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### BPWSOC Upcoming events for 2015

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

#### REMINDER: RENEW YOUR MEMBERSHIP

- May 13 - BPWSOC Meeting GUEST SPEAKER: Dr. Donna Mutter DC
- May 14 - BPWSOC Paint Party
- When: May 14, 7PM
- Where: Latitudes on the River, Forked River, NJ
- What: Scholarship Fundraiser
- Cost: \$40.00 a person
- May 15 and 16 - BPWNJ Annual Conference
- June 9 - BPWSOC Meeting
- July 8 - BPWSOC Meeting
- August 11 - BPWSOC Meeting
- August 20 - Pocketbook Bingo
- August 29 - Shop for a Cause

#### 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!!!

May President's Message

Happy Mother's Day to all our Mom members!

For many of us it's a time to enjoy with family and receive special cards, gifts, or maybe

someone will cook for you this special day. If

your family is near, it may be a family get

together or if far away, it may be a phone call

to keep in touch. The day also gives us a

chance to reflect on those we have lost. My

own Mom was a role model for me as a

working mother. She was a kind woman who

used her skills and intelligence as a nurse to

heal others as well as provide a loving

environment for our family. My mother-in-law

worked first in her family boarding house after

school each day and then during the war was

a "Rosy the Riveter" working in the

Charlestown Navy Yard. In later years she

worked in the school cafeteria to help support

her family as well. I don't recall ever hearing

these women complain, although I am sure it

wasn't easy. Combining family and work just

seemed natural and certainly influenced my

decision to pursue a career.

Not everyone is a Mom, but everyone has or

had a Mom who influenced them to become

the person they are today. May this month

give us a chance to honor our mothers,

support them, and love them for who they are

or who they were.

Mary Baldelli

President, BPWSOC

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



#### MEMBER BIRTHDAYS:

There are no member birthdays this month.

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



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

[Please support upcoming BPWSOC events:](#)

BPWSOC May 12, 2015

#### SPECIAL NOTICE

Paint Party

When: May 14, 7PM

Where: Latitudes on the River, Forked River, NJ

What: Scholarship Fundraiser

Cost: \$40.00 a person

### MOTHER

During those early, dearest days  
I did not dream that you had  
A large life which included me.  
For I had a life  
Which was only you.  
Maya Angelou



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

Tip for May:

Computer Start Up and Why it takes so long to boot up:

"Let me explain why computers take forever to start, and why they get worse over time. When your computer starts (or "boots up"), it's moving information from your slow hard drive, or "storage," to the much faster RAM, also called "memory."

The more information your computer has to move, the longer your computer takes to start. So, the trick is to reduce the amount of information it has to move."

Taken from my favorite provider of the best computer and electronic information;  
<http://www.komando.com/tips/11273/top-5-ways-to-speed-up-your-computers-start-up-time/all>

Thank you and as always, contact me if you need some help cleaning up your pc.

Thank you,  
**Lisa Gambino**  
A2ZComputerHelp.com  
Secretary/Webmaster, BPWSOC.org  
Certified Computer Technician and Professional Secretary  
lisag@A2ZComputerHelp.com  
vm: 732-237-9704  
Keyport Office: 732-847-9275

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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](mailto: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.**



#### MAY GUEST SPEAKER

Dr. Donna Mutter, DC.  
Has been serving Ocean County for 30 years. She practices a reorganizational approach to health and wellness utilizing a form of chiropractic known as Network Spinal Analysis. She has been on both the clinical and teaching staff for this work since 1986. Her practice, Waves of Transformation, is located in Toms River NJ.



<http://thesandpaper.villagesoup.com/media/Common/21/05/1377623/600-East%20Coast%20Senators.jpg>

Source: Office of Senator Bob Menendez  
On Earth Day and the week of the five-year anniversary of the Deepwater Horizon oil spill in the Gulf Coast, U.S. Senators Bob Menendez (D-NJ), Cory Booker (D-NJ), Edward Markey (D-MA), Sheldon Whitehouse (D-RI), Richard Blumenthal (D-CT), Ben Cardin (D-MD), Bernie Sanders (I-VT), Elizabeth Warren (D-MA), Jack Reed (D-RI) and Barbara Mikulski (D-MD) introduced the Clean Ocean and Safe Tourism (COAST) Anti-Drilling Act. The legislation prohibits the U.S. Department of Interior from issuing leases for the exploration, development, or production of oil or gas in the North, Mid-, or South Atlantic Ocean.  
Earlier this year, the federal government announced plans to open parts of the Atlantic Ocean to offshore oil and gas drilling. On Earth Day, and during the week of the five-year anniversary of the Deepwater Horizon oil spill in the Gulf Coast, 10 U.S. senators introduced the Clean Ocean and Safe Tourism (COAST) Anti-Drilling Act, which would prohibit the Department of the Interior from issuing leases for the exploration, development or production of oil or gas in the North, Mid-, or South Atlantic Ocean.  
Sens. Robert Menendez (D-N.J.), Cory Booker (D-N.J.), Edward Markey (D-Mass.), Sheldon Whitehouse (D-R.I.),

Mark your calendars:

POCKETBOOK BINGO is August 20th.

Shop for a Cause is 8/29<sup>th</sup>, we will need volunteers for the table in store. Also now, 4/26 to 5/4<sup>th</sup> is Friends & Family 25% (if you need coupons I can email and have two extras).

For more information about these events  
Visit us at [www.bpwsoc.org](http://www.bpwsoc.org)



For information about

### Business and Professional Women New Jersey

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

**BPWNJ State Conference - FREE TO ALL WHO WISH TO ATTEND. (If you have paid the registration fee, it will be refunded).**

May 15 and 16, 2015 at the Eatontown Sheraton where  
Friday night's activity will be a dinner theater and  
Saturday's workshops will be —  
"It's time to stop violence & abuse against women"  
"The Gilda Rogers Story"  
"Presentation on Facebook & twitter"  
"Presentation on atrial fibrillation"  
Scholarship dinner to follow.

Visit: [bpwnj.com](http://bpwnj.com) for more information.



#### 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 [Cyndyonibi@comcast.net](mailto:Cyndyonibi@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



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.



#### NEW MEMBERS:

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



Acai is reddish-purple berries that come from a palm trees which serve as an antioxidant, healthy fat (such as olive oil) and dietary fiber. These are available in most health stores and come in the form of tablets, powders and juices.

Richard Blumenthal (D-Conn.), Ben Cardin (D-Md.), Bernie Sanders (I-Vt.), Elizabeth Warren (D-Mass.), Jack Reed (D-R.I.) and Barbara Mikulski (D-Md.) joined to craft the legislation.

"Imagine the devastation an oil spill in the Atlantic would cause – not just to my home state of New Jersey, but to states up and down the East Coast," Menendez remarked. "The Jersey Shore's tourism industry alone generates \$38 billion a year and directly supports almost half a million jobs. We're introducing the COAST Act to help protect our local economies, marine life, the health of our shore residents and to tell Big Oil that America's coastline is not for sale."

"Five years ago, the BP spill marred the Gulf Coast with millions of barrels of oil," said Markey. "We shouldn't put the Atlantic Coast in the crosshairs for another offshore oil spill, especially when the oil industry is pushing to export America's oil abroad. Why should Americans on the East Coast put our shores at risk of a spill when the oil will just be sent overseas? It's time to tell the oil companies something they aren't used to hearing: no way."

Booker also pointed to the "chilling economic and environmental dangers of offshore drilling" as evidenced by the Deepwater Horizon disaster.

"Knowing full well what's at stake," he stated, "we cannot afford to stand idly by while our region is exposed to the same. I am proud to stand with my colleagues to introduce a bill that would help protect the people and economy of the Jersey Shore and the entire East Coast. We will not tolerate the potentially irreparable effects from drilling off the Atlantic coast."

"Our coastal economies, from fishing to tourism to recreation, rely on clean and safe beaches and vibrant ocean habitats," said Whitehouse. "Offshore drilling brings with it the risk of accidents that can be devastating to those resources, not just in the states directly offshore, but up and down the coast." —J.K.H.



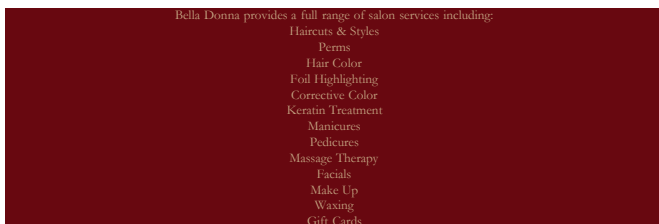
## Reading Corner

Author: Stephen King

Title: Revival



We now have a third location  
at [2400 N. Long Beach Blvd., Surf City \(LBI\) NJ 609-361-1777.](#)



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



### Business Professional Women of Southern Ocean County Scholarship Fundraiser

Join us for a Jersey Shore Paint Party

Hosted by:  
Latitudes on the River  
361 East Lacey Road  
Forked River

Thursday May 14<sup>th</sup> at 7pm

For more information about BPW visit our site:

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

Tickets may be purchased at:

<http://www.jerseyshorepaintparty.com>

Cost \$40.00

**\*A portion of each ticket sold will go to the BPWSOC  
Scholarship Fund**



Business and Professional Women's Foundation (BPW Foundation) was the first foundation dedicated to conducting research and providing information solely about working women.

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Our mailing address is: