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Business and Professional Women Southern Ocean County
 October 2016 Newsletter
www.bpwsoc.org

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PRESIDENTS LETTER

October 2016

Happy Fall!

Fall is here and everyone is out at the farms buying pumpkins and apples and playing in the hay! Well, for us women, it means back to business (not that we ever stop, but I think we all feel a bit different during the summer months and sort of on vacation). So, now we have various Networking Events, Fall activities, Seminars, Workshops - there are lots of events going on all over the State as well as out of State. Share your whereabouts with us and we will do the same! Here is one, I have been attending last few years: "TCNJ's 6th Annual Women's Leadership Summit: Better, Every Day featuring Gretchen Rubin, the award-winning podcaster and author of the blockbuster New York Times bestsellers The Happiness Project and Better Than Before" - it's on November 2nd at 830am. Don't forget to post or share on our Facebook Page any events or information you feel is relevant and we will gladly share accordingly.

We are getting ready for our own Annual Networking Event, featuring Maria Todaro, Livin the Dream Consulting(our very own member) on Thursday, October 13, 2016 at 6 pm at Kristy's Casual Dining. We are looking forward to another great night and especially Maria! Also, be sure to spread the word - everyone is invited, RSVP to info@bpwsoc.org before and pay 25.00. Bring your business promotional items and/or business cards and send your business card to info@bpwsoc.org if you wish to take an "ad" out which will be printed on our Agenda and on a projector which will be showing throughout the event.

Have a great month and see you at our next meeting on Tuesday, October 11th!

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Facebook



Website



BPWSOC Upcoming events for 2016
Meetings are held the second Tuesday
of each month at 6:30PM (come earlier
6PM for Networking) at [Kristy's Casual
Dining in Waretown](#)

IF YOU HAVE NOT DONE SO, IT IS TIME TO RENEW YOUR MEMBERSHIP

[October 11](#) - BPWSOC Meeting

[October 13](#) - Networking Event- Kristy's

- Speaker: Maria Todaro- Livin the
Dream Consulting

[November 8](#) - BPWSOC Meeting

[December 13](#) - 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!!!



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



"When
someone
shows you
who they
are, believe
them the
first time."

**Maya
Angelou**



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.



GUEST SPEAKER

This month there will not be a guest speaker. This meeting will be devoted to planning of our Networking Event and other upcoming activities.



www.BPWSOC.org

Please note that you can always go to our [website](#) for the latest information and/or "[Members Only](#)" area.

Please support upcoming BPWSOC events:

October 11 - BPWSOC meeting

October 13 - [Networking Event](#) - 6 to 9 PM at Kristy's Casual Dining, Waretown,

NJ - Guest Speaker, BPWSOC MEMBER: Maria Todaro, owner of Livin the Dream Consulting.

POCKETBOOK BINGO - Spring 2017

For more information about these events

Visit us at www.bpwsoc.org.



**Business and Professional Women
Southern Ocean County**
present a

• Networking Event •



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

Maria Todaro

CEO at Livin The Dream Consulting



Livin the Dream Consulting provides Leadership Coaching to Business owners and their Teams, Strategic Business Solutions and Personal Coaching for individuals.

With over 30 years in Business and experience in Executive Management, Direct Marketing and Sales, Operations and HealthCare, and personally going through the process of re-inventing myself many times, I offer a unique perspective on moving your business or your life to the next level. Life is too short to be miserable! Understanding what it means to be a TRUE Leader (having positive influence and inspiring others) affects both your personal and business life. As a Certified Leadership Coach and member of the John Maxwell Team, I offer the tools and unique perspective on living your life and running your business to the fullest. To be

successful in LIFE you need to build Stellar Partnerships with others who can provide the inspiration, tools and implementation you need. No one can do it alone! Our Partnerships In Life are what determine our success!

If you are a business owner who is not seeing the growth in revenue you projected, having staff turn over, or not loving your business - OR - you are an individual who feels stuck, unhappy, and not sure what you want, or ready to re-invent yourself, let's have a conversation!

Livin the Dream Consulting can be Your Partner and Your Success!

Please register via email: info@bpwsoc.org

Thursday, October 13, 2016, 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

Pay by either cash or by check.

Make check payable to BPWSOC and mail to BPWSOC, P.O. Box 722, Barnegat, NJ 08005

www.bpwsoc.org

Inventions by Women

We all owe our thanks to Margaret A Wilcox who invented the car heater in 1893! (Margaret also invented a combined clothes and dishwasher).



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It's get-out-the-vote season! Register for AAUW's GOTV skills trainings today!

AAUW and the AAUW Action Fund It's My Vote: I Will Be Heard campaign harnesses the power of AAUW members to register and turn out millennial women voters nationwide. At a time when young women are less likely to vote and with Election Day rapidly approaching, your branch can spring into action to help Get Out The Vote (GOTV) this fall!

In this series of three webinar trainings, you will learn all the information and resources you need to register, educate, and turn out voters. Register for one or attend all three and help to make a difference this Election Day!

[Voter Registration: It's My Vote Training Part I](#)

Date: Wednesday, August 31, 2016

Time: 7–8 p.m. ET

National Voter Registration Day is September 27, so there's no time like the present to plan a voter registration drive in your community! In the first of a three part series, you will learn everything you need to know to host a successful event including tips for maximizing your reach, opportunities to seize, and information about voting rights and protection efforts in the state.

[Voter Education: It's My Vote Training Part II](#)

Date: Wednesday, September 28, 2016

Time: 7–8 p.m. ET

Each election cycle, AAUW members seek to provide all women voters with the information they need to cast their ballots. With so much at stake in this election, our efforts are needed across the country. At this one hour training,

you will learn the ins and outs of a successful voter education campaign and tips for you to employ in your branch this fall. From hosting candidate forums and attending town halls to making use of voter guides, and bird dogging candidates, there are so many ways you can help ensure that women voters are educated, able to exercise their right, and encouraged to do so on Election Day.

[Turning Out the Vote on Election Day: It's My Vote Training Part III](#)

Date: Tuesday, October 18, 2016

Time: 7–8 p.m. ET

Once you've helped to register and educate eligible voters, how can you ensure that they show up to the polls? Find out in this one hour webinar, which is the final training of our three part series. You will learn the crucial actions necessary to turning out voters on Election Day and actionable strategies for following up with and getting out the vote via the It's My Vote: I Will Be Heard campaign.

RSVP TODAY!

AAUW Action Fund
1310 L St. NW, Suite 1000
Washington, DC 20005

empowered by  salsa



PLEASE REMEMBER TO PREPARE FOR THE UPCOMING ELECTION BY EDUCATING YOURSELF ABOUT THE CANDIDATES AND THEIR PLATFORMS. IT DOESN'T MATTER FOR WHOM YOU VOTE, IT MATTERS THAT YOU VOTE. **YOUR VOTE MATTERS!**

National Centenarians Day, September 22
courtesy of Landon Communications for Barnegat Bay Direct

The new human time travelers. Top 20 as of July 31, 2016 (all women)

While genetics plays a role, experts agree that advances in medicine, medical care, and lifestyle since the 19th and 20th centuries have an even greater influence.

One is Jersey girl Adele Dunlap, who was born Dec 12 1902, is 113 years old and holds the current title of Oldest Living American; she is also Number 10 on the World Living Supercentenarians.

Although most centenarians lived a healthy leavn life, there is a greater component in aging, researchers found. Exceptional longevity seems to run in families.



Health Tip

7 Benefits Of Starting Your Day With Lemon Water.

1. **Rejuvenates Your Skin:** Lemons have loads of vitamin C, which assists in the production of collagen, helps in the prevention of wrinkles, and defends your skin against free-radical damage. Water also helps carry nutrients to your cells, so staying properly hydrated is important!
2. **Boosts Energy & Alertness:** The potassium in lemon helps with brain and nerve function, which can increase your alertness.
3. **Hydrates Your Body:** When your body is dehydrated, it holds on to fat cells, and dehydration can also make you feel hungry. Staying hydrated is crucial for your overall body health, so starting your day with a glass of water is a no-brainer. Plus, the lemon gives it a flavor boost.
4. **Helps Your Immune System:** The ascorbic acid (vitamin C) found in lemons is necessary for healing wounds. Lemon water is also touted as helping break up phlegm during a cold and soothing sore throats. Drinking water during illness is crucial, as your body's defenses are working overtime to fight off sickness. Consuming lemon in order to tackle and prevent illnesses like the common cold hasn't been proven, however, unless you live in severe climates.
5. **Eliminates Toxins:** The liver responds to fresh lemon juice more than any other food source because it amps up its enzyme production, This boosts the liver's efficiency in secreting bile for digestion and releasing toxins. Lemon juice is known as being a diuretic, which means it helps your kidneys eliminate water and some toxins by increasing the frequency of urination. This could potentially help people who suffer from UTI's.
6. **Could Aid In Weight loss:** In addition to helping regulate your metabolism, lemons also contain pectin fiber. This fiber makes you feel full, and therefore can help stave off hunger and prevent cravings. Drinking plenty of water also contributes to this full feeling.
7. **Improves Digestion:** The acidity of lemons stimulates your digestive system and liver. This can help regulate your metabolism and bowel movements, thus helping your body absorb nutrients — and potentially leading to weight loss.

Drawbacks?

Citrus erodes enamel.

- * Brush your teeth before your lemony beverage, or wait an hour. Acid softens enamel, so brushing too soon after consuming acidic foods and drink can aid in erosion.
- * Rinse your mouth out with purified water after you drink the lemon water.
- * Drink through a straw and be sure not to swish the lemon water around in your mouth.
- * Drink the lemon water within a few minutes, rather than sipping on it all morning. Too much acidity can cause heartburn. If you're prone to heartburn, a dose of zingy citrus in the morning may not be your best route. Discuss it with your doctor

Health tip provided by BPWSOC member and scholarship recipient Nicole Reedy



Reading Corner

Author: Susie Guckin

Title: The Camouflaged Heart

Note: Susie Guckin is a member of BPWSOC



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

Computer Tips:



Dropbox:

Dropbox is a great resource for organizing your photos and/or other files and also a very quick way to get your photos from your phone to your

computer through your Dropbox account.

- get all your files from anywhere, on any device & share with anyone.
- save files on your computer, then access them on your phone. everything you keep in Dropbox is synced automatically to all your devices.
- great for sharing Videos - just as fast as sharing a small file.
- backup photos automatically from your phone to your computer. This way all is safe and no worries about losing (of course, you must back up your computer - this is another tip...).

You get 3GB of storage for free and you can earn more space or buy more storage space as needed.

Essentially, Dropbox is "cloud" storage. So, if your computer crashes, your stuff is safe in Dropbox and can be restored in a snap. In fact, if you're using the Dropbox desktop application, your files are backed up several times. The primary copy on your computer's hard drive is synced to your Dropbox account online, and that copy is backed up again for safety. If you're using Dropbox to sync files between multiple computers, your files are backed up on those computers as well.

By default, Dropbox saves a history of all deleted and earlier versions of files for 30 days for all Dropbox accounts. If you purchase the Extended Version History add-on feature, you can revert to a previous file version or recover a deleted file at any time within a year of an edit or deletion made after your purchase.

All files stored online by Dropbox are encrypted and are kept in secure storage servers across several data centers. (these 3 paragraphs referenced from: https://www.dropbox.com/help/122?path=security_and_privacy)

This is how Dropbox makes things simple for me:

You will need to download the Desktop app on your computer, set up an account and then download the Mobile app on your phone and sign in.

Whether it is a photo I have taken or there is something I am looking at online and I take a screenshot or there is a piece of paper or an actual printed photo that I need a digital copy of, then all I do is open that photo on my mobile device and click share and then choose Dropbox and then choose the folder (I usually save things to a private folder that I have created through the desktop app on my actual computer first) and voila the photo is then in my folder on my computer - I can then move it to another folder for safe keeping, email it to some one, print it, whatever it is you need to do with that photo/file, you can do it. Now, I can delete it off of my phone (not in the Dropbox folder, but in the folder that saved the original photo or file).

And then of course, you can always share memories with your friends, you just have to decide whether you want to share something publicly or you have to set up a shared private folder to share with specific people.

Any questions or further help, contact me, and I will help you set up...

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



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Working women helping women work | www.bpwfoundation.org

To my BPW sisters across the nation:



I'd like to take a minute to tell you more about an exciting new feature that just launched at www.bpwfoundation.org – our very own BPW Community Page!

This interactive hub provides state federations, local organizations, as well as individuals, a wonderful opportunity to start a dialogue, voice a comment and basically share things that matter to working women

across the country.

Signing up is simple and painless.

1. Go to www.bpwfoundation.org homepage and click on the Register link at the bottom of the Community Login section under "Get Involved"
2. Fill in the required fields.
3. When you're finished, click "Register".
4. That's it! Your registration confirmation should be sent to you shortly at your email address.

After that, just enter your username/email and password under Community Login anytime you want to post or read about what other hardworking women are talking about.

Here's something more.

As a leader of your local organization, you'll be able to offer your members a brand new way to develop national business networking and information exchange. On a purely social level, everyone can have fun uploading pictures and sharing stories.

But we need to spread the word! I urge you to talk to your members and friends, forward this email and ask all to join us on the BPW Community Page. Many of you have state conferences scheduled over the next several weeks. Please make this announcement at conference and help members sign up on the spot. Post pictures of your conference highlights as one of your first shares. Together, we can make "Working Women Unite" a robust reality.

Thanks for your continuing support,

Roz

Roslyn Ridgeway, Chair
Board of Trustees
Business and Professional Women's Foundation

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