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PRESIDENTS LETTER

July 2015

Join me in welcoming our new slate of officers

Our Officers for 2015-2016 are:

President – Gina Dinkey

Vice President – Stephanie Stockwell

Treasurer – LuAnn Ford

Secretary – Jaimee Henbest

and congratulations to the Scholarships recipients

Lori Andreson, Leanne Kiernan and Evonne

Bonamassa.

We plan to continue the progress getting our

organization known in the community and having

events to raise funds for the yearly awards.

It has been inspiring to see the dedication over

the past year. Our success depends on

collaborative efforts of our volunteers.

It was a gift to learn about the history through the

storage of documents. I look forward to continue

working with the dedicated group.

I hope to see everyone at the next meeting.

Gina Dinkey, President, BPWSOC

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](#)

REMINDER: RENEW YOUR MEMBERSHIP NOW

July 14 - BPWSOC Meeting
GUEST SPEAKER - BPW member Evonne Bonamassa

August 11 - BPWSOC Meeting

August 29 - Shop for a Cause
September 8 - BPWSOC Meeting

September 12 - Pirates Day in Barnegat

October 13 - BPWSOC Meeting

November 11 - BPWSOC Meeting

December 4- Pocketbook Bingo(tentative date)

December 8 - 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!!!



MEMBER BIRTHDAYS:

Pat Stochlinski (new member moving from Central Jersey) July 2nd

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



"No one can make you feel inferior without your consent."
Eleanor Roosevelt



COMPUTER TIPS FROM LISA G

A Tune Up of your Personal Computer (PC) is just as important as the oil change or tune up you have done on your automobile. Or, another analogy may be your yearly dental check up or cleaning (every 6 months).

Our computers are a very important tool for many tasks these days, would you not want it to always be running properly?

Based on the tasks I perform for a tune up and some that I have researched, here are some of them:

-Remove unwanted programs, software or applications. But, be sure that they are definitely not something your system needs by researching the publisher or program itself.

Aside from needing antivirus software, any other program in your "Programs" that may say something about or claiming to speed up your PC or optimizer, cleaner, etc...may be the culprit for a pc that is running slow.

There is no magic program out there. I would go with and recommend only what the manufacturer (Microsoft) may recommend at their support page. An exception to the above mentioned, would be CCleaner. I haven't used the program more than a few times myself, but, I have found reports that the "ccleaner utility" by piriform is an old tool that is free and useful.

Disable startup programs. Click on the start button and type msconfig - this is where it really may be a good idea to have a "Tune Up" performed by a certified computer technician.

-Be sure your PC is up to date: Windows Update is up to date along with your manufacturers updates being checked. (Even though for the most part, these tasks are usually set automatically, there is some user interaction from time to time.

-Run Disk Cleanup - (be sure to check all the boxes and click ok and it will ask if you are sure,



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 July 14, 2015
GUEST SPEAKER:
Evonne Bonamassa

Mark your calendars:

Shop for a Cause is 8/29th, we will need volunteers for the table in store.

Pirates Day is September 12 in Barnegat. Visit our table. POCKETBOOK

BINGO tentative date is December 4

For more information about these events

Visit us at www.bpwsoc.org



For information about

Business and Professional Women New Jersey

www.bpwNJ.com

etc... ok again and once it is done, it will disappear).

-The Action Center has a good troubleshooter. This is the little white flag that sits in your system tray (the place in the bottom right hand corner, jut to the left of the clock on your desktop). I often advise people to watch this flag and be sure that it is not reporting anything other than "No current issues detected". If there are issues, just open the Action Center and follow what it says. Or, you can even go in and click on the Maintenance section and then click "check for solutions".

-Be sure to remove any malware (short for malicious software, it can be anything from software that disrupts our computer operation, gathers personal and sensitive information, gains access to our computer and includes viruses, worms, trojan horses and the terms go on and on). The point is, if you have software that you do not know where it came from and it was recently added unbeknownst to you - you should remove it.

Again, this may be the job for your computer technician.

-Install more RAM (memory), if system allows.

-Install a bigger Hard Drive.

-Upgrade your Operating System, if your system allows.

-Defragment your hard drive. This is a tool that I use in conjunction with Disk Cleanup (but, I use it last - after all else has been done and your system has be rebooted or restarted - then I would run the Defrag). With windows 7 and windows 8, it is set by default to run weekly (on its own, but the computer must be on). I recommend you change it to monthly and at a time that your computer will be on.

Enjoy and keep your PC tuned up and up to date.

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Lisa A. Gambino
Certified Computer Technician and Professional Secretary
Webmistress for BPWSOC and BPWNJ
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.



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 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. 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 power.



NEW MEMBERS:

Members please bring family, friends and business associates to meet us. New members are always



JULY GUEST SPEAKER

Our Guest speaker this month will be BPWSOC member Evonne Bonamassa.

I have 3 young children, with a busy schedule, like all of us these days. Wildtree has taken off some stress for me, by allowing me to prepare healthy ORGANIC, all-natural product meals in advance. So for those days that I am running to drum practice, dance, art... I now know that a healthy dinner is in my reach.

Wildtree is an exciting direct-sales company whose all natural gourmet culinary blends, infused grapeseed oils, dressings and sauces are sold through home tasting parties.



9th District

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

[Connors, Rumpf & Gove Want to End Drunk Drivers' Eligibility for Workers' Compensation](#)

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welcome.



Here are some simple preventive measures you can take to avoid melanoma:

- Use [sunscreen](#), and look for a sun protection factor (SPF) of 30 or higher.
- Be careful how much time you spend outdoors between 10 a.m. and 2 p.m., when UV rays are strongest.
- While outdoors, apply sunscreen every couple of hours and reapply after swimming.
- Wear a hat to shield your face and eyes, and keep your skin covered.
- Avoid tanning beds and lamps, which increase your risk of skin damage and skin cancer.



Reading Corner

Seeking to close a legal loophole that threatens public safety, Connors, Rumpf & Gove are calling for action on legislation that would prevent convicted drunk drivers from receiving workers' compensation.

[Click for Full Story](#)

[Connors, Rumpf & Gove Call for Action on Their Illegal Immigration Reform Initiatives](#)

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Amid intensifying concerns regarding the influx of illegal aliens violating our nation's borders, Connors, Rumpf & Gove have requested votes on bills they sponsor to curtail illegal immigration into New Jersey.

[Click for Full Story](#)

[Connors, Rumpf & Gove Call on State to Rescind \\$3 Tics Shoal Walk-In Fee](#)

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Connors, Rumpf & Gove oppose the new \$3 walk-in fee assessed on those who enter Island Beach State Park through the Fisherman's Walkway adjacent to Tices Shoal.

[Click for Full Story](#)

[Gove Completes Legislator-in-Residence Program at Stockton University](#)

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Assemblywoman DiAnne C. Gove (R-9) has completed the Legislator-in-Residence Program for the Spring semester at the Stockton University of New Jersey.

[Click for Full Story](#)

[Governor Signs Connors-Rumpf-Gove-Supported "New Jersey Tuition Equality for America's Military \(NJTEAM\) Act"](#)

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Legislation sponsored by Connors, Rumpf & Gove that would provide veterans living in New Jersey with in-state tuition at the

state's public colleges has been signed into law.

[Click for Full Story](#)



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:

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- 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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