

October 2011 Business and Professional Women Southern Ocean County Newsletter

Newsletter



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Meeting Details

Tuesday,
October 11, 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
[via email.](#)

\$15 includes dinner

How do you know you are successful?

I often ask that of myself and usually give myself a goal and if I get there, I consider myself successful.

This year I gave Southern Ocean County BPW a goal for the Woman Helping Woman Dinner - the goal was to make it better than the last one and have more members participate in the event and ad journal.

Well, we had more people at the dinner, the ad journal was double the size of last year, the gift auction seemed to be never ending and most of all the guests at the event did nothing but praise the event and the cause. We had thirteen members take an ad in the journal - more than ever before!!!

I can tell you that the team that made up the committee was absolutely the best. Nothing was too much, they showed up the day of the event and helped the night of the event. As a leader, I could not have asked more of them.

The honorees were great, the food was good, the speakers kept it short and the evening ended on a high note of a \$200.00 50/50. So I say Kudos to Southern Ocean county BPW for having a very successful event!!! Most of all having members that give from their heart. Best of all the committee has already started to plan the event for next year. So all I can say is SOCBPW was SUCCESSFUL!!!!

On another note, we have a site for the November meeting and a change of menu. We are having a pizza party. The location will be Midtown Pizza on Dover Road

October Birthdays

10/6 - Carol Lieber

10/26 - Kristen Tomey

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

Thought for September:

Those who judge us don't matter. Those who matter don't judge us.

in Toms River. What I want is for everyone to attend this meeting with an open mind. The reason we are going to Toms River is to give us an opportunity to grow our membership. We do not seem to have a large influx of new members from our local area and this might be the shot in the arm we would need to grow and do more. That is what we are suppose to be doing --- a lot more!!!!!! We can do more if our membership grows and we get new ideas from new members. We cannot continue to say no to everything that does not fit into our own private wants and desires - we are a group of women that have some pretty powerful ideas and we need to give everyone an opportunity to share with all of us. So please put the date of November 9, on your calendar, put on a big smile and let's see how many new friends we can make at the November meeting.

Until then, see you all in October at Kristy's.

Sincerely,

Penny Miller,
President

Women Helping Women Dinner

My sincerest thanks to all of my sisters that provided a wonderful Women Helping Women Dinner and celebration!!

I was a very proud recipient this year; proud of my sisters, family and proud to receive your award! Thank you all from the bottom of my heart for choosing me. I will continue to work in our community to uphold all we stand for. It is a genuine pleasure to know each and every one of you, which I would never have had the opportunity without being a member of this fab "Sisterhood"!!

Cyndy Friedland

Wine-Tasting at Kristy's Fine Dining - September 10, 2011

This was another successful fundraising event for our local organization. Everyone enjoyed the wines that Julie brought, and pairing them with the cheeses, chocolate and cheesecake really put the icing on the cake for everyone.

Gerri and Jack O'Connor, guests of Jane Kunka, won the wine basket and our very own Penny Miller won the

50/50.

A good time was had by all and we look forward to repeating this event in the future.

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 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.

BPWNJ Meeting

October 29th--save the DATE to join your sisters in New Jersey and attend our State meeting at Brookdale Community College.

We start at 8am with a continental breakfast and the meeting commences at 9am.

This is a very informative way to meet your sisters and understand more of what our State's goals will be for this Year.

The Voice is coming to you soon via snail mail; fill out and mail in your reservation, and don't forget your check for \$25. Should you only be able to join us for the meeting, that charge is \$5.

Looking forward to seeing you all there,

Cyndy Friedland
BPWNJ Vice President

Alice Paul, CEO

The Alice Paul Institute proudly announces our new series, Alice Paul, CEO.

Alice Paul, CEO is a series of personal and professional development workshops and networking opportunities for women. Based upon Alice Paul's own executive leadership traits in her work for women, API's series will feature networking events and two-hour workshops conducted by professional speakers on various topics held at Paulsdale throughout the year. With this new series, we hope to continue to carry on Alice Paul's legacy by inspiring the female leaders of today and tomorrow.

2011/2012 Schedule:

Becoming a Powerful Speaker
Thursday, October 13, 2011
9:30 to 11:30 a.m.
with Christy Cunningham

Alice Paul, CEO
Networking Event
December 2011
Date and location TBD
Price: \$25/person

Best Year Ever!
How to Set and Achieve the Goals You Really
Want in the New Year
Tuesday, January 24, 2012
6:00 to 8:00 p.m.
with Patricia Osborne

Evaluate, Plan, Love
Financial Literacy for Women
Thursday, March 1, 2012
6:00 to 8:00 p.m.
with Barbara Anderson

When You Write, You're Right
Thursday, May 10, 2012
9:30 to 11:30 a.m.
with Susan Perloff

Price: \$35/person OR \$140/ person for all four workshops
and networking event.

A continental breakfast or lite dinner will be provided at each workshop.

Register online at www.alicepaul.org or call API at 856-231-1885.

All workshops will be held at Paulsdale - 128 Hooton Road, Mt. Laurel, NJ 08054.

For additional details on each workshop, please visit our website at: www.alicepaul.org

Holiday Boutique

Congregation Sha'arey Ha-Yam is hosting a Holiday Boutique on Saturday, November 19th at the Ocean Acres Community Center, 879 Nautilus Avenue in Stafford.

We have spaces available for \$50. and the doors will be opened from 9AM to 4 PM. The admission is free, and we will be holding a 50/50 and serving lite fare for a minimal charge.

Please email Cyndy Friedland at cfriedland119@comcast.net for an application.

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. 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 direct through the "Contact Us" page or direct to her email address lisag@a2zcomputerhelp.com

You can also visit Lisa's own website and contact her there also, www.A2ZComputerHelp.com



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Integration Solutions, and much more...
Call Lisa G at A2Z (732) 237-9704

PC Tips by Lisa G., A2Z Computer Help

Online Safety is a number one priority for most people today:

The way we browse the internet is by launching a browser. Here are some of the most popular browsers used today: Microsoft Internet Explorer (7, 8 and 9), Apple Safari, Mozilla Firefox and Google Chrome.

It is a good idea to clear your browser's cache and your browser's cookies - as routine maintenance on your pc. Clearing your cache, occasionally, can help make some web sites run smoother and free up space on your computer's hard drive - which can sometimes render it running slow.

The cache (also known as browsing history and temporary internet files) stores information, images, and web pages on your computer for quick and easy access. Hackers can obtain crippling financial information from your cache if you are not careful. Cookies contain information that web sites have gathered about you and stored on your computer as small text files. Most of these files are harmless, but some may store where you went, what you did, and any personal information you may have given. Web sites may also allow other web sites (ie...advertisers) to put cookies, known as third-party cookies, on your computer.

[Click here](#) to see how to delete webpage history from [Microsoft](#) for Internet Explorer in Windows 7.

There are instructions that can be found at each of the other browsers' websites to delete cache and cookies.

Thank you, Lisa G from www.A2ZComputerHelp.com

Travel In Style Awaits You

Only have limited time and limited funds; then an escorted vacation is for you. Packages vary in price to meet every budget and once you book, everything is arranged for you through the tour operator. All you need do is show up at the airport, board your flight, and be prepared for a wonderful vacation.

If you're interested in learning more, do not hesitate to contact me.

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
travelinstyle2011@hotmail.com
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 Cyndyonbi@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

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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