



June 2013 Business and Professional Women Southern Ocean County Newsletter

Newsletter

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Meeting Details

Tuesday, June 11, 2013

6:00 pm - Networking

6:30 pm - Meeting

Kristy's Casual Dining

562 Route 9

Waretown, NJ

[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 and work places so, members, please bring any literature to share.

RSVP to Rosalind Silletto at 732-961-6435 or

If you came to conference you had to be impressed, if you could not make it you missed a great time.

The food was fantastic, the conversations were informative, the scholarship recipients were so worthy of winning, and our speaker taught us how to bring a man down on his knees multiple times!!! In fact he was so good, I was afraid of many domestic violence calls going out that night just from members trying it out!!!

The state is has decided to take its campaign to the grassroots level: going to speak with our politicians and letting them know that we are here and we are not going away!!! That our voices will be heard and that they will listen!!! There will be opportunities for all of us to participate so if something comes up and you cannot make it this time, please know that this is only the beginning; you will have an opportunity to participate.

This is a bittersweet message from me as it is the last as your President. But I step down and put you in good hands. I know that Roz and her team will take a journey of leading you to the future of BPWSOC and the trip will be exciting. Please help her and make sure she knows she has your support. It is very easy to sit back and come to

[via email.](#)

\$17 includes dinner

June Birthdays

Lisa Gambino - 6/21

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

Thought for June

Three grand essentials to happiness in this life are something to do, something to love, and something to hope for.

--Joseph Addison,
British essayist, poet,
playwright and politician

meetings but unless you step in this position you have no idea of the preparation that goes into keeping things on target and the time from family you give to it. So if things don't seem to be to your liking please think twice before you criticize, try to respect the other members by not having side conversations while meetings are in progress and most of all, tell her thank you for taking on this challenge. I did!!!

I am so grateful to have been your leader these past two years and I hope that I have made you get a better understanding of BPW and what it stands for. And most of all, THANK YOU FOR GIVING ME YOUR SUPPORT!!!

Sincerely,

Penny Miller,
President

BPWSOC Scholarship Awards

Our Scholarship awards will be given out this month to five deserving women:

- Gladys Ramos Colon
- Danielle Marie Cascella
- Leanne Kiernan
- Caitlin Micheles
- Bernadette Girello

Please plan on attending this meeting so you can personally congratulate these women on receiving a very worthy award.

Rosalind Silletto
Scholarship Chair

BPWNJ State Conference

On May 18, 2013 we held the State Conference at Monmouth University; it was a big success. Not only did we have a wonderful turnout of members from all locals, but we discussed the future of BPWNJ and our focus going forward. It was decided to become more involved with the legislative process as it pertains to women's issues. On June 20 there is a Women's Lobby Day in Trenton and all members are encouraged to attend this event. Also, the NJ Governor's Conference is scheduled for June 3. Check our web site www.bpwsoc.org for more information on both events.

There were many issues brought up that need our voices to be heard on, i.e., Human Trafficking, Right to Life, Prostitution issues during the Super Bowl, Rape concerning women in the Armed services and so much more. It is these issues that we need to speak out about and become more involved with state legislators and senators.

We call upon all of you to attend our meetings and learn how you can become involved.

Thank you,

Cyndy Friedland
BPWNJ President

BPW SOC Website

Our member and vice president, 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 send Penny Miller any information, updates, and/or comments you would like posted or added to the website.

You can contact Penny at momlbi@yahoo.com to include additional content to the web site.



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PC Tips by Lisa G., A2Z Computer Help

To shut down your computer or not to shut down your computer:

This question has been asked billions of times and the real answer is that it doesn't really matter. But, there are always two sides or answers to every question.

Here are some facts about the issue:

Way back, years ago, it was a bad idea to shut down your pc too often, due to hard drives and the various parts that didn't shut down smoothly and could actually damage themselves if they weren't turned off properly or too often. By shutting down or off properly, I am referring to shutting down from your computer's on-screen menu (i.e., Start, Shutdown or Restart and Shutdown or just Restart (aka rebooting). Shutdown, turns your pc off and Restart powers it down, but comes back up to a startup; this is sometimes used when installing updates or just to refresh your system.

Modern hard drives will not experience the same wear and tear as they did in the past. While they will die eventually, shutting down will not harm them and/or allow them to die faster. Again, as long as you are shutting down properly. (If you unplug your computer randomly or hold the power button on your computer in the middle of your work, this will eventually cause damage to the hard drive and or other parts, possibly sooner than expected).

Many times when you shut down, Windows will install new updates that make your computer faster and safer. Also, regular shutdowns can help you save energy. (This is only true, if you are using a proper "Surge Protector" and you shut down the computer and then power off the "Surge Protector" also. Computers and TVs will continue to suck power just by being plugged in. But if you turn off the "Surge Protector" (after you shut down), then your pc will behave as if it's been unplugged.

Turning off your computer also means you won't hear random noises or see lights during the night and this can be disturbing to some folks.

Leaving your computer on however, means that it can get most updates (sometimes there is user interaction required), you don't have to wait for the pc to boot up and it can perform some routine maintenance like defrag, run antivirus scans and these processes won't be hogging up resources while you are working, because they would be occurring during the night or whatever time it is that you are not usually using your pc. That is, of course, that you have the times set for these scans and maintenance schedules.

So, I would definitely shut down if I were going away or will

not be on my pc for a few days or so. Otherwise, I leave it on most of the time and reboot it at night when I am done for the day, this way when I sit at it the next time - it is refreshed.

Thank you,

Lisa Gambino from [A2Z](#)

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 \$10. (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@verizon.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.

Travel In Style Awaits You

Did you know that you can book your travel plans directly through my web site www.rosalindstravelinstyle.com?

Whether it's a cruise, air transportation, latest deals, or all inclusives, [Rosalind's Travel in Style](#) has the most up-to-date information and best prices.

If you prefer to talk directly with me on your travel plans, I can be reached at (732) 961-6435 or travelinstyle2011@hotmail.com

Thank you,
Rosalind Silletto
Owner

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.

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

www.bpwsoc.org

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