



April 2012

Business and Professional Women Southern Ocean County Newsletter

Newsletter

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Meeting Details

Tuesday, April 10, 2012

6:00 pm - Networking

6:30 pm - Meeting

Kristy's Casual Dining
562 Route 9

Waretown, NJ

[Directions](#)

Join us for a wonderful networking opportunity. Bring your colleagues, friends and future members with you.

As part of our membership privileges we are given a chance to let our sisters know what we are doing in our businesses so,

Happy Spring everyone, though it never felt like a true winter this year!!!

But this truly is the best time of year for me, things start to bloom, birds come home, gardens get planted and all seems right with the world. I know that I look forward to summer and the sounds of the ocean and its waves letting us know that they are in charge and to respect the water. I guess it just seems to be a new and fresh start and that is something everyone needs at one time or another a "fresh start."

We have much to look forward to - our big fundraiser is on the April 28, and I hope that you all will be there. I know that our sales are not quite what we expected but I am hoping that it will pick up in the coming weeks. Please do your best to come; we need your continued support in order to be successful.

In May we are having our scholarship event, and the installation of officers for the coming year. We also will be honored with Kristen Tomey's sisters attending our event as the scholarship this year will be in her honor. I hope that you will make every effort to attend this meeting as I am sure that Kristen would be thrilled to have you come out in her memory and it will be a way to let her family know how special she was to all of us.

members, please bring any literature to share.

RSVP to Rosalind Silletto at 732-961-6435 or [via email.](#)

\$17 includes dinner

April Birthdays

No birthdays this month

New members, if you have a birthday in April or in the following months, please let me know so that you will be recognized.

Inspiration for April:

Prayer is asking for rain, Faith is carrying an umbrella.

In addition to doing things better, do better things.

Don't forget that May 5 is the state conference and we are fortunate that two of our sisters are being installed as officers, Cyndy is the new president and Rosalind will be the secretary. What an honor for our local. We need to attend the event if at all possible and show our support for them.

Of course let us not forget that the Easter Bunny will be hopping around bringing jelly beans and plush bunnies and Passover is also right around the corner.

So we do have a lot to be joyful for and for those of us blessed with good health, happy families, let us not forget to count those blessings. For members going through a difficult time, please reach out in friendship - sometimes a smile, a cup of coffee, and conversation can make bad things not so bad with friends that support you.

I look forward to seeing you at our meeting and sharing with you the recent events that your officers have been to lately.

Sincerely,

Penny Miller,
President

Co-Sponsoring with OCC

This past Saturday, March 31, BPWSOC co-sponsored with Ocean County College on their Women's Career and Life Event, "Becoming Fearless in Career and Life."

Brief speeches were given by Dr. Jon Larson, President, OCC, Mr. Don Doran, VP of Student Affairs, OCC, Dr. Kate Pandolpho, Director Career, Employment and Counseling Service, OCC.

Afterwards Ms. Bernadette Amato, Coordinator of Career Services, OCC and Ms. Virginia Watts, Project Coordinator in the Construction Industry spoke about becoming fearless in non-traditional employment. Both women, especially Ms. Watts, told how to overcome the fear of breaking into non-traditional jobs, i.e., construction.

But the best part of the morning was hearing Ms. Donna Cardillo, RN, MA speak about becoming fearless in life and career. Ms. Cardillo was informative, humorous, motivational and a real role-model for women everywhere.

She spoke about knowing yourself, your strengths and weakness and what it is your really love to do; that is what you need to focus on and master. She gave examples of

events in her life that could have stopped her dead in her tracks, but she considered the source, and overcame any fear or hesitation she might have had and forged ahead to see her dream a reality. She spoke about the strategies for positive thinking and self-motivation and how important it is to follow these strategies and let nothing hold you back. But most importantly she said women should avoid generalizations and misconceptions, such as "everyone wants experience," "everyone wants a degree," you can't get into that industry," there are no jobs available," or "you've got to be certified to do that."

Ms. Cardillo stated that "generalizations are dangerous and never true of a situation. If you lock into any of them, it will prevent you from moving forward. They're just another excuse for inactivity. Misconceptions are based on fear and misinformation. Most obstacles are in our own mind."

How true!

Promote our upcoming Fundraiser Event

TIME IS RUNNING OUT!

We really need all members to step up and start selling tickets to our April 28 Fundraiser "Lady Bird, Pat & Betty: Tea for Three," being held at Kristy's.

Tickets are \$45 and proceeds will go to the BPWSOC Scholarship Fund. The show begins at 7:00pm and will be followed by dessert and coffee.

Check out our web site www.bpwsoc.org and download a copy of the flyer for this event. We ask that you print out copies and distribute them to your local businesses so that we get exposure for this event.

We look forward to all our members attending this event and to sharing the news with their family and friends. We hope to have a great turnout and raise money for our scholarship fund.

Kristen Tomey Scholarship Fund

As mentioned at our previous meetings, this year our scholarship awards will be in memory of Kristen Tomey. We have \$1000 already set aside but we are asking members if they would like to donate to this fund, we would be greatly appreciative. Forty dollars has already been donated, and any additional monies we receive will help in awarding monies to worthy women this year.

Check out our web site www.bpwsoc.org for more information and to download the scholarship applications.

BPWNJ VOICE

Did you know that you could advertise in the BPWNJ Voice and reach our sisters throughout the State with your business? Yes, for \$25. (the smallest ad) your business can expand...need I say more?

Don't miss out on this chance to promote your business. To find out more information, check your recent copy of The Voice, or email Lauren Simeone Berman at lesimeone@verizon.net for size and cost of advertising.

If you would like to receive your copy of the Voice electronically, send an email to Lauren at the email address above and ask her to put you on the electronic email list. By doing so, you are helping BPWNJ save on the cost of mailing the Voice out to members.

BPW SOC Website

Our member and vice president, Lisa Gambino - owner of A2Z Computer Help is also our webmaster and designer and she is always looking for content to be added to our website, www.bpwsoc.org. Please feel free to contact Lisa with any information, updates, and/or comments you would like posted or added to the website.

You can contact Lisa at www.bpwsoc.org direct through the "Contact Us" page or direct to her email address lisag@a2zcomputerhelp.com

You can also visit Lisa's own website and contact her there also, www.A2ZComputerHelp.com



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Integration Solutions, and much more...
Call Lisa G at A2Z (732) 237-9704

PC Tips by Lisa G., A2Z Computer Help

Maintaining your printer:

It is very easy to forget about your peripheral (a peripheral is any device connected to your pc, that provides a service ie...printer, mouse, web cam, flash drive etc...) devices. All devices need to be maintained.

One very important one to us, is our printer. Here are some maintenance tips:

- Keep it clean
- dust free
- blow out with canned air
- check your print cartridges (your printer software has a service or tools area where you can go in and click on different printer head cleaning and alignment options)
- be sure not to touch the contacts on the print cartridges
- you may use a moistened (with just a little water) Qtip to clean areas inside the printer.
- Turn off your printer, even if you do not shutdown your pc. You may even cover your printer if you want, when it is off.
- Use your printer. Some of us do not use it that often. This alone can render it nonfunctional. The print cartridges tend to dry up, therefore, you should try to print something each day or a couple times a week.

At some point, they may just stop functioning properly and you may need to uninstall it and it's software and reinstall it. And sometimes, it just may not work properly anymore. I usually feel if it's been a good 5 years or more, I can live with purchasing a new one, if less - most times it is fixable.

Everything needs to be maintained in some shape or form. If you need help with maintenance, do not hesitate to contact me.

Thank you, Lisa G from www.A2ZComputerHelp.com

Travel In Style Awaits You

Need to get away; not sure where to go or what will fit into your budget. Check out my web site www.rosalindstravelinstyle.com, where you can search for cruises, tours, hotels, see the latest Hot Deals and decide where you want to go.

You can also book directly from the site or call me for assistance.

I can be reached at (732) 961-6435 or travelinstyle2011@hotmail.com

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 get-a-way, or a last minute family reunion, give me a call at 609-290-5040 or email 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. From Cyndy Friedland

Visit us on the web at www.BPWSOC.org

We look forward to seeing you at the meeting.

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