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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 [Kristy's Casual Dining in Waretown](#).

- August 11 - BPWSOC Meeting
- August 29 - Shop for a Cause, see flyer below
- September 8 - BPWSOC Meeting
- September 12 - Pirates Day in Barnegat
- October 13 - BPWSOC Meeting
- October 15 - Women's Networking Event
- November 11 - BPWSOC Meeting
- December 4 - Pocketbook Bingo(tentative date)
- December 8 - 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!!!

### PRESIDENTS LETTER

August 2015

It is Christmas in July! I often wondered why, but then I realized that while the hype isn't like the actual Holiday, it allows the use of decorations that only come out once a year and doesn't center on the gift giving.

Peace within shows outwardly to others. While on vacation, I tried starting a few days with the sight, sound and smell of being on the ocean plus catching up on reading some books and listening to music.

The difficulty will be in trying to incorporate these feelings into my daily routines.

Listen to some Holiday tunes and take a nice long stretch! We support each other and learn through those bonding friendships and inspirations!

I hope to see everyone at the next meeting.

Gina Dinkey, President, BPWSOC



### MEMBER BIRTHDAYS:

- Stephanie Stockwell - August 9
- Gina Dinkey - August 13

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



"People grow through experience if they meet life honestly and courageously. This is how character is built"  
 Eleanor Roosevelt



The importance of the User Accounts you set up on your computer:



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 August 11 Meeting

Mark your calendars:

- Shop for a Cause is 8/29<sup>th</sup>, we will need volunteers for the table in store.
- Pirates Day is September 12 in Barnegat. Visit our table.
- POCKETBOOK BINGO tentative date is December 4

There are 3 types of user accounts that can be set up on a Windows computer: Administrator, Standard and Guest.

The "Administrator" account is the one you set up with a password and allows you full control of Windows. You are able to install programs, change settings and do anything else you would like with Windows. Therefore, be very careful.

The "Standard" account has less ability to access everything like an Administrator, which will ultimately keep you safer. A virus is unable to install without the permission of the Administrator password. So, you would have to think twice, when something is trying to install and then requires a password. Whereas, if you were signed in as the Administrator, whatever wants to install - will just install and possibly be a virus. This is actually the best account for everyone. When needed and monitored by a computer savvy person, you may have to utilize the Administrator password to complete an install or download that you are super confident is safe within the Standard account.

The "Guest" account is a very secure account that you make for guests (plain and simple). This way the person (friend, relative, whatever) who is going to "just check his/her email" will truly only be able to do just that, no downloading, no viruses, no installing - just plain and simple safe web surfing.

Contact Lisa G. if you would like your computer set up properly with these user accounts.

Thank you.

--  
Lisa A. Gambino  
Certified Computer Technician and Professional Secretary  
A 2 Z Computer Help  
[www.A2ZComputerHelp.com](http://www.A2ZComputerHelp.com)  
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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.***



### AUGUST GUEST SPEAKER

Our Guest speakers this month will be BPWSOC members Cyndy Friedland and Lisa Gambino

Cyndy and Lisa will give an overview of Business and Professional Women from the founding of BPWNJ in 1919 through the founding of BPWSOC in 1987 to the present.



There is no Legislative message this month.



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)



### 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](mailto: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



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.





Business & Professional Women will be partnering with *Macy's Shop for a Cause Event!* Please get your coupons and help support our Scholarship Fund! [www.BPWSOC.org](http://www.BPWSOC.org)



Coupons are available for \$5.00.

Contact us at [www.BPWSOC.org](http://www.BPWSOC.org)

**NEW MEMBERS:**

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



• Did you know?

Grapeseed oil is expeller pressed, which means no solvent or gases are used during the extraction process. It is the last process of the grape after wine making. It can be infused with many different flavors, such as garlic, lemon and butter.

It is great for dressings, dipping, sautéing or frying because it can be heated to higher temperatures than other oils without burning. Higher temperatures means quicker cooking time, which helps you avoid drying out your meats and veggies and keep their nutrients intact.

Grapeseed oil is lower in saturated fats when compared to olive oil, high in antioxidants such as Vitamin E and it has no cholesterol.

A few more reasons to try Grapeseed oil is the beauty benefits. Users say that it reduces the appearance of scars, wrinkles and believed to prevent acne and signs of aging. Try rubbing a small amount under your eyes as well to eliminate dark circles. Users claim brightness in as little as a week.

# FIND THE MAGIC OF GIVING BACK!

## Saturday, August 29, 2015

Since 2006, Macy's Shop For A Cause Event has partnered with non-profit organizations nationwide to raise more than \$47 million for their ongoing charitable efforts. This is your chance to be part of this monumental event on Saturday, August 29, 2015.

Shop For A Cause gives you the opportunity to give back to your community and to help our organization. Purchase a \$5 Shopping Pass\* for exclusive savings in every Macy's store on Saturday, August 29, and we keep 100% of the proceeds. Plus, you can enter to win a \$500 Macy's Gift Card.

Find the magic of giving back, as Macy's celebrates a national day of support for our community.



visit [www.BPWSOC.org](http://www.BPWSOC.org) or contact us at: [info@BPWSOC.org](mailto:info@BPWSOC.org)

\*Some exclusions and restrictions apply. For more information or to purchase a pass contact



## Reading Corner

Author: James Patterson

Title: Zoo



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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