

Business and Professional Women Southern Ocean County
June 2014 Newsletter
www.bpwsoc.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](#)

June 11 – BPWSOC Scholarship and Installation Meeting
PLEASE NOTE: THIS IS A WEDNESDAY

July 8 – BPWSOC Meeting

August 12 – BPWSOC Meeting

September 9 – BPWSOC

President's Message from Mary Baldelli

Hi Sisters,

Here Comes Summer!

I hope you are making plans to take advantage of this warm weather and do something that "feels" good to you, taking a walk, gardening, reading a good book, or paying it forward. All are rewarding, but remember to be good to yourself!

Our June meeting will be an exciting one. We will be dispensing with our normal agenda to welcome our new slate of officers and to welcome our scholarship award recipients.

My special thanks to Carol Lieber, for heading the

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!!!

nominating committee, to Stalo Karamananos for chairing the scholarship committee, and to Penny Miller who will be handling the installation of officers . These women contribute so much to the success of our BPW group. Thank you to those who are stepping up and thank you to all of those who support us.

Mary Baldelli,
President, BPWSOC

Please RSVP to info@bpwsoc.org or reply to this newsletter if you are attending this meeting. If present, your name will be entered in a drawing for this month's door prize.



Our June meeting is dedicated to our scholarship recipients and the installation of our new officers.

Scholarship Recipients: Robin Russell, Demetra Rotsides, Maribel Vincent, Maria Kodopidis and Barbara DeButts.

Installation of Officers: Mary Baldelli, President, Gina Dinkey, Vice President, Jaimee Henbest, Treasurer and Lisa Gambino, Secretary



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 – Wednesday, June 11
BPW NJ STATE BOARD MEETING– October 2014 (exact date will be forthcoming). Monmouth University – Magill Commons, Club Dining Room, West Long Branch, NJ



Legislative Update

[Connors, Rumpf & Gove: Updated Alzheimer's Statistics Demonstrate Need for Long-Term Plan](#)

Women More Impacted by the Disease

Reacting to the latest set of statistics provided by the Alzheimer's Association, Senator Christopher J. Connors, Assemblyman Brian E. Rumpf and Assemblywoman DiAnne C. Gove, remarked on 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.

Connors, Rumpf and Gove wrote the 2011 bipartisan supported law that established the Alzheimer's Disease Study Commission, which was first proposed by the Alzheimer's Association Greater New Jersey Chapter. The Commission, which Senator Connors serves on as a legislative member, is tasked with studying the current impact and incidence of Alzheimer's disease among State residents and making projections about the future impact and incidence among State residents.

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



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



We are happy to announce our second location coming this month to 209 N. Bay Ave, Beach Haven (LBI) NJ.

We will be specializing in Weddings, special occasions, hair, nails, facials and body massage.

We are now taking applications for the positions above. If you are a licensed Hairstylist, Nail Technician, Esthetician, Massage Therapist and make up artists and are looking for a positive change, please contact us. You can email your resume

to donnazadera@yahoo.com or call [Bella Donna Salon](#) (in our Manahawkin location) at 609-978-1414 and ask for Donna.

All inquiries will be held confidential.



Incoming telephone calls:

This seems to be an endless topic that I have written about in the past, several times. But, with recent situations, I am again finding it a useful or hopefully helpful topic that you may want to consider when picking up your telephone (land or cell) and how to deal with the person on the other

Beach Island! There are still homes available, so don't hesitate to contact me. Cyndy Friedland



NEW MEMBERS:

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

New members are always welcome.



Health Tip

Are you wondering why it is good to eat every few hours? A healthy snack/meal provides fuel to keep blood sugar and insulin levels steady which results in turning off fat storage.

end or whether or not to call a person back based on just the caller id information.

These are the top 3 situations in the news recently:

1-The newest scam is the "one ring" call and it works like this: Your cell phone rings once, you may miss the call, but you are curious because you do not recognize the number - so you call back. You are then connected to an international adult entertainment service or maybe a chat line where you will be charged for the calls. (I have seen fees reported at \$19.95 for an international call and/or \$9.00 per minute). This scam works through a computer that is set up to randomly dial out to thousands of numbers and if you are the one to take the bait - you lose!

2-You receive a call from a person saying they are tech support or an IT tech with Microsoft or Google or any other recognizable tech support company. They tell you that they have detected a serious problem with your computer and they need to fix it. Ultimately, they want you to allow them into your computer - (PLEASE, DO NOT ALLOW ANYONE INTO YOUR COMPUTER - IF YOU ARE THAT SKEPTICAL AND WANT SOME CLARIFICATION - CALL YOUR COMPUTER MANUFACTURER YOURSELF AND BE SURE YOU DO GET THE REAL TELEPHONE NUMBER, IT WILL BE IN WITH THE WARRANTY DOCUMENTS WITH YOUR COMPUTER) - once they get into your computer, they can do anything - initiate a virus, steal your identity, wipe your hard drive - whatever is the worse that could happen is what will happen.

I will repeat, no one will ever call you that is legitimate and trustworthy enough to allow access to your computer or any other device. Remember your manufacturer can be contacted if you wish to question any strange calls etc... A tip here would be to ask for the person's telephone number to call them back (you wouldn't believe what happens next), then check the number against the number on your caller id, although this is not always a sure sign - because people telework, etc... but, different area codes may be a clue.

3-Someone calls you from an office or business landline that they are borrowing



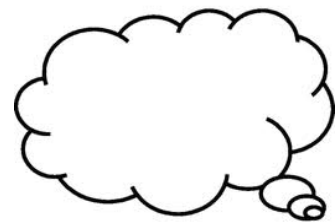
Reading Corner

By Bill O'Reilly:
Killing Lincoln,
Killing Kennedy and
Killing Jesus



June Birthdays:

Patricia Barndt – June 30
Lisa Gambino – June 21
Emma Halsey – June 2
Maribel Vincent – June 9
Donna Zader – June 7



Thoughts?

Your thoughts and ideas are always welcome! Let us know.

or visiting at the moment and you disregard listening to the voice mail or you just aren't able to get to the voicemail at the time. Well, you will not always get the person at the number you see on your call id. I would like to recommend that you get the correct number, listen to the voice mail or look up the individual - if it is a friend - I am sure you have the person's proper telephone numbers to reach that person.

Whether you are receiving scam calls or calls from friends, family, business or whatever - I strongly recommend that you disregard the number you see on your caller id - because it will either get you in trouble or you will not be reaching the person who wishes for you to call back. It is all requires a bit of common sense, respect and basic courtesy (these are some things that seem to be slipping away based on the "always connected" world that we are now experiencing).

Be careful out there and enjoy your electronic devices!

Thank you, Lisa Gambino

[A2Z Computer Help](#)

Secretary/Webmaster, BPWSOC.org

Certified Computer Technician and

Professional Secretary

A2Z Computer Help

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