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



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President's Message

Hi Sisters,

PRESIDENT'S MESSAGE
 What a wonderful summer it has been. Our weather has cooperated and given us many beautiful weekends to share with family and friends. I hope that each of you has had time to relax and renew.

With the change of seasons, brings new activities for BPW. We are looking forward to our Networking Event in September with our guest speaker Janet Neal. Please spread the word as much as you can!

We are getting ourselves out there by being involved in community projects such as "Shop for a Cause" with Macy's. It brought in money for our Scholarship Fund and recognition in the community. A great time was had by Gina, Carol, and myself as we greeted and informed shoppers in Macy's

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 23 - SHOP FOR CAUSE at Macy's

September 6 - Pirate's Day in Barnegat

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!!!

about our organization. We were able to distribute information about our networking event as well as our BPW flyers overseen by Penny. Some of us were also able to do a little shopping!

Members Gina, Lisa, and Jaimee will be out there for us on Pirate's Day in Barnegat on September 6th. Please let us know of other events where we might participate.

I am excited to begin this fall season with my BPW sisters and to share new experiences.

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.



MEMBER BIRTHDAYS:

Evonne Bonamassa - September 18

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



"There is no greater agony than bearing an untold story inside you."

Maya Angelou



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



Please note that 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, September 9

Passwords:

Your passwords for websites and various online accounts that we have these days have become a major topic as well as concern for everyone. Back when the internet first started (on August 6, 1991, the World Wide Web went live to the world), most of us were using a pet's name, or some numbers that represented something significant to you, to start an email account.

As the years have gone by, we have heard one thing after another; change your password often, do not write your password down, do not give your password to anyone, change your password again, make a real strong password with many different characters, symbols and numbers, etc..., be sure to have a good password, and it goes on and everyone just says "who is going to figure out my password and why?" Well, it is not so much who or why, it just is that we live in this world with the world wide web and everything at our fingertips and if someone can hack a computer, a website, a database, etc... they will, if not only for the fun of it or just to prove that they can. And sometimes, it is not even an actual person, if you have been infected with malware (short for malicious software), every time you type a password in, it may be being recorded by the malware and this is what leads to hacked accounts and identity theft.

The best password is one that contains a random collection of letters (upper and lower case), numbers, and symbols. You will need to record your passwords somewhere so that when you cannot remember them, you have somewhere to look them up. Be creative: use a book and keep it in a safe. Use a secure website that is meant for this. Encrypt the file where you have the passwords stored. Use something with additional security.

All around safety requires diligence on your part (we are our own worst enemies and/or culprits). If something seems unsecure, stick to your gut and here is when assuming will not get you in trouble - assume that it is not secure and do what you must to make it secure.

Follow these guidelines:

.be sure you have Antivirus Software and that it is set to automatically update and also to run scans automatically.

.be sure your operating system is always up to date and set to run automatically.

.be sure to update your browsers.

.do not buy security software from scammers online or ones that call you on the telephone or contact you through email.

.be very cautious with downloads (you should first save the downloaded file, then scan it with your antivirus software and then use it as needed, once you are sure it is safe).

.create those strong passwords and use them to sign in and out of your accounts (if you let the computer remember them, then you will never learn them - if you have to sign in every day or every other day, you will eventually learn them and then soon, you will have to change them again).

.if you think your computer is infected with malware or viruses, the first thing to do is disconnect from the internet - run scans, hopefully clean and fix it. Or, if it is so bad - you may need to contact a computer technician to help fix your computer and be careful to know who you are contacting.

Also, you will need to change your passwords on a different computer (one at work or at the library, one that you can be sure is safe and not infected) or the condition will just continue.

Finally, the point here is to stay safe, do your due diligence, do not assume, be smart and change your passwords!

Thank you,

Lisa Gambino
A2ZComputerHelp.com

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

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



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.

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

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 SEPTEMBER 9 MEETING:
There will be no guest speaker this month. We will be discussing plans for our first Networking Event in September.

PLEASE MARK YOUR CALENDAR:



NEW MEMBERS:

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



If you ever wondered what an image of your plate should look like, just remember 9inch=50% veggie and fruits, 25% protein, 25% starches.



Reading Corner

The Shoemaker;s Wife
By: Adrianna Trigiani



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



9th District

[Home](#) | [Facebook](#) | [Twitter](#)

senconnors@njleg.org

609-693-6700

[Connors-Rumpf-Gove Bill Would Assist Senior Communities in Getting Solar Panels for Clubhouses](#)



Under legislation sponsored by Connors, Rumpf and Gove, senior communities would be eligible to receive grants and low interest loans for the purchase and installation of solar panels to their clubhouses.

[Click for Full Story](#)

[Connors, Rumpf & Gove: Stop Seismic Testing Program to Protect NJ's Environment & Fishing Industry](#)



Connors, Rumpf & Gove joined with a broad coalition of fishing, sporting and environmental groups at a Barnegat Light rally to call for a delay of the planned seismic testing program off of New Jersey's coast.

[Click for Full Story](#)

[Senate Passes Connors-Rumpf-Gove Veterans' Rental Assistance Initiative](#)



The NJ Senate voted to pass legislation spearheaded by Senator Connors, Assemblyman Rumpf and Assemblywoman Gove that would expand housing assistance options for veterans living in the state.

[Click for Full Story](#)

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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.](#)



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



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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Our mailing address is:
BPWSOC
P.O. Box 1207
Manahawkin, NJ 08050

www.bpwsoc.org

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