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

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PRESIDENTS LETTER

October 2015

I had the opportunity to experience a Dressed for Success event and the Corporation Manager informed us how these ladies, who we will never meet, benefit. We all know the confident feeling we get when putting something on that fits well and looking in the mirror knowing we are ready and confident.

This pays forward with effects on families and we don't even realize some less fortunate are missing basics such as makeup though all are beautiful. As women tend to compete, we come together in support as team in creating these events.

Don't forget to get your mammograms, it's Breast Cancer Awareness Month!

I hope to see everyone at the next meeting.

Gina Dinkey, President, BPWSOC



Facebook Website



Business and Professional Women
Southern Ocean County

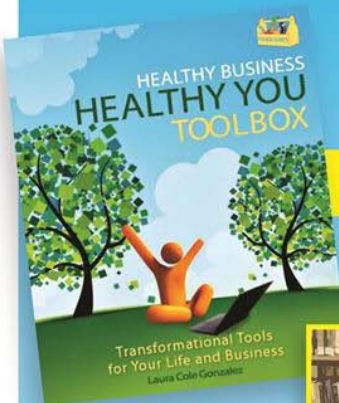
present a

Networking Event

Enjoy an evening that includes dinner and networking plus a special Guest Speaker

Laura Cole Gonzalez

Author of *Healthy Business, Healthy You Toolbox* book and programs



Event Attendees will receive a \$200 discount on Laura's "Healthy You Toolbox Transformational 30 Day Challenge!"



As a wife and mother, Laura is passionate about natural, healthy living and has been an advocate of natural ways to improve health for herself and her family. Author, Speaker and Vision Board Coach, Laura loves being a Business and Marketing Mentor to Authors and Health and Wellness SOLOpreneurs that want to make a difference.

Bringing real world tested solutions to real world life and business challenges, Laura gives people quick, easy, practical access to life changing techniques, transformational tools, and powerful healing processes. She will provide you with the

tools you need to overcome being overwhelmed, and build a solid foundation in which you can thrive in Life and Business! [Learn more at www.LivewithLaura.com](http://www.LivewithLaura.com)

To Register - [CLICK HERE](#)

- **Thursday, October 15, 2015, 6 - 9 PM**
- **Kristy's Casual Dining** 562 Route 9, Waretown, NJ 08758
www.KristysCasualDining.com
- **\$25 (RSVP and pay by 10/1/15) • \$30 at the door**

Register on EventBrite:

<https://www.eventbrite.com/e/business-and-professional-women-of-southern-ocean-county-womens-networking-event-tickets-18106506047>

Pay by either credit card or by check. If paying by check:

make check payable to BPWSOC and mail to P.O. Box 1207, Manahawkin, NJ 08750

www.bpwsoc.org

Bring your friends, family and colleagues!



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](#)

October 13 - BPWSOC Meeting

October 15 - Women's Networking

Event

November 11 - BPWSOC Meeting

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



MEMBER BIRTHDAYS:

Carol Lieber - October 6

Jessica Quackenbush - October 17

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



"You must do the very thing you feel you cannot do." Eleanor Roosevelt



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@brookdaleecc.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.

BUSINESS INFORMATION FOR OUR

NETWORKING TABLE!!!



Legislative:

Remember to Vote on November 3.

Your vote is important.



In honor of Fall, here are some interesting facts about Pumpkins that I would like to share.

1. The word "pumpkin" showed up for the first time in the fairy tale ***Cinderella***.

A French explorer in 1584 first called them "gros melons," which translates into Latin as "pepon," which means [large melon](#). It wasn't until the 17th century that they were first referred to as pumpkins.

2. The original jack-o'-lanterns were made with [turnips and potatoes](#) by the Irish.

In England, they used large beets and lit them with embers to ward off evil spirits. Irish immigrants brought their



OCTOBER GUEST SPEAKER

There will be no guest speaker this month. At this meeting we will be preparing for our networking event on October 15, 2015



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 October 13 meeting

Mark your calendars:

Women's Networking Event is October 15 at Kristy's Casual Dining

For more information about these events

Visit us at www.bpwsoc.org.

customs to America, but found that pumpkins were much easier to carve.

3. Over [1.5 billion pounds](#) of pumpkin are produced each year in the United States.

Mainly in the states of Illinois, Indiana, Ohio, Pennsylvania, and California.

Pumpkins are also grown on every continent except Antarctica.

4. The world's largest pumpkin was more than five feet in diameter and weighed over [1,800 pounds](#) presented in Minnesota in October 2010.

5. The largest pumpkin pie ever baked weighed [2,020 pounds](#), but pumpkin pie as we know it today was not the original pumpkin pie made by colonists. The tops of pumpkins were cut off, seeds were removed, and fill the pumpkins with milk, spices, and honey, and bake them in hot ashes.

6. Each pumpkin has about [500 seeds](#). High in iron, they can be roasted to eat. The flowers that grow on pumpkin vines are also edible.

7. There are over 45 different [varieties of pumpkin](#), they are fruits and are made up of 90% water. They range in color like red, yellow, and green, and have names like Hooligan, Cotton Candy, and Orange Smoothie. One cup of canned pumpkin only has 83 calories and only half a gram of fat. In comparison, the same serving size of sweet potato has triple the calories. They also have more fiber than kale, more potassium than bananas, and are full of heart-healthy magnesium and iron.



For information about

**Business & Professional Women
of New Jersey**

visit: www.bpwnj.com



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.

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



Reading Corner

Author: Harper Lee

Title: To Kill a Mockingbird

Go Set a Watchman: A Novel

Computer Tips:



Be sure to reboot (or restart) your computer on a daily basis (if you do not Shut Down). Additionally, (either way), always open (or launch) your antivirus program and manually "update" it and then run a full system scan - to check for viruses. As always, if you need help with these tasks, this is what I do - call me.

Thank you,

Lisa A. Gambino

Certified Computer Technician and Professional Secretary

A 2 Z Computer Help

www.A2ZComputerHelp.com

lisag@A2ZComputerHelp.com

vm: 732-237-9704

Keyport Office: 732-847-9275

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

Come out, join us and bring a friend....

Bella Donna Salon

31 N. Main Street Manahawkin, NJ 08050 / 609-978-1414

THREE GREAT LOCATIONS:

Manahawkin - 31 N. Main Street, Manahawkin, NJ 08050 - 609-978-1414

Beach Haven - 209 N. Bay Avenue, Beach Haven, NJ 08008 - 609-492-4800

Surf City - 2400 N Long Beach Blvd, Surf City, NJ 08008 - 609-361-1777



**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:

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