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Business and Professional Women Southern Ocean County

March 2018 Newsletter  
[www.bpwsoc.org](http://www.bpwsoc.org)[View this email in your browser](#)

Happy March Everyone!

March is here and we are getting things rolling for our upcoming events. A little brainstorming, fancy foot work and telephone calls and soon we will have more details. Remember, we can always use your help, if you have the time.

Our next meeting is on Tuesday, March 13th at 6:30 p.m. at Kristy's and we look forward to seeing you!  
Our next Officer's Meeting will be Tues, 3/6/18 at 6pm at my house to go over Psychic Event for 4/26/18.

We had a record number for our 2nd Annual Tea at 600 Main, on Tuesday, February 13th! 30 Women signed up, thank you! We are so sorry for the few of you that could not make it the last minute, but we hope you are feeling well and we hope to see you soon.

Welcome to our newest member - Kate Ecke! Please visit Kate's websites to get to know her:

<http://www.bestlifetherapies.com/><http://njhorsetherapy.com/>

To some of our members (new and seasoned) that we haven't seen in a while, we hope you will join us or drop anyone of us a note. Wishing you all the best in your life, work and daily tasks.

Thank you, and again, see you in a couple weeks!

Lisa Gambino  
President  
[www.BPWSOC.org](http://www.BPWSOC.org)



Facebook 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](#)

### 2018 Schedule

March 13 - BPWSOC Meeting

April 10 - BPWSOC Meeting

April 26 - Psychic Fair Fundraiser

June 12 - 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!!!



### MEMBER BIRTHDAYS:

Stalo Karamanos - March 20

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



"If you get, give. If you learn, teach."  
**Maya Angelou**



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

Unconfirmed at this time. Check back or just join us that night!



[www.BPWSOC.org](http://www.BPWSOC.org)

March 13 - BPWSOC MEETING

April 26 - Psychic Fair Fundraiser

# 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 Pepperidge Farm*

*Pepperidge Farm was started by a woman. Starting in the 1930's. Margaret Rudkin baked bread and sold it to her neighbors. Rudkin started baking bread in hopes her young son, who was allergic to most commercially processed foods, could eat it. After many tries, Rudkin was baking the best bread her friends and family had ever eaten. It helped her son's health so much his doctor prescribed the bread to other patients. Rudkin then asked the local grocer if he would sell her bread, and after a taste he quickly agreed. The arm Rudkin was living on was called "Pepperidge Farm" and so the company's name was born. The company quickly grew in order to keep up with the large demand. In 1961, Rudkin sold Pepperidge Farm to the Campbell Soup company and became the first woman to sit on the Campbell Soup Board.*



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## Women and girls in STEM need Title IX.

As demand for skilled workers in [science, technology, engineering and math \(STEM\)](#) has grown, women workers have helped to meet the needs of the labor market, thanks in no small part to the protections of Title IX. But despite progress, women's representation continues to lag behind in those STEM fields considered nontraditional to their gender.

Thanks to research like AAUW's 2010 report [Why So Few? Women in Science, Technology, Engineering, and Mathematics](#), we know that girls are deterred from pursuing STEM at an early age. Academic and career achievement in math and science are negatively impacted by certain environmental and social barriers – including sex stereotypes and gender bias in education. Title IX coordinators can help to reduce these barriers, but they need additional resources and training.

The Patsy T. Mink Gender Equity in Education Act (GEEA) of 2017 (S.1421/H.R.3828) would help address sex discrimination in all areas of education by supporting the vital, on-the-ground work of thousands of Title IX coordinators across the country through additional resources, training, and technical assistance.

[These investments are necessary to close the participation gap and help women and girls tackle the barriers they face in STEM. Click here to send a message to your members of Congress to urge them to co-sponsor GEEA today!](#)

**TAKE ACTION!**


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AAUW  
[1310 L St. NW, Suite 1000](#)  
[Washington, DC 20005](#)



EXCITING ANNOUNCEMENT:

Dear Friend,

I am happy to announce that KEAN UNIVERSITY will be the location for this year'   
Women's History Month Celebration on Sunday, March 18, 2018 from 3:00 pm to 5:00 pm.

Please SAVE THE DATE and  [share this with friends and family members](#) either through forwarding this email or  [sharing this on Facebook here](#). The event is FREE and open to the public and parking will be available on site.

STAY TUNED for updates about our Keynote Speaker and this year's Evangelina Menendez Trailblazer Honorees.

Again, please  [RSVP](#), save the date and  [share the event information](#) with others who may be interested!

We look forward to celebrating Women's History Month with you at Kean University!

Sincerely,

Artin Haghshenas

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#### ***Ways to change unhealthy eating habits***

Reversing bad habits is possible if you keep a positive attitude, stay committed and focus on small, doable changes. Try these tips.

Grabbing a bagel on your way to work might be as routine as brushing your teeth. Changing eating habits you've developed over the years — even unconsciously — can feel as tough as trying to move a mountain. Yes, learned behaviors are hard to undo, but if you take it step-by-step, it's certainly possible. Try these behavior-changing approaches, and focus on the ones that speak to you.

#### ***ABC approach***

Heading off problems before they develop is the crux of this approach. "A" stands for antecedent, "B" stands for behavior and "C" stands for consequence. Most behaviors have an antecedent — or cause. And causes lead to consequences. By addressing antecedents first, you can prevent unwanted consequences. For example, you might decide not to buy ice cream, because keeping it in the freezer leads to the behavior of eating most or all of it in one sitting, which has the consequence of disrupting your weight program.

#### ***Distraction approach***

This is a way to change unhealthy eating habits by focusing your attention on something else when food cravings start. To use this approach, when you feel a craving coming on, remind yourself that it will last for 20 minutes at most. Then do something — call a friend, read a book, revisit your goals, take a walk — anything that will distract you until the feeling passes.

#### ***Confrontation approach***

This approach to behavior change requires that you confront yourself mentally about the negative impact of your behavior. For example: If you're craving cookies, think about the unnecessary calories and fat you'll be consuming — and how tired and

sluggish you'll feel afterward. Remind yourself that this isn't what you want to do with your life.

**Shaping approach**

Try changing your behavior gradually, one step at a time. Instead of eliminating evening snacks altogether, start with a rule of no snack one night a week. Increase that to two nights a week. Eventually you might be able to scale back to a snack one evening a week. As you succeed with step-by-step changes, you'll build confidence that will start fueling even more successes.

Big lifestyle changes take time, but keep at it. The mini successes you'll achieve along the way will be enough to keep you going, and the new habits that were challenging at first will start feeling more natural before you know it.

Tip on Ways to change unhealthy eating habits from Mayo Clinic

<http://diet.mayoclinic.org/diet/motivate/ways-to-change-unhealthy-eating-habits?>

[xid=nl\\_MayoClinicDiet\\_20180124](#)

By: Nicole



Reading Corner

Author: Michael Wolff

Title: Fire and Fury: Inside the Trump White House

Author: Susan Guckin

Title: The Camouflaged Heart

Note: Susan Guckin is a member of BPWSOC

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### 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](mailto: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

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## Computer Tips:



### Larger Mouse Pointer

Many people do not like the regular (default) mouse pointer that you see on your personal computer or Mac.

You can customize the size and color or even the actual pointer itself.

In Windows 7, 8 & 8.1 go to the "Control Panel", be sure to "View by": "Large icons", then scroll down to "Mouse" and click on it, you will get a window, click on "Pointers" and below you



will see the various customizations you can make to the mouse pointer. When you are done, click "Apply" and "OK". If you do not like, go back the same way and change again. You can always click on "Use Default" to get back to original settings for your Mouse Pointer.

In Windows 10, go to Settings, look for "Mouse" on the left side and click on it. Basically, it is the same in all Windows versions, just depends on your system. You can always use the search bar.

For Apple Computers, try this link:

<https://www.wikihow.com/Change-Cursor-Size-in-Mac-OS-X>

Have fun and if you need more help, you know who to call!

Thank you,

Lisa A. Gambino

Certified Computer Technician & Professional (Virtual) Assistant

A 2 Z Computer Help

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Working women helping women work | [www.bpwfoundation.org](http://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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e: [foundation@bpwfoundation.org](mailto: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](http://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](http://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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