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Business and Professional Women Southern Ocean County
January 2017 Newsletter
www.bpwsoc.org

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PRESIDENTS LETTER

January 2017

Happy New Year! "2017"

The Holidays have been in full swing and here we are in this New Year of 2017!

We have had some real nice meetings, met some really great "new" women, had events & get-togethers, as well as our Annual Holiday Dinner/Meeting, which were all so very nice! We shared some great stories, laughter, food and drink, and of course we are always brainstorming for our upcoming fundraisers to raise funds for our Annual Scholarships for Women.

Many of our members have been coming up with some really fabulous ideas for upcoming events and/or fundraisers. All of your ideas are great and it shows the interest we all have in common. Now, I just need your assistance to help make these ideas come to fruition in the future. So, I thank you in advance and encourage you to continue to come to our meetings where we can continue to discuss upcoming events, meetings, get-togethers, fundraisers and anything else you feel is of interest to us and other women.

Our 2017 Scholarship (Career) Award applications are posted and 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 to download and/or print an application today!

Thank you all for your time and looking forward to seeing you at our next meeting on Tuesday, January 10, 2017.

Wishing you and yours a very Happy and Healthy New Year!

Lisa Gambino

President

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

January 10 - BPWSOC Meeting

February 14 - BPWSOC Meeting

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

MEMBER BIRTHDAYS:

Luann Ford - January 27

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



"You never find yourself until you

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!!!

face the truth."

Pearl Bailey



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

As of the date of publication of this newsletter there is no information regarding a guest speaker for this meeting.



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:

Tuesday - January 10 - BPWSOC Meeting .

POCKETBOOK BINGO - April 27, 2017

For more information about these events

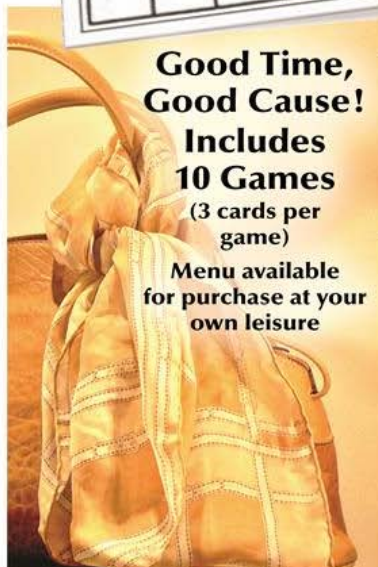
Visit us at www.bpwsoc.org.

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.

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

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

Inventions by Women
Residential Solar Heating

Solar heating for residential housing was invented by Dr Maria Telkes in 1947!

Dr. Telkes was a psychiatrist in addition to being a solar-power pioneer.



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Act now to support equal pay in New Jersey!

On Monday, the New Jersey Senate plans to vote to override Gov. Christie's veto of S. 992, the New Jersey Pay Equity Act, a bill to provide protections for women who experience pay discrimination.

We need all of our senators to join in voting for this important bill. We can override Gov. Christie's unilateral move to block pay equity.

[Click here to urge your senator to stand in support of equal pay for all New Jerseyans!](#)

In February and March members from both parties voted to pass this important piece of legislation, but Gov. Christie vetoed it, saying the bill would be burdensome to businesses. Where is the concern for the burdens women and their families face in taking home unequal paychecks?

Nationally, on average, women make only 80 percent of men's median earnings. It is only slightly better in New Jersey, where women bring home 82 percent of men's median earnings. The gap is considerably wider for women of color, older women, and moms. S 992 would constitute a major stride toward closing that gap.

[Take action today and urge your senator to support pay equity by voting for S. 992, the New Jersey Pay Equity Act, and override Gov. Christie's veto!](#)

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

empowered by  salsa



Legislative Update
CONNORS, RUMPF & GOVE

Happy Holidays

SEN. CHRIS CONNORS
ASM. BRIAN RUMPF
ASW. DIANNE GOVE

The graphic features a blue header with the Maryland State Legislature seal on the left and the text 'Legislative Update CONNORS, RUMPF & GOVE' in white. Below this is a festive background of Christmas ornaments and lights. The text 'Happy Holidays' is written in a decorative, gold, snowflake-patterned font. At the bottom, the names of the legislators are listed in white, bold, sans-serif font.

Wishing you and your loved ones a happy holiday season and a healthy and prosperous 2017. ~ Chris Connors, Brian Rumpf & DiAnne Gove



9th District

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

senconnors@njleg.org

609-693-6700

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



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](#)

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





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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Nutritional needs should be met by eating a variety of foods as outlined in the [Dietary Guidelines for Americans](#). In some cases, vitamin/mineral supplements or fortified foods may be useful for providing nutrients that may otherwise be eaten in less than recommended amounts. If you are already eating the recommended amount of a nutrient, you may not get any further health benefit from taking a supplement. In some cases, supplements and fortified foods may actually cause you to exceed safe levels of intake of nutrients.

(Note that fortified foods are those to which one or more essential nutrients have been added to increase their nutritional value.)

The Dietary Guidelines for Americans makes these recommendations for certain groups of people:

- People over age 50 should consume vitamin B12 in its crystalline form, that is, from fortified foods (like some fortified breakfast cereals) or as a supplement.

(Note that older adults often have a reduced ability to absorb vitamin B12 from foods. However, crystalline vitamin B12, the type of vitamin B12 used in supplements and in fortified foods, is much more easily absorbed.)

- Women of childbearing age who may become pregnant and adolescent females should eat [foods that are a source of heme-iron](#) (such as meats) and/or they should eat iron-rich plant foods (like cooked dry beans or spinach) or iron-fortified foods (like fortified cereals) along with a [source of vitamin C](#).
- Women of childbearing age who may become pregnant and those who are pregnant should consume adequate synthetic folic acid daily (from fortified foods or supplements) in addition to [food forms of folate](#) from a varied diet.

- Older adults, people with dark skin, and people who get insufficient exposure to sunlight should consume extra vitamin D from vitamin D-fortified foods and/or supplements.

It is important to note that vitamin/mineral supplements are not a replacement for a healthful diet. Remember that in addition to vitamins and minerals, foods also contain hundreds of naturally occurring substances that can help protect your health.

Source: <https://www.nutrition.gov/dietary-supplements/questions-ask-taking-vitamin-and-mineral-supplements>

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



Reading Corner

Author: Susie Guckin

Title: The Camouflaged Heart

Note: Susie 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: 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:



Computer Scams:

WARNING! Please do not CALL any number or person acting as "Microsoft" or other "Computer Technician or Company" that suddenly appears on your computer screen (in a pop up message that appears in the bottom right corner of your

computer monitor). These people are providing fraudulent information and scaring you into thinking something is seriously wrong with your computer (they may even say that your identity is at stake or that your computer has been hijacked and only they can fix it - IF, OF COURSE, YOU ALLOW THEM TO TAKE CONTROL AND REMOTELY ACCESS IT). PLEASE, do not fall for this scam. It is a very big scam that is running rampant and many (after taking control and claiming their assessment, will ask you to pay around \$200.00 and because they are so good at influencing you, you may pay this very high price for nothing. And, to top that, after you do so, you probably will have your identity stolen and or your computer will crash or you will have a very bad virus or all of these). Microsoft, various other computer companies and the like will not pop up on your computer screen if they ARE legitimate. Please do not fall for this! What to do, immediately "DISCONNECT" from your Internet connection, call myself or any other "local computer technician" and I or they will advise you accordingly and legitimately.

Now, be safe and happy surfing!

Lisa A. Gambino

Certified Computer Technician & Professional (Virtual) Assistant

A 2 Z Computer Help

www.A2ZComputerHelp.com

lisag@A2ZComputerHelp.com

Home Office: 732-237-9704

Keyport Office: 732-847-9275

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Working women helping women work | 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 – 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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Our mailing address is:
1718 M Street, NW, #148
Washington, DC 20036
T: [\(202\) 293-1100](tel:202-293-1100)
M-F, 9AM to 5PM EST,
excluding holidays
e: foundation@bpwfoundation.org

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Our mailing address is:

BPWSOC
P.O. Box 722
Barneгат, NJ 08005

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