

**Februaryy 2010**

**Business and Professional Women**

**Southern Ocean County Newsletter**

**Newsletter**



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## **Meeting Details**

Tuesday,

February 9th

6:00 pm - Networking

6:30 pm - Meeting

Ocean Breeze Restaurant

Route 9, Waretown

Join us as our very own

Lynn Paslowski presents "Are Expenses Really Business Deductions? Legal Ways to Keep More of Your Money."

Lynn Paslowski, CPA, MBA will share her knowledge with us in preparation for tax season.

RSVP to Amanda Anton at 848-459-1445 or [via email](#).

\$15 includes dinner

**LOOKING AHEAD...**

*The next few months are busy ones for Business and Professional Women's group. February's meeting will be quite informative for everyone as Lynn Paslowski, CPA, MBA and our member, will be presenting. March's meeting will be equally exciting and a wonderful opportunity to network and introduce new faces to our group.*

*Committees are also in full swing right now as we prepare to award our annual scholarships and begin accepting nominations for our Women Helping Women Awards. And, don't forget the passing of the torch as we elect new officers for 2010-2011.*

*With all the busy things, why not take time to relax and enjoy the company of friends and loved ones, especially with the thought of Valentine's Day on our minds. Our upcoming trip to the Philadelphia Flower Show is the perfect opportunity to "stop and smell the roses."*

*And just a friendly reminder that our meetings will be starting promptly at 6:30 PM. The time to schmooze and catch up with your sisters will start at 6 and can continue after our business meeting has concluded. We are all busy working women with hectic schedules, and enjoy each other's company, and want to know the latest from everyone. The pre and post meeting time is the time to do this so we can cover our business agenda.*

*I look forward to seeing everyone on Tuesday!*

*Cyndy Friedland,  
President*

Our March 9<sup>th</sup> meeting will be a networking opportunity for everyone. Bring your colleagues, friends and future members with you. This is also a part of our membership privilege which gives us a chance to let our sisters know what we are doing in our businesses. Mark your calendar to attend.

## **Philadelphia Flower Show**

We are sponsoring a trip to the Philadelphia Flower Show. This is a great way to show the friends in your life a great day -a-way!! Invite your Mom, Aunt, favorite neighbor and friends to join you for this beautiful floral event! Each year, some 60 professional landscapers, florists, and horticultural and educational organizations create full-scale gardens and floral displays that delight visitors. With only one week to show off their talents, each must pull out all stops to be considered the very best.

Sunday, February 28<sup>th</sup>.

\$55 per person

includes bus transportation and admission to the show

RSVP by February 12<sup>th</sup>

For more information and to make reservations, contact Penny at 609-978-8638.

## **Scholarship 2010**

**Each year, BPW SOC awards scholarships to women age 25 or older with permanent residency in Southern Ocean County residing south of Toms River. Scholarships are awarded for both educational and business equipment purposes.**

**If you or someone you know is interested in applying, kindly visit our web site at [www.BPWSOC.org](http://www.BPWSOC.org) or contact Penny Miller, Scholarship Chair at 609-978-8638 or [via email](mailto:penny@bpwsoc.org).**

Please note all applications must be postmarked no later than April 30, 2010.

## **Women Helping Women Dinner**

It's getting to be time to plan our Women Helping Women Event. The date for this will be September 24<sup>th</sup>. We do need a chair or co-chairs for this event. In the past there has been a fabulous working committee supporting this event. We do need assistance in making this event as successful as we can! If you are interested in being on this committee, please contact Cyndy either via phone at 609-290-5040 or via email.. We also are looking for **Women in the Work Force** to honor this year. Kindly forward your suggestions to the above phone or email.

## **Digital Photography Classes**

Lisa Gambino will be teaching again at the Lacey Township High School for their Adult - Winter/Spring Semester 2010.

For further information, please see the details below where you will find a description of the class, a registration form and information pertaining to the registration of the class.

## Web Site

Lisa Gambino has worked on our web site and needs your assistance!! Kindly check your information that is listed. If there are corrections or additions, forward this information to Lisa [via email](#). We are looking to be supportive and informative with our site, so let's get it together!!

## 2010-2011 Officers

This month we will be taking nominations for officers for the 2010-2011 year. Should you wish to be more involved with our Chapter or have a recommendation for an officer, forward your suggestions to me at 609-290-5040 or [via email](#).



### 43394 BEGINNER DIGITAL PHOTOGRAPHY (The Camera) Part One

This is a beginner course on how to use your digital camera effectively and how to get the most out of it. Whatever type of digital camera you own (from ultra compact cameras to the more advanced types and from 1MP to 10MP); you can still take amazing pictures. We will cover the basics; from setting up your camera and becoming familiar with the different settings, taking photographs, uploading the photos to your personal computer, printing the photos and/or burning the photos to CD or DVD and emailing to friends and family. Bring your camera, your user's guide, blank CDs and any other accessories that you would like to use, with you and you will be taking great photographs this Spring!

Instructors: Lisa Gambino      Fee: \$30  
 Wednesday 7:00-9:00 pm      4 Weeks  
 Lacey High School      W207  
 Begins: February 24, 2010

### LACEY TOWNSHIP ADULT SCHOOL SPRING 2010

... Check out our *Kid's Korner*



**Mill Pond Elementary School**  
 210 Western Blvd., Lanoka Harbor, N.J. 08734

Sponsored by  
 The Lacey Township Board of Education

### 43396 BEGINNER DIGITAL PHOTOGRAPHY (The Computer) Part Two

This course will continue where "Part One" leaves off, with more hands on computer activity. We will focus more on the relation to the computer & all of the various ways you can utilize your photographs from uploading, downloading, printing, emailing, working with online photo sites, editing photos with basic editing software and organizing your photos on your computer. Bring your camera, your user's guide, blank CDs, flash drive, your laptop (if you have certain software you prefer) and any other accessories that you would like to use, with you and you will be on your way to becoming a computer whiz this Spring!

Instructors: Lisa Gambino      Fee: \$30  
 Wednesday 7:00-9:00 pm      4 Weeks  
 Lacey High School      W207  
 Begins: April 7, 2010

#### Registration Form

Lacey Township Community Education  
 P.O. Box 490 Lanoka Harbor, NJ 08734  
 609-971-2004

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Senior: \_\_\_\_\_

Phone: \_\_\_\_\_ Alt Phone: \_\_\_\_\_

Course #: \_\_\_\_\_ Fee: \_\_\_\_\_

Course Title: \_\_\_\_\_

Course #: \_\_\_\_\_ Fee: \_\_\_\_\_

Course Title: \_\_\_\_\_

Payment: Cash: \_\_\_\_\_ Check: \_\_\_\_\_ Charge: \_\_\_\_\_ Exp: \_\_\_\_\_

MasterCard/Visa: \_\_\_\_\_

Signature: \_\_\_\_\_

Make check payable to L.T.B.E.

## Focus Group Follow Up

Last year we formed a Focus Group which gave us great ideas for events and our future planning. The events have fallen short due

to non-participation. If you would like to work on a committee or chair one of the following, again, let me know and we will do our best to get the event on our agenda.

Wine Tasting

Shopping Spree  
 Golf Outing or Instruction  
 Expo to be planned for 2010 -2011

These events are slated to be social events and would be slight fundraisers, with the exception of the Expo. Without committees working on these events we will not be able to sponsor them.

If you have a few hours a month to dedicate, again, contact Cyndy at 609-290-5040.

## Happy Birthday! February 26 - Lynn Paslowski

Visit us on the web at [www.BPWSOC.org](http://www.BPWSOC.org)

**Help us make our website better! If you have photos of events that we can post, please send them to Lisa Gambino [via email](#).**

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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