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Business and Professional Women Southern Ocean County March 2020 Newsletter  
[www.bpwsoc.org](http://www.bpwsoc.org)

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Facebook Website

The 19th amendment granted women the right to VOTE... The women's suffrage movement was a decades-long fight to win the right to vote for women in the United States. It took activists and reformers nearly 100 years to win that right, and the campaign was not easy: Disagreements over strategy threatened to cripple the movement more than once. But on August 18, 1920, the 19th Amendment to the Constitution was finally ratified, enfranchising all American women and declaring for the first time that they, like men, deserve all the rights and responsibilities of citizenship.

As the courageous ladies before us fought for our right, we need to be sure that every woman in our area (also men) are registered to vote. We can be supportive of the efforts of the League of Woman Voters who lead the process in America for our right. Unfortunately there is not a local chapter in Ocean County. They do have a State organization which anyone can join. They also give tips on how to organize and contribute to the cause on their website

[WWW.LWVNJ.ORG](http://WWW.LWVNJ.ORG). They have several blogs with valuable information to check out what can be done to assist in voter registration.

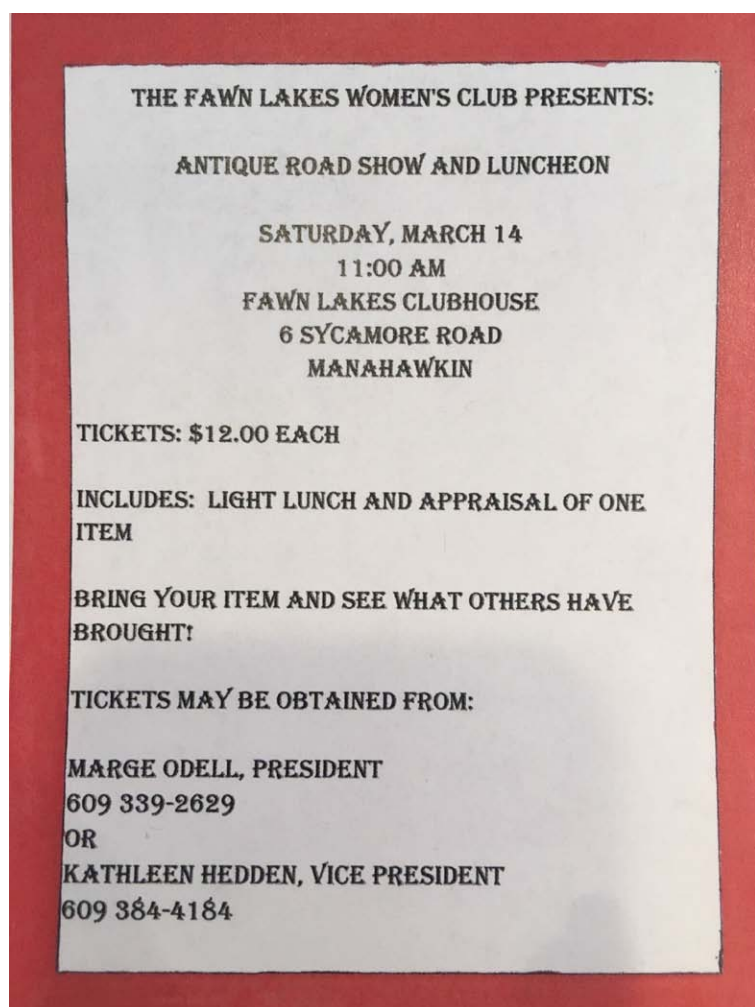
My contribution to the "cause" will hopefully be as a Census Field Supervisor! I have applied and my application is under consideration...I will keep you posted as this progresses. There are many opportunities to work part time if anyone is interested just check out the website <https://2020census.gov/en/jobs>. Jobs are available part and full time for about four or five months.

I look forward to seeing you all at our March 10th meeting. Our guest speaker will be Tom of Tascofit Natural Soaps. Pat has requested that he bring some soaps, oils, hydrating butters & essential oils to the meeting. Join us for his demonstration and information on these natural products.

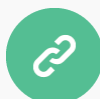
Best,  
Cyndy Friedland  
President

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My Adult Community Women's Club has the following event scheduled that may be of interest to you ladies. Let me know if you'd like to attend and I will obtain tickets!!!



Facebook



Website



BPWSOC Meetings are held the

2nd Tuesday of each month -

6:30 PM at...Conca D'oro

778 Lacey Road, Forked River, NJ

(unless otherwise noted)

(come earlier 6 PM for Networking/Mingling)

## 2020 Schedule

**March 10- BPWSOC Meeting**

**April 14 - BPWSOC Meeting**

**May 12 - BPWSOC Meeting**

**June 9 - BPWSOC Meeting**

**July 14 - BPWSOC Meeting - out and about at a**

**local Restaurant**

**August 11 - - BPWSOC Meeting- Special Event**

**surflight Dinner Theatre Scholarship**

**Fundraiser - Save the Date - Mama Mia -**

**Dinner at Engleside Inn**

**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 NETWORKING!!!***

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To think about for the summer of 2020...



Our Scholarship Awards are given out each year at our June Meeting.

You can [download an application](#) to apply on our website, each year, by April 30th.



MEMBER BIRTHDAYS:

Kathleen Gill - March 13

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



**This is where we send Sunshine to a Member who has had a celebration or we're sending wishes to get well or sympathy.**

All the best wishes to everyone and thank you for your thoughtfulness!

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**"You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. you are able to say to yourself, 'I lived through this horror. I can take the next thing that comes along'."**

**Eleanor Roosevelt**



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.



Gloria's Gang of Gorgeous Girls Luncheons on Saturdays



## Computer Tips:



A desk is a useful analogy to consider the difference between memory and storage. Think of RAM as the top of the desk. The bigger it is, the more papers you can spread out and read at once. Hard Drives are more like the drawers underneath the desk, capable of storing papers you are not using.

The more Ram your system has, the more programs it can handle simultaneously. RAM is not the only determining factor, and you can technically open dozens of programs at once even with a small amount of RAM, but doing so will slow your system down. Think of the desk again, if your desk is too small, it becomes cluttered, and your work will slow as you try to find whatever paper you need at any particular moment. You will be forced to frequently dig into the drawers to store what will not fit on top of the desk and retrieve papers you need.

Please do not hesitate to call you local PC Technician for further assistance.

Thank you,

Lisa A. Gambino

Webmaster, Treasurer ([www.BPWSOC.org](http://www.BPWSOC.org))

Certified Computer Technician & Professional (Virtual) Assistant

A 2 Z Computer Help

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[lisag@A2ZComputerHelp.com](mailto:lisag@A2ZComputerHelp.com)

Home Office: 732-237-9704

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### Reading Corner

Author: Denise Grover Swank

Title: Bluebird Bay Series

Author: Susan Guckin

Title: The Camouflaged Heart

Note: Susan Guckin is Past President 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 [Cyndyonbi@comcast.net](mailto: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

## **JENNIFER D. ARMSTRONG LLC** ***Divorce and Family Law***

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Ever hear of Matcha Tea, Dunkin Donuts is adding to their menu catching up with Starbucks. Add it to the list of superfoods which does not stain your teeth. It is made from the powder of green tea leaves created in Japan and sweetener is optional. The health benefits include an antioxidant, anti-aging, improve memory, stress relief and increase metabolism. It can be hot or iced, contains caffeine actually equal to three green tea bags, is creamy and made using a bamboo whisk. Try adding to desserts, smoothies, juices, oatmeal, yogurt, ice cream, soup, stir-frys, and guacamole. A quick search on amazon of organic ranges from \$10 to \$40.

Remember we are stronger than yesterday; meaning everyday is a chance to renew and refresh!

This Health Tip was provided by Gina Dinkey, Past President

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When women  
support each other,  
incredible things  
happen.



Come out, join us and bring a friend....



**LEGISLATION:**

A blue banner with the text "Legislative Update" in white, followed by "CONNORS, RUMPF &amp; GOVE" in large, bold, white capital letters. On the left side of the banner is the official seal of the New Jersey State Legislature, which features a shield with a plow and a sheaf of wheat, surrounded by the words "THE LEGISLATURE OF THE STATE OF NEW JERSEY". Below the banner is a photograph of three people: a man on the left in a light blue shirt and patterned tie, a woman in the center with short white hair wearing a brown cardigan over a beige top, and a man on the right in a white shirt and purple tie. They are standing in front of a building with a large American flag to their right. At the bottom of the banner is a dark blue bar with the "facebook" logo in white, the text "NJ's 9th Legislative District" in white, and a white button with the Facebook "f" logo and the text "Like Page".

[Click here to visit Connors, Rumpf & Gove on Facebook and LIKE their page!](#)



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[senconnors@njleg.org](mailto:senconnors@njleg.org)  
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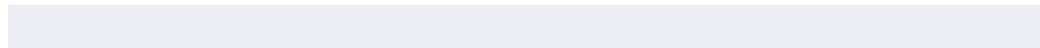
[Consequences of NJ's Illegal Alien Driver's License Law Will Detrimentially](#)

## [Impact Legal Citizens](#)



Connors, Rumpf & Gove remarked on two major developments involving illegal immigration likely to impact New Jersey residents, saying sanctuary state policies are forcing the hand of ICE and Homeland Security.

[Click for Full Story](#)



## [Gove Named to NJ Historical Commission](#)





Assemblywoman DiAnne Gove has been named to the New Jersey Historical Commission, a State agency dedicated to the advancement of public knowledge and preservation of New Jersey history.

[Click for Full Story](#)

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[Committee Advances Connors, Rumpf & Gove Bill to Enhance Megan's Law](#)



The Senate Law & Public Safety Committee advanced a Megan's Law

legislative initiative introduced by Connors, Rumpf & Gove to enhance the community notification process.

[Click for Full Story](#)

[Connors, Rumpf & Gove Committee Assignments Cover Veterans, Health, Seniors, Federal Relations, & Higher Education](#)



Connors, Rumpf & Gove have received their committee assignments for the 2020-2021 Legislative Session.

[Click for Full Story](#)

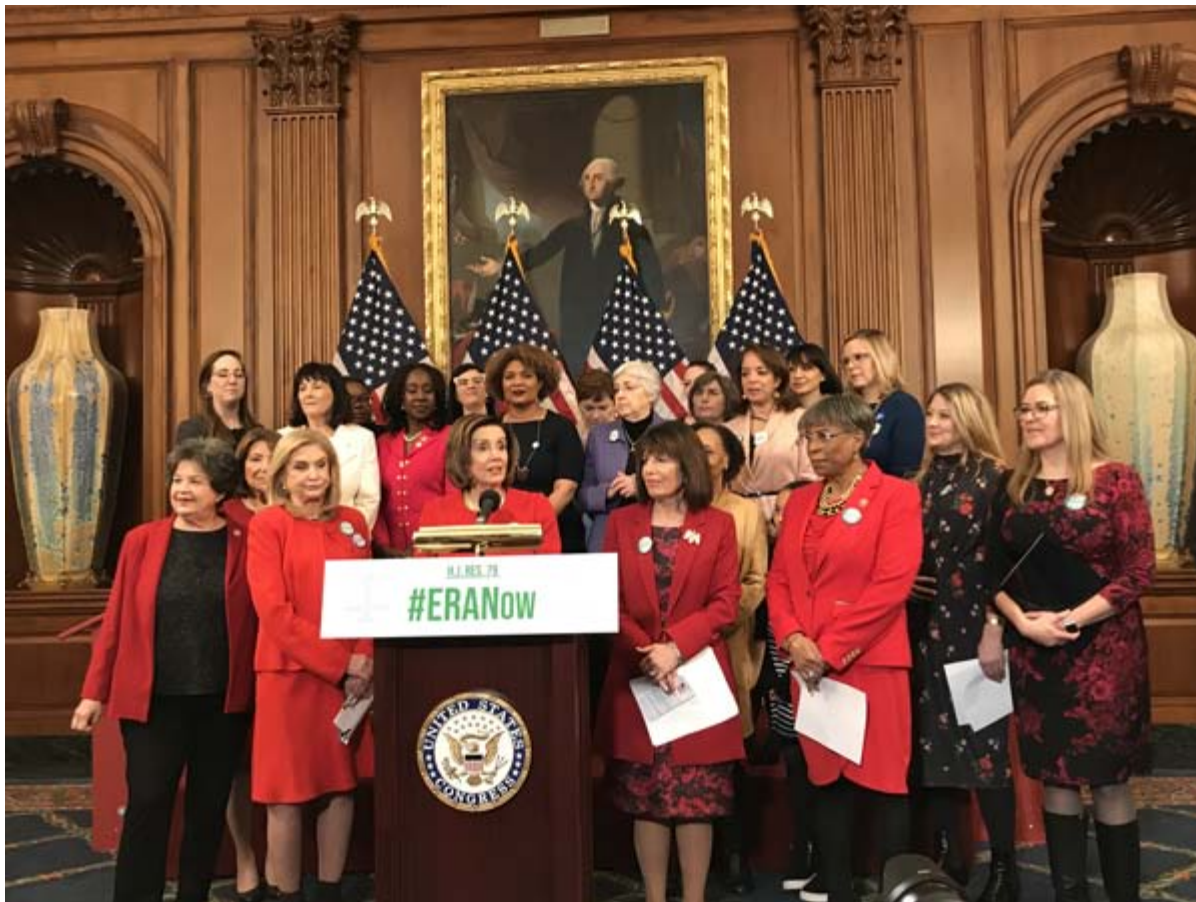


# AAUW Action Network

Yesterday I had the honor of joining Speaker Nancy Pelosi and other distinguished members of Congress to call for the full ratification of the Equal Rights Amendment. With the powerful work of our members in Nevada, Illinois and Virginia over the last few years, we've reached the tipping point – 38 states have ratified the ERA! Now it's time for Congress to act and lift the deadline for ratification.

Today, the full House of Representatives will vote to lift the arbitrary deadline to ratify the ERA. Your representative needs to hear from you. [Urge them to vote YES on H.J. Resolution 79.](#)





The text of the ERA is simple: "Equality of rights under the law shall not be denied or abridged by the United States or by any state on account of sex."

But the impact would be enormous: The ERA would clarify that sex discrimination whether in employment, health insurance, Social Security, education, or elsewhere is a violation of our constitutional rights as Americans.

Women in the United States won't wait any longer for the ERA to be fully ratified. We must act now. Tell your representative to vote YES on H.J. Resolution 79.

## Take Action

In solidarity,



Kimberly Churches  
Chief Executive Officer



## Business and Professional Women's Foundation

Founded in 1919

### Mission

To partner to create successful workplaces for women, their families and employers.

### ADDITIONAL CONTACT INFO



[foundation@bpwfoundation.org](mailto:foundation@bpwfoundation.org)



<http://www.bpwfoundation.org>

### About

<http://www.bpwfoundation.org> Business and Professional Women's Foundation (BPW Foundation) empowers working women to achieve their full potential.

### Company Overview

Business and Professional Women's Foundation (BPW Foundation) empowers working women to achieve their full potential and partners with employers to build successful workplaces through education, research, knowledge and policy.

### General Information

BPW Foundation transforms workplaces by strengthening the capacity of organizations and businesses to create work environments that are inclusive and value the ... [See More](#)

### Founding date

1919



### Greetings

What is it like to be 100 years old? 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

## 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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Washington, DC 20036

T: [\(202\) 293-1100](tel:2022931100)

M-F, 9AM to 5PM EST,  
excluding holidays

e: [foundation@bpwfoundation.org](mailto:foundation@bpwfoundation.org)

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