

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

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PRESIDENTS LETTER

September 2015

Ah, the crisp mornings and evenings of fall. Though I am a summer lover, the football season is exciting and a new chance to do better.

We moved to the area about two years ago and one of my favorite parts is the trail, whenever a walk or bike ride mood hits. This also includes history of the environment for us knowledge seeking types.

Last month we had the opportunity to learn about the timeline of our organization and all of the legislative supported efforts over the past 97 years. Can't wait to meet new faces at our upcoming events who can join our current members in moving towards the future.

I hope to see everyone at the next meeting.

Gina Dinkey, President, BPWSOC



Facebook



Website



**Business and Professional Women
Southern Ocean County**

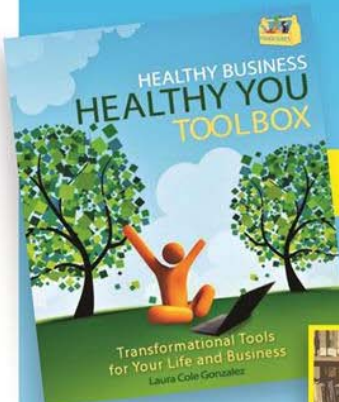
present a

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**

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](#)

September 8 - BPWSOC Meeting:

GUEST SPEAKER/Member - Jessica Quackenbush

September 12 - Pirates Day in Barnegat

October 13 - BPWSOC Meeting

October 15 - Women's Networking Event

November 11 - BPWSOC Meeting

December 4 - Pocketbook Bingo (tentative date)

December 8 - BPWSOC Meeting

ADDITIONAL EVENTS WILL BE ADDED AS THEY OCCUR

(Note: There will be Executive Board



MEMBER BIRTHDAYS:

Evonne Bonamassa - September 18

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



"Great minds discuss ideas; average minds discuss events; small minds discuss people."
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@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.

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!!!



Legislative:

Nothing to report this month.



Green tea vs. Black tea:

In the popularity contest, black tea definitely wins! Around 70% of all tea produced and consumed is black tea. Green tea comes in at around 20%.

Fun fact... In the USA, 80% of all the tea we drink is in the form of black iced tea! I'll admit, I love iced tea made



SEPTEMBER GUEST SPEAKER

Our guest speaker for September will be BPWSOC member, Jessica Quackenbush, owner and operator of Lacey Memorial Home.

Jessica will speak to our members about burial and cremation options, Veterans benefits and the importance of being informed and making decisions in advance.

Lacey Memorial Home was formerly established as Growney Funeral Home. The Growney Family owned and operated the facility in Forked River for 20 years, and sold the funeral home to funeral director, Jessica Quackenbush in November of 2014. Ms. Quackenbush has since changed the name of the facility to Lacey Memorial Home. Although she is new to the Lacey area, Jessica has been a licensed funeral director in Ocean County for 17 years. Ms. Quackenbush has spent much of her career working locally in Ocean County funeral homes, and is familiar with many churches and cemeteries in the area. Her many years of experience have given her the knowledge and compassion to help make every final tribute as memorable and unique as the life you celebrate.

from black tea. But, are we depriving ourselves from nutritional benefits by not drinking iced green tea?

Doesn't all tea come from the same plant?

All tea, black and green, come from the same plant. The difference is in the processing. Black tea leaves are fully fermented. The leaves naturally oxidize as they are dried and crushed.

Green tea leaves are steamed to stop the oxidation process, so they are completely unfermented.

Which has more caffeine?

Believe it or not, green tea is lower in caffeine (15-25 mg) than black tea (40-70 mg). Green tea gives you enough caffeine to feel energized. Of the teas, black tea contains the most caffeine.

Which has more antioxidants?

Black tea and green tea both contain flavonoids (antioxidants), but the types of flavonoids are different. Green tea has a higher amount of catechins found in their leaves.

One more benefit...

Green tea contains more Vitamin C than black tea. The fermentation process decreases the amount of Vitamin C in black tea. So green tea seems to be the winner. Black tea still has many beneficial properties just like green tea and it is much better than sugary drinks.



Please note that you can always go to our [website](http://www.bpwsoc.org) for the latest information and/or "[Members Only](#)" area. Please support upcoming BPWSOC events:

BPWSOC September 8 meeting
GUEST SPEAKER: Jessica Quackenbush

Mark your calendars:

Pirates Day is September 12 in Barnegat. Visit our table.
Women's Networking Event is October 15.
POCKETBOOK BINGO tentative date is December 4

For more information about these events

Visit us at www.bpwsoc.org.



For information about



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



Reading Corner
Author: James Patterson
Title: Zoo

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.

Computer Tips:



Unsubscribing or Subscribing to mailing lists online:

When you sign up (either online or in person) for a Newsletter, Email, or Announcements from an organization that provides these items, you provide your email address, so that you can receive the email that contains the newsletter, informational email or other type of announcement. Then the organization has official permission to send out their announcements at any time they would like. You, of course, can discontinue your "subscription" at anytime. Any legitimate organization has an "Unsubscribe" option located at the bottom of the email. Or, sometimes you can even go to the website, if there is where you originally signed up and can unsubscribe there also.

I feel it is important to understand the difference between "Unsubscribing" and reporting emails to "Spam". Spam is also known as junk email, generally unsolicited and most of the time it comes from advertisers sending an email to a list that has been either obtained legitimately or not (stolen). Nonetheless, if you signed up for a legitimate organization's newsletter, you would not want to report the Email to Spam. Eventually, the organization can get in trouble for sending what may look like Spam, when in fact it is not. With that said, when you "Unsubscribe" from a newsletter, you may want to consider the fact that sometimes the platform used for emailing to the lists that the organization has legitimately obtained, may not allow you to ReSubscribe. So, what I am trying to say - is that you may want to try to be aware of what is coming from where and do you want to continue to receive it and act accordingly (by unsubscribing or if you are certain an email is "Spam", by all means - Report it to Spam!).

If you have unsubscribed from email notices in error, be aware that it may not be so easy to get back on the list to resubscribe. You will probably have to contact the company another way and/or their Administrator may be able to get you back on the list.

Finally, whether you feel your email is the most important thing in the world or not, remember that a company that is contacting you legitimately (or with your consent), definitely feels that their email "is" important.

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

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



**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:

BPWSOC

P.O. Box 1207

Manahawkin, NJ 08050

www.bpwsoc.org

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