

Business and Professional Women Southern Ocean County

October 2017 Newsletter

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

[View this email in your browser](#)



Welcome October and Happy Fall!

Well, we have had a beautiful summer! Many road trips and nice times outside, on outdoor decks and by the water! Fall is here and we still have plenty of time to spend outside - picking Apples, Pumpkins, going for walks or whatever it is you like to do. We have plenty of events coming up: at this writing, Apple Fest at Lacey Day just passed, and what a nice day we had! Thanks to those who came out!

Coming up, will be having our 1st Halloween - "Haunted Funeral Home Walk" at our very own, Jessica Quackenbush's, Lacey Memorial Home, on Saturday, October 14th, at 6 p.m. The flyer is enclosed and on the website and also posted on Facebook, too! Please be sure to share the flyer with your friends, family & colleagues. It is going to be a fun time! There will be Psychics and a Paranormal podcast!

Next, we will be having a combo Networking Event with Kearny Bank on Tuesday, October 24th - watch for this flyer, coming soon!

As always, we are raising funds for our Scholarships and for various charities that we donate to each year. And, of course, we are here to help each other in any way we possible - with our business, our support, our friendship and/or recommendations. Be sure to visit the website for Business and Professional Women Foundation [www.bpwfoundation.org](http://www.bpwfoundation.org) there are many resources here for you, too!

Here is a quote from the website:

"We're working women helping women work"

"Business and Professional Women's Foundation (BPW Foundation) is the first foundation and research center in America dedicated exclusively to the interests and advancement of working women".

Our next meeting on is Tuesday, October 10th at 6:30 p.m. at Kristy's and this will be our last meeting before the Halloween Event. If you are able to join us, maybe you are interested in helping us with the event - either physically or by giving us some of your own ideas.

Thank you, hope to see or hear from you and many happy days to you and yours!

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



Facebook



Website



#### MEMBER BIRTHDAYS:

Carol Lieber - October 6

Jessica Quackenbush - October 17

If your birthday is in October 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 HAVE NOT DONE SO YET, PLEASE RENEW YOUR MEMBERSHIP NOW (\$50.00)



"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 have lived through this horror. I can take the next thing that comes along.' You must do the thing you think you cannot do."

***Eleanor Roosevelt***

September 12 - BPWSOC Meeting

September 30 - Apple Fest at Lacey

Day

October 10 - BPWSOC Meeting

October 14 - BPWSOC Halloween

"Haunted Funeral Home

Walk" Fundraiser at Lacey Memorial

Funeral Home

October 24 - BPWSOC combo

Networking Event with Kearny Bank

November 14 - BPWSOC Meeting

December 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



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.

prior to the monthly meeting.)

REMEMBER TO BRING YOUR

BUSINESS INFORMATION FOR OUR

NETWORKING TABLE!!!



GUEST SPEAKER

This meeting will be a planning meeting.



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

PLEASE SUPPORT UPCOMING EVENTS:

September 12 - BPWSOC Meeting

September 30 - Apple Fest at Lacey Day

October 10 - BPWSOC Meeting

October 14 - BPWSOC HALLOWEEN FUNDRAISER at Lacey Memorial Funeral Home

October 24 - BPWSOC combo Networking Event with Kearny Bank



# HALLOWEEN PARTY FUNDRAISER

**BUSINESS & PROFESSIONAL WOMEN  
SOUTHERN OCEAN COUNTY**



along with  
**Lacey Memorial Home**



presents a...

## “Haunted Funeral Home Walk”

**Saturday, October 14, 2017  
at 6:00 pm til 10:00 pm**

1022 Lacey Road, Forked River, New Jersey 08731

\$5.00 admission for 1 adult

\$10.00 admission for family

for ages 12 and up

(All proceeds go toward our Scholarship Fund)

**Everyone is Welcome!**

There will be light refreshments



**Psychic Readings** (available for additional cost)

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

Contact us at

609-693-6800 or 732-237-9704

RSVP to [info@bpwsoc.org](mailto:info@bpwsoc.org)



Art was a business and a calling for photographer Editta Sherman (1913-2013). After her husband's death in 1954, she worked tirelessly to maintain the portrait photography...



# NEW-YORK HISTORICAL SOCIETY

## MUSEUM & LIBRARY

MAKING HISTORY MATTER

### Exhibitions



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#### ► The Duchess of Carnegie Hall: Photographs by Editta Sherman

[GROUP TOURS →](#)

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August 18, 2017 - October 15, 2017

[About](#) | [Gallery](#)

## 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* *Closed-Circuit Television Security (CCTV)*

*Marie Van Brittan Brown invented CCTV because of the slow response of police officers in 1969 to help people ensure their own security. This invention influenced modern CCTV systems used for home security and police work today.*



## Here's How You Can Fight Back against Title IX Rollbacks

Yesterday, AAUW helped to [deliver](#) over 100,000 letters from advocates who urged the Department of Education to protect and preserve the Title IX guidance that keeps students safe.

But today, Secretary of Education Betsy DeVos announced that she is taking the [first step](#) towards dismantling protections for survivors of campus sexual assault, claiming that existing guidelines have “failed.” According to this logic, the Secretary sees evidence that schools are failing to adequately protect students as a reason to weaken Title IX protections – not enforce them.

[Click here to join AAUW in urging the Department of Education to protect Title IX, preserve all of its current regulations and guidance, and fully enforce the law.](#)

AAUW stands with survivors and remains committed to protecting and defending Title IX. These regulations

and guidance have made real progress toward preventing and ending discrimination in our schools. With this progress under attack, now more than ever we need to make our voices heard.

Tell the Department of Education we won't move backward—sign AAUW's petition today.

**TAKE ACTION!**

AAUW

[1310 L St. NW, Suite 1000](#)

Washington, DC 20005

empowered by  salsa



## Don't let Congress defund the equal pay data collection. Call your Representative at [1-855-973-0824](tel:1-855-973-0824) now!

The latest numbers are out and they confirm what we already know – the gender pay gap is persistent and it's pernicious. According to [new data](#) released today, U.S. women make on average only 80 cents for every dollar men are paid.

To add insult to injury, Congress is now moving to defund a crucial data collection tool that helps employers and enforcers identify pay discrimination.

Let's be clear: voting to defund the equal pay data collection is a vote against equal pay.

This week, the House of Representatives will vote on the FY 2018 Commerce, Justice, Science appropriations bill, which includes language that would defund the Equal Employment Opportunity Commission's collection of summary pay data by gender, race, and ethnicity through the Employer Information Report, known as the EEO-1.



This information is invaluable to the fight for fair pay. That's why Representatives DeLauro, Frankel, and Scott have offered an amendment that would restore funding for the EEO-1 pay data collection.

Gina, we can't let this issue go down without a fight.

Call [1-855-973-0824](tel:1-855-973-0824) now to urge your representative to vote YES on the DeLauro/Frankel/Scott amendment to the FY18 Commerce, Justice, Science appropriations bill to restore funding for the equal pay data collection. When you use our phone line, you'll hear a brief script before being connected to the appropriate office. The vote could happen as soon as tonight, so don't wait to make your voice heard.

At our current rate of progress, the gender pay gap won't close for more than a century, but there are actions our lawmakers can take to make pay equity a reality.

Call [1-855-973-0824](tel:1-855-973-0824) now or [send an email](#) to your member of Congress and let them know you won't keep waiting.

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### ***Health Tip***

#### ***Don't Drink Sugar Calories***

***Sugary drinks are the most fattening things you can put into your body.***

***This is because liquid sugar calories don't get registered by the brain in the same way as calories from solid foods.***

***For this reason, when you drink soda, you end up eating more total calories.***

***Sugary drinks are strongly associated with obesity, type 2 diabetes, heart disease and all sorts of health problems.***

***Keep in mind that fruit juices are almost as bad as soda in this regard. They contain just as much sugar, and the small amounts of antioxidants do NOT negate the harmful***

*effects of the sugar.*

**Tip by Nicole Reedy**

from [www.healthline.com](http://www.healthline.com)

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Reading Corner

Author: James Patterson

Title: The Store

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:



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Please do not allow anyone to Remote Access into your Computer!

Your best bet, if someone wants to remote access your pc, is to call your local Computer Technician - to help with the "so called problem".

Remote Access: this is the ability to access your computer from a remote location (anywhere in the world). It allows someone to control your computer remotely from their computer.

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Lisa A. Gambino

Certified Computer Technician & Professional (Virtual) Assistant

A 2 Z Computer Help

[www.A2ZComputerHelp.com](http://www.A2ZComputerHelp.com)

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

Home Office: 732-237-9704

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["Like" my page on Facebook](#)

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



Business and  
Professional  
Women's  
Foundation

BPW Foundation

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## Business and Professional Women's Foundation

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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Our mailing address is:  
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[www.bpwsoc.org](http://www.bpwsoc.org)

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