



April 2013 April Fools from Business and Professional Women Southern Ocean County Newsletter

Newsletter

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Meeting Details

Tuesday, April 9, 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.

Well spring is here, or is it, as we watch snow falling from our windows. But, the best part of spring is that it brings new life to everything. The flowers bloom, it stays light longer, and everyone just seems to be in a frame of mind to do something a little more than they thought they had in them to do.

I find that there seems to be a more positive attitude from everyone, including myself, to the things that are asked of us. So with that in mind I am asking you to step up in the amount of people you tell about our scholarship and take some of the applications with you wherever you go to hand out. You never know who just might be in need of this help and how grateful they will be to you for the outreach.

We did discuss at our last meeting the proposed honorees for the Woman helping Woman award. After that meeting I was sent a suggestion about someone else to add to the list so I do hope that you will attend the next meeting in order to hear about the proposal for adding this person and getting the decision made so that we can let the honorees know and hopefully with their acceptance

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

\$17 includes dinner

April 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 April

"It is the ability to take a
joke, not make one,
that proves you have a
sense of humor."

~Max Eastman

"A sense of humor is
the ability to
understand a joke-and
that the joke is oneself."

~Clifton Paul Fadiman

"A sense of humor is
the only divine quality
of man."

~ Arthur Schopenhauer

we can start to work on the program.

Don't forget to plan on coming to the psychic fair
on April 19, as we can always use your support at
these events. It is a fun night and it also allows for
a little shopping; now who can't have fun at that?
The state meeting is fast approaching so please
mark your calendar for May 18, and make every
effort to attend.

Have a wonderful holiday, be it Passover or Easter.
Most of all enjoy the moments with your families as
they go too fast.

Sincerely,

Penny Miller,
President

BPWSOC Dues for year 2013-2014

It's time to renew your membership to BPWSOC. Please
download the enrollment form from our website
www.bpwsoc.org and bring it to the April 9 meeting with your
renewal dues of \$50.00.

Thank you, Rosalind Silletto

BPWSOC Scholarship Awards

Our Scholarship Awards will be held at our June 11
meeting. 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.

The updated applications are uploaded on our web site. At
this time we ask that you direct all possible applicants to our
website www.bpwsoc.org for the applications and criteria.

Thank you

Rosalind Silletto
Scholarship Chair

Embracing Change in Career and Life

Bernadette Girello and I attended a wonderful event at
Ocean County College on Saturday, March 23, funded by the
Displaced Homemakers Program of OCC. BPWSOC was
one of several co-sponsors who had tables at this event. It
was a very rewarding morning.

After speeches by Dr. John Larson, *President, OCC*, Dr.
Jianping Wang, *Vice President of Academic Affairs*, Mr. Don

Doran, *Vice President, Student Affairs* and Dr. Kate Pandolpho, *Director, Career Employment and Counseling Services*, we were treated to presentations by two amazing women.

The first was Bernadette Amato who did an interview re-enactment with three women about having jobs in non-traditional areas. It focused on how women need to change the stereotypical thinking that certain types of jobs are only for men or only for women. She stressed that women can enter any area of employment if they so desire.

Then we had the extreme pleasure to hear from Sarah Davis-Reed. Ms. Davis-Reed is a native of Liberia, West Africa who fled that country's brutal civil war 1980 and came to the United States. After years of poverty and struggle, Ms. Davis-Reed was able to attend college and today she speaks around the world to women about Embracing Change in Life and Career. She spoke about how when everything changes in your life, you must change everything. She encouraged the women to not be afraid of change and to take it one step at a time. She also said that we are not to get stuck in our own story. To release the emotional encumbrances and move forward. Ms. Davis-Reed also stressed that women should not go through change alone. They should reach out to others who are sympathetic to their dreams and desires and seek solace in their advice.

Ms. Davis-Reed was engaging, empowering, and encouraged the women to be all they could be.

OCC holds this type of event every year and this is the second year I have had the pleasure to attend. I encourage all of you to attend next year's event when it is mentioned in the BPWSOC Newsletter. It will surely be a morning that you will experience great feelings of empowerment and encouragement.

Rosalind Silletto
Secretary

Nominations for Officers

Nominations are now being accepted for officers for the upcoming year. If you would like to be considered for a position on our Executive Board, kindly email me at cfriedland119@comcast.net at your earliest convenience. We look for ingenuity, leadership, fellowship and congenial personalities to make up our Board.

If you would like to speak to me in person, you can reach me at 609-698-4459.

Cyndy Friedland, Nominating Chair

BPWNJ State Meeting

State news.....for those of you that attended the State Board meeting on February 16th there certainly was a lot to learn from Susan Ascher. What a dynamic speaker that we hope to have return at a later date to inspire us. Our meeting has been reviewed previously in this newsletter, so my contribution is to ask that each of our members attend our May Conference on Saturday May 18th at Monmouth University.

There is plenty of time to save the date on your calendars, and we look forward to being the local with 100 percent attendance!! Can we do that? Let's give it a try!!!

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.



A 2 Z Computer Help
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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

One of the many tips to help speed up your PC:

Disk Cleanup is a tool that helps you free up space on your Hard disk (aka hard drive or c: drive). You can use Disk Cleanup to remove temporary internet files, delete downloaded program files, empty the Recycle Bin, remove Windows temporary files, delete Windows optional components not being used, and remove unused restore points.

In Windows XP, Windows Vista and Windows 7, you go to Start or Start button, All Programs or Programs, Accessories, System Tools and then click on Disk Cleanup and choose C:.

In Windows 8 you open Disk Cleanup by swiping or pointing in the right edge of your screen and clicking on Search and typing Disk Cleanup in the search box, click settings, then click free up disk space by deleting unnecessary files; in the Drives list click on your c: drive, then click OK.

Once you get the dialog box, you will need to check the boxes for the file types that you want to delete and then click OK.

When Disk Cleanup is finished, it will disappear and it's always a good idea to restart your pc after a cleanup task.

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

Rosalind's Travel in Style is now an affiliate of AAA Travel Service. Check out my web site 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

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

[Forward email](#)



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