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Business and Professional Women Southern Ocean County

June 2018 Newsletter

www.bpwsoc.org

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Happy June!

Hi Everyone,

Summer is here! And, if I can vouch for you, I am going to bet that you are all real happy about it! I know I just like the fact that I can be outside more often, either walking around, looking at our beautiful State by the water and just being able to sit outside in the sun or the rain - it's all beautiful! It was a real delight to get a surprise visit from a past member, Susan Hetrick, of Tree of Life Massage in Waretown. Susan made it to our last meeting and told us about her new classes and new venture called The Women's Collective that she is holding at her office. Visit Susan's website here: <http://www.treeoflifemassage.net/the-womens-collective> to read all about it. And, I would like to Welcome Susan, she joined us as a Member again! I went to her QiGong class last week and enjoyed it very much, I am happy to announce I am now a member of her "Women's Collective".

Our Officer's Meeting for June will be at the Tiki Bar at The Captain's Inn. You are welcome to join us! (Monday, 6/4 at 6pm)

Thank you all for your time and looking forward to seeing you at our next meeting (at Kristy's Casual Dining) on Tuesday, June 12, 2018 at 6:30pm, meet up earlier if you wish to chat with anyone who arrives earlier. This will be our Scholarship Awards Ceremony as well as the installation of new Officers for 2018/2019 term. Hope you will be there and feel free to bring guests, spouses, etc.. Everyone is always welcome! Dinner is always included and costs \$20.00 per person.

The next two months (July and August) will be what I like to call "Road Trips" - we will have our meeting at an outdoor Restaurant in July and we will be going to the Surflight Theatre in August.

Remember to visit www.BPWSOC.org for additional information or for Member Listings, or maybe you wish to add something, let us know!

Enjoy this month and if you have anything you wish to share, please visit us or contact us.

Lisa Gambino

President

www.BPWSOC.org



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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)

at [Kristy's Casual Dining in Waretown](#)

MEMBER BIRTHDAYS:

Maria Todaro - June 11

Lisa Gambino - June 21

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



APRIL is

always MEMBERSHIP

"Every moment wasted looking back keeps us from moving forward."

Hillary Clinton

**RENEWAL MONTH. PLEASE
RENEW YOUR MEMBERSHIP
(\$50.00), if you haven't
already.**

2018 Schedule

June 12 - BPWSOC Meeting-

Scholarship Awards and Installation of
Officers

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

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



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

None.

Installation of Officers and Scholarship Awards this month.



www.BPWSOC.org

June 12 - MEMBERSHIP RENEWAL REMINDER

June 12 - BPWSOC Meeting- Scholarship Awards and Installation of Officers

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

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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.

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



Eat plenty of vegetables, exercise regularly and most importantly - have fun!

Unknown Author

Please let us know if you can submit a health tip for our Newsletter each Month - Thank you!



Reading Corner

Author: Mary Kay Andrews

Title: The High Tide Club

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:



On most keyboards for Personal Computers, you will see the "Windows" icon in the bottom left corner as well as the bottom right corner of the bottom row of keys (next to the "Ctrl" and "Alt" keys).

This is the same icon most of you may have noticed in the bottom left corner of your Monitor or Laptop Screen. It is known as the "Windows Start button and or just the *Windows* key". The icon (logo or symbol) has changed a bit through the years as Microsoft Windows continues to change. It used to be round with colors, then sort of wavy and now it is just black and white (in Windows 10).

Nonetheless, it is a useful key. If you press it, your programs menu comes up. Press it again and it goes away. If you hold the Windows key with one finger and press the "L" key you will "Lock" your computer. This just means that if you use a password to sign on, you will put your computer back to that screen where you need to sign back in. It is a very useful tool, if you are stepping a way from your computer and you wish to leave all of your work open so that when you return you can just sign back in and continue where you left off.

For more tips like this, contact me and I would be glad to show you more.

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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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