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Business and Professional Women Southern Ocean County
November 2015 Newsletter
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PRESIDENTS LETTER

November 2015

Our Networking Workshop with Laura Cole Gonzalez resulted in many new relationships and even connecting friends of friends. There were smiles and interesting sharing with our roundtable questions. We learned to how to use essential oils which are natural and the availability to target many areas with a couple of examples.

The workbook page we focused on as an example used color to document a wish and pinterest is one way to invoke feelings and envision. Also having a circle of support helps to challenge and bring change or transformation.

Influencers will share your goals and a mentor will help to inspire. A health team ensures you are doing the necessary to live and function to the best possible. If you believe, it can be actioned!

It is Diabetes Awareness Month where healthy eating and physical activity are being promoted

I hope to see everyone at the next meeting.

Gina Dinkey, President, BPWSOC



Facebook



Website



MEMBER BIRTHDAYS:

There are no November member birthdays.

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



"Do what you feel is right in your heart. You'll be criticized anyway. You'll be damned if you do and damned if you don't."

Eleanor Roosevelt

BPWSOC Upcoming events for 2015-16

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

November 10 - BPWSOC Meeting

GUEST SPEAKER: Representative from Guiding Light House Homeless Shelter for female veterans.

December 8 - BPWSOC Meeting

January 12 - BPWSOC Meeting



February 9 - BPWSOC Meeting

March 8 - BPWSOC Meeting

April 12 - BPWSOC Meeting

May 10 - BPWSOC Meeting

June 14 - 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.)

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



Legislative:

There is no Legislative Report this month.

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.



**NOVEMBER
GUEST SPEAKER**

This month's speaker will be a representative from Guiding Light House Homeless Shelter for female veterans. She will speak about the problems military woman go through after serving our country and a solution, with the help of the community, to empower them to reintegrate back into society.



One of our families traditions in the fall is apple picking. We love taking the ride to Battleview Orchards and waiting for that one hot apple cinnamon donut. Then heading home after our apple picking adventure to make those yummy apple pies, applesauce and apple butter. Here are some fun facts to share with you.

1. There is only one apple that is native to North America—the crabapple, but the most popular varieties of apples in the US are the Red Delicious, Golden Delicious and the Granny Smith.
2. Apples contain 0 grams of fat or sodium, no cholesterol, have 4 grams of fiber and 80 calories per average size apple.
3. Apple's 8000 varieties range in size from a pea to the size of a small pumpkin and are part of the rose family.
4. An average-sized apple tree can produce enough apples to fill 20 boxes that weight 42 pounds each and the largest apple ever picked was 3 pounds 2 ounces.
5. It takes about 36 apples to make one gallon of apple cider.
6. Thanks to their high levels of boron, apples can help improve your memory, mental alertness, and electrical activity of the brain.
7. The soluble fiber found in apples is

Please note that you can always go to our [website](http://www.bpwsoc.org) for the latest information and/or "[Members Only](#)" area. Please support upcoming BPWSOC events:

BPWSOC November 10 meeting
GUEST SPEAKER: Guiding Light House
Homeless Shelter for female veterans.

Mark your calendars:

Upcoming:

Pocketbook Bingo (date to be announced).

For more information about these events

Visit us at www.bpwsoc.org.



For information about

called pectin and can help lower cholesterol levels.

8. The average person eats 65 apples a year.

9. In China the word for apples is pronounced "ping" which also means peace.

10. Apples are 25% air, which is why they float in water.

There is truth to the saying "an apple a day takes the doctor away..."



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

Business & Professional Women of New Jersey

visit: www.bpwnj.com



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.



Reading Corner

Author: Harper Lee

Title: To Kill a Mockingbird

Go Set a Watchman: A
Novel

Computer Tips:



Make your Wi-Fi Signal Stronger:

When you have a wifi internet signal in your home it allows you to have multiple devices use the same internet connection without running ethernet cables (aka (Cat 5) cable - these are the cables/wires that carry the broadband signal between your modem, router, computer or other wired device) to each device. Since the wireless signal is transmitted over the air, the strength of the signal - if not strong enough - will result in an inconsistent internet connection. Here are some ways to help improve your wireless internet connection signal strength.

The number one thing to do first that will resolve the majority of internet issues (and this applies in most computer and/or electronic related issues) is to reset all devices. Usually, the basic reset is to unplug the both your modem and your wireless router and leave them unplugged for a full 30 seconds. You may have a combination wireless router (all in one device), so you would just unplug it alone. Once you plug them back in, restart your computer. (Assuming your computer was powered on, you would go to Start, Restart - this is also known as a reboot). Once your computer fully loads up and the modem and

wireless router have reset, you should see things working better. If not, you may need further troubleshooting (This is where or when you would call a Computer Technician (such as myself) or even the Cable company).

A few other tips to help with the strength of your wireless signal would be to move your computer closer to the router or vice versa. It is also good to have the modem/router up high in a room (not on the floor or under a desk) sort of in the middle of your home (but not a major problem). Additionally, the antenna should be pointed up (vertically).

Thank you,
Lisa A. Gambino
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Come out, join us and bring a friend....



Bella Donna Salon

31 N. Main Street Manahawkin, NJ 08050 / 609-978-1414

THREE GREAT LOCATIONS:

Manahawkin - 31 N. Main Street, Manahawkin, NJ 08050 - 609-978-1414

Beach Haven - 209 N. Bay Avenue, Beach Haven, NJ 08008 - 609-492-4800

Surf City - 2400 N Long Beach Blvd, Surf City, NJ 08008 - 609-361-1777



Business and
Professional
Women's
Foundation

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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