

August 2011

Business and Professional Women Southern Ocean County Newsletter

Newsletter

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Meeting Details

Tuesday,
August 9, 2011

6:00 pm - Networking

6:30 pm - Meeting

Kristy's Restaurant
Route 9, Waretown

[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, members, please bring any literature to share.

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

\$15 includes dinner

Greetings to one and all!!

I hope that everyone is having a wonderful and safe summer. I have been enjoying the weather and grandchildren.

We had a great night at the movies watching "Iron Jawed Angels." The members that came brought friends and neighbors and I can tell you that the "snack bar" was full of great things.

For those of you that missed the showing, let me know if you want to borrow the movie to show at your leisure and we can make arrangements to lend it to you. I do think that anyone that has teenage daughters and up should watch this movie with them as it does show them what lengths women went to in order to get the right to vote. Sometimes I know they do not get "us" because they have never experienced being passed over for a man in a job, or having inappropriate comments made about them or their bodies. Here is an opportunity to share it with them and to explain to them why it is important to take the time to vote -- it is the only right that we have.

We are gearing up for the wine tasting, psychic fair, and Women Helping Women dinner. I hope to see you at these events, and please bring a friend, neighbor, or relative. The more we support these events, the more funds we have to use for the scholarship. The ad journal for the dinner is available to anyone that cannot make the dinner to place an ad and show your support. We are again keeping the prices as they were last year and agreeing to barter for ads. In other words, if a business or person wants to place an ad but does not want to pay for it they can give us services, or products in the equivalent of the cost of the ad. This has been well received at past dinners and it is a way to increase the profit we make on the dinner. As I have always said, if you cannot support the event, help us in any way that you can. Your help does not always have to be in

August Birthdays

No birthdays this month that I'm aware of.

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

July - 10 Thoughts on Whole Living

The most beautiful glow isn't applied. It's cultivated from within.

For creativity to thrive, it needs to place a call home.

When you pursue your dreams with purpose, self-doubt can't catch you.

Approach a meal as a blank canvas, with the colors of the season as your palette.

Happiness has no GPS. Get lost in something you love.

Tapping into your best attribute can lift you out of the worst situation.

Empathy is like a camera lens: it puts things in perspective.

Hold your breath and you hold yourself back. Feel yourself exhale.

dollars; it can be in getting ads, taking a raffle, supplying something for the baskets to be raffled. Small or big -- everything matters in order to be successful. So please, help to make a difference.

I cannot say thank you enough for our leadership team and all that they do. It is always a great way to have change by listening to the leadership and the ideas that they put forth. Our legislative chair is looking for a trip to Alice Paul's home. Our secretary is looking to a day at the races. Our vice president is looking to teach us how to protect ourself in our usage of computers -- that leaves me with looking to continue the growth of the organization and staying up to date with the state. But the most important people to this organization is **you** the member -- so please make every effort to attend our meetings and events. We need you!!!!

Sincerely,
Penny Miller,
President

Women Helping Women Dinner

The Women Helping Women dinner will be held on Friday, September 23 at the Ocean Acres Country Club. The cost is \$55 per person.

This year we are honoring Cyndy Friedland, Past President of Congregation Sha'arey Ha'Yam; D. Jane Maloney, Director of Senior Services Ocean County and Janice Wolfe, Founder of Merlin's Kids.

If you cannot make the dinner, please help support this event by taking an ad in the Program Booklet. The cost of placing an ad in the program has not gone up. [Attached](#) is the rate sheet for placing an ad.

We are really excited about this year's event as we believe the women being honored as truly deserving of this award and everyone is asked to come out and show your support.

If you wish to purchase tickets, please email Bernadette Girello at bernadette@pawsparty.com.

Thank you.

Celebrating Women & Democracy

Sometime, difficult things need to be said. Don't let discomfort silence you.

A successful career isn't just about what you do; it's also about what you give.

On July 19-20, we in the United States celebrated the 163rd anniversary of the First Women's Rights Conference held in Seneca Falls, NY, NY, in 1848.

The National Women's History Project would also like to encourage the nation to recognize and celebrate this important event in our democracy.

It was at this conference that the demand for women's right to vote was first voiced.

It took 72 years of unrelenting campaigning for U.S. women to finally win the right to vote on August 26, 1920.

The courage and determination of the women at the first women's rights conference, as well as the generations who worked for justice who followed, continues to inspire the current women's movement's work for equality.

On July 20, Garrison Keillor paid tribute to these women and this important historic anniversary on his Writer's Almanac on NPR. [http://writersalmanac.
publicradio.org/](http://writersalmanac.publicradio.org/)

Day At The Races

We have scheduled a Day at the Races, for Sunday, August 21. Entrance fee is \$7.00 and lunch is from an a la carte menu. Reservations have been made for the Dining Terrace. Lunch is at noon and the races begin at 1:00pm.

It would wonderful to be able to share this day with all our members so please consider joining us. I'm sure it'll be a fun day for all.

If you are interested in participating, please email Rosalind Silletto at travelinstyle2011@hotmail.com and let her know.

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@verison.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.

Harbor House

We should all still be thinking about donations to Ocean's Harbor House. They are always in need of toiletries (for men and women), sheets, towels, supplies, anything really. Bring them with you to the meetings and someone will deliver your items to Harbor House.

BPW SOC Website

Our member and secretary, 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



A 2 Z Computer Help
www.A2ZComputerHelp.com
lisag@A2ZComputerHelp.com
Personal Computer Service with a Woman's Touch!
Personal Computer Services:
PC Tune-Ups, Training, Digital Camera, Technology
Integration Solutions, and much more...
Call Lisa G at A2Z (732) 237-9704

PC Tips by Lisa G., A2Z Computer Help

How to "help" prevent your email account from being hacked:

Make a password that contains numbers, characters, special symbols etc. Do not use your name or your partner's name as your password and do not choose a security question that can be easily guessed by anyone. Do not use your pet's name and do not give your password to anyone (unless you are with (physically) your "trusted" computer technician).

Be aware of "phishing" emails: these are emails that are fishing for information from you, i.e., they tell you they are the administrator of your mailing account and they need your password. Basically, you create your password, you enter it into the proper area where you sign into your email account, i.e., user name and password at Google:

[https://www.google.com/accounts/ServiceLogin?
service=mail&passive=true&rm=false&continue=http%3A%2F%2Fmail.google.com%
2Fmail%2F%3Fhl%3Den%26tab%3Dwm%26ui%3Dhtml%26zy%
3DI&bsv=llya694le36z&sc=1<mpl=default<mplcache=2&hl=en&from=login](https://www.google.com/accounts/ServiceLogin?service=mail&passive=true&rm=false&continue=http%3A%2F%2Fmail.google.com%2Fmail%2F%3Fhl%3Den%26tab%3Dwm%26ui%3Dhtml%26zy%3DI&bsv=llya694le36z&sc=1<mpl=default<mplcache=2&hl=en&from=login)

(this is a link to the secure (notice the https://) login page for Google's Gmail).

To continue on "phishing" emails - any email asking you for information, i.e., name, address, tel #, password, security question - is not legitimate). Just delete or better yet report it to spam and do not think about it. People are falling for these emails that say they have won something, etc. ... just delete them - you will not win the lottery through your email account (at least not yet).

Additionally, your computer may be infected with "Spyware." Spyware is hidden software that secretly runs on your computer and records all of your keystrokes and takes screen shots. So, whenever you type your password, it would be saved by the spyware and read by the one who installed it. Therefore, you must have good anti-spyware to detect the presence of any spyware and remove it from your system. Be sure that you always work on your own personal system and everyone doesn't have access to it. Working on public computers, i.e., in cyber cafes, ships, hotels, etc. ... (contact me and I will instruct you further). Use your mouse to enter the password - start in reverse and click before, etc.

Finally, it is recommended by Microsoft that you keep your personal computer up to date, i.e., all Windows/Microsoft updates are up to date and that your anti-virus and anti-spyware software (usually it is combined, for example Microsoft Security Essentials (http://www.microsoft.com/en-us/security_essentials/default.aspx), are up to date - it is the only way to help stay on top of the latest viruses, spyware and hackers.

Thank you, Lisa G from www.A2ZComputerHelp.com

Travel In Style Awaits You

Only have limited time and limited funds; then an escorted vacation is for you. Packages vary in price to meet every budget and once you book, everything is arranged for you through the tour operator. All you need do is show up at the airport, board your flight, and be prepared for a wonderful vacation.

If you're interested in learning more, do not hesitate to contact me.

As a traveler myself with over 30 years experience, I love to impart my knowledge and expertise to my clients. I offer personal, one-on-one service.

Contact Rosalind Silletto at
travelinstyle2011@hotmail.com
or (732) 961-6435.

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 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.
From Cyndy Friedland

Visit us on the web at www.BPWSOC.org

We look forward to seeing you at the meeting.

Business and Professional Women/Southern Ocean County
PO Box 1207
Manahawkin, New Jersey 08050

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