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Business and Professional Women Southern Ocean County
 July 2014 Newsletter
www.bpwd.org



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BPWSOC Upcoming events for 2014

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

[RENEW YOUR MEMBERSHIP NOW](#)

July 8 – BPWSOC Meeting
 Guest Speaker: Lisa Gambino owner of [A2Z Computer Help](#)

August 12 – BPWSOC Meeting

September 9 – BPWSOC Meeting

October 14 – BPWSOC Meeting

November 11 – BPWSOC Meeting

December 9 – BPWSOC Holiday 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!!!

President's Message from Mary Baldelli

Its summertime,
 summertime, sum sum
 summertime!

Summer is in full swing and we are looking forward to fun times with family and friends. As we get together and reflect this Independence Day, why not share something about BPW with them as well.

BPW has successfully participated in legislation for women to eliminate sex discrimination in the workplace, to promote equal pay, and to promote equal rights.

We help to educate women and to encourage the growth of their business through scholarship awards and grants.

We need your help to increase our membership, and to support equality for women. It takes only 2 hours a month to attend a meeting. Will we see you on July 8th?

REMEMBER TO RSVP!

God Bless America
 and BPWSOC

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:

We have none on file. If your birthday is in July, please let us know. Happy Birthday



"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

Maya Angelou



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

The single most important thing to do before giving away or selling your old or extra Computer:

The best way to destroy your data on a hard drive is to physically destroy the computer's hard drive. You can smash it a couple times with a hammer or drill holes in it and be sure to dispose of the parts properly.

Now, if you would like to reuse/refurbish, give away or sell the computer, you could put a new or used (clean) hard drive in the computer and install an operating system. Of course, you will need the reinstallation discs for the Operating System and/or any programs you want, to complete the reinstallation. So, be sure you have what you need before removing and installing a new hard drive. It is not as easy as it sounds, but with some patience, it can be done by anyone. Or, you can contact your local pc tech or geek, they love to do this stuff!

Anyway, if you want to reuse the hard drive that is already in your old computer, you will need to remove your data and this does not mean delete a file and empty the recycle bin. This just hides the files until they are eventually and possibly written over by the Operating System. But, until then - anyone with the right tools, such as a program called Recuva from www.piriform.com - there is a free version and a paid version - this program will recover deleted files in a flash (as it says on their website). I did personally use this program for a friend who mistakenly deleted thousands (and I mean thousands over 30,000) of photos and we were able to recover them - but I left her with the task, once I got the program moving, because this was going to take hours if not days to sort through and reorganize the recovered files, etc... So, back to the hard drive, you can wipe your hard drive by using the Recovery feature included with your Operating System. Each Operating System is a bit different, but what you end up doing is reinstalling the Operating System and wiping the hard drive clean back to the state it was in when you first purchased the computer. This will remove all user accounts, all files (documents, photos, music, videos, programs, etc...) and very important - you will need to reinstall all Windows Updates that have since come out since the Operating System was first offered and then you need to install antivirus software and again update. I usually say this is a minimum of an 8 hour task - most of the time the computer is running on its own and you just need to watch for when you need to assist with clicks and restarts etc... And, of course, there are many other tasks to go along with this reinstall. This is usually the way I will clear up and/or remove a very bad virus that is not clearing up by using the antivirus software along with other removal tools and tasks performed to try to clean the virus. It is the only way to remove the virus completely and to get the computer functioning properly. If a virus has corrupt the Windows Registry (this is what stores the configuration settings for the Operating System, that if corrupt will eventually render it useless - and ultimately need to be reinstalled). You can also delete user accounts, for example: you have 3 user accounts - Admin, Child, 2nd Child (or Home PC, Johnny and Sally) - hopefully whoever set up your computer made at least two accounts that are Administrators and one that is a standard user (because this is a great help, if you need to get out of a bind). Here is the scenario: if you are an Admin called Home PC and you have a 2nd Admin account called Admin and you only use the one called Home PC, then when you want to delete the files from the Home PC account, you would sign in as the unused account Admin and then go into user accounts and delete the Home PC account and all of its files. Now, this can be done even if your computer was set up with only one user account - you would just go in and create a new Admin account and delete the other. But, remember, if the computer has a virus you may not be able to sign in; but, with another Admin account that

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

Visit us at
www.bpwsoc.org



Please support upcoming BPW events:

BPW SOC MEETING –
Tuesday, July 8
BPW STATE Board
Meeting – Saturday,
October 25
Monmouth University –
Magill Commons, Club
Dining Room
West Long Branch, NJ



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

Cyndyonlibi@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

is basically unused, you may be able to sign into that other account and delete the account, where the problem is, to remove the virus also. (just a bit of extra information here, because it all seems to coincide).

Now, if you went the route of deleting the user account and creating a new one or using the additional unused Admin account, you may still want to use a program called "Eraser" (you can get it here: <http://eraser.heidi.ie/>), which will wipe and delete the specific files or overwrite the selected areas on the hard drive to prevent anyone from recovering any deleted files.

Thank you,

Lisa A. Gambino
Certified Computer Technician and Professional Secretary
A 2 Z Computer Help
www.A2ZComputerHelp.com
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.



GUEST SPEAKER FOR JULY 8 MEETING

This month our own Lisa Gambino will be giving us some computer tips and answering any questions you may have about computers, electronics, smart phones and cameras.



Legislative Update

Connors, Rumpf & Gove
Legislative Update

New Jersey's 9th Legislative District



Connors, Rumpf & Gove

Phone: 609-693-6700
Web: <http://district9.senatenj.com>
Email: senconnors@njleg.org



NEW MEMBERS:

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

New members are always welcome.



Health Tip

Avoid food labels with many ingredients since you be less likely to overeat. Proteins, complex carbohydrate (whole grain bread, starchy vegetables, beans) and fat (healthy such as cold water fish, soybeans, nuts, avocados) make us feel full.



Reading Corner

The Book Thief
by Markus Zusak

[Connors, Rumpf & Gove: VA Private Hospital Decision Serves Best Interest of Veterans](#)

[!\[\]\(2bdfe261b986065ee0ac76460d6528c9_img.jpg\) Like](#) [!\[\]\(eebbd3dc1abeccf4c1e5751ec03fc559_img.jpg\) Share](#) [!\[\]\(269a46bd9f0c528dd4b0b2018aec306d_img.jpg\) Tweet](#)

Remarking on it as a necessary and long overdue policy correction, 9th District legislators Senator Christopher J. Connors, Assemblyman Brian E. Rumpf and Assemblywoman DiAnne C. Gove commended the federal government for finally expanding the number of veterans who can receive care at private hospitals in an effort to address the backlog at Veterans' Affairs (VA) facilities. The decision was made in the wake of allegations of treatment delays and falsified records at VA centers nationwide.

The 9th District delegation were prime sponsors of a 2011 State law that established the Veterans' Hospital Task Force which was charged with preparing recommendations for a comprehensive plan for expanding health care access for military veterans living in the southern part of the state. Among the Task Force's key final recommendations was the creation of a pilot program to give area veterans greater access or portability of health care insurance and treatment to local medical centers, including Atlanticare, the Bacharach Institute of Rehabilitation, Cape May Regional Medical Center, the Virtua System, Shore Memorial Hospital, the Inspira Health Network, and the Meridian Health Care System, which represents just a portion of the health care facilities that expressed interest in participating in the pilot program.

[\(more...\)](#)

[Video: Gove Talks About Effort to Develop Long-Term Alzheimer's Plan for New Jersey](#)

[!\[\]\(ec9132f1d27c8919987d92907322654d_img.jpg\) Like](#) [!\[\]\(9db1a20e6fdae9c15975d240125424df_img.jpg\) Share](#) [!\[\]\(69e745cb555ee0441d11497d43826bd7_img.jpg\) Tweet](#)

Assemblywoman DiAnne Gove (R-9) appeared on Comcast Newsmakers with host Jill Horner to talk about Alzheimer's disease and efforts by legislators to provide support to affected residents.



[Click here to view the video.](#)

Recent [statistics provided by the Alzheimer's Association](#) show the need to press forward with New Jersey's plan for developing a long-term strategy to improve treatment for those suffering from the disease and strengthen the support system for caregivers.

[\(more...\)](#)

[Connors, Rumpf & Gove Remark on Recently Released Veteran-](#)

Owned Businesses Assistance Act Report

In complying with a key provision of the 2011 law authored by Senator Christopher J. Connors, Assemblyman Brian E. Rumpf and Assemblywoman DiAnne C. Gove entitled the "Veteran-Owned Business Assistance Act," the New Jersey Department of the State Treasury has released its Veteran-Owned Business Assistance Act Report for Fiscal Year 2013.

The 9th District Delegation's initiative was developed to provide assistance and encourage veteran-owned businesses to actively engage in the process of securing state contracts.

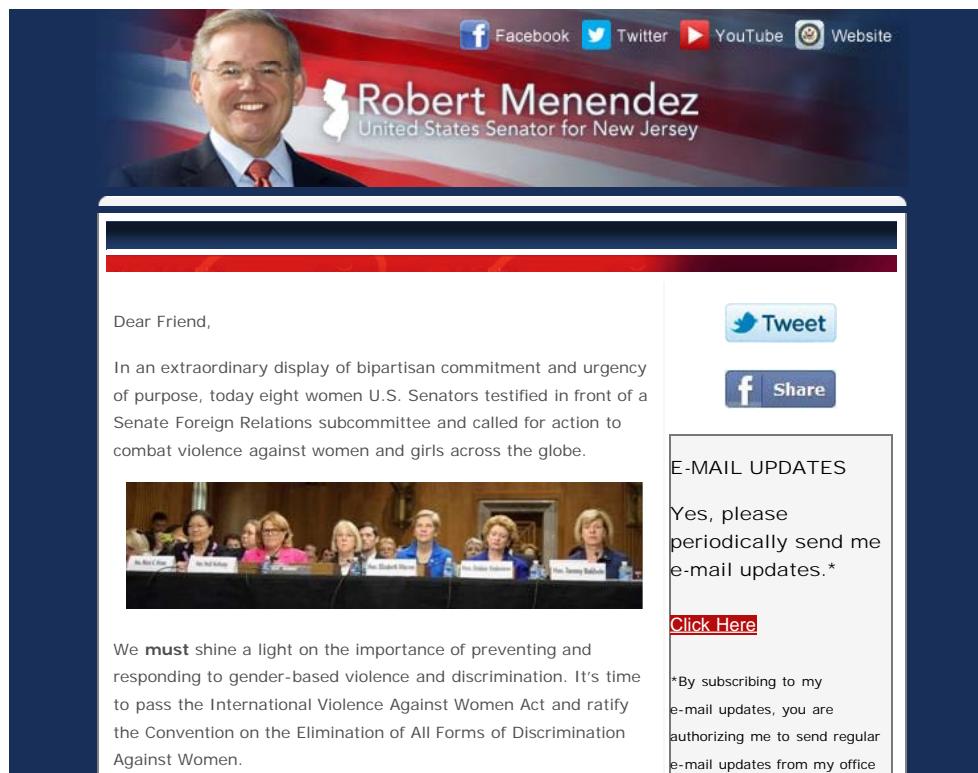
[\(more...\)](#)

Connors, Rumpf & Gove Elated Jessica Lunsford Act Finally Signed Into Law

The Jessica Lunsford Act (A-892/S-215), which is cosponsored by 9th District Representatives Senator Christopher J. Connors, Assemblyman Brian E. Rumpf and Assemblywoman DiAnne C. Gove, was signed into law today by the Governor. The Act, which is named after the Florida girl who was sexually assaulted and murdered by a convicted sex offender, requires mandatory terms of imprisonment for persons convicted of aggravated sexual assault against a child under the age of 13, for a specific term of years fixed by the sentencing court, between 25 years and life imprisonment, of which 25 years or more must be served before parole eligibility.

"The enactment of the Jessica Lunsford Act marks a monumental achievement for New Jersey in establishing appropriate and fitting sentences for child sex offenders who commit the most heinous of crimes," said Senator Connors. "New Jersey, which is usually recognized as a national leader in the area of sex offender law, now joins most of the other states in the country that have already enacted the Jessica Lunsford Act. Enactment of this bipartisan initiative reinforces the zero-tolerance policy stance that must be maintained for child predators."

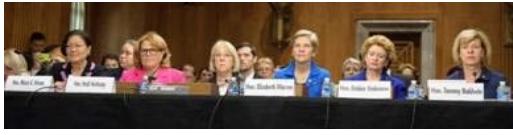
[\(more...\)](#)



The screenshot shows an email from Senator Robert Menendez. At the top, there's a photo of him, social media links (Facebook, Twitter, YouTube, Website), and a title: "Robert Menendez United States Senator for New Jersey". The main content starts with a greeting: "Dear Friend," followed by a paragraph about eight women U.S. Senators testifying at a Senate Foreign Relations subcommittee. Below this is a photo of several women seated at a long table during a hearing. The bottom of the email includes a call to action about preventing gender-based violence, followed by an "E-MAIL UPDATES" section where users can opt-in to receive updates. A note at the bottom explains that by subscribing, users are authorizing the senator to send regular email updates.

Dear Friend,

In an extraordinary display of bipartisan commitment and urgency of purpose, today eight women U.S. Senators testified in front of a Senate Foreign Relations subcommittee and called for action to combat violence against women and girls across the globe.



We **must** shine a light on the importance of preventing and responding to gender-based violence and discrimination. It's time to pass the International Violence Against Women Act and ratify the Convention on the Elimination of All Forms of Discrimination Against Women.

E-MAIL UPDATES

Yes, please periodically send me e-mail updates.*

[Click Here](#)

*By subscribing to my e-mail updates, you are authorizing me to send regular e-mail updates from my office

Here are my remarks from this morning:

to your e-mail account.



https://www.youtube.com/watch?v=ZI43S_Ji_yk

Sincerely,

Robert Menendez
United States Senator



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We are happy to announce our second location is now open [at 209 N. Bay Ave, Beach Haven \(LBI\) NJ 609-492-4800.](#)

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](#)

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