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Business and Professional Women Southern Ocean County
December 2015 Newsletter
www.bpwd.org

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PRESIDENTS LETTER

December 2015

The Holidays are upon us and this year we will be supporting [Guidinglight House](#) which is a transitional living program for Women Veterans providing housing and supportive services. Your donations from the wish list below are appreciated at our Dec 8th meeting.

Our January meeting will be closed to non-members for planning purposes. In reflection what did we learn, accomplish, was there a significant event and anything we are grateful for?

A strong woman loves, forgives, walks away, let's go, tries again, perseveres...no matter what life throws at her - Working Women

Cheers

I hope to see everyone at the next meeting.

Gina Dinkey, President, BPWSOC



Facebook Website



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](#)

December 8 - BPWSOC Holiday Meeting

Bring donations for Guiding Light
House Homeless Shelter for female
veterans

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!!!

GuidingLight House, Inc



A 501(C)(3)
Transitional Program For Women Veterans.

List Of Items Needed For GuidingLight House, Inc.

FOR SINGLE SIZE BEDS

Sheets-12 Sets (Fitted, top sheet, 2 cases each) - 2 sets - 6 different patterns
Bath Towels - 6 Sets - (3 towels, 3 washcloths) - 6 different colors
Comforters - 6 (2 each of 3 different designs)

Toothpaste
Toothbrushes
Shampoo
Conditioner
Body Wash
Brushes/Combs
Curling Irons - Different Sizes
Straighteners

Non Aluminum-Non Stick Pots & Pans
Toaster Oven

www.guidinglighthouse.net 1039 Farmingdale Road, Jackson, NJ 08527 email: Guidinglight.house@yahoo.com



MEMBER BIRTHDAYS:

December Birthdays:

Cynthia Friedland - December 8

Mary Baldelli - December 16

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



Winter Skin Tips:

Cold weather can take a big toll on your skin. To avoid skin problems in wintry weather, use these winter skin tips to help your skin looking healthy and radiant all year.

Lighten Your

Foundation. Change your make up shade and don't go too dark, it will make your complexion look worse.

Upgrade Your Moisturizer, use sunscreen and don't forget to exfoliate. Dry skin can be embarrassing and annoying. It can make putting on makeup difficult and unattractive. Wear a thicker moisturizer. Best results if you apply after your shower. During the day wear sunscreen. Just because its winter doesn't mean the rays don't harm you from aging.

Don't forget to exfoliate as well, gently in a circular motion at least once a week.

Night Skin Care during the winter is slightly different. You may want to change to a creamier cleanser, lighter toner and a heavier moisturizer. Overnight moisturizers can give your skin the replenishment it needs.

Wrap Yourself Up. The less exposure to the wind the less likely you have chapped skin. Cover with a scarf or hat that you may have picked up from a craft fair and don't forget to protect your hands. Dry them completely, moisturize and wear your gloves or mittens.



Reading Corner

Author: Christina Baker Kline

Title: Orphan Train



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



Legislative:



Legislative Update **CONNORS, RUMPF & GOVE**



9th District

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

senconnors@njleg.org

609-693-6700

Connors, Rumpf & Gove Call for Action on Their Initiative to Expand Veterans' Protections



Connors, Rumpf and Gove are calling for action on their legislation to bring New Jersey law in line with federal law regarding the benefits and protections afforded to military service members and their dependents.

[Click for Full Story](#)

Connors, Rumpf & Gove Hail Enactment of Sandy Reform Legislation

[!\[\]\(d84e7ea36f695d92cb39ec32c307ac93_img.jpg\) Like](#) [!\[\]\(db9b0c6fa4ac1078c53d7f74438ad75d_img.jpg\) Share](#) [!\[\]\(4892c00d164c0b290930862b5f7d8a4a_img.jpg\) Tweet](#)



Connors, Rumpf & Gove praised the enactment of legislation that will provide assistance to Superstorm Sandy victims still involved in the recovery and rebuilding process.

[Click for Full Story](#)

Gove Named to Veterans' PTSD Task Force

[!\[\]\(642aa997563f9a325b310230bb5078b7_img.jpg\) Like](#) [!\[\]\(9bef82f5a53106f2ad06a2de7acf5bcf_img.jpg\) Share](#) [!\[\]\(7ed4b959e7161d2c60a33aeb43710ff2_img.jpg\) Tweet](#)



Asw. DiAnne Gove has been selected to serve as a member of a task force that is being established to study how veterans diagnosed with post traumatic stress disorder are treated in judicial proceedings.

[Click for Full Story](#)

[Connors, Rumpf & Gove: Time to Take the Fight to Heroin Dealers](#)

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Connors, Rumpf and Gove want the New Jersey Legislature to follow through on enhancing penalties for heroin possession as a direct measure to curb New Jersey's deadly heroin epidemic.

[Click for Full Story](#)

[Connors-Rumpf-Gove to Legislature: Act on Financial Exploitation of Seniors & Disabled Bill](#)



Connors, Rumpf and Gove are calling for legislative action on their bill creating the new offense of theft by financial exploitation of a vulnerable person.

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"I think at a child's birth, if a mother could ask a fairy godmother to endow it with the most useful gift, that gift should be curiosity."
Eleanor Roosevelt



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.



DECEMBER GUEST SPEAKER

This month the members will be bringing donations for the residents of Guiding Light House Homeless Shelter for female veterans. Each year during the Holiday Season our members chose a charity to which we make contributions at our December meeting.



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 December 8 - Holiday Meeting
GUEST SPEAKER: Bring donations for
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.bpwd.org.



For information about

Business & Professional Women

of New Jersey

visit: www.bpwdnj.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.

Computer Tips:



Printing and Print Preview:

When printing from a webpage or website, it will be a bit different from a different browser. For example, the default browser on a personal computer is Internet Explorer (IE or the little blue "e") and is part of the Microsoft Windows Operating Systems. When viewing a website or web page in IE, you can click on "File", "Print Preview" and then you will see a preview of what you may wish to print, but you may see more pages than is needed. So, you would look at the preview and review the pages

and then once you click on "Print" you will be able to choose which pages to print if you do not wish to print all of the pages.

In Mozilla Firefox (a third party web-browser and one of the most reliable and popular browsers), you will click on "File", "Print Preview" and print (pretty much the same as IE, but things may print differently).

In Google Chrome (also a third party web-browser), you will just right click within the area of the web page and you will click on "Print" and you will automatically get a preview and you will be able to choose the pages, etc...

Note that in various different areas of the websites we view, for example, Banks, Recipe pages, instructional pages, etc... you may see a print icon (a little picture of a printer) or it may even have the word Print, usually this will give you the best quality for your printed document (because the website is providing you with the shortcut to the best option for printing your document). But, keep in mind - not always.

So, you will have to experiment sometimes.

Try it, visit various different websites/web pages and use the different browsers and initiate a print (you do not have to actually print anything, you can just go through the steps to practice).

You may also be printing from other programs, for example, Microsoft Word or Excel or maybe Adobe Photoshop or a Photo Editor or the millions of other applications/programs and remember, they will each have their various different ways to print. But, I do believe that most allow you to preview your print first.

Thank you,

Lisa A. Gambino

Certified Computer Technician and Professional Secretary

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["Like" my page on Facebook](#)

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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