

Business and Professional Women Southern Ocean County

July 2017 Newsletter

www.bpwsoc.org

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PRESIDENTS LETTER

July 2017

Welcome July and all it's BBQ's and Fireworks!

The 4th of July is coming up and this means BBQ's, fireworks and lots of fun with family and friends. More importantly, it is Independence Day for the United States - commemorating the adoption of the Declaration of Independence 241 years ago on July 4, 1776.

We had a very nice June meeting where we awarded our Scholarship Recipients and installed our new Officers for the 2017/2018 term. Congratulations to all!

We are trying to have some fun for the Summer months and starting at our next Meeting, next week, July 11th we will be taking a road trip and meeting for a somewhat informal meeting at Latitudes. This idea is one of the many discussed with the members at past meetings. We have many more ideas and road trips coming up. Also, the Zumba Fundraiser is on Thursday, July 20th.

Please contact us for further information, or send in your check for Zumba.

The meeting next week will be pay as you go (meaning you just buy whatever you like, there is no monthly dinner charge).

Stay tuned for more events and different ideas to keep everyone interested!

And, of course, if you have an idea - please join us and present it - we would love to hear from you!

Thank you all for your time and interest and I look forward to seeing you at our next meeting on Tuesday, July 11, 2017 at 6:30pm at Latitude's in Forked River.

Lisa Gambino

President

www.BPWSOC.org



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Website



BPWSOC Upcoming events for 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

APRIL WAS MEMBERSHIP

MEMBER BIRTHDAYS:

Pat Stolchinski - July 2

Susie Guckin - July 8

Lisa Vairo Yanoschak - July 25

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

RENEWAL MONTH. IF YOU
HAVE NOT DONE SO YET,
PLEASE RENEW YOUR
MEMBERSHIP NOW (\$50.00)



"The real things haven't changed. It is still best to be honest and truthful; to be happy with simple pleasures; and have courage when things go wrong."

Laura Ingalls Wilder

July 11 - BPWSOC
Meeting - 6:30 PM -
Latitudes On The River,
361 East Lacey Road,
Forked River, NJ

www.latitudesnj.com

Everyone is encouraged to RSVP (by 7/7 - we can reserve a table for a minimum of 10 people). All members are invited, as well as guests. We will have a short meeting to talk about upcoming ideas, events, etc... and we will enjoy the Summer at a local waterfront restaurant and bar. Everyone will be responsible for their own food/beverage. To RSVP; email Lisa Gambino at lisag@a2zcomputerhelp.com.

July 20 - BPWSOC ZUMBA

FUNDRAISER - 7:00 to 8:30 PM - Pine
Lake Park Clubhouse - 6th Avenue and
Morningside Street, Toms River, NJ -
Pine Lake Park

August 8 - BPWSOC Meeting

August 15 - SurfFlight Theatre (See
information below)



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.

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!!!



GUEST SPEAKER

This meeting will be dedicated to fun.



www.BPWSOC.org

PLEASE SUPPORT UPCOMING EVENTS:

July 11 - BPWSOC Meeting 6:30 PM - Latitudes On The River, 361 East Lacey Road, Forked River, NJ

Everyone is encouraged to RSVP (by 7/7 - we can reserve a table for a minimum of 10 people). All members are invited, as well as guests. We will have a short meeting to talk about upcoming ideas, events, etc... and we will enjoy the Summer at a local waterfront restaurant and bar. Everyone will be responsible for their own food/beverage. To RSVP; email Lisa Gambino at lisag@a2zcomputerhelp.com.

July 20 - BPWSOC ZUMBA FUNDRAISER - 7:00 to 8:30 PM - Pine Lake Park Clubhouse - 6th Avenue and Morningside Street, Toms River, NJ - Pine Lake Park

August 8 - BPWSOC Meeting

August 15 - Surfflight Theatre - Dinner Theatre event.

We will all be going to Surfflight Theatre in Beach Haven to see Hairspray. (Dinner at Engleside Inn included). Tickets are \$60.00 prepaid. We must have at least 20 tickets paid in advance by July 20. (We could have more. Surfflight has reserved a block of 30 great seats for us if needed.) For more information about this event call Carol Lieber 609 489-0564 or 609 290-9022. Bring your friends or significant other or both. This will be a great fun night out. You can pay for your tickets at the meeting, or send a check made out to BPWSOC.

if you have ordered your tickets please send your payment. All tickets must be paid for by July 20.

The logo for Stockwell Financial, featuring the company name in a white serif font on a dark green rectangular background.

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.

***Inventions by Women
Telecommunications Technology***

Some of the telecommunication technology developed by Dr. Shirley Jackson include portable fax, touch tone telephone, solar cells, fibre optic cables, and the technology behind caller ID and call waiting.



Act Now: Urge Your Senators to Reject Efforts to Gut Health Care

Have you heard the news? The U.S. Senate is barreling toward a vote on a health care bill that would strip coverage for *millions* of Americans. What's worse, this legislation has been drafted in secret, without adequate time for analysis, public debate, or even the opportunity for all lawmakers to read the bill.

AAUW believes that everyone deserves high-quality, affordable, and accessible health care. A repeal of the Affordable Care Act would eradicate years of progress in expanding health care access for women, including increasing out-of-pocket costs, causing premiums to skyrocket, eliminating coverage for Essential Health Benefits like maternity care, and gutting Medicaid.

We need all hands on deck to stop this dangerous effort from advancing. Call your senators now and ask them to protect Americans' health care!

To reach your senators, dial [\(202\) 224-3121](tel:(202)224-3121) now and ask the switchboard operator to connect you. The message is simple:

My name is NAME and I am calling from CITY, STATE. As your constituent, I urge you to reject the American Health Care Act and any other effort that reduces access or does not provide the same level and quality of health care coverage for women and families.

Gina, your voice is crucial to this debate. Pick up the phone – or [send an email](#) – and urge your senators to protect our health care now!

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



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The House of Representatives took the first step toward stripping health care coverage from millions of Americans when it passed the American Health Care Act (AHCA) by a razor-thin margin.

Let's not mince words: the AHCA harms women and their families by putting quality, affordable health insurance out of reach for many. Passed without hearings or a Congressional Budget Office score, the AHCA defunds Planned Parenthood, severely limits access to health insurance for people with pre-existing conditions, decimates Medicaid as we know it, and strips 24 million people of their health insurance.

Now, the bill heads to the Senate. It's time to fight back.

[Click here to urge your Senators to oppose the AHCA and any steps to gut or repeal the](#)

[Affordable Care Act.](#)

AAUW believes that everyone deserves high-quality, affordable, and accessible health care, and we won't stand idly by while Congress removes these protections.

[Make your voice heard. Tell your Senators to reject the AHCA and any legislation that severely limit access to health care for millions of women and their families.](#)

TAKE ACTION!



PLEASE REFER TO THE INFORMATION IN THE AAUW UPDATE,



Health Tip for July 2017

https://healthandlovepage.com/take-vitamin-will-mosquito-free-summer-long/?c=nfa_video1

A Vitamin that Will help you to be Mosquito Free All Summer Long!

Even though scientists have not yet determined why mosquitoes skip some persons and target others, many believe that it is the specific odor of some people that attracts them. Individuals who have high amount of cholesterol or steroids accumulated in their skin tend to drive mosquitoes in their direction.

In addition, individuals with higher amounts of specific acids like uric acid are attracting mosquitoes more than others. These compounds have the ability to active the sense of smell in mosquitoes.

Researchers claim that individuals who produce larger quantities of CO2 like pregnant women or overweight people in general are interesting for mosquitoes too. Generally speaking, if you are involved in some physical activity you will generate more CO2.

The bad news is that bites from mosquitoes are not only annoying and itchy, they can also transfer some diseases.

These insects can carry different viruses and diseases including:

Dengue – which results in hemorrhagic fever

Zika – related to birth defects

Malaria – leads to vomiting, chills and fever

West Nile – leads to joint pain, fever, rashes and vomiting

Chikungunya – leads to rashes, joint pain and nausea

Rift Valley Fever – leads to weakness, dizziness and eye problems

La Crosse Encephalitis – leads to nausea and fever

Snowshoe Hare Virus – leads to rashes, vomiting and dizziness

Jamestown Canyon Virus – leads to symptoms similar to flu symptoms.

According to official statistics, there are almost 200 different mosquito species in the US alone and their number is certainly not dropping. This is the reason why we should learn how to be safe when they are around.

Vitamin B1 Makes The Mosquitoes Go Away!

Thiamine or vitamin B1 is a vitamin that our body requires in order to work in a proper way and to remain healthy. This specific vitamin can be obtained from certain foods like onions, broccoli, summer squash, green beans, spinach, kale, eggplant, cabbage and sunflower seeds. Vitamin B1 is one of the basic tools for elimination of stress and improving the immune system.

But, how does this help us with mosquitoes? Well, in case your body has proper amount of vitamin B1, you will be able to create a smell that keeps mosquitoes away. Of course, you should not be concerned about your social life because this smell cannot be detected by humans.

DIY (create a homemade, natural insect spray)

There are many recipes for bug sprays, but according to this webpage, the simplest one contains only 2 ingredients – apple cider vinegar and parsley:

Put a handful of parsley (fresh) in a pestle and mortar.

Pour about four ounces of organic apple cider vinegar.

After that, mash the ingredients well.

Leave the mixture for 2-3 hours.

Next, strain the mixture and place it in a clean spray bottle.

Store it in a fridge.

Pour some essential oils (like lavender or peppermint) in order to make the scent more pleasant.

Keep in mind that this mixture is completely safe for the skin and it won't lead to any negative side effect.

This tip acquired through www.healthandlovepage.com and summarized by Nicole Reedy.



Reading Corner

Author: Adrianna Trigiani

Title: Lucia Lucia: A Novel

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: 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:



[One HUGE mistake that's killing your phone's battery](#) (click this link for full article from Komando.com)

There are some great tips here regarding the life span of your smart phone's battery.

The basic tip of all is that you do not plug in your phone before you go to bed and let it charge all night until you wake the next day.

The article goes into much further detail in regard to the battery's life span and how it works and how charging and discharging affects it's life span.

Also, an effort can be make to allow your battery to last longer:

Updating your software (this is your phones OS, as well as apps)

Avoiding extreme heat (the Sun)

Enjoy your electronics, use them wisely, take care of them - they are expensive! And, if you have any questions or need assistance, you know who to call!

Thanks, have a great day

Lisa

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Lisa A. Gambino

Certified Computer Technician & Professional (Virtual) Assistant

A 2 Z Computer Help

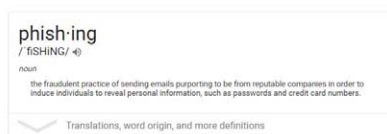
www.A2ZComputerHelp.com

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Business and Professional Women's Foundation



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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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e: 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 – 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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