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BPWSOC Upcoming events for 2015

Meetings are held the second Tuesday of each month at 6:30PM (come earlier 6PM for Networking) at [Kristy's Casual Dining in Waretown](#)

February 10 - BPWSOC Meeting

March 10 - BPWSOC Meeting

April 14 - BPWSOC Meeting

May 13 - BPWSOC Meeting

June 9 - BPWSOC Meeting

**ADDITIONAL EVENTS
WILL BE ADDED AS THEY
OCCUR**

(Note: There will be Executive Board Meetings the week before each General Meeting, Date, time and place of these meetings will be announced prior to the monthly meeting.)

**REMEMBER TO BRING
YOUR BUSINESS
INFORMATION FOR OUR
NETWORKING TABLE!!!**

February President's Message

Dear Sisters,

The best advice I ever got was to "follow my passion" or in earlier years, "follow my heart", and "follow my instincts". As a girl, I was a babysitter, girl scout, and nurse's aide. In college I became a nurse. I realized my passion was my interest in helping others, and that was reflected in most of my career choices.

I mentored other women as a Director of Nursing, as the manager of a women's fitness center, and as a manager of NutriSystem. I ran my own successful massage therapy office for 9 years.

And now, I am lucky enough to be still able to share this passion with my clients, without the administrative adventures that, as many of you know, are a big part of running a business.

I have no regrets, only years of reinvention and experience behind me. I have met some of the strongest, most amazing women, whose business acumen and volunteer efforts

have challenged me to push myself even further.

Where can your passion take you? When you look back at 2015, what will you be most excited to have accomplished? Who can you list as your support system to push you? You too, can step out of your comfort zone and reach for the next challenge! FOLLOW YOUR PASSION!

Mary Baldelli

President, BPWSOC

Please RSVP to info@bpwsoc.org for this meeting and, if present, your name will be entered in a drawing for this month's door prize.



MEMBER BIRTHDAYS:

Jaimee Henbest - February 14

If your birthday is in February and we missed you, please let us know. Happy Birthday



"HATE, it has caused a lot of problems in this world but it has not solved one yet."

Maya Angelou



PC TIPS BY LISA G., [A2Z Computer Help](#)



Please note that you can always go to our website for the latest information and/or "Members Only" area.

Please support upcoming BPWSOC events:

BPWSOC Planning meeting February 10, 2015

Visit us at www.bpwsoc.org



For information about **Business and Professional Women New Jersey**

Tip for February....

Disconnecting your Computer from the Internet...

Sometimes we are surfing the internet. Maybe you are Googling - looking up various ideas, products, services, places, etc.... and all of a sudden you click a link and your computer or the browser freezes. You think, what's wrong with this computer? Well, many times the website you are trying to visit is hacked, corrupt, down or just plain rogue or taken over by a virus or malware etc....

A really helpful tip is to just plain disconnect from the internet, restart your computer and then run your antivirus software's full scan. Then review results and if ok, restart again, reconnect and launch your browser to see if all is ok. If not, contact your favorite PC Tech! No use getting it in a worse state.

How to disconnect from internet:

If you are running a desktop computer or all in one (a tower or a monitor-all-in-one), most likely you are wired (directly connected with an ethernet cable or the wire that resembles a regular telephone wire, but is a bit bigger), then all you do is remove this wire from the back of the computer tower or all-in-one monitor. If you are connected wirelessly, then you will need to disable the wireless connection. There are many ways to disconnect wirelessly, so I am going to reference this link, <https://answers.stanford.edu/solution/how-do-i-turn-my-wireless-connection> - It's a good interpretation.

Safe surfing and call me with any Q's!

Thank you,

Lisa Gambino

A2ZComputerHelp.com

Secretary/Webmaster, BPWSOC.org

Certified Computer Technician and Professional Secretary

lisag@A2ZComputerHelp.com

vm: 732-237-9704

Keyport Office: 732-847-9275

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BPWNJ VOICE

Did you know that you can advertise your business in the BPWNJ Voice in order to reach our sisters throughout the State? For more information contact Eunice Clark at eclark@brookdalecc.edu

If you are not receiving your copy of the Voice electronically, and would like to, e-mail Eunice Clark at the address above and ask her to put you on the electronic e-mail list. By doing so, you are helping BPWNJ save the cost of mailing.

The following document is the registration form for the BPWNJ State Board Meeting.



GUEST SPEAKER FOR FEBRUARY 10 MEETING

There will be no guest speaker this month. We will continue to discuss the planning of upcoming events. Your input will be appreciated.

BPWNJ State Board Meeting Saturday February 14, 2015 at Monmouth University - Magil Commons - Club Dining Room 400 Cedar Ave., West Long Branch, NJ Registration and Breakfast - 8:00 to 9:00 AM Meeting - 9:00 AM to 12:00 noon

If you are interested in attending please contact Penny Miller or visit: www.bpwnj.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 getaway, or a last minute family reunion, give me a call at 609-290-5040 or e-mail me at

Cyndyonibi@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



Rosie the Riveter is a cultural icon of the United States, representing the American women who worked in factories during World War II. Rosie the Riveter is commonly used as a symbol of feminism and women's economic



If you are having trouble viewing this message or would like to share it on a social network, you can [view the message online](#).

Legislative Update **CONNORS, RUMPF & GOVE**



9th District

[Home](#) | [Facebook](#) | [Twitter](#)
senconnors@njleg.org
609-693-6700

[Gove Named VFW Legislator of the Year](#)

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9th District Assemblywoman DiAnne C. Gove was honored by the Department of New Jersey Veterans of Foreign Wars (VFW) as Legislator of the Year during the Voice of Democracy/Legislative Dinner .

[Click for Full Story](#)

[Reining in the State Bureaucracy: A Solid First Step in Reform](#)

[Like](#) [Share](#) [Tweet](#)

Connors, Rumpf and Gove (all R-9) discuss their legislative

power.



NEW MEMBERS:

Members please bring family, friends and business associates to meet us.

New members are always welcome.



Since hearts are on our mind this month, eating dark chocolate and drinking red wine in moderation is known to have antioxidant benefits.



Reading Corner

Author: Adrianna Trigiani

Title: Very Valentine

efforts to lower the state's tax burden by reducing the size of the state bureaucracy.

[Click for Full Story](#)

[Connors, Rumpf & Gove: Galloway & Port Republic Taxpayers Are Our Primary Consideration on Atlantic City Bill Package](#)

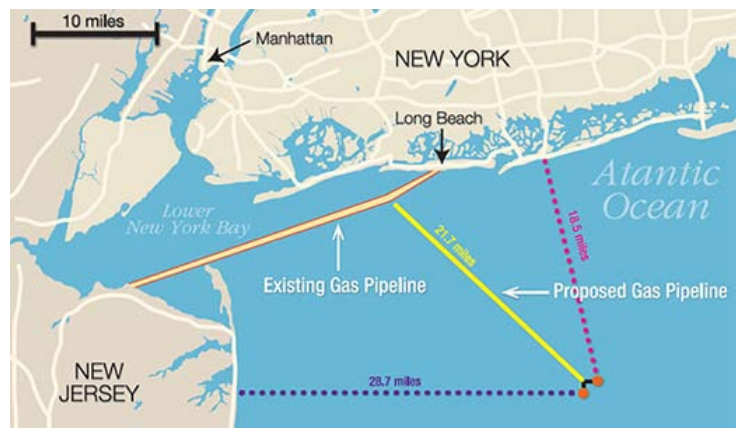
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Connors, Rumpf & Gove (all R-9) comment on a package of bills designed to aid Atlantic City following the closure of several casinos and the unemployment of thousands of employees, and highlight their focus on promoting the needs of Galloway and Port Republic.

[Click for Full Story](#)

[Connors, Rumpf & Gove Oppose Construction of Offshore LNG Terminal](#)

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Sen. Chris Connors, Asm. Brian Rumpf and Asw. DiAnne Gove have called upon federal regulators to reject construction of the proposed Port Ambrose LNG terminal off of New Jersey's coastline in light of the public safety, environmental and economic concerns that have been raised.

[Click for Full Story](#)

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BOB MENENDEZ
UNITED STATES SENATOR

FOR NEW JERSEY



Dear friend,

Just as our beaches and shore communities are being rebuilt from the destruction of Superstorm Sandy, we now face a new manmade threat to our environment, our economy, and our beautiful coastline. The Department of the Interior has announced a proposal that would open parts of the Atlantic Ocean to oil and gas drilling.

The Jersey Shore is a national treasure that so many of our families rely on for recreation and for their livelihoods. Our beaches support hundreds of thousands of jobs in New Jersey, and help pump \$38 billion into our economy each year and are home to a vibrant ecosystem of marine mammals and sea life that must be protected.



<https://www.youtube.com/watch?v=w26K45wcgHU>

The Deepwater Horizon disaster in the Gulf Coast has made the devastating realities of offshore drilling all too clear. Let's not yield to the greed of Big Oil this time.

Let's shift our focus away from dirty fossil fuels that ravage our waters and contribute to climate change, and move toward clean, renewable sources of energy.

Click on the image below and share it on Facebook to stand with me and with the Jersey Shore in calling for the Atlantic Ocean to be off limits to Big Oil.



Sincerely,

BOB MENENDEZ
United States Senator

Share this on



528 Senate Hart Office Building
Washington, D.C. 20510
202.224.4744

Please do not reply to this e-mail as this address is not monitored. To contact my office, please use the contact form found on my website at <http://menendez.senate.gov/contact/>

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We now have a third location
at [2400 N. Long Beach Blvd, Surf City \(LBI\) NJ 609-361-1777.](#)

Bella Donna provides a full range of salon services including:

Haircuts & Styles
Perms
Hair Color
Foil Highlighting
Corrective Color
Keratin Treatment
Manicures
Pedicures
Massage Therapy
Facials
Make Up
Waxing
Gift Cards

[Manahawkin location 609-978-1414](#)



Business and
Professional
Women's
Foundation

Business and Professional Women's Foundation (BPW Foundation) was the first foundation dedicated to conducting research and providing information solely about working women.

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Our mailing address is:
BPWSOC
P.O. Box 1207
Manahawkin, NJ 08050

www.bpwsoc.org

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