



**June 2011**

# **Business and Professional Women Southern Ocean County Newsletter**

# Newsletter

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## **Meeting Details**

Tuesday,

June 14, 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

These past two years have really come and gone so quickly; it seems like yesterday that I became your President. Our local has come a long way within its Sisterhood with friendships, support, rolling up our sleeves and getting jobs done. I thank all of you for supporting our local, coming forward when called upon to raise the bar and pulling each other through to the top. You are all terrific ladies and deserve a gigantic thank you from me for doing all the aforementioned.

My Executive Board has been amazing! Penny has again proven to be the "Mother of us all" when needed. She has been a strong right arm to me and I am fortunate to have had her at my side for my term. Lisa Gambino has given us thorough minutes and a fabulous Web Site that we are all proud of. Her talents are a blessing for us, putting us into Cyber-World! Thanks Lisa for your gifts. Mary Baldelli took a leap of faith in accepting to be our Treasurer; such a challenge, and has kept us in the black and on target with our expenses. Thank you Mary for stepping up to do this most difficult job for us! A secret weapon appeared, Rosalind Silletto, who volunteered to keep our Constant Contact in tact with informative news and due diligence in keeping the officers in line for deadlines. Thanks Roz for accepting and maintaining this vital news link for us. Roz also chaired our Psychic Fair that proved to be a very rewarding and lucrative fundraiser for our scholarship fund. Give these gals a job and they get it done!!

Many of you have accepted challenges also; Kristen Tomey used her persuasiveness in rounding up attendees for our Women Helping Women event last year. We would not have been as successful if it weren't for her efforts. She and Clairann sold raffle tickets till they couldn't stand anymore; but they did it!! Thanks ladies!! Carol Lieber kept our membership records

[via email.](#)

\$15 includes dinner

**Dues for 2011 are due. If you haven't mailed in your dues renewal form and check for \$50, please do so now, or you can bring it with you to our June meeting.**

June Birthdays

Lisa Gambino - 6/21

Joanne Macdonald - 6/21

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

Thought for June

"It's a simple solution... you change one thing, and suddenly you've changed everything."

--Rebecca Onie, founder of Health Leads.

in tact; thanks Carol! Stalo Karamanos graciously opened her arms and allowed us to meet in her restaurant. Her warm smile always greets us as we hold our meetings; thanks Stalo!! Everyone who has attended meetings, bringing their spirit and smiles no matter what the weather, thanks for your support. For the members that volunteered to be our speakers and bringing in speakers, I thank you for bringing your talents and professionalism to our local. Without all of you we would not have had these past two successful years.

My plans are not to fade into the background, oh no! You ladies know that I cannot stand still. I have been asked, and have accepted to be the Vice President for BPWNJ and I embrace this position. We have many agendas to meet for the rights of women, and I plan to be instrumental in seeing that we all receive what we are entitled to. Thank you all for your support during these past two years, and I look forward to many more years of serving our local as an active member.

***Cyndy Friedland***  
*President*

## **BPW 92nd Annual Conference My thoughts - Rosalind Silletto**

Saturday, May 21 I attended the BPWNJ 92<sup>nd</sup> Annual Conference. It was a wonderful experience in so many ways and disappointing in one big way.

I met some wonderful women. Women who believe in the mission of BPW and who want to improve women's lives, who want to advocate for women, who want to see women receive the equality they so definitely deserve. I met women who gave of themselves to others selflessly; women who gave back to their community, who were willing to sacrifice themselves to the cause of others.

The organization recognized three Women of Achievement. Two who were in attendance and one who dedicated her entire life to help promote women's causes - Gwendolyn Evans, Meyra Green, and the Alice Paul Institute. These women are remarkable in that they have tirelessly devoted their time to making a difference in the lives of other women, to participating in their community to institute change, and to serve those less fortunate.

I was so impressed by their achievements, their dedication, and their

selflessness. Not everyone is cut out to do what these women have done. But every woman has a responsibility to see that those coming after us have the same or better quality of life. That woman in the future can receive the same benefits that men do in our society.

So, to what I was disappointed in: attendance. I was told that in year's past there were several hundred BPW members in attendance. This year there were 24. What a paltry number! Great women though they were; they cannot hold the organization up in years to come. There was a 92 year old woman, many in the 60's and 70's. The organization needs the younger set. Women with fresh ideas, women who have the drive and opportunity to make a difference in the world. **Yes YOU!** You the present members of BPW need to come to these meetings and support your sisterhood. You need to stand side-by-side with them and help generate change. Everyone has busy lives and we all have limited funds, but if we don't stand together now and help one another, what chance will there be for our daughters, nieces, cousins, friends, who are entering the workforce for the first time, or have raised families and are re-entering the workforce.

I hope to see all our members at our monthly meetings and state meetings. It's a small price to pay to be one of many who are doing what is necessary to see change in women's healthcare, pay equity, and overall acceptability. You've paid your dues; come to the meetings. Learn what's going on in New Jersey and be one of those woman dedicated to change.

Respectfully yours,

Rosalind Silletto  
Secretary, BPWSOC and BPWNJ

## **Thank you! - Penny Miller**

Thank you - is described in the dictionary as an expression of gratitude - that is a lot for two small words to carry when they are being said to a president that is stepping down from her position and moving forward.

However, they are sincerely meant for all the extra meetings, work, phone calls, additional stress trying to keep everyone focused, and happy. (No small task when there are that many women involved.)

So to Cyndy we all say thank you for all you have done and continue to do for Business and Professional Women. Congratulations, to you on stepping up to the state as Vice President. We know that you will give it your all for that is what you have given to us.

Oh, let us not forget to say thank you to Rosalind. She has graciously accepted the position of Secretary to BPW NJ. This really goes to prove the old adage of when you want something done ask a busy women-somehow they will find a way.

Thank you to Southern Ocean County Members for you have created women that know how to get a job done.

So maybe two small words really do carry a big meaning after all!!!!

## Future Activities

At the Annual Conference it was discussed that we as a state organization should start organizing activities that all it's members can participate in.

One such idea was to take a dinner cruise from New Jersey. I'm looking into our options and will report back. I hope all members will avail themselves of this. It will be a perfect opportunity to meet BPW members from other chapters, to network and to learn about the issues that we all confront and need to address.

If you are interested in participating, or have other ideas you would like to share with the group, please email Rosalind Silletto at [travelinstyle@optonline.net](mailto:travelinstyle@optonline.net) 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](mailto: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](http://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](http://www.bpwsoc.org) direct through the "Contact Us" page or direct to her email address [lisag@a2zcomputerhelp.com](mailto:lisag@a2zcomputerhelp.com)

You can also visit Lisa's own website and contact her there also, [www.A2ZComputerHelp.com](http://www.A2ZComputerHelp.com)



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**Call Lisa G at A2Z (732) 237-9704**

## PC Tips by Lisa G., A2Z Computer Help

### Browsers and viewing Web Pages/Sites

You may need to install and use another web browser. Most people, using personal computers, use Microsoft's "Internet Explorer" - because it comes preinstalled on your personal computer and it is your first connection to the Internet (the icon is the "e" with the swoop around it. You may see this on your desktop as a shortcut or in your "programs" listed as Internet Explorer or on your taskbar. It is not the only browser that you are allowed to use, it is just what is offered.

Firefox is a serious competitor to Microsoft's Internet Explorer. It features a faster start up and shut down and it loads many web pages more quickly. You can download it here for free: <http://www.mozilla.com/en-US/firefox/new/>

Or, if you feel more comfortable having me come to you and showing you additional tricks and teaching you about the different browsers, never hesitate to contact me to set up an appointment. I would be happy to help you!

Thank you, Lisa G from [www.A2ZComputerHelp.com](http://www.A2ZComputerHelp.com)

## Travel In Style Awaits You

Now is the time to start planning your Summer or Winter vacation.

Many tour operators are offering two-for-one packages, discounts on air, money off if you book by a certain date, and many other amenities.

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  
[travelinstyle@optonline.net](mailto:travelinstyle@optonline.net)  
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](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.  
From Cyndy Friedland

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