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Business and Professional Women Southern Ocean County
 July 2016 Newsletter
www.bpwsoc.org

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PRESIDENTS LETTER

July 2016

Happy 4th of July! Bang, Snap & Pop!

Independence Day of the United States, also referred to as the Fourth of July or July Fourth in the U.S., is a federal holiday commemorating the adoption of the Declaration of Independence on July 4, 1776, by the Continental Congress declaring that the thirteen American colonies regarded themselves as a new nation, the United States of America, and no longer part of the British Empire. Independence Day is commonly associated with fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, and political speeches and ceremonies, in addition to various other public and private events celebrating the history, government, and traditions of the United States. Independence Day is the National Day of the United States. (I copied and pasted that from Wikipedia). You gotta love the internet, but you also have to hope that the information you are reading is accurate and reported or printed by a reliable source. So, I believe this sounds pretty accurate based on my memory of History class.

Anyway, I hope you all enjoyed the official start of summer (although, I feel it officially starts on June 21st (which is my Birthday), so I already began my summer and it is a quite beautiful one as it always is for me! There are so many BBQ's, parades, festivals, events, "days" and all those kinds of things going on in our community, so I would like to say - get out there and have yourself a great summer and if you don't want to go out there or you prefer to stay at home with yourself, your family, your friends, etc... then do that too! Most importantly, enjoy yourself and do what makes you happy.

This is my first President's message and being me, I will pretty much write what comes to mind. I hope you enjoy my message and I ask that you forward it to a friend, if you do find it to be interesting. Or, if you like - why not drop me a note and/or send me some ideas as to what you may be interested in hearing about. I can be reached many different ways: directly through our website www.BPWSOC.org (for which I am the Website Designer and webmaster); or you can reach

me through my own website www.A2ZComputerHelp.com - you will find my email address, telephone number or just submit a message through the Contact page. I am open to any questions, suggestions, criticism, or praise that you may wish to offer.

Our next meeting is next Tuesday (the 2nd Tuesday of the month - 7/12/16) and I hope to see you there!

Have a wonderful day and whatever you do, whenever, be sure to put on a smile and enjoy yourself to the fullest extent each day!

Thank you and best wishes to you and yours,

Lisa A. Gambino

President, BPWSOC

www.BPWSOC.org

Certified Computer Technician/Professional Secretary

A 2 Z Computer Help

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lisag@A2ZComputerHelp.com

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Website



BPWSOC Upcoming events for 2016

Meetings are held the second Tuesday

of each month at 6:30PM (come earlier

6PM for Networking) at [Kristy's Casual](#)

[Dining in Waretown](#)



MEMBER BIRTHDAYS:

Pat Stolchinski - July 2

Susie Guckin - July 8

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

IF YOU HAVE NOT DONE

SO, IT IS TIME TO
RENEW YOUR
MEMBERSHIP

July 12 - BPWSOC Meeting

August 9 - BPWSOC Meeting

August 26th to 28th -

Fundraiser

September 13 - BPWSOC Meeting

October 11 - BPWSOC Meeting

November 8 - BPWSOC Meeting

December 13 - 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!!!



"Do things for people not because of who they are or what they do in return, but because of who you are."

Mother Teresa



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.



Please note that you can always go to our [website](http://www.bpwsoc.org) for the latest information and/or ["Members Only"](#) area.



GUEST SPEAKER

There will not be a guest speaker for this meeting

Please support upcoming BPWSOC events:

BPWSOC Meeting - July 12

SCHOLARSHIP AWARD
Susan Guckin of Lacey

August 26th to 28th

POCKETBOOK BINGO - New date coming

For more information about these events

Visit us at www.bpwsoc.org.



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

Title IX turns 44 today! AAUW has the perfect Title IX gift.

Today marks the 44th anniversary of Title IX, the landmark law that prohibits sex discrimination in U.S. schools and ensures all students have access to education. While we celebrate the opportunities created for women and girls by Title IX over the last 44 years, our work is not done.

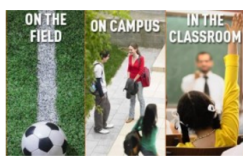
Here's how we are recognizing Title IX's anniversary:

Today AAUW released [new, interactive maps organized by state](#), so that you can locate the Title IX coordinator nearest to you in just a few clicks. All K-12 schools that receive federal funds must designate at least one employee to coordinate their efforts to comply with and carry out their responsibilities under Title IX. These Title IX coordinators ensure that every person affected by sex discrimination in schools — students, parents, and employees — are aware of their legal rights, including how to file a complaint.

"How do I use the maps?"

First, select your state from the list.

Find Your Title IX Coordinator on This Map

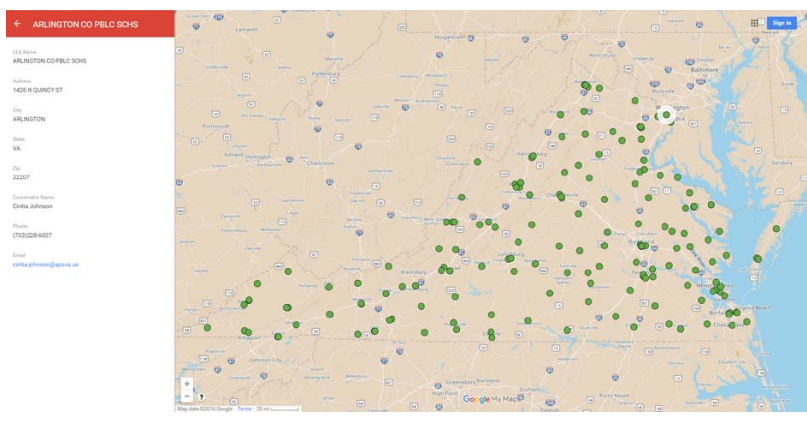


All K-12 schools that receive federal funds must designate at least one employee to coordinate their efforts to comply with and carry out their responsibilities under Title IX. These Title IX coordinators ensure that every person affected by sex discrimination in schools — students, parents, and employees — are aware of their legal rights, including how to file a complaint.

With AAUW's new, interactive maps organized by state, you can now locate the Title IX coordinator nearest to you in just a few clicks. Zoom in and drag the map to your area to find your local Title IX coordinator.

- | | | | |
|----------------------|---------------|----------------|----------------|
| Alabama | Illinois | Montana | Rhode Island |
| Alaska | Indiana | Nebraska | South Carolina |
| Arizona | Iowa | Nevada | South Dakota |
| Arkansas | Kansas | New Hampshire | Tennessee |
| California | Kentucky | New Jersey | Texas |
| Colorado | Louisiana | New Mexico | Utah |
| Connecticut | Maine | New York | Vermont |
| Delaware | Maryland | North Carolina | Virginia |
| District of Columbia | Massachusetts | North Dakota | Washington |
| Florida | Michigan | Ohio | West Virginia |
| Georgia | Minnesota | Oklahoma | Wisconsin |
| Hawaii | Mississippi | Oregon | Wyoming |
| Idaho | Missouri | Pennsylvania | |

Zoom in and drag the map to find your location within the state. Click the green points near your location, and view the Title IX coordinator's contact information on the left-hand panel!



"What should I do with the maps?"

After finding your nearest Title IX coordinator, participate in AAUW's [Title IX Delivery Project](#). The U.S. Department of Education issued a resource guide for Title IX coordinators to better understand and perform their important job of ensuring that learning environments are free from sex discrimination. AAUW needs to make sure we put these materials into the hands of as many coordinators as possible. [Follow this step-by-step guide to bring equity for women and girls to your community.](#)

Since 1972, Title IX has created educational opportunities for women and girls in the classroom and on campus. Our progress is a continued effort, and it won't stop until every girl has the opportunity to excel.

AAUW
1310 L St. NW, Suite 1000
Washington, DC 20005

You are subscribed to this organization's email list as gdinkey@gmail.com. If you did not subscribe, or would no longer like to receive email updates, [unsubscribe here](#).





In lieu of a Legislative report this month, here are some interesting facts from the Women's History Network.

In July we celebrate essential democratic anniversaries — the birth of the United States on July 4, 1776 and the birth of the Women's Rights Movement on July 19-20, 1848.

[Anniversary of the First Women's Rights Conference](#) (July 19 and 20)

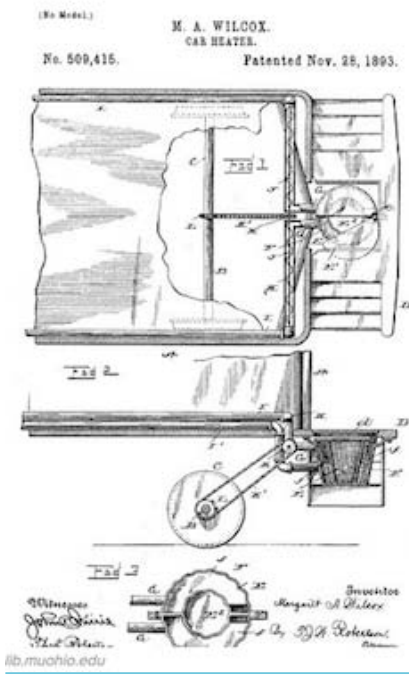
On July 19-20, 1848, Elizabeth Cady Stanton and Lucretia Mott spearheaded the first women's rights convention in American History. Over 300 women and men came to Seneca Falls, New York to protest the mistreatment of women in social, economic, political, and religious life. This marked the first public meeting calling for women's right to vote.

July Women's History Events

- July 2, 1979 – The Susan B. Anthony dollar is released
- July 2, 1937 – Amelia Earhart's plane is lost in the Pacific Ocean near Howland Island
- July 2, 1964 – President Lyndon Johnson signs the Civil Rights Act; Title VII prohibits sex discrimination in employment
- July 4, 1876 – Suffragists crash the Centennial Celebration in Independence Hall to present the Vice President with the "Declaration of the Rights of Women" written by Matilda Joselyn Gage
- July 6, 1957 – Althea Gibson is the first African American woman player to win a Wimbledon title in women's tennis singles
- July 7, 1981 – President Reagan nominates Sandra Day O'Connor as the first woman Supreme Court Justice?
- July 12, 1984 – Representative Geraldine Ferraro (D-New York) is chosen as the first female to run for Vice President of the United States on the Democratic Party ticket with Walter Mondale (D-Minnesota)
- July 14, 1917 – 16 women from the National Women's Party were arrested while picketing the White House demanding universal women's suffrage; they were charged with obstructing traffic
- July 19-20, 1848 – The Seneca Falls Convention, the country's first women's rights convention, is held in Seneca Falls, New York [Women's Rights Movement](#)
- July 20, 1942 – The first class of Women's Auxiliary Army Corps (WAAC) begins at Fort Des Moines, IA
- July 29, 1974. "Philadelphia Eleven" deacons (Merrill Bittner, Alla Bozarth-Campbell, Alison Cheek, Emily Hewitt, Carter Heyward, Suzanne Hiatt, Marie Moorefield, Jeannette Piccard, Betty Schiess, Katrina Swanson, and Nancy Wittig) ordained as the first women Episcopal priests

IMPORTANT INVENTIONS BY WOMEN

The Car Heater



Magnus Manske via commons.wikimedia.org(8516891322).jpg

We all owe our thanks to Margaret A Wilcox who invented the car heater in 1893! (Margaret also invented a combined clothes and dishwasher).



How to Cleanse Your Kidneys Almost Instantly Using This Natural Home Drink

Your kidneys are constantly filtering your blood, making sure that waste products exit your body from urine. When you live an unhealthy lifestyle, these toxins build up and make it harder for your kidneys to do their job. That's why it's so important to stay hydrated and detox your kidneys (as well as your liver) every once in awhile. This habit can help prevent kidney disease, kidney stones and toxic build-up within your body. How Can Parsley Help Your Kidneys? Parsley is full of vitamin k, vitamin A, vitamin c, folate and iron which are important for kidney health. Surprisingly, parsley is also: Antimicrobial Antianemic Menorrhagic Anticoagulant Antihyperlipidemic (lowers blood fat) Antihepatotoxic (prevents liver toxicity) Antihypertensive (lowers blood pressure) Diuretic Hypoglycaemic Hypouricemic Antioxidative Estrogenic (helps manage menstruation) Traditional medicine recommends the use of parsley to help manage kidney stones. Drinking parsley tea helps cleanse your kidneys by increasing urine production and flow, which may

“push” out kidney stones. It’s also said to prevent the absorption of salt into kidney tissue, preventing the formation of kidney stones. This tea can also be used for reducing anxiety and calming the nerves.

How to Make Parsley Tea to Cleanse Your Kidneys:

Fresh herbs make for a more potent tea, but you can replace them with a handful of dried parsley leaves.

Ingredients:

- 1 bunch of fresh organic parsley leaves
- 8 cups of filtered water
- 2 tbsp of raw, organic honey
- The juice of half a lemon, freshly squeezed

Instructions: Wash and chop the leaves, leaving them in large pieces. Boil water at medium heat. Once it boils, add leaves and lower heat. Let it simmer for 10 minutes. Strain it into a large sauce pan with a lid and let it cool. Add lemon and honey to taste. Drink 1-2 cups a day. Store in glass containers in the fridge for up to a week. If you’re currently taking prescription medication or suffer from kidney disease or other illnesses, talk to your doctor before taking parsley tea. Parsley tea can induce menstruation and abortion, so pregnant women should abstain from drinking this tea.

Source: <http://dailyhealthpost.com>



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 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

Computer Tips:



Windows Vista, 7, 8, and 10

Show or hide all desktop shortcut icons:

Press the Windows key + D on your keyboard or navigate to the Windows desktop.

Right-click on the desktop and click Personalize.

From the drop-down menu that appears, select View.

Click on Show desktop icons to toggle them on or off.

Repeat these steps to reverse the process.

Hide an individual shortcut icon:

Press the Windows key + D on your keyboard or navigate to the Windows desktop.

Right-click the desktop shortcut icon you'd like to hide.

From the drop-down menu that appears, select Properties.

Under the General tab, locate the Attributes section.

Check the box next to Hidden to hide a single icon.

This tip was taken from <http://www.computerhope.com/issues/ch001757.htm>

(This is a very good site to find computer tips in a hurry, hope you enjoy).

Thank you.

--

Lisa A. Gambino

Certified Computer Technician and Professional Secretary

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**Business and
Professional
Women's
Foundation**

Per my message to use

----- Forwarded message -----

From: BPW Foundation <foundation@bpwfoundation.org>

Date: Thu, Apr 21, 2016 at 2:18 AM

Subject: Working Women: A call to connect!

To: "gdinkey@gmail.com" <gdinkey@gmail.com>

[View this email in your browser](#)



Business and Professional
Women's Foundation

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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