

Business and Professional Women Southern Ocean County
 October 2014 Newsletter
www.bpwsoc.org



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BPWSOC Upcoming events for 2014-15

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](#)

October 14 – BPWSOC Meeting
 Guest Speaker: Grace Initiatives - non profit which provides counseling, life-skills education and housing to pregnant and parenting teens.

November 11 – BPWSOC Meeting

December 9 – BPWSOC Holiday Meeting

January 13 - BPWSOC Meeting

February 10 - BPWSOC Meeting

March 10 - BPWSOC Meeting

April 14 - BPWSOC Meeting

May 13 - BPWSOC Meeting

June 9 - BPWSOC Meeting

**ADDITIONAL EVENTS
 WILL BE ADDED AS THEY
 OCCUR**

(Note: There will be

October President's Message

Hi Sisters,

October is "Breast Cancer Awareness Month" so be sure to help out where you can to eradicate this disease which affects so many women.

Most of us know someone that has been affected by this disease, so it hits close to home. Social media has helped propel breast cancer awareness to the forefront, but always remember that there are people out there fighting "other" diseases and causes as well.

Give of yourself, your time, your skills, your voice, or even a donation when possible. Please help where you can.

October 19-25th is also "Massage Therapy Awareness Week". Massage therapy can play an important role in your health regimen by:

Lowering stress

Increasing immune function

Boost mental health and wellness

Manage pain

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!!!

Improve physical fitness

Massage therapy is not a luxury to be enjoyed only while on vacation. Muscle tension and restrictions can be relieved or lessened any time.

And last, I want to thank Jaimee Henbest, Gina Dinkey, Lisa Gambino, LuAnn Ford, and Maribel Vincent for all their hard work in making our networking event a success. A special thanks to Stalo Karamanos for the use of Kristy's and the delicious food for our event. We had a great turnout despite the threat of continuing rain.

Janet Neal, our speaker, was animated and informative and gave us some new ways to coordinate our activities with our values. Best of all, this event gave us a way to reach out to new women and let them know about 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:

Carol Lieber - October 6

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



"You can never be great at anything unless you love it."

Maya Angelou



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



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

Facebook for Business:

Facebook, also known as an online social networking service, was founded in February 2004 by Mark Zuckerberg (along with others) and its headquarters are in Menlo Park, California. Facebook, Inc. held its initial public offering in February 2012.

You can use FB for your business only or you can use FB for personal and business. For business only, you need to set up what is called a "Fan Page", where people and other business pages will visit your page and "Like" your page. This is preferable to people who don't want to provide a lot of personal information to get started. To create this page, you would click on "Create a Page for a celebrity, band or business."

This is the link: <https://www.facebook.com/login.php?next=https%3A%2F%2Fwww.facebook.com%2Fpages%2Fcreate%2F>

You will then sign up and create an account for your business.

Now, you will need to link this to an email address (preferably a business email address, along with your website address - would be ideal). Now, it is all up to you to collect "Fans" or "Likes". And you will need to post often to hopefully keep your audience. I don't feel that more than once a day is needed, unless you have the time. But, at least once a day or a couple times a week - I would recommend that you post something relevant to your area of business.

You can also create a business page through your personal profile. Many people usually already have a personal profile. Facebook is all setup to be tied closely to your personal profile and your business page, so you will need to update the privacy settings on your personal page along with the setting on your business page, so that your visitors and/or viewers see only what you want to see. The settings tab in your personal profile is in the upper right corner (in the dark blue area) to the right of your name, home, friends, inbox, notifications, privacy shortcuts and then the small downward arrow (that you will click on and then click settings). Here you will see in the left hand column General, Security, Notifications, amongst others and you will click on each and then on the right side - set them accordingly. On a business page these settings are located in the white area below the blue area and starts to the left of the page at the top of your timeline photo. You will see Page, Activity, Insights and "Settings" - once you click on Settings, you will get a similar set of options as seen in the personal profile settings.

Additionally, you can link your page to Twitter - this will add links, posts, photos, notes, etc...which will allow your Twitter followers to also see your posts.

You will need to be logged into Facebook to view all of the "Help" areas within FB. They are very in depth, but nonetheless the information is there.

Have fun socializing and always stay positive and steer clear of any negative activity.

Also, as always, feel free to contact me for additional help!

Thank you,

Lisa Gambino

A2ZComputerHelp.com

Secretary/Webmaster, BPWSOC.org



Please support upcoming BPW events:

BPW SOC MEETING –
Tuesday, October 14

BPW STATE Board Meeting/Mixer – Saturday, October 11
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:

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



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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 OCTOBER 14 MEETING

Grace Initiatives in New Jersey exists to empower pregnant young women to prepare for their future and their babies' future by providing housing, counseling and life-skills education to pregnant teens at our residential home, Grace's Place.




Legislative Update
CONNORS, RUMPF & GOVE



9th District
[Home](#) | [Facebook](#) | [Twitter](#)
senconnors@njleg.org
609-693-6700

[Governor Signs Connors-Rumpf-Gove](#)

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 welcome.



Do you need to exercise each day? If you eat anything, you do! Walking under 5,000 steps a day is considered sedentary.



Reading Corner

INVISIBLE
By: James Patterson

[Supported Bill Enhancing Towns' Ability to Regulate Vacant Foreclosed Upon Properties](#)

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Gov. Christie has signed into law a bill by the 9th District delegation allowing municipalities to adopt ordinances to regulate the upkeep of vacant and abandoned residential properties which have been foreclosed upon.

[Click for Full Story](#)

[Connors-Rumpf-Gove Reform Efforts Target Corrupt Politicians' Pensions](#)

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Sen. Chris Connors, Asm. Brian Rumpf and Asw. DiAnne Gove have reintroduced two legislative initiatives aimed at ensuring convicted corrupt politicians face enhanced monetary penalties for their criminal actions.

[Click for Full Story](#)

[Senator Connors Addresses Stockton Student Senate as 9th District Legislator and Proud Alumnus](#)

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Pirate's Day Barnegat Highlights

- Networking Poster drew many eyes
- Some were interested for their family members
- A couple ladies said this is the time they would like to start but need some direction
- Many were interested in attending our monthly meeting
- A few mentioned that either other groups hadn't worked out or difficult to find one
- Even with the heat and band music, ladies listened and were interested in our cause
- Children had fun with the ladder ball game




Sen. Chris Connors addressed members of Stockton’s Student Senate on how his experiences as a student at Stockton shaped his views and approach to public service as a member of the New Jersey Legislature.

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Robert Menendez


United States Senator for New Jersey


Dear Friend,

It’s time to stand up and restore transparency to our elections.

Since our founders met in Philadelphia to demand that the British acknowledge the Colonists’ right to have a say in their government, our nation has been built on the simple promise that every person should have a voice in the political process. From expanding voting rights to abolishing slavery, our founding document has given life to the simple idea that democracy belongs to the people.

Yet today, everyday Americans’ right to be heard is under attack. With the disastrous Citizens United decision, the Supreme Court opened the floodgates for unlimited campaign cash from corporations. Instead of walking back from the brink, the Court doubled down with the McCutcheon decision giving wealthy donors the ability to spend millions in federal races. With these two rulings, wealthy billionaires and radical special interests can now flood the air waves with unlimited, undisclosed money.





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 to your e-mail

Enough is enough.

account.



On Monday, the U.S. Senate will vote on a constitutional amendment to overturn Citizens United. The Democracy for All amendment, S.J.Res. 19, restores federal and state governments' ability to enact reasonable campaign finance measures and allow governments to distinguish between people and corporations. This narrowly tailored amendment is a perfect complement to the First Amendment's encouragement of open debate, without touching the First Amendment's protection against viewpoint discrimination. It even includes a "reasonableness" requirement for any regulation and an ironclad protection for the freedom of the press.

The Constitution is our nation's heart and soul. It reflects our nation and everything we believe in. It has mirrored our values for over two centuries, and with this amendment, it will continue the promise that everyone, big or small, rich or poor, can have their voice heard. That is why I am proud to be a cosponsor of this amendment, and that is why I will be proud to vote for it in the United States Senate.

Sincerely,

Robert Menendez
United States Senator



Contact Information:

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Phone: 202.224.4744

State Offices:

208 White Horse Pike, Suite 18
Barrington, New Jersey 08007

856.757.5353

856.546.1526 (fax)

One Gateway Center, Suite 1100
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[Connors, Rumpf & Gove Start Online Petition in Support of Keeping Atlantic City as State's Only Home to Casinos](#)



9th District

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

[Sign Our Petition to Save Atlantic City!](#)



With the closing of several casinos recently, thousands of Atlantic City jobs have already been lost, at great cost to local families and the region's economy.

Should gaming be allowed elsewhere – such as North Jersey – many more Atlantic City workers would lose their jobs, at even greater expense.

Please join us in calling on the New Jersey Legislature to reject any proposal for casinos beyond Atlantic City.

Too many families and South Jersey communities depend on casino gaming in Atlantic City for the state to walk away from its long-standing commitments.

Sign our [online petition](#) and tell the Legislature to protect Atlantic City's casino industry and the tens of thousands of casino-related jobs that would be threatened if gaming were approved elsewhere.

[Click here to sign now at http://senatenj.com/saveac.](http://senatenj.com/saveac)

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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](#)



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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