

Business and Professional Women Southern Ocean County

January 2018 Newsletter

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

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HAPPY NEW YEAR!

Here we are, January 2018! Wow, 2017 flew by - hope you had a wonderful Christmas, Chanukah, Kwanzaa or whatever Holiday you Celebrate, I hope it was Happy and Merry!

We had some real nice events in 2017, now let's see what we can do for 2018, Ladies! We have lots of plans coming up and going on through the year, now it is just a matter of bringing them all to fruition. As always, let us know your ideas and we will all do the best we can to make them happen or put them on our growing list for upcoming events!

Our next meeting is on Tuesday, January 9th at 6:30 p.m. at Kristy's and we hope to have Tim from Emiliana's Hope visit and talk with us about the foundation.

We supported Emiliana's Hope for our Annual Christmas Donation and Dinner. Unfortunately, Tim (Emiliana's Dad), was unable to make the Dinner - because he was working and still in New York City when our Dinner was going on. We hope he will make this upcoming Meeting.

Emiliana's Hope is a 501 (c) (3) non-profit, 100% volunteer driven NJ Based organization. This was created to honor the memory and continue Emiliana's visions and generosity toward others. Emiliana's Hope's mission is to improve the lives of pediatric cancer patients with hope, and their families comfort, while creating awareness of pediatric cancer.

Thank you, and again Happy New Year and see you in a couple weeks!

Lisa Gambino  
President  
www.BPWSOC.org



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#### MEMBER BIRTHDAYS:

LuAnn Ford - January 27

If your birthday is in January 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

January 9 - BPWSOC Meeting

February 13 - BPWSOC Meeting

March 13 - BPWSOC Meeting

March 22 - Psychic Fair Fundraiser

April 10 - BPWSOC Meeting

June 12 - BPWSOC Meeting



**"Love comes when manipulation stops;  
when you think more about the person  
than about his or her reactions to you.  
When you dare to reveal yourself fully.  
When you dare to be vulnerable ."**

***Dr. Joyce Brothers***

**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!!!



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 guest will be a representative from [Emiliana's Hope](#).



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

JANUARY 9 - BPWSOC MEETING

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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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## ***Inventions by Women KEVLAR***

*This life-saving material that is five times stronger than steel and used to make bulletproof vests was invented in 1965 by Stephanie Kwolek*



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The House's higher education bill is a raw deal for students – especially women. Here's why:

When President Lyndon B. Johnson signed the [Higher Education Act](#) (HEA) into law on November 8, 1965, he made a bold prediction:

*“This legislation [...] will swing open a new door for the young people of*

***America. For them, and for this entire land of ours, it is the most important door that will ever open – the door to education.”***

Fifty years since the HEA’s passage, Americans – especially women – are attaining more college degrees than ever before, and higher education has become a necessity in today’s economy.

[So why is Congress trying to turn back the clock and close the door to opportunity?](#)

The House of Representatives is considering a proposal to overhaul the HEA in a way that makes college more expensive, more hostile, and ultimately further out of reach for many. H.R. 4508 would:

- Eliminate student loan forgiveness for public service employees and alter income-driven repayment options, increasing debt burdens for struggling borrowers
- Weaken schools’ requirements to prevent and end campus sexual assault and support survivors
- Fail to strengthen the Pell grant program, which makes it possible for millions of low-income students to go to college, or even increase its annual grant amount to reflect inflation

Make no mistake, these provisions would particularly harm women’s access to education. AAUW’s own [research](#) shows student debt disproportionately impacts women, who face a gender pay gap throughout their careers and make up a majority of the public service workforce. Coupled with the reality of sexual violence on campus, this proposal would only further jeopardize women’s educational opportunity and economic security over their lifetimes.

President Johnson sought to eliminate barriers to education through the HEA. Congress should do the same – not make it harder and costlier. Urge your Representative to oppose H.R. 4508.

**TAKE ACTION!**

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AAUW

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

[Washington, DC 20005](#)

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



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**9th Legislative District Office**

620 Lacey Rd.

Forked River, NJ 08731



[5 Health Tips for the Holiday Season](#)

***Tip #1: Shop Well For Yourself***

***It is more important than ever to stock your kitchen with healthy foods. Have healthy snacks***

***handy. The more convenient they are, the more likely you are to eat them. Instead of thinking***

***about what you shouldn't eat, promise to eat your 3 to 5 servings of vegetables each day.***

***Tips #2: Schedule Your Exercise***

***Your schedule will be very hectic this holiday season. Schedule your workouts just as you would***



*any other appointment. It's ok if you can't make it to class, but make sure that you get some*

*activity in at least three days per week.*

**Tip #3: Just Say No**

*You probably aren't aware how much extra food you consume just from people offering it to*

*you. A sample at the market here, an extra cookie at an office party there and it all adds up. Just*

*think twice before you take that food and decide if you really want it.*

**Tip #4: Skip the Baking**

*Do you make baked goods for giving? Chances are you eat much of what you bake. Who*

*wouldn't? Instead make non-food gifts, or prepare ingredients for baked goods and put them in*

*pretty jars--let your gift recipient bake it up. That way, they can eat it when they want it and you*

*don't have to be tempted in the kitchen.*

**Tip #5: Hydrate**

*Keep your water bottle with you at all times. You should be drinking eight, 8-oz glasses of water*

*each day. One handy trick is to buy a 64 ounce water jug. Fill it up in the morning and know that*

*you need to finish it by the end of the day.*

**Tip by Nicole Reedy**

from: <https://www.active.com/fitness/articles/5-health-tips-for-the-holiday-season>



Reading Corner

Author: James Patterson

Title: The Store

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

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## Computer Tips:



### Computer Start up from a Cold Start

(otherwise known as Turning on your Computer, after it has been Shut Down)

So, the question has always been, should I keep my computer on or Shut it Down? The answer is, it all depends on your use.

If you use your computer daily, then leave it on and only turn it off when you go away or will not be using for several days. But, when you do turn your computer back on - whether it is after a day, a week, a month - your computer needs to sort of "catch up". How long it takes to "boot" up and or "start up" is not necessarily important (unless it is taking more then 15 minutes or so and is really slow - then you need to call a computer tech for a tune up or check up). I always suggest that when you first turn on your computer, give it at least 15 minutes to give you any special messages about updates (very important), Antivirus software needing to catch up and update, various other hardware and or software needing attention. That's it, a little patience with your computer - will help it to perform better.

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)

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## 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, BPWF 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

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.

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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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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,  
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Our mailing address is:

BPWSOC  
P.O. Box 722  
Barnegat, NJ 08005

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

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