

Business and Professional Women Southern Ocean County

May 2017 Newsletter

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

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## PRESIDENTS LETTER

May 2017

Happy May!

May is a time for flowers! And, with that said, I wish you find the beauty in all of the flowers you see each day! It really is spectacular!

Congratulations, Business & Professional Women Southern Ocean County!

I am very excited to report that our Ladies Night Out Event was a very successful night, for all involved. To all of you who donated "designer bags", helped in coordinating, gave ideas, sold raffle tickets, prepared/setup, came to extra meetings, etc... I cannot thank you enough - without your help, this event would not have been. We had an amazing Designer Bag Raffle, a beautiful LuLaRoe Display (and you can still purchase online if you wish - contact us for the link or look on our Facebook page), and the Psychics were really a hit and everyone enjoyed the company of all! We also had wine & cheese & veggies! From this event, our Scholarship Funds are more abundant and we are on our way to rewarding applicants at our Annual Scholarship Awards Ceremony in June. We hope to see you there!

The 2017 Scholarship (Career) Award applications are due in by 4/30/17 (I know, this passed - so we are

extending the deadline to 5/15/17 - must be postmarked). You can download a copy from our website [www.BPWSOC.org](http://www.BPWSOC.org) Whether it is for yourself or a friend, we invite you to print a copy, complete the application and send it in to us. Our Scholarships are for Women 25 and older who may be attending classes, to further their career, or are continuing their education or maybe you are just starting out. We also have "equipment" scholarships for women who may be starting a new business or are already established and need some assistance purchasing some new equipment for their business. Visit our website [www.BPWSOC.org](http://www.BPWSOC.org) to download and/or print an application today!

I wish everyone a very happy month with beautiful weather and fresh smells from the beautiful outdoors. Everyone is always Welcome (Guests included) to our meetings and/or events! Also, feel free to tell us about any other events you may know about.

Thank you all for your time and looking forward to seeing you at our next meeting on Tuesday, May 9, 2017 at 6:30pm, meet up earlier if you wish to chat with anyone who arrives early. We are also holding our Officer's Meeting, prior to the meeting at 5pm.

Lisa Gambino

President

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

It's not too late for you to order from LuLaRoe R&D and have your purchase contribute to our Scholarship Fund.

The Link for LuLaRoe purchases is:

<https://www.facebook.com/groups/LuLaRoewithRandD/>

You must join CW Diane's group and just send a note that you are purchasing for the BPWSOC Scholarship Fundraiser.



Facebook Website



MEMBER BIRTHDAYS:

Jennifer D. Armstrong - May 30

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

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 HAVEN'T DONE SO YET, PLEASE RENEW YOUR MEMBERSHIP NOW (\$50.00)

May 9 - BPWSOC Meeting

June 13 - Annual Scholarship

Awards/Installation of new Officers

July 11 - BPWSOC Meeting

August 8 - BPWSOC Meeting

September 12 - BPWSOC Meeting

**ADDITIONAL EVENTS WILL BE ADDED AS THEY OCCUR**

(Note: There will be Executive Board



"The minute you settle for less than you deserve, you get even less than you settled for . "

**Maureen Dowd**



Rosie the Riveter is a cultural icon of the United States, representing the

Meetings the week before each  
General Meeting, Date, time and place  
of these meetings will be announced  
prior to the monthly meeting.)

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.

REMEMBER TO BRING YOUR

BUSINESS INFORMATION FOR OUR

NETWORKING TABLE!!!

## 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.***



GUEST SPEAKER

Cindy Brennan

**IN TODAYS WORLD WE CAN NOT LEAVE PERSONAL SAFETY TO CHANCE!**

These are some of the businesses and organizations we proudly served:

Northern Ocean Habitat for Humanity of Toms River

Rotary Clubs of Toms River, Lacey, Brick and Greater Long Branch

ERA American Towne Realty, Toms River

# MOMMA BEAR'S DEFENSE

## PERSONAL SAFETY PRODUCTS

PEPPER SPRAYS-PERSONAL ALARMS-NANNY CAMS AND MORE!

PERSONAL SAFETY AND PEPPER SPRAY EDUCATION AND

DEMONSTRATION (WITH NON-PEPPER SPRAY)

AVAILABLE FOR INDIVIDUALS, CLASSES, ORGANIZATIONS AND

BUSINESSES

BY CINDY BRENNAN

- NJ STATE CERTIFIED EMT
- TRAINED IN THE USE OF PEPPER SPRAY BY NJ FIREARMS ACADEMY
- EARNED A CERTIFICATE IN GUN SAFETY AT SHORE SHOT PISTOL RANGE
- ATTENDED A BASIC DRUG RECOGNITION PROGRAM PRESENTED BY THE

NJ REGIONAL OPERATIONS INTELLIGENCE CENTER

- ATTENDED MASS SHOOTER PROGRAM BY BRICK TOWNSHIP POLICE
- PROUD MEMBER BRICK TOWNSHIP CHAMBER OF COMMERCE

ON LINE SUPER STORE: [WWW.MOMMABEARSDEFENSE.COM](http://WWW.MOMMABEARSDEFENSE.COM)

ON FACEBOOK AT: MOMMA BEAR'S DEFENSE

FOR MORE INFO OR TO PLACE AN ORDER: 732-895-0685 OR

E-MAIL: [Cindy@MOMMABEARSDEFENSE.COM](mailto:Cindy@MOMMABEARSDEFENSE.COM)

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### *Inventions by Women The Ice Cream Maker*

*The ice cream maker was invented by Nancy Johnson in 1843. Her patented design is still used today!*

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AAUW is marking Sexual Assault Awareness Month in a groundbreaking way. Our [Title IX Delivery Project](#) is one of the best ways to make a direct impact on gender equity in your local schools.

The U.S. Department of Education [found](#) that some of the most egregious and harmful Title IX violations occur when schools fail to have a Title IX coordinator or when a Title IX coordinator does not have the training or authority to oversee compliance with Title IX. That's why the Department released a great resource guide for Title IX coordinators to better understand and perform their important job of ensuring that learning environments are free from sex discrimination. Now, we need your help getting these tools into the right hands.

You don't have to be a legislator to strengthen Title IX! By [delivering these resources to Title IX coordinators at your local schools](#), you'll help to ensure students' right to an education free of sex-based discrimination, harassment or violence.

Four easy steps can make a life-changing difference for women and girls on campus:

1. Find your nearest Title IX coordinators. [Simply select your state](#), and the coordinator's name, email address, and phone number will appear.
2. Schedule a meeting with the Title IX coordinator. Call or email the coordinator and let them know that you want to deliver the Department of Education's Title IX resources on behalf of AAUW. [This makes for a great branch project](#)—split up the schools in your area and divide into groups to make the deliveries!
3. Deliver the resources. Print the [resource guide](#) and the [letter to Title IX coordinators](#) to bring to your meeting.
4. Don't forget to [report how your meeting went!](#) With your help, we can track how many Title IX coordinators our members have contacted by putting your meeting on our delivery map.

AAUW is currently the only organization in the country engaging in this type of grassroots Title IX work, and we want you to be a part of this historic project. With your local participation, we can put these materials into the hands of as many Title IX coordinators as possible.

**TAKE ACTION!**

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AAUW  
1310 L St. NW, Suite 1000  
Washington, DC 20005

empowered by  salsa



LEGISLATION



*National Women's  
History Project*



*“I hope and pray that someone,  
sometime, will found a memorial  
mother’s day. There are many days  
for men, but none for mothers.”*

Ann Jarvis

Dear Friend,

The idea of establishing a national Mother's Day was inspired by women working to improve the environmental and community conditions mothers faced during Civil War times.



It also has origins in peace advocacy movements appealing to women after the Franco-Prussian War.

[Read more about the history of Mother's Day.](#)



Mother's Day, like the job of mothering, is varied and diverse. Perhaps that's only appropriate for a day honoring the multiple ways women find to nurture their families, and the ways in which so many have nurtured their communities, their countries, and the larger world.

Over 30 years ago one of our supporters suggested we offer a special Mother's Day Card to honor the important women in our lives. Since then our annual Mother's Day Card has become one of our most popular gifts, with thousands of people making donations to the National Women's History Project in honor of the special women in their lives.

Each card is hand-addressed and will be mailed to the recipient in time for Mother's Day, **May 14, 2017**. As in previous years, we offer a [card](#) to recognize and honor the women currently in your life, as well as a [memorial card](#) for those who are deceased but whose legacy continues.

Please consider sending Mother's Day cards to the special women in your life using our secure on-line Webstore. All contributions are tax-deductible.

Thank you for your continued support,  
*The National Women's History Project*

## [2017 Mother's Day Card and Gift](#)

National Women's History Project  
730 Second Street #469  
Santa Rosa, CA 95402  
<http://www.nwhp.org>  
(707) 636-2888  
[nwhp@nwhp.org](mailto:nwhp@nwhp.org)

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## HEALTH TIP

### THE BENEFITS OF OATMEAL

The breakfast is the most important meal of the day, as it prepares the body for the following daily activities, stimulating proper digestion, and providing the important nutrients and body energy.

However, if you choose to start your day with oatmeal, you will definitely gain numerous health benefits!

Due to its rich nutritional profile, it has been consumed for more than 2 thousand years, and its medicinal properties have been of great help in the treatment of nerve issues, intestinal problems, skin conditions, and other ailments.

A small serving of this full grain will provide 13gr of protein and sufficient amounts of manganese for the entire day. It is also rich in antioxidants, phytic acid, selenium, phenolic acid, vitamin E, tocotrienols, copper, magnesium, phosphorus, vitamin B1, biotin, Molybdenum.

This is what will happen to your body if you consume oatmeal every morning on a daily basis:

It is a great source of energy and fiber, and it will also boost digestion. The low-glycemic index will provide enough body energy but will help you prevent sugar drops, as it will regulate insulin use and reduce the sugar cravings.

If you have oatmeal for breakfast, you can effectively reduce the calorie intake by up to 81%, and it will help you avoid overeating during the rest of the day.

Additionally, if you consume oatmeal for breakfast, due to its satiating properties, you will successfully prevent weight gain and obesity.

These are some other health benefits of oatmeal:

- Whole grains prevent childhood asthma

Improves immune response

- It is high in fiber which prevents breast cancer
- Reduces cholesterol
- Lowers the risk of heart failure
- Its regular use can prevent gout
- It is a completely safe grain alternative for people suffering from celiac disease or gluten intolerance
- Regulates blood sugar levels and lowers the risk of type 2 diabetes
- Reduces the risk of cardiovascular diseases
- Supports longevity

Therefore, oats are an excellent choice for breakfast. However, it is always better to choose the less processed kinds. We recommend that beginners start with steel-cut oats, and add them to your favorite smoothies, yogurts, cookies, or muffins.

Here are some important facts about oat processing:

1. Instant oatmeal

They have been partially cooked before being rolled thinly.

2. Old-fashioned oats

Steaming and rolling have resulted in the flat shape of these oats.

3. Oat groats

These unrefined kernels are great for stuffing or in your morning smoothie.

4. Quick-cooking oats

Their process of preparation is the same like in the case of the old-fashioned oats, but these oats are cut before rolling.

5. Oat bran

Oat bran actually involves only the outer part of the oat grain, which is located beneath the hull.

6. Steel-cut oats

The grains are being placed between running steel blades, and they have dense and chewy texture.

Yet, remember that you can replace any meal with oatmeal and enjoy its benefits.

You can choose your favorite combinations and stay healthy in a delicious way!

Sources and References:

[www.powerofpositivity.com](http://www.powerofpositivity.com) — Original Article Source

[www.homehealthyrecipes.com](http://www.homehealthyrecipes.com)

[supertastyrecipes.com](http://supertastyrecipes.com)

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

Featured image source: [www.powerofpositivity.com](http://www.powerofpositivity.com)

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



## Reading Corner

Author: Diane Ackerman

Title: The Zookeeper's wife: A War Story

Author: Susie Guckin

Title: The Camouflaged Heart

Note: Susie 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](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

# Computer Tips:



## Optimize Your Internet Speed

Learn about some key ways to understand your current XFINITY Internet speed and how to improve it. (This is for Comcast/Xfinity Subscribers)

### General Speed Tips:

Your XFINITY Internet equipment (wireless gateway, modem or router) and connected devices (computer, laptop, smartphone, tablet, etc.) can all affect the Internet speed you experience.

The first step to optimizing your Internet speed is to know what your current download and upload speeds are when you're connected to your in-home network. You can do this by taking [XFINITY's Speed Test](#); the results will be best when connected via Ethernet.

Next, you can check what speed plan is on your XFINITY account using My Account.

Then, confirm that your Internet equipment (wireless gateway, modem or router) is compatible with your speed by visiting MyDeviceInfo.

Once you've determined that your equipment is a good match for your speed plan, make sure your computer or laptop's hardware and software are able to support your speed. For more details, see our XFINITY Internet Minimum System Recommendations.

### WiFi Speed Tips:

In addition to your equipment's compatibility with your Internet speed and connected devices' capability to support that speed, be sure to set up your equipment and devices for success to get the most out of your wireless Internet connection.

You'll want to do the following:

Make sure you've positioned your wireless gateway or router in the most ideal location within your home.

Be in close proximity to your wireless gateway or router when connecting to WiFi.

Verify you're connected to the right WiFi network, which is your private, in-home network ([SSID](#)).

Confirm when it makes sense to connect wirelessly or use a wired connection, as some activities can be done quicker via Ethernet (e.g., online gaming and video streaming).

Use newer generation devices (e.g., late model smartphones and tablets) when connecting over

WiFi, as older devices will not be able to achieve the fastest-possible speeds.

For more details about the factors that can impact your WiFi connection experience, see [Tips for Better WiFi Network Performance](#).

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Lisa A. Gambino

Certified Computer Technician & Professional (Virtual) Assistant

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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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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](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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