

Business and Professional Women Southern Ocean County

February 2018 Newsletter

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

[View this email in your browser](#)



**BLACK  
HISTORY  
MONTH**

HAPPY FEBRUARY, Everyone!



What do you think [Punxsutawney Phil](#) will predict on February 2nd?

February is Black History Month - see the article below from [Time.com](#) Let's honor our fellow African Americans!

Valentine's Day is on February 14th! Happy Valentine's Day to all!

Why don't you join us on the 13th for a [Victorian Tea at 600 Main](#), where we will be celebrating the month of February!

As you may have read on our Facebook page, we had the pleasure of meeting and spending time with Tim O'Brien (Emiliana's Dad) of Emiliana's Hope, at our last meeting on January 9th. Tim talked with us about Emiliana and the foundation they have created. While the loss is sad, it truly is a beautiful story of Emiliana's

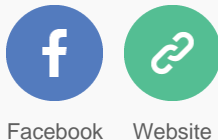
life and the formation of the foundation in her memory. We then presented Tim with our donations. Thank you to all!

The Officers will be meeting, this month, on Monday, February 5th at 6:00 pm at my house - anyone wishing to join us to help with upcoming events, please feel free to contact me and let me know. Or, if you know where I live, just come on over! Going forward, the Officers will be trying to follow a pattern of meeting on the 1st Tuesday, to go over ideas/events to be prepared for when all members meet at our regular 2nd Tuesday Meeting.

Thank you all for listening, sharing and just for being you!

Have a great day and see you soon,

Lisa Gambino  
President  
[www.BPWSOC.org](http://www.BPWSOC.org)



**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 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](#)



## 2018 Schedule

February 13 - BPWSOC Meeting - non-formal, Victorian Tea at [600 Main](#) (600 Main Street, Toms River, NJ)

March 13 - BPWSOC Meeting

March 22 - Psychic Fair Fundraiser - details coming soon

April 10 - BPWSOC Meeting

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!!!

"I am not afraid of storms for I am learning how to sail my ship."  
**Louisa May Alcott**



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

Our newest member, Kate Ecke, [Live Your Best Life](#), will be our Speaker at the Tea Room (600 Main)

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

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



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



February is Black History Month, and [Google](#) is kicking it off by honoring [Carter G. Woodson](#), frequently touted as the “Father of Black History,” with a Google Doodle (2/1/18).

[Carter Godwin Woodson](#) was born in 1875 to former slaves and, as the second African-American to earn a doctorate from Harvard, become one of the first scholars of African-American history. Woodson died in 1950.

For the full article, [click here](#)

# 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.*

## *Inventions by Women Computer Software*

*Dr. Grace Murray Hopper was computer scientist that invented COBOL which is the first user-friendly business computer software system in the 1940's.*

*She was also a rear admiral in the U.S. Navy and the first person to use the term "bug" in reference to a glitch in a computer system when she literally found a bug (moth) causing problems with her computer!*



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

## Tell Congress: Oppose the Tax Cuts and Jobs Act

The fight isn't over yet! Congress is rushing to pass a tax reform bill that disproportionately benefits those who need it least by cutting taxes for billionaires and corporations at the expense of middle- and lower-income women and families.

If that wasn't bad enough, the plans passed by the House and Senate [gut](#) the Affordable Care Act, [increase taxes](#) for millions of low- and middle-income people, [?](#)

[price out](#) graduate students from working towards advanced degrees, and [expand](#) private school benefits while harming public education. We can and must do better.

Both chambers of Congress will have to approve a final version of the Tax Cuts and Jobs Act before it hits President Trump's desk. That means there's still time to make your voice heard!

[Click here to send a message to your members of Congress to urge them to vote NO on the Tax Cuts and Jobs Act.](#)

AAUW is dedicated to advancing the economic, social, and physical well-being of all women and families. We can't remain silent while Congress threatens the economic security of so many.

[Keep the pressure on. Urge your members of Congress to stand up for working families by opposing the Tax Cuts and Jobs Act!](#)

**TAKE ACTION!**

---

AAUW

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

Washington, DC 20005







facebook

NJ's 9th Legislative District

 Like Page

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



9th District

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

[senconnors@njleg.org](mailto:senconnors@njleg.org)

609-693-6700

[Connors, Rumpf & Gove Outraged by Christie Veto of Superstorm Sandy Clawback Bill](#)

 Like

 Share

 Tweet





Connors, Rumpf & Gove conveyed outrage and empathy for affected Sandy victims in response to former Gov. Christie's refusal to sign the Superstorm Sandy clawback bill.

[Click for Full Story](#)

[Connors, Rumpf & Gove Committee Assignments Cover Veterans, Health, Federal Relations & Higher Education](#)

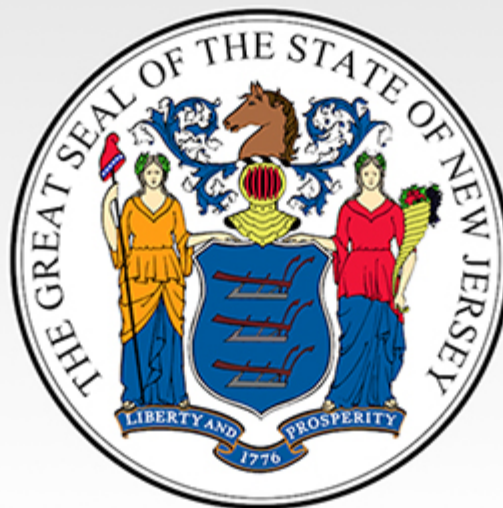


Connors, Rumpf, and Gove have received their committee assignments for the

2018-2019 legislative session.

[Click for Full Story](#)

[Connors, Rumpf & Gove: Compelling Need Remains for Controlling Size, Cost & Scope of State Bureaucracy](#)



Connors, Rumpf & Gove cautioned on the pressing need in the coming years to continue controlling the cost, size, and scope of the state bureaucracy.

[Click for Full Story](#)

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

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



I like to drink grapefruit juice but hear that it can interfere with some prescription medications.

Is that true?

Answers from [Katherine Zeratsky, R.D., L.D.](#)

Yes. Grapefruit and certain other citrus fruits, such as Seville oranges, can interfere with several kinds of prescription medications.

Don't take these interactions lightly. Some can cause potentially dangerous health problems. If you take prescription medication, ask with your doctor or pharmacist whether your medication interacts with grapefruit or other citrus products.

You may need to eliminate grapefruit products from your diet. Simply taking your

medication and grapefruit product at different times doesn't stop the interaction.

Alternately, you can ask your doctor if there's a comparable medication you can

take that doesn't interact with grapefruit.

Problems arise because chemicals in the fruit can interfere with the enzymes that

break down (metabolize) the medication in your digestive system. As a result, the

medication may stay in your body for too short or too long a time. A medication

that's broken down too quickly won't have time to work. On the other hand, a

medication that stays in the body too long may build up to potentially dangerous

levels.

The list of medications that can interact with grapefruit includes

commonly prescribed medicines that:

- Fight infection
- Reduce cholesterol
- Treat high blood pressure
- Treat heart problems
- Prevent organ rejection in transplant recipients

Another potential problem is that some products may contain grapefruit but don't say so in the name or on the ingredients list. For example, numerous citrus-flavored soft drinks have been identified as possibly containing grapefruit juice or grapefruit extract.

Play it safe with prescription drugs. Always ask your doctor or pharmacist when you get a new prescription if it interacts with any foods or other medicines. If the answer is yes, ask whether you need to eliminate that food from your diet.

Info obtained from:

<https://www.mayoclinic.org/healthy-lifestyle/consumer-health/expert-answers/food-and->

nutrition/faq-20057918

By: Nicole Reedy

---



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 [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

---



## Computer Tips:



Update, Update, Update! I can not stress this enough.

To keep all of your computers, tablets, smart phones, and devices running properly - they must be up to date. This means the software, which would represent a "Windows Update", "iOS Update", "Android Update", and of course any other applications or programs your device is running, ie... games, utilities, Adobe, Java, Anti-virus Software, Microsoft Office, etc...things like this.

When you are all up to date, your device will run properly and smoothly.

Thank you,

Lisa A. Gambino

Certified Computer Technician & Professional (Virtual) Assistant



A 2 Z Computer Help

[www.A2ZComputerHelp.com](http://www.A2ZComputerHelp.com)

[lisag@A2ZComputerHelp.com](mailto:lisag@A2ZComputerHelp.com)

Home Office: 732-237-9704

Keyport Office: 732-847-9275

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

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

---

*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:2022931100)  
M-F, 9AM to 5PM EST,  
excluding holidays  
e: [foundation@bpwfoundation.org](mailto:foundation@bpwfoundation.org)

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#)

Happy  
Valentine's  
Day

---

*Copyright © 2018 BPWSOC, Business & Professional Women Southern Ocean County, All rights reserved.*

Our mailing address is:

BPWSOC  
P.O. Box 722  
Barnegat, NJ 08005

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

The MailChimp logo is centered on a grey rectangular background. The text "MailChimp" is written in a white, cursive script font.