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Business and Professional Women Southern Ocean County

February 2019 Newsletter

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Dear Members of BPWSOC,

February is the month of love and although many recall this as a time of romantic love, I encourage each of us to learn to love ourselves. It is so easy to get wrapped up in the many responsibilities we all carry being business and professional women in a busy world, but take a few moments to offer love, appreciation, and support to yourself. We must remember to fill the cup within ourselves so that we are not depleted and unable to share our gifts with others.

This month is our annual tea social fundraiser at the Victorian Tea Room in Toms River, NJ. We have had two lovely years of gathering in this beautiful, cozy setting, enjoying the company of each other and others.

We do hope you'll join us on February 12 at 600 Main Toms River, NJ. Pre-registration is required for this social meeting event and the fee to attend is \$40.00, which provides a lovely meal of finger sandwiches, delicious tea, and many delectable little treats. This meeting event is a wonderful time to gather, meet new people, and enjoy a night out for a good cause, as this event supports our scholarship fund to help local business and professional women with business or educational needs. Pre-registration is required.

Register here at our EventBrite page: <https://www.eventbrite.com/e/bpwsoc-scholarship-fundraiser-tea-social-meeting-tickets-54017022368>

Last month we had one of our very own BPWSOC members here to speak about a great tool for healing the body. Diane Ferreira-Kett. She introduced us to a product called "The Bemer" and the wonderful healing benefits of using this wonderful tool. Diane offers sessions at the Salty Spa in Whiting, NJ. Be sure to look her up! [www.thesaltyspa.com](http://www.thesaltyspa.com)

The March meeting will be held at our regular location, 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



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, if you wish, around 6:00 PM for Networking/Mingling)

2019 Schedule

# PLEASE NOTE CHANGE OF VENUE FOR FEBRUARY MEETING

**February 12 - *BPWSOC February Meeting* -**

***Annual Tea Party Fundraiser at 600 Main, Toms***

***River NJ (with Special Guest)***

March 12 - BPWSOC Meeting

**March 29 - *Paint Party Fundraiser - Captains***

***Inn***

April 9 - BPWSOC Meeting

May 14 - BPWSOC Meeting

**May 18 - *BPWNJ Foundation 100th***



## MEMBER BIRTHDAYS:

Carmelina Scorsone - February 6

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



"One of the lessons that I grew up with was to always stay true to yourself and never let what somebody says distract you from your goals."  
**Michele Obama**



***Anniversary Celebration***

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***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.)

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***REMEMBER TO BRING YOUR BUSINESS***

***INFORMATION FOR OUR NETWORKING***

***TABLE!!!***



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

is a Surprise at 600 Main Victorian Tea Room

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

February 12 - BPWSOC Meeting - ANNUAL TEA PARTY  
FUNDRAISER AT 600 Main, Toms River, NJ

[March 12- BPWSOC Meeting](#)

[March 29 - Paint Party Scholarship Fundraiser at Captains Inn](#)

2019 SCHOLARSHIP APPLICATIONS ARE AVAILABLE FOR YOU TO  
DOWNLOAD AND APPLY! [Click Here](#)



Happy Ground Hog Day!

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# 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.*

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



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## Tell Your Member of Congress: Cosponsor and Pass the Paycheck Fairness Act

The economic well-being of women and families was a central issue in the election of the historically diverse 116th Congress. Now, our legislators have come to Washington with a charge to stand up for women's economic security — and there is no more fitting way to begin than by making real progress toward ensuring all women receive fair pay.

The Paycheck Fairness Act will soon be introduced in Congress — and you can be a critical part of the work to pass it by urging your members of Congress to become original cosponsors and to call for its swift passage.

[Urge your members of Congress to affirm their commitment to pay equity by cosponsoring the Paycheck Fairness Act today!](#)

The Paycheck Fairness Act would take meaningful steps to help close the gender pay gap. AAUW advocates have made sure Congress knows pay equity is a priority for women and families. Now, the Paycheck Fairness Act must be a priority in the 116th Congress.

Our lawmakers must make good on their promises to make progress for gender equity. Urge your members of Congress to cosponsor the Paycheck Fairness Act to help close the gender pay gap.

**TAKE ACTION!**

AAUW  
1310 L St. NW, Suite 1000  
Washington, DC 20005



 **Legislative Update**  
**CONNORS, RUMPF & GOVE**

**WARNING!**  
If you are entering the United States  
without presenting yourself to an Immigration Officer,  
**YOU MAY BE ARRESTED AND PROSECUTED**  
for violating U.S. Immigration and Customs Laws.



[Click here](#) to tell Gov. Murphy that NJ shouldn't give driver's licenses to illegal aliens.



9th District

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

609-693-6700

[SIGN THE PETITION: Tell Gov. Murphy that NJ Shouldn't Give Driver's Licenses to Illegal Aliens](#)



Governor Phil Murphy wants to give driver's licenses to illegal aliens and spend more of your tax dollars in his foolish quest to turn New Jersey into a sanctuary state.

In fact, legislation ([S-3229/A-4743](#)) is now under consideration in Trenton that would provide driver's licenses to illegals.

In his effort to turn New Jersey into a sanctuary state, the Governor has spent more than \$2 million of taxpayer money to cover the legal costs of illegal aliens facing deportation.

Even worse, Governor Murphy is spending millions on illegals while insisting he needs to raise YOUR taxes even more.

If you oppose this, you must act NOW before it's too late!

[Click here to sign the petition to tell Governor Murphy that it's wrong to give driver's licenses to illegal aliens and to stop his effort to turn New Jersey into a sanctuary state.](#)



#### FRANK KELLOGG'S TOP 40 SELF-PROTECTION TIPS (11 to15)

11. Don't travel alone when going out. Criminals and Predators have been known to target people who are alone.
12. Sit facing exits in restaurants. Also try to sit near exits. You can see who comes in, and if they are suspicious.
13. When in a car accident, call authorities immediately. It could be a setup to get you out of your car to be attacked.
14. If you find a lost wallet, take it to the police department. Returning it to an unknown person could enrage them.
15. Be comfortable raising your voice to intimidate. Having a confident posture deters cowardly criminal behavior.

Look for 16 to 20 next month.



Reading Corner

Author: Sheila Roberts  
Title: Welcome to Moonlight Harbor

Author: Susan Guckin  
Title: The Camouflaged Heart  
Note: Susan Guckin is President 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 [Cyndyonlbi@comcast.net](mailto: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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# Computer Tips:



(Keyboard Shortcut) = hold down the

"Windows" key (it is the key usually one on the left and one on the right side of the bottom row of your keyboard or there may just be one on the left side) and press the "E" key and it will open "Explorer". Explorer aka Windows Explorer or File Explorer, this is where you go to access and/or navigate your files on your computer.

Windows Key + E

Thank you and you know who to call if you need additional help...

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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

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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



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Business and Professional Women's Foundation

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Washington, DC 20005

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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.

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## 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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