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Business and Professional Women Southern Ocean County
March 2015 Newsletter
www.bpwsoc.org



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March President's Message

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](#)

March 10 - BPWSOC Meeting (see guest speaker section)

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!!!

Dear Sisters,

President's Message

Each day when I leave my house, I pass by an elementary school with a changing sign that reads "Value of the Month". The sign never fails to attract my attention and always encourages me to reflect on that month's value and how it affects or has affected me.

The sign currently reads "Love of Learning" as this month's value.

The "Love of Learning" usually starts as children and can continue throughout our family life, business development, and aging process.

Once we have completed our basic education, we usually try to focus on those elements in learning which interest and/or excite us.

Learning helps us move forward to increase our skills and knowledge.

Learning can be in the form of continuing education credits for licensure and job focus, for health improvement, stress management, and community or political involvement. My adult daughter is now taking guitar lessons, My dog and I trained to be part of Caregiver Canines, I continually take advanced classes in massage therapy. If you are planning a trip out of the country, try learning some of the language or at least some of the cultural differences. Although these are just a few areas of learning we can look to, the important task is to stimulate our brain cells, keep up with technology, and share this learning with clients, customers, and family or friends.

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:

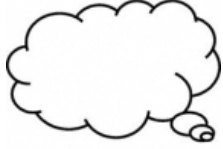
Jane Kunka - March 10
Kathleen Gill - March 13
Penny Miller- March 17



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

Stalo Karamanos - March 20

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



"I think it's the end of progress if you stand still and think of what you've done in the past."

Leslie Caron



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

Tip for March

:

The "Windows Logo" key on your keyboard is a very useful "control" key. It can be used in combination with other keys to produce a shortcut. For example, and my favorite, if you hold the windows logo key down and then press the "L" key, you will lock your computer or sign out so that you would just need to re-enter your password or another user can sign on. I find this useful when working on something, and have to leave my desk for a while. Enjoy! And Explore!

Thank you,

Lisa Gambino

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Secretary/Webmaster, BPWSOC.org
Certified Computer Technician and Professional Secretary
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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

"Members Only" area.

[Please support upcoming BPWSOC events:](#)

BPWSOC March 10, 2015

SPECIAL NOTICE

About International Women's Day

When: 8 March

Where: Everywhere

What: International

Women's Day (8 March) is a global day celebrating the economic, political and social achievements of women past, present and future. In some places like China, Russia, Vietnam and Bulgaria, International Women's Day is a national holiday.

Why: Suffragettes campaigned for women's right to vote. The word 'Suffragette' is derived from the word "suffrage" meaning the right to vote. International Women's Day honours the work of the Suffragettes, celebrates women's success, and reminds of inequities still to be redressed. The first International Women's Day event was run in 1911 ...

[more](#)

Visit us at

www.bpwsoc.org



For information about

Business and Professional Women New

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.

Jersey

www.bpwnj.com

BPWNJ State Board Meeting
March 21, 2015 (postponed
from February 14 due to
inclement weather)

BPWNJ State Conference
May 15 and 16, 2015

Additional information will be
forthcoming in the April
newsletter.

GUEST SPEAKER FOR MARCH 10 MEETING

Our guest speaker this month will be a BPWSOC member

LuAnn Ford is a long time resident of Ocean County, moving here in 1986. She graduated from Georgian Court College in 2004. In 2007, she became a Certified Public Accountant. After years of working for others in public accounting, she opened her own firm in 2013. Her business mission is to make accounting easy for everyone. She serves on the Board of Directors as Treasurer for the Lacey Chamber of Commerce, is a charter member and Vice President of the Rotary Club of Barnegat, and a member of the Barnegat Chamber of Commerce, Stafford Chamber of Commerce, and Business and Professional Women of Southern Ocean County. She enjoys traveling and reading novels. She resides in Forked River with her three dogs.



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 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



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

SAVE THE DATE

U.S. SENATOR BOB MENENDEZ
presents

THE FIFTH ANNUAL
**WOMEN'S HISTORY
MONTH CELEBRATION**

featuring
**THE EVANGELINA MENENDEZ
TRAILBLAZER AWARDS**
Presented to New Jersey women for
exceptional achievements

**SUNDAY
MARCH 15th, 2015**

12:00 PM - 2:00 PM

Bergen Community College
The Ciccone Theatre
400 Paramus Road
Paramus, New Jersey 07652

menendez.senate.gov 973.645.3629

FEATURING

Kirsten Gillibrand
U.S. Senator
Representing New York

MORE DETAILS TO FOLLOW

Senators, Congressman Post Letter to President: No Oil Drilling in Atlantic
By Press Release | Feb 06, 2015
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U.S. Sens. Robert Menendez and Cory Booker (D-N.J.) and Congressman Frank Pallone (D-N.J.-6th) sent a letter on Friday to President Barack Obama calling on his administration to abandon plans to open parts of the Atlantic Ocean to offshore oil and gas drilling. The federal lawmakers were joined on a conference call by representatives from the N.J. League of Municipalities and a bipartisan coalition of mayors to discuss the threats offshore drilling poses to the economic and environmental health of the Jersey Shore.

"The plan's proposal for oil production in Virginia, North Carolina, South Carolina, and Georgia would put New Jersey's economy and shore communities at significant risk," wrote Menendez, Booker and Pallone. "We strongly urge you to consider removing all Atlantic planning areas prior to the issuance of the next draft of the Five-Year Plan."

New Jersey's federal lawmakers cited the 2010 Deepwater Horizon catastrophe in the Gulf of Mexico and the long-term marine and coastal damage created by the massive oil spill. "At a time when New Jerseyans are still working to rebuild their lives after Hurricane Sandy, the last thing we need is the prospect of a manmade disaster from an oil spill," the letter continued.

The Jersey Shore is home to over \$700 billion in coastal properties and a tourism industry that generates \$38 billion a year and directly supports almost half a million direct and indirect jobs, or nearly 10 percent of the state's entire workforce. New Jersey's vibrant commercial fishing industry generates over \$7.9 billion annually and supports more than 50,000 jobs. The state has one of the largest saltwater recreational fishing industries in the nation. All of that is threatened by offshore drilling, they argued.

"We urge you to consider focusing your Administration's offshore energy production on

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 welcome.



Not eating right and stress cause gastrointestinal problems. Probiotics such as acidophilus can help.

clean, limitless wind power that can coexist with, rather than compromise, our marine ecosystems," they wrote.

On Friday, the senators and congressman held a conference call with a number of N.J. League of Municipality members who represent a growing coalition of New Jersey public officials standing united in opposition to offshore drilling in the Atlantic.

Piscataway Mayor Brian Wahler, who is president of the league, said, "I think it is safe to say after meeting with several mayors there will be a unanimous resolution out of the League supporting any action to prevent this drilling from happening anywhere on the Eastern Seaboard."



Reading Corner

Author: Anne Rivers Siddons

Title: Homeplace



**We now have a third location
at [2400 N. Long Beach Blvd, Surf City \(LBI\) NJ 609-361-1777.](http://www.bpdonna.com/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](http://www.bpdonna.com/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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