

Business and Professional Women Southern Ocean County

June 2017 Newsletter

www.bpwsoc.org

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PRESIDENTS LETTER

June 2017

Welcome June and Summmmmmeerrrrtimmmme!

June is a time for the Summer, Sun and Lotsa Fun! So, let's have it!

Our last meeting in May was very nice, we had a great turn out and a great guest speaker;

Cindy Brennan

MOMMA BEAR'S DEFENSE

www.mommabearsdefense.com

Cindy talked with us about self defense using pepper spray (which is legal in New Jersey). And, she also showed us and gave us some tips on how to use it and how to be safe when out alone. It was very informative and I encourage you to visit Cindy's website, she has some great products and you can contact her, if you wish.

"IN TODAY'S WORLD WE CAN NOT LEAVE PERSONAL SAFETY TO CHANCE!"

At this month's upcoming meeting on June 13th, we will be installing the new slate of Officer's for the 2017/2018 term. Also, we will be awarding and hosting dinner for our Scholarship recipients and their guests. This is our usual June meeting and we hope you will join us! It is a very nice night for everyone and it shows what we work hard for raising funds through our various events to award deserving women of all walks of life.

I wish you and yours a very happy month and lots of good times. We have some great ideas for our summer month meetings; Tiki Bar, LBI/Dinner/Theatre, and more - join us, give us your ideas and or opinion and we will see you soon!

Remember, everyone is always Welcome (Guests included) to our meetings and/or events! Also, feel free to share any other events you may know about. We all belong to other groups or maybe not, but we may know of something that others may be interested in as well.

Thank you all for your time and interest and I look forward to seeing you at our next meeting on Tuesday, June 13, 2017 at 6:30pm (meet up earlier if you wish to chat with anyone who arrives early).

Lisa Gambino

President

www.BPWSOC.org

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

June 13 - Annual Scholarship Awards/Installation of new Officers
July 11 - BPWSOC Meeting
August 15 - Surflight Theatre (See information below)

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!!!



MEMBER BIRTHDAYS:

Lisa Gambino - June 21

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



"Never give up, for that is just the place and time the tide will turn."
Harriet Beecher Stowe



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

This meeting will be dedicated to our Annual Scholarship Awards and Installation of Officers.

SCHOLARSHIP RECIPIENTS

Alexandrea Savastano \$500.00
Stephanie Noel Erickson - \$500.00
Susan Guckin (Peaceful Warriors) - \$500.00

OFFICERS FOR 2017 - 2018

President - Lisa Gambino
Vice President - Maria Todaro
Treasurer - Carmelina Scorsone
Secretary - Jessica Quackenbush



www.BPWSOC.org

PLEASE SUPPORT UPCOMING EVENTS:

June 13 - BPWSOC Meeting - Scholarship Awards and Installation of Officers for 2017-2018

August 15 - Surfflight Theatre - Dinner Theatre event.

Instead of our regular meeting 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 1. (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.

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.

Inventions by Women The Computer Algorithm

Ada Lovelace is essentially the first computer programmer due to her work with Charles Babbage at the University of London in 1842.

In fact her notes were an essential key to helping Alan Turing's work on the first modern computers in the 1940's.



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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!

Tell Your Senators to Oppose Faux Flexibility Legislation

Earlier this month, the House of Representatives passed the deceptively named Working Families Flexibility Act (H.R. 1180/S. 801), a faux flex-time proposal that would result in a loss of overtime pay for millions of working people.

[Now, it's up to the Senate to stop this harmful legislation from advancing. Click here to write your Senators and tell them to oppose the Working Families Flexibility Act now!](#)

The Working Families Flexibility Act claims to offer flexibility to employees by allowing them to convert overtime work into paid time off ("comp time") for family responsibilities. What it really does is erode longstanding overtime protections and create a law that would offer hardworking people a false choice between time off and money earned.

AAUW is committed to greater availability of and access to a high standard of benefits and policies that promote work-life balance, which are critical to achieve economic self-sufficiency for all women. The Working Families Flexibility Act would provide the exact opposite – cutting overtime pay and limiting flexibility for working families and women.

Take action to stop this harmful legislation from advancing. Urge your Senators to oppose the Working Families Flexibility Act now.

TAKE ACTION!

AAUW's latest research report reveals the serious

inequity women face in paying for higher learning. Student debt is a nationwide problem, but we can take action to support women and their families. [Will you keep up the fight to level the playing field in education and beyond by donating to AAUW today?](#)

The first report of its kind to examine gender as a factor in student debt, *Deeper In Debt: Women and Student Loans* uncovered troubling statistics.

Does This Add Up?

At graduation, the average woman owes **\$1,500 MORE** in loans than the average man does.

That and the gender pay gap mean it will take her **two years LONGER** than a male graduate to pay off her loans.

Learn more at deeperindebt.org. AAUW

AAUW advocates for college affordability, debt-free aid for low-income students, and resources that help students at risk of dropping out complete their college programs successfully. But we need your help. [Please make a tax-deductible gift to fight inequality and provide women with equal, affordable access to education and opportunity.](#)

Thank you!

Sincerely,

Patricia

Patricia Fae Ho
AAUW Board Chair

P.S. Your generous contributions make possible groundbreaking AAUW research like our report *Deeper In Debt: Women and Student Loans*. And your help pushes forward solutions to the challenges our research uncovers. [Please give today to advance policies that give women an equal shot at the opportunities they deserve.](#)

GIVE TODAY!

AAUW
1310 L St. NW, Suite 1000




Legislative Update
CONNORS, RUMPF & GOVE



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senconnors@njleg.org
 609-693-6700

[A Vet Is a Vet: Those Who Served Are Deserving of Benefits](#)



Ending the disparate treatment shown to veterans living in New Jersey who honorably served their nation and are deserving of our gratitude and respect is an issue that needs to be addressed.

[Click for Full Story](#)

[Video: Connors Appears on WOBM's "Ask the Senator"](#)



Senator Connors recently was interviewed by Tom Mongelli from 92.7 WOBM on the station's 'Ask the Senator' show. They covered a number of important issues, including combating the drug epidemic, veterans' services, and improving treatment for Alzheimer's disease. Click-through to watch the video.

[Click for Full Story](#)

[Rumpf Named to State Beach Erosion Commission](#)





Asm. Brian E. Rumpf has been named to the New Jersey State Beach Erosion Commission.

[Click for Full Story](#)

[Alzheimer's Disease Study Commission Report Now Available](#)

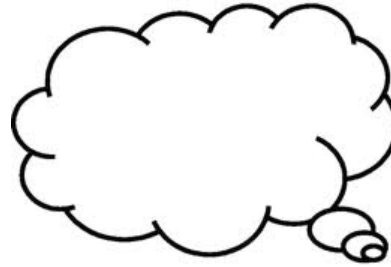


We sponsored the law that created the New Jersey Alzheimer's Disease Study Commission, and Sen. Connors and Asw. Gove were honored with appointments to serve on the 15-member Commission. We're glad to announce that the Commission's report was issued with with recommendations on how to improve treatment for those suffering from Alzheimer's and strengthen the support system for caregivers.

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HEALTH TIP

What to do if you are bitten by a tick

Updated May 26, 2017
Posted May 26, 2017

5.4k
shares

[47 Comment](#)

By Kathleen O'Brien | NJ Advance Media for NJ.com

Sometimes it seems there is scary [news about ticks](#) nearly every day.

An illness that struck a Connecticut baby reported by the U.S. Centers for Disease Control and Prevention in April brought the [extremely rare - but dangerous - Powassan virus](#) to the public's attention. In the meantime, an unknown number of people have developed an allergy to beef, pork and lamb as a result of a [bite from the Lone Star Tick](#).

And that's on top of the state's [4,855 new cases of Lyme disease](#) confirmed in 2015, according to the New Jersey Department of Health.

When combined, they create a climate in which the sight of a poppy-sized bug noshing on your ankle can trigger a near panic attack.

Deep breaths, people. Here's what to do:

(TickEncounter.com)

[How to remove a tick](#)

Use pointed tweezers if possible, not your bare fingers. Clean the skin near the bite, as well as the tweezers, with alcohol. Wash your hands. Put the tick in a zip-lock plastic baggie.

[Should I burn off the tick?](#)

Taking a lighted cigarette or match to the tick [could backfire in several ways](#): With tiny black-legged ticks, you could burn your skin, and with any kind of tick, the heat from the flame could

cause it to spew more toxins into the bite puncture.



[What do you do with the tick once you've removed it?](#)

Take a photo of the tick. Your cellphone will do. This way you'll have the image of the tick long after you dispose of it. (See below.) And as an added benefit, you'll have a time stamp for when you discovered and detached the tick from your body.

[Dispose of the tick properly](#)

You needn't go to the bother of [removing it from the baggie and flushing](#) it down the toilet. Just throw the sealed bag into your household garbage. The tick will die and you won't have to stare at it any more because you took that photo.

(Of course, if you decide you want to pay to have the tick analyzed (see below), save it.)

*Health tip provided by BPWSOC Member &
2016 Scholarship recipient Nicole Reedy*



Reading Corner

Author: Adrianna Trigiani

Title: Don't Sing at the Table: Life Lessons from My Grandmothers

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:





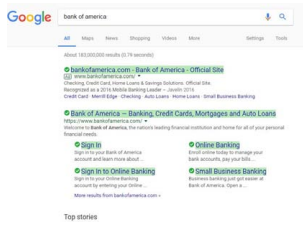
phishing
/ˈfɪʃɪŋɪŋ/ ⓘ

noun

The fraudulent practice of sending emails appearing to be from reputable companies in order to induce individuals to reveal personal information, such as passwords and credit card numbers.

Translations, word origin, and more definitions

The following is a very technical article (about "Phishing" and fraudulent "URL's"), but the gist of it - is to let you know that you must be careful when clicking on "URL's" (a.k.a. web addresses), ie... www.A2ZComputerHelp.com. Now, you may be familiar with that web address, but it may be disguised and send you somewhere else that will try to steal your information, etc... Your best recourse is to type the URL address you wish to visit or google it and be sure to choose the correct link by viewing the actual URL below the search - be very cautious of the "Ad" search results that are right at the top. Look for the secure web address like this:
["https://www.nameofwebsite.com/](https://www.nameofwebsite.com/)



<https://www.theguardian.com/technology/2017/apr/19/phishing-url-trick-hackers>

Thank you and enjoy

--

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Business and Professional Women's Foundation

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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