



# Business and Professional November 2012 Women Southern Ocean County Newsletter

## Newsletter

### In This Issue

[November meeting](#)

[Psychic Fair - Canceled](#)

[Ocean's Harbor House](#)

[Scholarships for 2013](#)

[BPWNJ Board Meeting](#)

[BPW/SOC Website](#)

[PC Tips by Lisa G.](#)

[BPWNJ Voice](#)

[Travel In Style](#)

### Meeting Details

**Tuesday, November 13,  
2012**

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.

Dear Lisa,

Greetings!

Well we are fast approaching November and you know what that means -- the political phone calls and mailings will finally stop!!! But , please don't get complacent and think your vote does not matter; it does!!! We fought hard to get this right and it is one that we should use. So please make sure your are at the polls and cast your ballot.

We are once again going to use our holiday party to make donations to Harbor House. The list of wishes is below and on the website so please check it out and remember to bring something to either the November or December meeting. They also have a need of luggage. It does not need to be new but it should be usable. This list of their wants are pretty basic to us but to them it is monumental as they left their situations most times with just what is on their back at that time. So I appeal to you, please let's make this as special as we always do!!!

Roz and her team have worked very hard on the psychic fair and I cannot wait to see the end results. Every organization needs a Roz; she can get the job done and make it seem effortless, but, I know for a fact that it is not. So please don't hesitate to offer your help as I am sure she will find something for you to do.

RSVP to Rosalind Silletto at  
732-961-6435 or  
[via email.](#)

\$17 includes dinner

November Birthdays

No Birthdays this month.

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 November

"Before you go to bed,  
give your troubles to God  
-- he'll be up all night  
anyway."

--submitted by a  
Guideposts reader in  
West Deptford, NJ

"Spend part of every day  
actively encouraging the  
behavior that you want to  
reinforce. I believe the  
definition of CEO needs  
to be expanded and  
stand for "chief  
encouragement officer."  
Encouragement and  
enthusiasm start at the  
top whether you run the  
local PTA or a Fortune  
500 company."

--from *Love Works:  
Seven Timeless  
Principles for Effective  
Leaders* by Joel Manby,  
president and CEO of  
Herschend Family  
Entertainment, the  
largest family-owned  
theme park corporation  
in the U.S.

"Prayer pushes us  
through life's slumps,

I wish your and your families a wonderful Thanksgiving,  
and as you sit around your dinner table, don't forget to  
count your blessings as they are sitting there with you.

Sincerely,

Penny Miller,  
President

## BPWSOC Psychic Fair - CANCELED

Due to Hurricane Sandy and the loss of power throughout many areas of New Jersey, BPWSOC has canceled it's planned psychic fair for today, Friday, November 2, 2012.

As soon as people's lives get back to normal and power is restored, we will reschedule and let everyone know.

Our prayers and thoughts are with all our BPW sisters and we wish you well during this troubled time.

Rosalind Silletto  
Secretary

## Ocean's Harbor House

We will again be donating much needed items to the kids of Ocean's Harbor House at our annual Holiday Meeting. As we've know, these kids have been separated from their families, either intentionally or because they are too unruly for their parents to handle. Whatever the reason, they are in dire need of many things that we take for granted.

We ask that you bring items to all meeting up to and including our December 11 meeting. Here is their "Wish List."

Hygiene Products:

Lotion, Feminine Hygiene Products, Deodorant, Shampoo, Hair Spray, Hair Conditioner, Gel, Mousse, Grease, Body Wash, Bars of Soap, Q-Tips, Barrettes, Clips, Elastic

Clothes - All New:

Underwear (Teen Girls and Boys), Undershirts (Plain White for Teens), Sports Bra's for Teens, Gym Shorts for Teens, Pajamas for Teens

Sports Equipment/Games:

Adult Bicycle Helmets, Bicycles with Bike Rack, Headlights for Bicycles, Bicycle Locks, Sports Equipment, Exercise Equipment, Pool table

Activities for Clients:

Arts and Craft Kits, Jewelry Making Kits, Scrapbooking Supplies (Albums, Stickers), Art Supplies, Crayons, Markers, Construction Paper, Paint & Paint Brushes, Crafts for Teenagers, Crochet, Beads, Cross-Stitch

Gift Certificates/Gift Cards:

Best Buy, Bowling, Movies, McDonalds, K-Mart, Kohl's, Payless, Shoprite, Target, Walmart

Miscellaneous:

propels us over the humps and pulls us out of the dumps. Prayer is the oomph we need to get the answers we seek."

--Max Lucado from his book *Max on Life*

Small, individually wrapped snacks, stamps, batteries, suitcases, alarm clocks, table lamps, outside chair cushions, landscaping materials and service, gardening supplies and tools, CD Players and MP players, and pop-up hampers Assorted House Supplies:

New Pots and Pans, New Casserole Dishes, New Dish, New Cookie Sheets, New Pot Holders, New Storage Containers, New Vacuum Cleaner, New Mop, New Household Broom (2 please), Storage Totes (Large), New Bath Towels, New Washcloths, New Pillows & Pillow Covers, New Twin-sized Comforter Sets, New Twin-sized Sheet Sets, New Blankets, Garbage Bags, Household Cleaning Supplies, Laundry Detergent

The Executive Committee of BPWSOC thank you in advance for your generosity.

### BPWSOC Scholarship Awards

Our Scholarship Awards will be held next June 2013, but now is the time for all members to spread the word to those you know who are deserving of funds to help pay for their education or to help them with starting their own business.

We will be revamping the application, so be on the lookout for the latest version. At that time we ask that you direct all possible applicants to our website [www.bpwsoc.org](http://www.bpwsoc.org) for the applications and criteria.

Thank you

### BPWNJ Board Meeting

BPWNJ's Board Meeting is scheduled for November 10, 2012 at Brookdale Community College, Student Life Center. The times are 8:00am to 9:00am for registration and breakfast and commencement at 9:00am. We are scheduled to adjourn at 12:00pm.

Registration is as follows:

Breakfast & Board Meeting (\$25)

Board Meeting Only (\$5)

Your registration fee, payable to BPWNJ, can be sent to:

Mary Lee Gilmore  
29 W. Hillside Avenue  
Long Branch, NJ 07740

New Members: This is a perfect event for you to find out what BPWNJ is all about and what we are focused on achieving in the coming year. Please try to attend. Your presence will mean a lot to all those women who put much effort into making BPWNJ a great organization.

Thank you,

Cyndy Friedland,  
President, BPWNJ

## 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](http://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](mailto:momlbi@yahoo.com) to include additional content to the web site.

A graphic advertisement for A2Z Computer Help. It features a light blue background with a faint image of a computer keyboard and mouse. The text is centered and includes the company name, website, email, a tagline in italics, a list of services, and a phone number.

**A 2 Z Computer Help**  
**www.A2ZComputerHelp.com**  
**lisag@A2ZComputerHelp.com**  
*Personal Computer Service with a Woman's Touch!*  
Personal Computer Services:  
PC Tune-Ups, Training, Digital Camera, Technology  
Integration Solutions, and much more...  
**Call Lisa G at A2Z (732) 237-9704**

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

We all use and need Memory (RAM) in our computers. Here is some information about Memory:

RAM = random access memory

This is a type of computer memory that can be accessed randomly and it is the most common type of memory found in computers and other devices, such as printers.

Types of RAM:

DRAM (Dynamic Random Access Memory)  
SRAM (Static Random Access Memory)

The two types of RAM differ in the technology they use to hold data, with DRAM being the more common type. In terms of speed, SRAM is faster. DRAM needs to be refreshed thousands of times per second while SRAM does not need to be refreshed, which is what makes it faster than DRAM.

DRAM supports access times of about 60 nanoseconds; SRAM can give access times as low as 10 nanoseconds. Despite SRAM being faster, it's not as commonly used as DRAM because it's so much more expensive. Both types of RAM are volatile, meaning that they lose their contents when the power is turned off. (VERY IMPORTANT TO REMEMBER).

I had a client call and ask if he should remove the RAM sticks from the inside of the computer if he was getting rid of the computer. The RAM sticks can be used in another computer, but there is no information stored on them. The only thing to remove, when disposing a computer, would be the Hard Drive -- this is where everything is stored, i.e., Documents, Music, Photos, Programs, Personal Information, etc.).

In the interim the basic use of RAM (Memory) in your personal computer is for the speed and access of programs.

These days we are using 4GB, 6GB and 8GB of Memory (GB = gigabytes, 1GB = 1,000,000,000 bytes), in a Windows 7 Personal Computer.

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 \$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@verizon.net](mailto: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

Rosalind's Travel in Style is now an affiliate of AAA Travel Service. Check out my web site [www.travelinstyle.agentstudio.com](http://www.travelinstyle.agentstudio.com).

You can also book directly from the site or call me for assistance.

I can be reached at (732) 961-6435 or [travelinstyle2011@hotmail.com](mailto:travelinstyle2011@hotmail.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 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.

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

[www.bpwsoc.org](http://www.bpwsoc.org)

[Forward email](#)



This email was sent to lisag@a2zcomputerhelp.com by [travelinstyle2011@hotmail.com](mailto:travelinstyle2011@hotmail.com) | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Business and Professional Women/Southern Ocean County | PO Box 1207 | Manahawkin | NJ | 08050