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Business and Professional Women Southern Ocean County

July 2018 Newsletter

www.bpwsoc.org

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Dear Members of BPWSOC,

The sun is shining brightly as we move forward into the summer season of family, fun, friends, and well-deserved relaxation. The Summer season is a wonderful time to take part in our meetings and summer fundraiser event to the Surflight Theater on beautiful Long Beach Island in August. We enjoy our professionalism, businesses, and growth, but we also truly appreciate the camaraderie, friendship, and joy of being together, celebrating each other as women who support fellow women. If you have not signed up yet, please do so and don't forget you can bring a friend! Just be sure to register with us in advance!

I would like to thank the officers of our organization and the many members for the opportunity to take part in this organization through my new role as president of BPWSOC. We believe in cheering each other on, welcoming others in, and truly supporting and empowering each other to succeed. I am so grateful to the women who make this group a place of safety and support for women trying to make a difference in the world each in their own way. Thank you for granting me the opportunity to fulfill the role as president this year and give back to our group. I look forward to a great year with everyone.

In Empowerment, Professionalism, and Gratitude,

Susie Guckin

President

Business and Professional Women Southern Ocean County



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Website



BPWSOC Meetings are held the 2nd

Tuesday

of each month at 6:30 PM

(come earlier 6 PM for

Networking/Mingling)

This month's meeting will be

at Captain's Inn Tiki Bar on

Lacey Road in Foked River,

NJ.



MEMBER BIRTHDAYS:

Par Stochlinski- July 2

Susie Guckin - July 8

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



"Courage is the price that life exacts for
granting peace."

Amelia Earhart

APRIL WAS MEMBERSHIP

RENEWAL MONTH. PLEASE

RENEW YOUR MEMBERSHIP

(\$50.00), if you haven't

already.

[2018 Schedule](#)



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.

July 10 - BPWSOC Meeting at Tiki Bar,
Captain's Inn

August 14 - ***In Lieu of our meeting
we will be going to Surfliught
Theatre for Saturdy Night Fever.
Dinner at 5:30 at Carmen's
Restaurant. Tickets are \$65.00.
Contact Carol Lieber (609) 290-
9022 for more information. This is
a scholarship fundraiser.***

September 11 - BPWSOC Meeting

October 9 - BPWSOC Meeting

November 13 - BPWSOC Meeting

December 11 - 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!!!



GUEST SPEAKER

To be announced.



www.BPWSOC.org

July 10 - BPWSOC Meeting at Tiki Bar, Captain's Inn

August 14 - Saturday Night Fever (Surflight Dinner Theatre Fundraiser)
in lieu of BPWSOC Meeting

Tickets are \$65.00, which includes the price of the show and dinner at Carmen's,
123 N, Bay Ave, Beach Haven, NJ (Dinner at 5:30 pm and the Show is at

8:00 pm)

Please be prepared to pre-pay by our June meeting.

We must have 20 confirmed tickets in order to secure the special price.



This energetic musical is based on Nik Cohn's 1975 New York Magazine article "Tribal Rites of the New Saturday Night" and Norman Wexler's 1977 film, featuring music by the Bee Gees. This musical adaptation of the '70s classic film is the story of Tony Manero, a talented, streetwise kid from Brooklyn who attempts to escape his dead-end life through dancing. The score to Saturday Night Fever includes many disco-era hits by the Bee Gees. Almost all of the songs from the original movie sound track are included in the stage musical including, "Stayin' Alive", "How Deep is Your Love" and "More Than a Woman."

August 7, 8, 9, 10, 11, 14, 15, 16, 17, 18, 21, 22, 23,
24, 25 at 8:00 pm

August 9, 12, 14, 16, 19, 21, 26 at 2:00 pm

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.



www.BPWSOC.org

Congratulations to our Scholarship Recipients:

Jessica Quackenbush
Stephanie Stockwell
Donna M. Michaels



The PROSPER Act (H.R. 4508) is a raw deal for students. Urge your representative to oppose it!

The House of Representatives is considering a bill to reauthorize the [Higher Education Act of 1965](#) (HEA), the comprehensive law that provides students financial aid, ensures federal funding for colleges and universities, demands schools protect students' civil rights, and much more.

But rather than keep open the door to opportunity, the House's current proposal would ultimately put a college degree further out of reach for many Americans – especially women.

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; and
- 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

[We must fight back against this attack on access to higher education – and your representative's position will be crucial to stopping it. Click here to urge them to reject H.R. 4508 now!](#)

H.R. 4508 would make higher education more expensive, more hostile, and ultimately less attainable for many. And make no mistake, this bill would particularly harm women's access to education. AAUW's own [research](#) shows student debt disproportionately impacts women, and Latinas and African American women are particularly hard hit. 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.

H.R. 4508 has already been approved in committee and could head to the full House for a vote if we don't speak up. Tell your representative to oppose H.R. 4508 and any HEA reauthorization that fails to promote equity in education.

TAKE ACTION!



New Jersey Governor Phil Murphy has signed an equal pay bill. (Diane B. Allen Equal Pay Act) This act represents a victory for women in a broader movement against workplace discrimination and harassment, Gov. Murphy said that the law will be the strongest of its kind, setting "national standard" that sends a message to employers because they could be forced to pay six years of back wages. "For those

who thought they could get away with paying a woman less just because they could, today is your wake-up call", Murphy said. This law will take effect on July 1, 2018



Mindful Health Tip:

Did you know that liquid sugar calories do not register in the brain the same way as calories from solid food? Summer sugar calories can add up quickly when consuming fruity drinks and cocktails on those hot, sunny days. Fruit juices can sometimes have as much sugar as a can of soda. Although they seem healthier because they say "fruit", check the sugar content carefully.

(This health tip was provided by Susie Guckin, President of BPWSOC)



Reading Corner

Author: Kristin Hannah

Title: Summer Island

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 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:



Always keep your tech fresh...

Cleaning (carefully dusting - "no vacuum" unless all devices are unplugged) behind or around your Wireless Modem/Router, Computer and/or TV will help electronics function longer.

Also, take some time to tighten your cables (any that have screws) for peak performance.

Lisa A. Gambino
A2Z Computer Help
www.A2ZComputerHelp.com
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Come out, join us and bring a friend....



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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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