelebrateEveryDay, I thought I would share some:

2/1 - National Get Up Day

2/2 - National Groundhog Day

2/3 - National Wear Red Day – First Friday in February

2/4 - National Thank a Mail Carrier Day

2/9 - National Pizza Day (at my House!)

2/11 - National Don't Cry Over Spilled Milk Day

2/13 - National Clean Out Your Computer Day – Second Monday in February

(contact Lisa G from A2Z Computer Help)

2/14 - HAPPY VALENTINE'S DAY!

2/17 - National Random Acts of Kindness Day

2/18 - National Drink Wine Day

2/20 - Presidents Day – Third Monday in February

2/22 - National Margarita Day

2/24 - National Tortilla Chip Day

2/28 - National Chocolate Souffle Day

Everything is in the works for our Pocket Book Bingo Event & Fundraiser. It is scheduled for Thursday, April 27, 2017 at 5:30pm at Kristy's Casual Dining. We hope you come out to support us and help raise funds for the Scholarships we have been giving out to the many happy and deserving recipients for over 15 years now! This event was also a member's idea and we are working hard on this event to make it a very successful, fun, and enjoyable evening of bingo games and Designer Handbags! Be sure to spread the word!

The 2017 Scholarship (Career) Award applications are available for you to download. Whether it is for yourself or a friend, we invite you to print a copy, complete the application and send it in to us. Our Scholarships are for Women 25 and older who may be attending classes, to further their career, or are continuing their education or maybe you are just starting out. We also have "equipment" scholarships for women who may be starting a new business or are already established and need some assistance purchasing some new equipment for their business. Visit our website [www.BPWSOC.org](http://www.BPWSOC.org) to download and/or print an application today!

I wish everyone a very happy month and remember, you and your guests (friends, etc...) are always Welcome to come out and we hope to meet up with you soon! Also, feel free to tell us about any other events you may have.

Thank you all for your time and looking forward to seeing you at our next meeting on WEDNESDAY, February 15, 2017 at 600 Main for our regular monthly meeting, along with a "Victorian Tea"!

Lisa Gambino

President/Webmaster

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

Business & Professional Women Southern Ocean County



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BPWSOC Upcoming events for 2016 - 2017

Meetings are held the second Tuesday of each month at 6:30PM (come earlier 6PM for Networking) at [Kristy's Casual Dining in Waretown](#) 2017

WEDNESDAY - February 15 - BPWSOC Meeting (This meeting is on Wednesday since Valentines Day is on Tuesday) **at VICTORIAN TEA ROOM 600 MAIN, 600 MAIN STREET. TOMS RIVER, NJ at 6:00 PM**

March 14 - BPWSOC Meeting

April 11 - BPWSOC Meeting

April 27 - Pocketbook Bingo

May 9 - BPWSOC Meeting

June 13 - 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!!!



MEMBER BIRTHDAYS:

Carmelina Scorsone - February 6

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



"Find out who you are and do it on purpose"  
**Dolly Parton**



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.

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GUEST SPEAKER

There will not be a guest speaker at this meeting.

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

Please note that you can always go to our [website](#) for the latest information and/or "[Members Only](#)" area.

Please support upcoming BPWSOC events:

WEDNESDAY - February 15 - BPWSOC Meeting . VICTORIAN TEA ROOM  
600 MAIN - 6:00 pm

POCKETBOOK BINGO - April 27, 2017

For more information about these events

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

SAVE THE DATE:

Dear Friend,

On behalf of Senator Bob Menendez, I am pleased to announce that our 2017 Women's History Month Celebration will be held on Sunday, March 26, 2017 at Montclair State University from 3:00 pm to 5:00 pm.

Please SAVE THE DATE and share this with friends and family members. The event is FREE and open to the public.

STAY TUNED for future announcements about our Keynote Speaker and this year's Evangelina Menendez Trailblazer Honorees!

Feel free to contact me in the Senator's Newark office at 973-645-3030 or via email at [Artin\\_Haghshenas@menendez.senate.gov](mailto:Artin_Haghshenas@menendez.senate.gov) with any questions.

Again, please [RSVP](#), save the date and [share the event information](#) with others who may be interested!

Sincerely,

Artin Haghshenas

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## 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.***

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# Pocketbook Bingo coming in 2017!

**Business and Professional Women  
Southern Ocean County  
Annual Fundraiser**



**Good Time,  
Good Cause!**  
**Includes  
10 Games**  
(3 cards per  
game)  
Menu available  
for purchase at your  
own leisure

**Thursday, April 27, 2017**  
**WIN Designer Handbags by  
COACH, MICHAEL KORS, & OTHER DESIGNERS**

**Doors Open @ 5:30 p.m. • Game Begins @ 6:30 p.m.**

**Tickets are \$25.00**  
**(in advance or at the door)**

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

**at Kristy's Casual Dining**

562 U.S. 9, Waretown, NJ 08758

[www.kristycasualdining.com](http://www.kristycasualdining.com)

**TO PURCHASE TICKETS, RETURN THE COMPLETED FORM AND PAYMENT TO THE ADDRESS BELOW**

Name: \_\_\_\_\_ # of Tickets: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone # \_\_\_\_\_

Total \$ \_\_\_\_\_ Check #: \_\_\_\_\_

**Make check payable to BPWSOC and mail to BPWSOC, P.O. Box 722, Barnegat, NJ 08005**

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

## *Inventions by Women The Medical Syringe*

*The medical syringe which could be operated with only one hand was invented by Letitia Geer in 1899.*



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## **Tell Congress: Don't Repeal the ACA**

You've likely heard the news: Congress is rushing to repeal the Affordable Care Act (ACA) with no plan for a replacement and no guarantee that people will keep access to quality, affordable health insurance moving forward.

This extreme action could eliminate current coverage for *millions* of people, wipe out anti-discrimination laws protecting women's health care, and throw the U.S. health care system into disarray. Congress must act to protect our health care not damage it.

[Tell Congress now: don't deny health care to millions of Americans.](#)

AAUW [believes that](#) everyone is entitled to high-quality, affordable, and accessible health care. The ACA is by no means perfect. But Congress cannot repeal the law without immediately jeopardizing the health care we all rely on – regardless of whether a replacement is ever

considered, something for which there is currently no guarantee.

Attempts to repeal the ACA specifically put women's access to health care in danger and threaten our economic security. That's because a repeal of the ACA would take us back to time when women were charged more for health insurance than men, when health insurance often failed to cover essential preventive care, and when many women couldn't find affordable health coverage in the individual market.

And with Congress' rumored efforts to also defund Planned Parenthood health centers, where millions of us seek preventive care, and roll back state-based Medicaid expansions, Americans are looking at dire consequences to their health and to their wallets.

Congress needs to [hear from you](#) today: protect our health care, protect women from discrimination, don't repeal the Affordable Care Act.

**TAKE ACTION!**

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

empowered by  salsa







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NJ's 9th Legislative District

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609-693-6700

## [Assembly Passes Connors-Rumpf-Gove Veterans' Housing Initiative](#)

Like Share Tweet



The New Jersey Assembly overwhelmingly passed legislation sponsored by Senator Christopher J. Connors, Assemblyman Brian E. Rumpf and Assemblywoman DiAnne C. Gove that would expand housing opportunities for veterans.

[Click for Full Story](#)

## [9th District Delegation Bill Upgrading Crime of Trespassing in Nuclear Facility Advances](#)



The Assembly Homeland Security and State Preparedness Committee advanced a bill by 9th District Asm. Brian Rumpf and Asw. DiAnne Gove that increases the penalty for trespassing offenses committed in a nuclear generating plant.

[Click for Full Story](#)

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## [Aquaculture Bills Sponsored by Connors, Rumpf & Gove Signed Into Law](#)



A pair of bills sponsored by Connors, Rumpf and Gove that will streamline the permitting approval process for aquaculture projects were recently signed into law.

[Click for Full Story](#)

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## [NJ Division of Developmental Disabilities Publishes New Resources Guide for Families](#)





The New Jersey Department of Human Services' Division of Developmental Disabilities (DDD) has produced a new resource for families in collaboration with the Regional Family Support Planning Councils.

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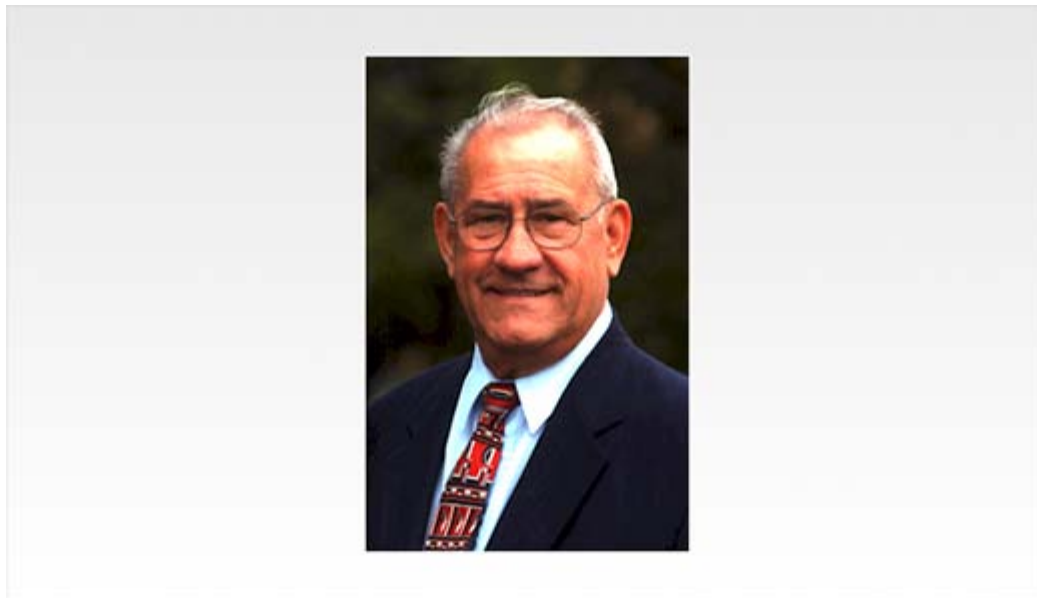
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609-693-6700

## [9th District Delegation Expresses Profound Sorrow at the Passing of Former Senator Leonard T. Connors, Jr.](#)

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Former 9th District Senator and Surf City Mayor Leonard T. Connors Jr. passed away on Dec. 4th at the age of 87, surrounded by family.

[Click for Full Story](#)

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## [Committee Advances Connors, Rumpf & Gove Veterans' Housing Assistance Bill](#)

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A senate panel advanced legislation sponsored by Connors, Rumpf & Gove to provide housing opportunities for veterans.

[Click for Full Story](#)

## [Newly Enacted Laws to Help Finance Clean Drinking Water Projects in 9th Legislative District](#)



Connors, Rumpf and Gove announced that a new law will direct more than \$39 million to finance clean water and drinking water projects in the 9th Legislative District.

[Click for Full Story](#)

## [Senate Passes 9th District-Supported Bill Requiring Pledge Of Allegiance & U.S. Flag At All Public Meetings](#)



The Senate passed legislation sponsored Connors, Rumpf and Gove that would require all public bodies to recite the Pledge of Allegiance and to display the United States flag under the Open Public Meetings Act at the beginning of meetings.

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*Click above for the booklet.*

*Health tip provided by BPWSOC member and 2016 scholarship recipient Nicole Reedy*

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### Reading Corner

Author: Paula Hawkins  
Title: The Girl on the Train

Author: Susie Guckin  
Title: The Camouflaged Heart  
Note: Susie Guckin is a member of BPWSOC

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## 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:



You may have noticed the "F" keys on the top of your keyboard - these are also known as the "function" keys. The function keys can save you lots of time, when used properly, during some of your daily and or familiar tasks.

Below is a diagram with a brief description of some common shortcuts.

Lisa A. Gambino

Certified Computer Technician & Professional (Virtual) Assistant

A 2 Z Computer Help

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

## THE USES OF FUNCTION KEYS

F1

Opens the **Help** screen for almost every program.

F2

Allows you to **rename** a selected file or folder.

F3

Opens a **search feature** for an application that is active at the moment.

F4

**Alt + F4** closes the active window.

F5

Allows you to **refresh or reload** the page or document window.

F6

Moves the cursor to the **address bar** in most Internet browsers.

F7

Used to **spell check and grammar check** a document in Microsoft applications such as Microsoft Word.

F8

Used to **access the boot menu** in Windows when turning on the computer.

F9

**Refreshes** a document in Microsoft Word and **sends and receives** e-mails in Microsoft Outlook.

F10

**Activates the menu bar** of an open application. **Shift + F10** is the same as **right clicking**.

F11

**Enters and exits fullscreen mode** in Internet browsers.

F12

Opens the **Save as dialog box** in Microsoft Word.

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



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Working women helping women work | [www.bpwfoundation.org](http://www.bpwfoundation.org)

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](http://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](http://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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