

Business and Professional Women Southern Ocean County

January 2019 Newsletter

www.bpwsoc.org

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Dear Members of BPWSOC,

It is the start of a fresh new year with so many things to look forward to both personally and professionally. I hope that you all had a lovely holiday season and that you are ready to hit the ground running ready to explore all that the new year has to offer you. I would like to offer my gratitude to each and every one of our members for the contributions they make to being a part of our organization. It is because of the spirit you bring to each and every meeting, event, and fundraiser, that we are successful and continue to be a great part of our communities.

In December we made our annual charitable contribution and chose this year to donate to The Field of Dreams in support of the project started by our guest speaker from September, Christian Kane. We donated \$350.00 to the project to support the placement of a bench at the The Field of Dreams Park in Toms River, that will contain a plaque saying that it is from the Women of BPWSOC. Please visit the website to learn more. <https://tomsriverfieldofdreams.com/>

This month we have one of our very own BPWSOC members here to speak about a great tool for healing the body. Diane Ferreira-Kett will be introducing us to a product called "The Bemer". We cannot wait to learn more about the health benefits of using the Bemer to help increase oxygenation in the body and promote greater health and wellbeing. You won't want to miss out on this insightful and informative talk!

Next 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 meeting event. Tickets are \$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.

Register for our February Fundraiser Tea Social & Meeting here:

<https://www.eventbrite.com/e/bpwsoc-scholarship-fundraiser-tea-social-meeting-tickets-54017022368>

Happy New Year to all! See you at our upcoming meetings!

The January meeting will be held at 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



MEMBER BIRTHDAYS:

LuAnn Ford - January 7

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 6 PM for

Networking/Mingling)

2019 Schedule

January 8 - BPWSOC Meeting

February 12 - BPWSOC Meeting

March 12 - BPWSOC Meeting

April 9 - 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!!!

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



"Imperfection is beauty. Madness is genius and it's better to be absolutely ridiculous than absolutely boring."

Marilyn Monroe



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

BPWSOC MEMBER DIANE FERREIRA-KETT
will be introducing us to
"The Bemer"



www.BPWSOC.org

January 8 - BPWSOC MEETING

HAPPY NEW YEAR TO YOU
ALL!

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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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



It's time to take action for Title IX.

Last year, the administration began its [systematic attack](#) on Title IX, and even announced that additional rollbacks were coming. Today, it happened — the Department of Education issued a [plan](#) to make sweeping changes to Title IX's regulations, which would have [significant implications](#) for students' civil rights and for federal enforcement of the law.

Title IX protects **all** students from discrimination — students of all genders, from kindergarten through college. But these expansive changes put those protections at risk.

[We need your help to fight to stop these changes.](#)

It's the Department of Education's job to keep all students safe and to keep schools free from discrimination, including sexual harassment and violence. These proposed changes would weaken Title IX's protections by narrowing the definition of sexual harassment to allow schools to exclude much of the abuse students experience, limiting when schools will respond, and putting in place processes that make it harder for students to come forward when they experience sexual harassment or assault. Simply put, these changes will make schools less safe for students.

Over the next 60 days, we have an opportunity to weigh in with the Department of Education on their proposed changes. It's crucial that advocates speak up — loudly — and fight back against any attacks on Title IX that attempt to diminish students' protections.

We can't let the Department of Education weaken Title IX. Add your name today to oppose the changes, and to learn more about how you can help fight back.

TAKE ACTION!

AAUW

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

[Washington, DC 20005](#)

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Election Day is less than a month away — and it's time to make our voices heard.

As the recent fight over the Supreme Court nomination so clearly demonstrated, politicians and policy makers are routinely making decisions about issues that directly impact women. From our paychecks to paid leave, access to reproductive health care to access to education, our lives are on the line — but more often than not, those conversations lack women's voices.

To create real change, women must be part of the conversation — and the most powerful way for us to chime in is at the polls.

As we enter this season of political punditry and campaign promises, it's more important than ever to identify those who would best represent our values from those who would roll back our rights. AAUW and the AAUW Action Fund are dedicated to making sure every woman is registered and has the information she needs to cast her vote. And on November 6, our voices and our votes will make a difference.

The AAUW Action Fund just released updated get out the vote (GOTV)

resources for the 2018 election. Here's how you can use these tools to engage your community:

- Learn where candidates stand on issues of importance to women and girls – and hold them accountable to their commitments. The [AAUW Action Fund Voter Issue Guide](#)* is designed to help you get your candidates on the record about the issues that impact us most. Take it to town halls or candidate forums and speak up!
- Spark conversation among both candidates and voters alike by calling attention to incumbents' voting records. The [AAUW Action Fund Congressional Voting Record](#)* scores each elected federal legislator on the votes they cast and bills they cosponsored on issues that are critical to our mission. See where your elected officials stand, then use our [letter to the editor resource](#) to craft the perfect piece to get the word out in your local paper.
- Get out the vote in your community. Voter and civic education can be critical in enhancing women's participation in elections. Our [voter guide templates](#)* can be used to create a nonpartisan guide to your candidates' positions on issues like equal pay, education, and reproductive rights. You can also find more suggestions for successful voter registration, turnout, and education campaigns in our [GOTV tool kit](#).

Between now and Election Day, let's start conversations about the issues that affect our families and communities. We need to ask tough questions, jumpstart the discussion, and determine where our candidates stand.

Feeling motivated? Now's the time to carry that energy to the polls. After all, when women vote, we change the conversation.

*Copies of these resources can be ordered through the [upcoming events form](#). Only affiliates with 501(c)(4) tax status may distribute AAUW Action Fund materials.

AAUW Action Fund
[1310 L St. NW, Suite 1000](#)
[Washington, DC 20005](#)

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Legislative Update
CONNORS, RUMPF & GOVE

MERRY
Happy Holidays
CHRISTMAS
AND
HAPPY NEW YEAR





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620 Lacey Rd.

Forked River, NJ 08731



FRANK KELLOGG'S TOP 40 SELF-PROTECTION TIPS (6 through 10)

6. 911 doesn't always connect you right away with authorities, make sure you save local PD numbers in your phone.
7. Keep antifreeze, water and oil in your trunk. If car breaks down in a dangerous area, you need to get out ASAP.
8. Have a fake wallet that you can give to a thief as a distraction, if you have no other choice. Then call the cops!
9. Use window reflections to check for potential stalkers behind you. You can also use shadows of street lights.
10. Have apps on your phone to send you fake calls so you can have an excuse to pick up "important call".

Look for 11-15 next month.



Reading Corner

Author: Donald J Trump, by accident.

Title: Whose Boat is This Boat?

(All proceeds from this book go to help for the hurricane victims of 2018)

Author: Susan Guckin

Title: The Camouflaged Heart

Note: Susan Guckin is 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 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:



This is a little reminder about the care of our electronics. It is very important that you use only the power cord that comes with your device. Yes, there are many that work with other devices and yes, they possibly have the exact same configuration. But, when something goes wrong (like not charging), 9 times out of 10 - it is due to the use of a different charger - that happens to fit. I cannot stress how important it is to use the power/charging cable that your device comes with. And, if it wears out or you lose it, you can always buy a replacement. Look in the original literature that came with your device or just go to Amazon and put in your devices Model Number and type power supply after it and search. Then just double check when you receive the results and order it.

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

--

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

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Working women helping women work | 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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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 – 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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