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Business and Professional Women Southern Ocean County
 August 2014 Newsletter
www.bpwsoc.org



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BPWSOC Upcoming events for 2014

Meetings are held the second Tuesday of each month at 6:30PM (come earlier 6PM for Networking) at [Kristy's Casual Dining in Waretown](#)

RENEW YOUR MEMBERSHIP NOW

August 12 – BPWSOC Meeting

August 23 - SHOP FOR CAUSE at Macy's

September 9 – BPWSOC Meeting

September 25 - Networking Event including dinner and guest speaker Janet M. Neal

October 14 – BPWSOC Meeting

November 11 – BPWSOC Meeting

December 9 – BPWSOC Holiday 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!!!

President's Message from Mary Baldelli

Hi Sisters,

SIZE DOES MATTER!

We are a small group of achievers and our size inhibits us from doing all that we strive for as BPW members. We can achieve so much more if we work together to form a large group. An increased membership will give us greater flexibility to meet the needs of women of all ages, to support the goals of BPW towards equality, to honor other women, and to share group activities.

We need your support to grow BPWSOC. Our 1st opportunity will be our networking and guest speaker event in September and it is imperative that you get the word out to every woman that you can. Find out where you can pass out or pass on flyers. Talk it up with everyone you know.

This is our chance to attract new members, but first we have to get them to our event. Will you help?

Mary Baldelli,
President, BPWSOC

Please RSVP to info@bpwsoc.org for this meeting and, if present, your name will be entered in a drawing for this month's door prize.



Please note that



MEMBER BIRTHDAYS:

Gina Dinkey - August 13

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



"The first time someone shows you who they are, believe them."

Maya Angelou



PC TIPS BY LISA G., [A2Z Computer Help](#)

PC Tune Up Tips:

A Tune Up of your Personal Computer (PC) is just as important as the oil change or tune up you have done on your automobile. Or, another analogy may be your yearly dental check up or cleaning (every 6 months). Our computers are a very important tool for many tasks these days, would you not want it to always be running properly?

Based on the tasks I perform for a tune up and some that I have researched, here are some of them:

-Remove unwanted programs, software or applications. But, be sure that they are definitely not something your system needs by researching the publisher or program itself.

Aside from needing antivirus software, any other program in your "Programs" that may say something about or claiming to speed up your PC or optimizer, cleaner, etc...may be the culprit for a pc that is running slow. There is no magic program out there. I would go with and recommend only what the manufacturer (Microsoft) may recommend at their support page. An exception to the above mentioned, would be CCleaner. I haven't used the program more than a few times myself, but, I have found reports that the "ccleaner utility" by piriform is an old tool that is free and useful.

Disable startup programs. Click on the start button and type msconfig - this is where it really may be a good idea to have a "Tune Up" performed by a certified computer technician.

-Be sure your PC is up to date: Windows Update is up to date along with your manufacturers updates being checked. (Even though for the most part, these tasks are usually set automatically, there is some user interaction from time to time.

-Run Disk Cleanup - (be sure to check all the boxes and click ok and it will ask if you are sure, etc... ok again and once it is done, it will disappear).

-The Action Center has a good troubleshooter. This is the little white flag that sits in your system tray (the place in the bottom right hand corner, jut to the left of the clock on your desktop). I often advise people to watch this flag and be sure that it is not reporting anything other than "No current issues detected". If there are issues, just open the Action Center and follow what it says. Or, you can even go in and click on the Maintenance section and then click "check for solutions".

-Be sure to remove any malware (short for malicious software, it can be anything from software that disrupts our computer operation, gathers personal and sensitive information, gains access to our computer and includes viruses, worms, trojan horses and the terms go on and on). The point is, if you have software that you do not know where it came from and it was recently added unbeknownst to you - you should remove it. Again, this may be the job for your computer technician.

-Install more RAM (memory), if system allows.

you can always go to our website for the latest information and/or Members Only area.

Visit us at www.bpwsoc.org



Please support upcoming BPW events:

BPW SOC MEETING – Tuesday, August 12

BPWSOC "SuperB" NETWORKING EVENT- Thursday, September 25

BPW STATE Board Meeting – Saturday, October 25
Monmouth University – Magill Commons, Club Dining Room
West Long Branch, NJ



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: 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

-Install a bigger Hard Drive.

-Upgrade your Operating System, if your system allows.

-Defragment your hard drive. This is a tool that I use in conjunction with Disk Cleanup (but, I use it last - after all else has been done and your system has been rebooted or restarted - then I would run the Defrag). With windows 7 and windows 8, it is set by default to run weekly (on its own, but the computer must be on). I recommend you change it to monthly and at a time that your computer will be on.

Enjoy and keep your PC tuned up and up to date.

Thank you,

Thank you, Lisa Gambino

[A2Z Computer Help](#)

Secretary/Webmaster, BPWSOC.org

Certified Computer Technician and Professional Secretary

A2Z Computer Help

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BPWNJ VOICE

Did you know that you can advertise your business in the BPWNJ Voice in order to reach our sisters throughout the State? For more information contact Eunice Clark at eclark@brookdalecc.edu

If you are not receiving your copy of the Voice electronically, and would like to, e-mail Eunice Clark at the address above and ask her to put you on the electronic e-mail list. By doing so, you are helping BPWNJ save the cost of mailing.



GUEST SPEAKER FOR AUGUST 12 MEETING

There will be no guest speaker this month. We will be discussing plans for our first Networking Event in September, Shop for a Cause at Macy's and other upcoming events.

Don't forget Macy's Shop for a Cause Day is August 23 for discount coupons contact Gina Dinkey at gina.dinkey@hp.com.



NEW MEMBERS:

Members please bring family, friends and business associates to meet us. New members are always welcome.



When ordering a salad, always ask for dressing on the side. This allows control over how much you consume by either dipping each bit or the fork itself first. Also try to avoid anything creamy which also includes soup.



Reading Corner

The DaVinci Code,
Angels and Demons and
Inferno: A Novel
BY: DAN BROWN



FIND THE **MAGIC** OF GIVING BACK!

Saturday, August 23, 2014

Since 2006, Macy's Shop For A Cause Event has partnered with non-profit organizations nationwide to raise more than \$48 million for their ongoing charitable efforts. This is your chance to be part of this monumental event on Saturday, August 23, 2014.

Shop For A Cause gives you the opportunity to give back to your community and to help our organization. Purchase a \$5 Shopping Pass* for exclusive savings in every Macy's store on Saturday, August 23, and we keep 100% of the proceeds. Plus, you can enter to win a \$500 Macy's Gift Card.

Find the magic of giving back, as Macy's celebrates a national day of support for our community.



For more information or to purchase a pass contact *Gina Dintey 201-310-2627*

BPW of Soc g.dintey@gmail.com

Business Professional Women *Some exclusions and restrictions apply.

full details: www.bpwsoc.org

PLEASE MARK YOUR CALENDAR:



Business and Professional Women
Southern Ocean County
present a

“SuperB” Networking Event

Enjoy an evening that includes dinner and networking
plus a special Guest Speaker:



Janet M. Neal

Author of *Soul in Control: Reflections
of a Reformed Superwoman*

A writer, a certified coach, a speaker and a woman living a “should-free” life, Janet Neal has worked in education, corporations, non-profits, and as an entrepreneur. Her company, The Superwoman®, Inc., focuses on helping women move from being stressed out Superwomen to becoming peaceful, productive and powerful Superwomen! Instead of “Do More”, “BE More”; It’s all about the BE!

Find out more at www.thesuperwoman.com

- **Thursday, Sept. 25, 2014**
- **6:00 PM - 9:00 PM;**
- **Kristy’s Casual Dining**
562 Route 9, Waretown, NJ 08758
www.kristyscasualdining.com
- **\$20** (RSVP and pay by 9/18/14)
\$25 at the door

RSVP to info@bpwsoc.org

Make check payable to BPWSOC, and mail to Business and Professional Women
Southern Ocean County, P.O. Box 1207, Manahawkin, NJ 08050

www.bpwsoc.org



Legislative Update

Connors, Rumpf & Gove
Legislative Update

New Jersey's 9th Legislative District



Connors, Rumpf & Gove

Phone: 609-693-6700

Web: <http://district9.senatenj.com>

Email: senconnors@njleg.org



[Senate Approves Connors, Rumpf & Gove Bill Requiring Turnpike Meetings in South Jersey](#)



The New Jersey Senate has approved legislation sponsored by Senator Christopher J. Connors, Assemblyman Brian E. Rumpf and Assemblywoman DiAnne C. Gove that would

require at least two regular meetings each year of the New Jersey Turnpike Authority to be held on a rotating basis in Ocean County, Atlantic County, and Cape May County. The legislation (S-234) would also require one regular meeting of the Authority be held in Bergen County and at least one meeting be held in Salem, Gloucester, and Camden counties on a rotating basis.

Currently, regular meetings of the Authority are held on a monthly basis in the Authority's Administration Offices located in Woodbridge. The 9th District delegation issued the following statement subsequent to the Senate's approval of the transportation-South Jersey geared initiative:

[\(more...\)](#)

[Judiciary Committee Advances 9th District Delegation's Initiative Increasing Penalties for Heroin Offenses](#)



Consistent with their continuing efforts to combat the drug trade, Senator Christopher J. Connors, Assemblyman Brian E. Rumpf and Assemblywoman DiAnne C. Gove praise the Assembly Judiciary Committee for approving the 9th District delegation's legislation that would strengthen State statutes for heroin offenses.

Under the delegation's legislation (A-783/A-2831) advanced by the Committee, penalties would be increased for offenses involving manufacturing, distributing, or dispensing or possessing or having under one's control with intent to manufacture, distribute, or dispense heroin by lowering the threshold quantities for crimes of the first, second, and third degree.

[\(more...\)](#)

[Connors-Rumpf-Gove Bill Requiring Banks to Assign Agents for Maintenance of Vacant Properties Advances](#)



The Assembly Housing and Community Development Committee has advanced legislation sponsored by the 9th District delegation which would allow municipalities to adopt ordinances to regulate the care, maintenance, security, and upkeep to the exterior of vacant and abandoned residential properties which have been foreclosed upon.

Under the provisions of S-1229/A-1257, prime sponsored by Senator Christopher J. Connors and cosponsored by Assemblyman Brian E. Rumpf and Assemblywoman DiAnne C. Gove, an ordinance would also provide that the creditor responsible for the residential property, if located out-of-state, would be responsible for appointing an in-State representative or agent to interact with the municipality.

[\(more...\)](#)



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We are happy to announce our second location is now open [at 209 N. Bay Ave, Beach Haven \(LBI\) NJ 609-492-4800.](#)

Bella Donna provides a full range of salon services including:

Haircuts & Styles
Perms
Hair Color
Foil Highlighting
Corrective Color
Keratin Treatment
Manicures
Pedicures
Massage Therapy
Facials
Make Up
Waxing
Gift Cards

[Manahawkin location 609-978-1414](#)

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