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Business and Professional Women Southern Ocean County

October 2018 Newsletter

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

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Dear Members of BPWSOC,

The Fall is a time of harvest to reap all of the benefits of being together, learning from each other, and learning from others. We are so pleased to have a line up of amazing people to speak at our meetings. They will be sharing their passion, their mission, and their desire to help others each in their own way. We invite you to join us for this line up of truly wonderful monthly meetings to engage in learning from those who have something important to share with our community.

At our September meeting, we welcomed Christian Kane as our guest speaker to discuss a project that will touch so many lives. If you or someone you know understands the challenges of having a child with special needs, then you will be able to relate to the monumental task that Mr. Christian Kane is taking on in support of his disabled son and other children like him. Mr. Kane has orchestrated the construction of the Field of Dreams park in Toms River, NJ. and older, can

enjoy themselves. Please visit the Field of Dreams website for more information and please consider attending our September meeting to hear this inspiring and heartfelt talk about this wonderful, life-changing project. <https://tomsriverfieldofdreams.com/>

October brings us the expertise, passion, and drive of Mr. John R. Fugazzi to combat the unemployment crisis. He has an extensive background as one of the leading experts in job search training, workforce leadership, career education, and jobs creation. He founded Neighbors-helping-Neighbors USA [www.nhnusa.org](http://www.nhnusa.org) in January 2011 and serves as Founder/President of this cost free, all volunteer led job search networking and support group. Mr. Fugazzi and Neighbors-Helping-Neighbors received coverage from The New York Times, The Wall Street Journal, Washington Post, USA Today, and More! You won't want to miss his talk. Please visit his website to learn more about this worthwhile program that may help you or someone you know.

Neighbors-Helping-Neighbors falls under the helping-brands effort and in conjunction with Ms. Lisa Schuetz they have started a new meeting group chapter called Women-Helping-Women USA. [www.helping-Women.org](http://www.helping-Women.org) They aim to create partnerships with local women's groups who can pull together information and resources to help make this effort successful.

Join us! Join us! Join us! We love when we can share in the building of resources and help fellow women and community organizations prosper and thrive in the spirit of teamwork, sharing, and empowerment. Meetings will be held at Conca D'Oro Italian Restaurant on Lacey Road in Forked River, in the plaza next to the police station and Wawa gas station.

In Empowerment, Professionalism, and Gratitude,

Susie Guckin  
President, BPWSOC  
2018-2019



Facebook Website





BPWSOC Meetings are held the 2nd

Tuesday

of each month at 6:30 PM

(come earlier 6 PM for

Networking/Mingling)

## 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!



"Somebody once said we never know what is enough until we know what's more than enough."

**Billie Holiday**

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**PLEASE RENEW YOUR**

**MEMBERSHIP (\$50.00), if you**

**haven't already.**

## 2018 Schedule

October 9 - BPWSOC Meeting

October 26 -Haunted Halloween -

Fundraiser

November 13 - BPWSOC Meeting

December 11 - 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.)

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.

REMEMBER TO BRING YOUR  
BUSINESS INFORMATION FOR OUR  
NETWORKING TABLE!!!



GUEST SPEAKER

TO BE ANNOUNCED



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

October 9 - BPWSOC Meeting

October 26 - HAUNTED HALLOWEEN - Captain's Inn

Thank you all for your unprecedented support of our scholarship fundraiser.

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# 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.*



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

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**SOMETHING REMARKABLE**

Ladies,

I have to share something with you that is nothing short of remarkable. As much as we are colleagues in business and professionalism, we are also friends.

I have been desperately trying to clean out the garage of old things from my life prior to my head injuries but it has been so hard because every time I touch something it is like my body gets shocked by a memory my mind can't grasp. My amnesia wiped out all memory prior to age 20 but we are seeing some changes in that.

Well today....I discovered something that made me truly believe we are led to where we belong. I encourage you to look at the attached photos to see that BPW awarded me a scholarship in 1998 when I was graduating high school.

This is a truly remarkable find. It was an honor to begin with to become president of the group but the meaning of it just compounded. Thank you for supporting me then and for supporting me now.

Susie



## Stand Up for Women's Rights: Urge Your Senator to Oppose Judge Kavanaugh

Last month, President Trump nominated Judge Brett Kavanaugh to a lifetime appointment on the U.S. Supreme Court and the stakes are enormously high. Despite the fact that his full record has not been released, the Senate has scheduled his confirmation hearings to begin as soon as September 4. AAUW has

carefully [considered](#) his available record and one thing is clear: Judge Kavanaugh would put at risk the issues that are central to AAUW's mission.

AAUW [advocates](#) for the health, education, and economic security of all women and girls. But Judge Kavanaugh's confirmation would put women's constitutional rights, including access to abortion and contraception, at risk. Judge Kavanaugh has also called into question the protections of the Affordable Care Act, and his record shows that he is willing to do grave harm to women by upending employment and labor rights and restricting voting rights. We cannot support a nominee who will not uphold and protect our most fundamental freedoms and rights.

Judge Kavanaugh's Senate confirmation hearings will begin as soon as September 4, and it's vital that every senator hear from their constituents about what's at stake.

Take action now:

1. [Join a nationwide day of action on August 26 to Unite for Justice.](#) On Women's Equality Day, Americans will stand united in commitment to women's rights to demand that the U.S. Senate oppose Judge Brett Kavanaugh's confirmation. Use our unique link to [find and register](#) for an event near you and show up to speak out.
2. [Share your personal story with your senators and urge them to oppose Judge Kavanaugh's confirmation.](#) Your voice matters! AAUW's toll-free number, 1-855-973-0824, will automatically connect you to your senator's office. Let your senator know what's at stake if Judge Kavanaugh is confirmed – from the erosion of health care coverage for pre-existing conditions to the elimination of access to abortion and contraception.
3. [Share this opportunity with friends and family in key states.](#) The votes of senators in Alabama, Alaska, Indiana, Maine, Missouri, Nevada, North Dakota, and West Virginia are critical. Urge your networks in these key states to [make their voices heard](#).

Judge Kavanaugh has shown he won't stand up for the health, education, and economic security of women and girls — and we won't stand for that. Take action today to oppose Judge Kavanaugh's confirmation to the Supreme Court.

**TAKE ACTION!**

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

You are subscribed to AAUW's email list as [gdingkey@gmail.com](mailto:gdingkey@gmail.com). If you did not subscribe, or would no longer like to receive email updates, [unsubscribe here](#).





## Legislative Update **CONNORS, RUMPF & GOVE**



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NJ's 9th Legislative District 

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9th District  
[Home](#) | [Facebook](#) | [Twitter](#)  
[senconnors@njleg.org](mailto:senconnors@njleg.org)





609-693-6700

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[Connors, Rumpf & Gove: As If We Needed Further Proof that the Gas Tax Increase Law Was a Scam](#)



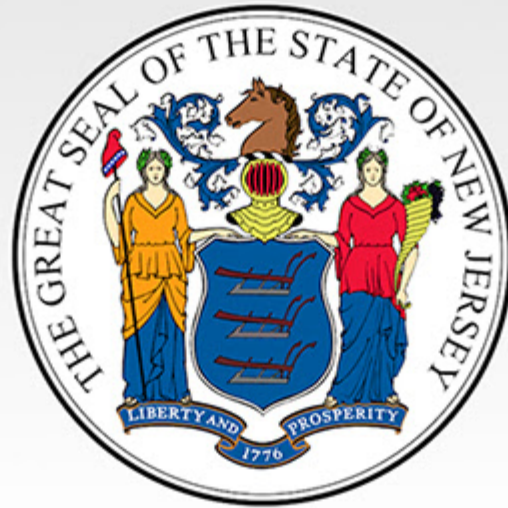
Connors, Rumpf & Gove stand united with constituents in opposition to the Murphy Administration's plans to raise the gas tax another 4.3 cents per gallon beginning October 1st.

[Click for Full Story](#)

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[Connors, Rumpf & Gove: Proposed Plastic Bag Fee About Revenue, Not the Environment](#)





Connors, Rumpf & Gove welcomed the Governor's veto of legislation that would have imposed a five-cent fee on single-use plastic shopping bags that was more about raising money than protecting the environment.

[Click for Full Story](#)

[Connors, Rumpf & Gove: Restoration of Homestead Benefit Program Funding is a Small Victory in State Budget Process](#)



Connors, Rumpf & Gove want concerned constituents to know that cuts initially proposed by Governor Murphy to the Homestead Benefit Program were avoided in the final FY 2019 State Budget.

[Click for Full Story](#)

[Connors, Rumpf & Gove Oppose New School Funding Law Cutting Funding to Local Schools](#)



Connors, Rumpf & Gove lambasted the signing of a school funding bill that will mandate funding cuts for 14 school districts in the 9th Legislative District.

[Click for Full Story](#)

[STORM ALERT: How to Prepare for Hurricane Florence & Severe Weather Events](#)





Are you ready for the height of hurricane season? Connors, Rumpf & Gove want to ensure that families in the 9th District have the tools and resources to cope with power outages and other weather-related emergencies.

[Click for Full Story](#)

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Mindful Health Tip:

Developing a gratitude practice each night prior to going to bed helps to activate the restful part of the nervous system and can help you to sleep more soundly, leading to waking up feeling calmer and more peaceful in the morning. Before you go to sleep at night, think of three things you feel grateful for that day. Think simple! There is always something to be grateful for.

*(This health tip was provided by Susie Guckin, President of BPWSOC)*



Reading Corner

Author: Mary Alice Monroe

Title: Beach House Reunion

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](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

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## Computer Tips:



Do you know that your PC (personal computer) requires a Tune Up, just like your car?

You know who to call!

***"Special" for BPWSOC Members and Friends - for the month of October, contact me and I will visit you at your home for one hour and we will look over your computer and see if it is maintained properly (if not, I will perform the required maintenance) for \$50.00***

Lisa A. Gambino

A2Z Computer Help

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

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

Tel: 732-237-9704

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

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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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