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Business and Professional Women Southern Ocean Count February 2020 Newsletter
www.bpwsoc.org

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Website

Our February meeting will be held at The Mathis House at 600 Main Street in Toms River. Our dinner will start promptly at 6 PM so be sure to arrive early with your guests. The new proprietor Vicky Weiss will be our guest speaker for the evening. Her adventure thru life is an exciting one with many different dimensions that will surprise you!! Invite your friends, Mom, sister, or cousins to join us for this annual event.

Something I never thought in a million years I would be doing is puppy sitting!!! I have Carson, my son's puppy two days a week pending his schedule. For those of you who know me for a length of time, I did have two cats, Leah and Luke that lived to be 17 and 19. Cats are soo easy....especially indoor cats! Dogs on the other hand need more guidance, attention and discipline. This has been quite a challenge for me to adjust to a routine that is contrary to mine!! Now I have an automatic alarm clock, daily walks for at least 20 minutes and a new appreciation for mother nature!! I also am learning more about where I live and meeting new folks that are dog owners. Getting thru the winter has been challenging and learning how to time the walks without the wind was interesting. For sure every time I enter my kitchen Carson's right there thinking he will get a snack or a meal...sort of like having a toddler all over again! He is constant companionship with a wet nose!!! Such a handsome little dude that is helping me find a different routine...at my age do I really need to change my routine?? I'm grateful that I am able to help my son and change is good....so far I've adjusted and am enjoying every day with Carson. Pets are great friends...I

just love this little guy!!

Cyndy Friedland
BPWSOC President
(Part time Bubbe)

RESERVATIONS REQUIRED FOR FEBRUARY 11th MEETING

Join us for a Victorian evening on Tuesday, February 11th. We will be hosting our Valentine's meeting at The Mathis House, 600 Main Street in Toms River. Dinner will start at 6 PM and the cover is \$45. per person. Invite your Mom, Aunt, friends or neighbors to enjoy this evening. We will need to have reservations made by February 6th Kindly leave a message at 1-609-698-4459 with your name and name of guests joining you. Payment in advance can be made on our website www.BPWSOC.org using the donation button or mailing your check made payable to:

BPWSOC, PO Box 722, Barnegat, NJ 08005

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GUEST SPEAKERS FOR MARCH 10th MEETING

Savvy Fit Soaps is a wellness and skincare line highly unique in nature, only employing products of earth to create cleansing and nourishing bar soaps and oil based lotions. Founder Thomas Ascough branded the line after his daughter Savannah's nickname Savvy and crafted compelling mixtures that met an awesome need. Thomas has become a connoisseur of natural skincare, but takes the most pride in his complete understanding of wellness including nutrition and fitness (for which he is certified by the National Academy of Sports Medicine).

THOMAS ASCOUGH



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Facebook Website



BPWSOC Meetings are held the

2nd Tuesday of each month -

6:30 PM at...Conca D'oro

778 Lacey Road, Forked River, NJ

(unless otherwise noted)

(come earlier 6 PM for Networking/Mingling)

2020 Schedule

January 14 - BPWSOC Meeting

February 11- BPWSOC Meeting- Special Event

Victorian Tea Meeting at The Mathis

House, 600 Main Street, Toms River, NJ

March 10- BPWSOC Meeting

April 14 - BPWSOC Meeting

May 12 - BPWSOC Meeting

June 9 - BPWSOC Meeting

July 14 - BPWSOC Meeting - out and about at a

local Restaurant

August 11 - BPWSOC Meeting-SPECIAL EVENT

Surflight Dinner Theatre Scholarship Fundraiser

- Save the dayte... Mamma Mia!

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 NETWORKING!!!

To think about for the summer of 2020...



Our Scholarship Awards are given out each year at our June Meeting. You can [download an application](#) to apply on our website, each year, by April 30th.



MEMBER BIRTHDAYS:

There are no February member birthdays

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



This is where we send Sunshine to a Member who has had a celebration or we're sending wishes to get well or sympathy.

All the best wishes to everyone and thank you for your thoughtfulness!



"I hate the fact that people think 'compromise' is a dirty word. You get nothing done if you don't listen to each other ."

Barbara Bush



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.



Gloria's Gang of Gorgeous Girls Luncheons on Saturdays



Computer Tips:



Microsoft's "Windows 7" Operating System has ended as of January 14, 2020. This means that Microsoft has ended life for this operating system and will no longer support (meaning, provide updates) for this operating system. Microsoft wants you to use Windows 10 only, at this time.

Will there be another Operating System? I say, probably. But, until then, there is nothing that can be done - if you wish to use a Microsoft Computer aka "PC" for Personal Computer.

Any computer running on an obsolete operating system, will be vulnerable to malware, hacking, and cyberattacks.

And, Microsoft will no longer be obligated to provide a patch (update) for any software bugs.

If you feel you are safe because you have antivirus security software, you are not. Eventually, it will not support Windows 7 due to the amount of updates it will start to accumulate. For you to be safe, your operating system, your antivirus software and any other important software have to all be up to date and current.

Be safe, be smart and call you local PC Technician for further assistance.

Thank you,

Lisa A. Gambino

Webmaster, Treasurer (www.BPWSOC.org)

Certified Computer Technician & Professional (Virtual) Assistant

A 2 Z Computer Help

www.A2ZComputerHelp.com

lisag@A2ZComputerHelp.com

Home Office: 732-237-9704



Reading Corner

Author: Stephen King

Title: *Gwendy's Button Box* Trilligy

Author: Susan Guckin

Title: *The Camouflaged Heart*

Note: Susan Guckin is Past President 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 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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If we could all have a personal chef, I follow a health food place PlantBar from a visit in MD. A recent notification reminded of food prep and planning benefits and what we can do once a week. It saves precious time vs daily pressure at the end of a long workday. There is no need to last minute grab whatever is available or worse yet fast food and instead have balanced options to choose from.

This starts the year off right towards with positive habits and gives you room to nurture projects, hobbies and people that put a smile on your face.

Remember we are stronger than yesterday meaning everyday is a chance to renew and refresh!

This Health Tip was provided by Gina Dinkey, Past President

When women
support each other,
incredible things
happen.



International Day of Women and Girls in Science
11 February



#February11
International Day of Women and Girls in Science

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



Legislative Update
CONNORS, RUMPF & GOVE

facebook NJ's 9th Legislative District

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9th District

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senconnors@njleg.org

609-693-6700

[Connors, Rumpf & Gove: Common Interest Community Bill S-2425 Stopped from Becoming Law](#)

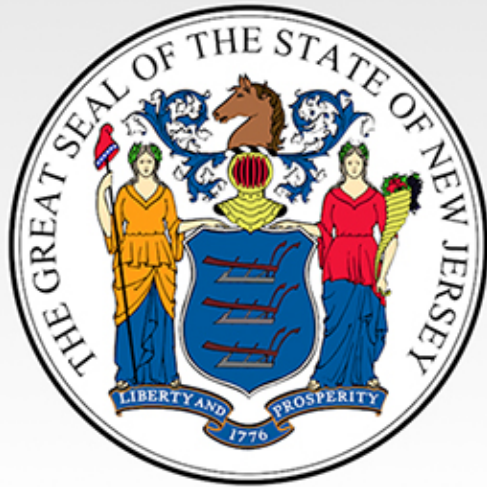


Connors, Rumpf & Gove responded to Gov. Murphy's decision to pocket veto the common interest community bill (S-2425) which was opposed by the 9th District delegation and thousands of their constituents.

[Click for Full Story](#)

[Connors, Rumpf & Gove Bill Exempting Disabled Vets from Paying Beach Buggy Permit Fee Signed Into Law](#)

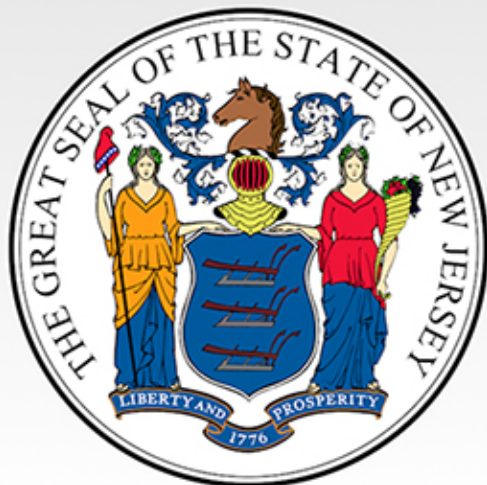




Disabled veterans have been exempted from paying beach buggy permit fees under a newly enacted law that was authored by Connors, Rumpf & Gove.

[Click for Full Story](#)

[District 9 Lawmakers React to Gov's 2020 State of the State](#)



Following Gov. Murphy's State of the State address, Connors, Rumpf & Gove said the Governor should end the extreme

policies that are driving people out of New Jersey.

[Click for Full Story](#)

[9th District Delegation's "Combat to College Act" Signed into Law](#)



Legislation sponsored by Connors, Rumpf & Gove providing priority registration to college courses for military members and veterans has been signed into law.

[Click for Full Story](#)

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Dear Gina,

When AAUW announced its largest-ever board matching gift opportunity — \$68,800 — I had no doubt that our members and supporters would make some history of their own. And you did. With your support for Giving Tuesday alone, we brought in 250% of our donations from the same time last year. And we far exceeded our matching gift challenge as well!

I can't thank you enough for investing in women's futures.

It couldn't happen at a better time. In 2020, we look ahead with clear vision at the start of a new year and a new decade. With a critical election ahead, it's important for us to continue our vital work to implement fair-pay legislation while empowering women to lead and negotiate on their own behalf.

But we also have a fresh opportunity to learn from the past. As we mark the 100th anniversary of the 19th amendment and the 55th anniversary of the Voting Rights Act — two milestones that gave women the right to vote — we remember that it took nearly half a century after the Constitution was amended before women of color

could cast their ballots. And there are still challenges today with voter access and voting suppression. With you standing with us, we will fight to ensure that **everyone's** voice is heard in 2020.

I'm so very grateful for your generosity and your commitment to equity for all.

Happy New Year,



Kimberly Churches
Chief Executive Officer

[AAUW](#)

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

[Washington, DC 20005](#)

connect@aauw.org



Business and
Professional
Women's
Foundation

Founded in 1919

Mission

To partner to create successful workplaces for women, their families and employers.

ADDITIONAL CONTACT INFO



foundation@bpwfoundation.org



<http://www.bpwfoundation.org>

About

<http://www.bpwfoundation.org> Business and Professional Women's Foundation (BPW Foundation) empowers working women to achieve their full potential.

Company Overview

Business and Professional Women's Foundation (BPW Foundation) empowers working women to achieve their full potential and partners with employers to build successful workplaces through education, research, knowledge and policy.

General Information

BPW Foundation transforms workplaces by strengthening the capacity of organizations and businesses to create work environments that are inclusive and value the ... [See More](#)

Founding date

1919

BPW Foundation

[View this email in your browser](#)

Business and Professional Women's Foundation

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Greetings

What is it like to be 100 years old? 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

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

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excluding holidays

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www.BPWSOC.org

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