



## 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**

May 13 – BPWSOC Meeting  
Guest Speakers: Annie Labbate and Lisa Marie Sinou from Dreamz Hair Solution Center, further details included

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

July 8 – BPWSOC Meeting

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

## President's Message from Mary Baldelli

Hi Sisters,

We finally made it to Spring. The flowers are in bloom with more to come. I hope that each one of you takes time to balance yourself, breathe deeply, and enjoy your purpose on this earth. Celebrate "being you"!

Who do you know that might benefit from membership in BPW? We encourage friendship, camaraderie, business awareness and networking. We try to provide access to information on women's issues in legislation and health. We provide monies for scholarship and business growth as well as volunteer opportunities.

Please give us your time, your knowledge, your friendship.

Again,  
**WHO DO YOU KNOW?**

Mary Baldelli,  
President, BPWSOC

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

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:

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



***The art of medicine consists of amusing the patient while nature cures the disease. Voltaire***



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

Internet Explorer is Microsoft's browser. You must launch a browser in order to visit websites/webpages. For example, if you click on the blue "e", you will launch Internet Explorer and if you use the search engine "Google" to search for professional women's organizations in Ocean County, NJ - you will find that [www.bpwsoc.org](http://www.bpwsoc.org) comes up in the list of results for this search. Now, you would click on the website and you would be viewing this website in the Microsoft Internet Explorer browser.

You may or may not have heard in the last few weeks about the serious flaw can let hackers place a virus on your computer. Apparently, it is in all of the versions of Internet Explorer that have been out over the last 10 years. It also does not matter what Operating System you are using either. This is another reason that Windows XP can be extremely dangerous to continue to use. Even though Microsoft claimed to end all support to Windows XP on 4/8/14, they did put out an update last week, but this would be enough to keep me out of or off of the internet on a Windows XP machine. The fix for the Operating Systems after XP, (which are Vista, Windows 7 and Windows 8 (8.1)) still must practice very cautious web searching and be extra certain that your Operating System, additional software programs and applications and your antivirus software are all up to date. The bug is a drive by hack - you only have to visit the website that hackers have hijacked and/or modified and your pc will become infected with the virus.

Your best defense is to refrain from using Internet Explorer and choosing an alternate browser, which will instantly stop the threat according to research. Chrome is a free browser that is put out by Google. You can download it here:

<https://www.google.com/chrome/browser/>

To keep yourself safe, it is best to copy the link above from the "h" to the "/" and paste it into your browser's address bar. Of course, you will be using Internet Explorer to do this, if during the setup of your computer - the person setting up did not include additional browsers. Usually a good computer technician will include other browsers for you and explain the use etc...

Another free and safe browser is called Mozilla Firefox and you can copy the following link to download the browser:

[https://www.mozilla.org/en-US/firefox/new/?f=30&utm\\_expid=71153379-28.SNKFJ4VqRzilW1TLqjhpAw.1&icn=tabz&utm\\_referrer=http%3A%2F%2Fwww.mozilla.org%2Fen-US%2Fproducts%2F](https://www.mozilla.org/en-US/firefox/new/?f=30&utm_expid=71153379-28.SNKFJ4VqRzilW1TLqjhpAw.1&icn=tabz&utm_referrer=http%3A%2F%2Fwww.mozilla.org%2Fen-US%2Fproducts%2F)



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](http://www.bpwsoc.org)



**Please support upcoming BPW events:**

BPW SOC MEETING – Tuesday, May 13  
BPW STATE CONFERENCE – Saturday, May 17  
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

[Cyndyonbi@comcast.net](mailto: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

Another thing that I would like to point out - is to take notice of the links that I am giving you, they both start with https (Hypertext Transfer Protocol Secure) - this means that it is secure. You will see addresses for your bank and for other e-commerce companies that are reputable and following proper security protocols to keep its users safe and secure during transactions.

Finally, remember that these browsers will be somewhat different from what you may be used to and accustomed. You will not see "favorites". These browsers refer to your favorite places as "Bookmarks". And, when you download a file or a program/application - the procedure will be different. As in anything you must become accustomed to the new and or different way that this browser does things for you.

For me, I would not dwell on the difference of it, I would rely on the fact that I will be able to browse the Internet in a more safe fashion.

As always, if you would like further explanation or further training in this area, I would be glad to visit with you and show you in person.

Thank you,

**Thank you, Lisa Gambino**

[A2Z Computer Help](#)

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A2Z Computer Help

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["Like" my page on Facebook](#)



## 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 Lauren Berman at [lesimeone@verizon.net](mailto:lesimeone@verizon.net).

***If you are not receiving your copy of the Voice electronically, and would like to, e-mail Lauren Berman 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 MAY 13 MEETING

This month we are fortunate to have Annie Labbate and Lisa Marie Sinou from Dreamz Hair Solution Center speak to us.

Dreamz is a division of Riverfront Hair Studio in Toms River, specializing in wigs, partial wigs, keratin extensions and laser cool stimulation for women who are going through chemotherapy and hair loss. They are dedicated to the total well-being of those individuals experiencing the emotional trauma commonly associated with hair loss or thinning hair. Whether due to chemotherapy,

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

When planning to eat out, check the menu ahead of time to look for best lighter options. This way when hungry, you tend not to order something based on advertisement or urgency.



## Reading Corner

[Strengths Finder](#), Tom Rath

[CEO Brand](#), Suzanne Bates

[Lean In](#), Sheryl Sandberg

Alopecia, surgery, scarring or other medical treatments, the staff at Dreamz is ready to provide service in a relaxed, compassionate and professional setting.

If you know someone who might be interested talking with Annie or Lisa, please bring them along.



## Legislative Update

Watch the following video:

**Assemblyman Brian Rumpf (R-9) talked about the growing heroin epidemic that is plaguing Ocean County and legislative efforts to fight it.**

[Video: Rumpf Talks About Ocean County's Growing Heroin Epidemic and Legislative Remedies](#)



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](mailto:donnazadera@yahoo.com) or call [Bella Donna Salon](tel:609-978-1414) (in our Manahawkin location) at 609-978-1414 and ask for Donna. All inquiries will be held confidential.

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As recommended by Gina Dinkey during her presentation at the April 2014 meeting.