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Business and Professional Women Southern Ocean County  
January 2020 Newsletter  
[www.bpwsoc.org](http://www.bpwsoc.org)

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Happy New Year to all!!!

I trust everyone got through the holiday season and is ready for the new decade for one do not do resolutions as they do not work for me...I find doing a recap of the past year and finding way to improve works best. Knowing that the New Year provides room for improvement I'm looking into what I will change to be more productive...personally, professionally and socially! It's time to make a list and set some goals. Paying it forward will be on there for sure as I mentioned that last month; a work in progress for sure!!

We Sisters have so much in common and can uplift and share our talents within our group. With varied backgrounds and professions we blend well when it comes to BPWSOC. 2020 will be an exciting year for us. Starting our in February with our annual Valentine's Meeting at the Mathis House. Consider inviting a friend or two to join us for this Victorian Evening. We will be having new guest speakers, our Surflight Theatre outing and let's not forget our annual Psychic Night.

Our 2020 Scholarship applications will be available on our website for young women to apply for assistance

with educational or business needs. Kindly spread the word throughout Ocean County.

Looking forward to seeing you all at our meeting on Tuesday, January 14th starting at 6 PM for meet and greet at Conca D'Oro Restaurant on Lacey Road in Forked River.

Best regards,

Cyndy Friedland  
President

### **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](http://www.BPWSOC.org) using the donation button or mailing your check made payable to BPWSOC our PO Box 722, Barnegat, NJ 08005*



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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)

2019 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

***ADDITIONAL EVENTS WILL BE ADDED AS THEY OCCUR***

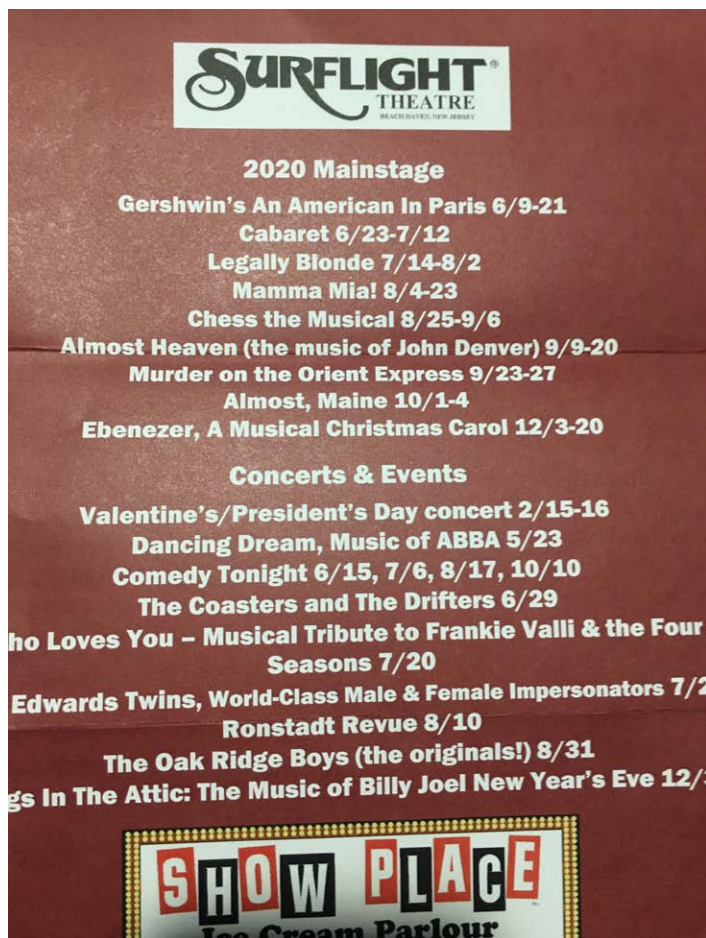
(Note: There will be Executive Board Meetings the  
week before each General Meeting, Date, time and  
place of these meetings will be announced prior to  
the monthly meeting.)

***REMEMBER TO BRING YOUR BUSINESS***

***INFORMATION FOR NETWORKING!!!***

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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 January member birthdays  
If your birthday is in January, 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!

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**"You have never really lived until you have done something for someone who can never repay you."  
Mother Teresa**

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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.

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Very nice Holiday Meeting!



## Computer Tips:



## New PC Setup and Purchase

Microsoft Support and Updates for the Windows 7 Operating System is ending January 14, 2020. You will need to have the Windows 10 Operating System along with a New Computer. Here are some things to know about a New Computer:

You can just go buy one, plug it in, start it up and just begin exploring. But, there are several things that need configuring and/or fine tuning in order to get the most out of it to avoid issues down the road.

- Get rid of additional programs loaded on your computer in an effort to sell you something more.
- Security software. While Windows has a built in antivirus program called "Windows Defender" it also allows you to add another. Many people do well with just a free program, but all come as a paid version as well.
- Regular Backups are important as well as a full image of your system (aka Recovery Media).
- Download (free & paid versions) programs like Adobe, Open Office, Microsoft Office, Security, various Microsoft programs from the Microsoft Store.
- And, finally, be sure that the OS is Up to Date along with any other programs and the manufacturer of the PC itself.

This is a basic list of what I do for you when I set up a Computer for you, whether you buy it or I buy it, the setup is the same.

If you are ready for a new PC or already purchased one, call me if you would like me to set you up properly.

Thanks,  
Lisa 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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["Like" my page on Facebook](#) and [Twitter](#)

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### Reading Corner

Author: Danielle Steel

Title: Blessing in Disguise

Author: Susan Guckin

Title: The Camouflaged Heart

Note: Susan Guckin is Past 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 [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

## **JENNIFER D. ARMSTRONG LLC** ***Divorce and Family Law***

We help people protect what's most important to them.  
Concentrating in all areas of: Family Law, Divorce, Custody & Support  
As well as Last Wills and Testaments, Powers of Attorney and Living Wills

**Save the Date!**

**Free Informational Seminar: Getting Ready for Divorce or Separation**

**January 9, 2020 from 6:00 - 7:15 p.m.**

611 Main Street, Suite 4  
Toms River, New Jersey 08753  
Phone: 732-281-6000  
[www.jdarmstronglaw.com](http://www.jdarmstronglaw.com)



There are multiple healthy benefits to sprinkling Hemp hearts in your yogurt, cereal, shakes etc. aka a superfood. This includes nutrition such as fiber, omegas and protein and is easy to find in the nuts and seeds section of the supermarket. Bonus is non-GMO and gluten free and can cook with them.

<https://www.medicalnewstoday.com/articles/323037.php>

(Health tip provided by Gina Dinkey)

When women  
support each other,  
incredible things  
happen.



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



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



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NJ's 9th Legislative District

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[Click here to visit Connors, Rumpf & Gove on Facebook and LIKE their page!](#)



### **9th District**

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[senconnors@njleg.org](mailto:senconnors@njleg.org)

609-693-6700

[Connors, Rumpf & Gove to Committee Chairs:  
Driver's Licenses for Illegal Aliens Undermines](#)

## [Rule of Law](#)



As vehement opponents of sanctuary state policies, Connors, Rumpf & Gove Gove are continuing their effort to defeat legislation that would allow persons in the country illegally to obtain a New Jersey driver's license.

[Click for Full Story](#)

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## [9th District Delegation Testifies Against Common Interest Community Bill S-2425](#)





Asm. Brian Rumpf and Asw. Dianne Gove testified against common interest community legislation during a hearing of the Assembly Housing and Community Development Committee.

[Click for Full Story](#)

## [Connors, Rumpf & Gove Vote Against Tuition Aid for Prisoners & Voting Rights for Convicts on Parole or Probation](#)



Sen. Connors, Asm. Rumpf and Asw. Gove remain unalterably opposed to legislation that would provide tuition aid to prisoners and voting rights to persons on parole or probation.

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## [9th District Delegation's "Combat to College Act" Bill Passes Senate Committee](#)

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The 'Combat to College Act' sponsored by Sen. Connors, Asm. Rumpf and Asw. Gove to make it easier for military service members and veterans to register for classes at public colleges was approved by the Senate Higher Education Committee.

[Click for Full Story](#)

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## [Connors, Rumpf & Gove Call for Action on Their Bill to Create Criminal Offense of Financial Exploitation of Senior or Disabled Person](#)

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Connors, Rumpf & Gove are calling for public hearings on their legislation which would create the new offense of theft by financial exploitation of a vulnerable person.

[Click for Full Story](#)

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## [Connors, Rumpf & Gove Support Initiative to Expand Eligibility for Veterans' Property Tax Deduction](#)



Sen. Connors, Asm. Rumpf, and Asw. Gove are supporting a bill to extend the \$250 veterans' property tax deduction to veterans who did not serve in time of war.

[Click for Full Story](#)

## [Connors, Rumpf & Gove Highlight State Resources for Veterans](#)



Senator Christopher Connors, Assemblyman Brian Rumpf, and Assemblywoman DiAnne Gove highlighted various State resources that are available to assist veterans and their families. "New Jersey provides a wealth of resources and support to our veterans and military families," the legislators said. "The value of the tax and employment benefits, education assistance programs, and other forms of recognition and support that are available to those who served should not be overlooked."

[Click for Full Story](#)



I was so proud to see AAUW American Fellowship alumna Rachael Rollins this year become the first woman elected district attorney in Suffolk County (which includes Boston) and the first woman of color to hold that job in Massachusetts. She also fought for women's futures by defending Title IX as a college student over 20 years ago.

That fight is far from over. [Please donate to AAUW by December 31 to have your year-end gift matched — dollar-for-dollar — up to \\$68,800. Make 200% the impact with your gift today!](#)

## Match My Gift

As college lacrosse players, Rollins and her teammates retained a lawyer after her university tried to cut their winning program ... but not the losing men's football team. They won their case, since Title IX stipulates that federally funded institutions are legally required to provide students with equitable sports opportunities.

In the #MeToo era, Title IX also ensures the rights of sexual assault survivors in federally supported educational programs.

Yet, unbelievably, U.S. Secretary of Education Betsy DeVos last year proposed a rule that would make it harder for students to come forward while making it easier for schools to evade accountability.

Our supporters' response was swift and overwhelming. More than 100,000 people submitted comments about this unfair rule, including many from AAUW.

## Match My Gift

[But we must keep fighting until this dreadful proposal is reversed](#). With you on our side, we will. We've worked too long and too hard to accept anything less than full protection against sex discrimination in all areas of education.

With gratitude,



A handwritten signature in cursive that reads "Gloria Blackwell".

Gloria L. Blackwell  
Senior Vice President of Fellowships and Programs

P.S. [Donate now and your gift will be matched — dollar-for-dollar — to make 200% the impact in the fight for the future of women and girls.](#)



When many women across the U.S. will graduate this month, they'll assume a disproportionate, unfair amount of U.S. student loan debt compared to their male counterparts. Young women deserve better! Please, give them the gift of a brighter tomorrow. [When you donate by December 31, your contribution will have twice the impact, thanks to our largest-ever board match of \\$68,800.](#)

**MATCH MY GIFT** 

Perhaps you've read about AAUW's research on educational debt this year in major media outlets like NBC News or Forbes ... or possibly you've heard candidates for elected office cite our analysis in their debates and speeches. After all, the student-loan crisis is a centerpiece issue in political campaigns across the country.

If so, you know that [women now hold almost two-thirds of the country's \\$1.46-trillion student debt](#). What's more:

- The student loan gender gap has nearly doubled in a recent four-year period.
- Due to this unfair burden, women take about two years longer than men to repay their loans.
- As a result, they often put off saving for retirement, buying a home or starting a business.

That's not the world we want to see!

**MATCH MY GIFT** 

[Please, give generously today to fight for our future.](#) With your help, we'll call on lawmakers to expand Pell Grants and other forms of aid, support efforts toward debt-free options for students, and help meet students' academic and financial needs, including access to affordable child care.

Together, we're making headlines. Together, we're changing the world. Thank you for standing with us!

Sincerely,



A handwritten signature in black ink that reads "Laura M. Segal".

Laura M. Segal  
Senior Vice President, Communications and External Relations

[AAUW](#)

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

[Washington, DC 20005](#)

[connect@aauw.org](mailto:connect@aauw.org)

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**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](mailto: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

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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](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

Our mailing address is:

1718 M Street, NW, #148

Washington, DC 20036

T: [\(202\) 293-1100](tel:2022931100)

M-F, 9AM to 5PM EST,  
excluding holidays

e: [foundation@bpwfoundation.org](mailto:foundation@bpwfoundation.org)

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**BPWSOC**

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

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