



June 2012

Business and Professional Women Southern Ocean County Newsletter

Newsletter

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Meeting Details

Wednesday, June 12,
2012

6:00 pm - Networking

6:30 pm - Meeting

Kristy's Casual Dining

562 Route 9

Waretown, NJ

[Directions](#)

Join us for a wonderful networking opportunity. Bring your colleagues, friends and future members with you.

As part of our membership privileges we are given a chance to let our sisters know what we are doing in our businesses so, members, please bring any literature to share.

Greetings!

Happy June to everyone!!!

Well now starts the season of summer, beach, pools, traffic and lots of fun. Hope that you all had a wonderful Memorial Day and kicked off the season with friends and family.

Our fundraising event "Tea for Three" was a delightful evening. Everyone that attended said the show was great and that Elaine Bromka was wonderful.

We were disappointed the number of tickets sold; we had a net loss of about \$70; so that means if just one or two more tickets were sold we might have broke even.

We are very thankful for the support we received from the Women's Health Group from Business and Professional Women of NJ. They were holding their annual retreat and made *Tea for Three* their social event of the weekend. So a big thank you to our state sisters.

We had one of our members, Carol Lieber, sell a table by using her outside contacts. So a big thanks to Carol for your efforts.

We had a great conference for the state and the only downer to our event was the unfortunate accident Lisa Gambino's mom was in. Please send her a card for her

RSVP to Rosalind Silletto at
732-961-6435 or
[via email.](#)

\$17 includes dinner

June Birthdays

6/21 - Lisa Gambino and
Joanne Macdonald

New members, if you
have a birthday in June
or in the following
months, please let me
know so that you will be
recognized.

Thought for June:

"It's never too late to be
what your might have
been." by George Eliot

"Tell me and I'll forget.
Show me and I'll
remember. Involve me
and I'll understand." by
Confucius

"We hurt ourselves not
by what we ask for, but
what we settle for." by
Alan Cohen

"Worry does not empty
tomorrow of it's sorrow,
it empties today of it's
strength." by Corrie Ten
Boom

"Those who bring
sunshine into the lives
of others, cannot keep
it from themselves." by
James M. Barrie

"You're happiest while
you're making the
greatest contribution."
by Robert F. Kennedy

"I change myself, I

speedy recovery as I am sure that she will appreciate the
thoughts and good wishes.

Our scholarship was a great event and the honorees
were so well deserving. Our dinner was very touching as
we honored the memory of Kristen Tomey at this year's
event. Kristen's two sisters made the trip in to be a part of
the evening and I bestowed upon them a lifetime honorary
membership in Kristen's honor. They were touched and
told me that Kristen would be so happy to know what we
had done. The students were so deserving and both have
promised to come back and tell us what they have done
with our assistance.

If you have never attended a state conference, please try
to make it this year as it is so worth learning what we are
all about on a state level.

We are getting into gear for the annual Women of
Achievement and our 25th anniversary. We will be
honoring Deb Witcraft this year and she was so excited to
receive the news that she would be honored in this way.
We are also honoring one of our members, Stalo
Karamanos. She too was very thrilled to receive this
accolade. I will have letters available for you to use if you
are soliciting for gifts for the door prizes.

I look forward to seeing you at the next meeting and hope
that you will make every effort to attend as that is the only
way we can let you know what is going on.

Hope everyone had a Happy Memorial Day and don't
forget to hug a soldier and say thanks!!!!

Sincerely,

Penny Miller,
President

Kristen Tomey Scholarship Fund

Congratulations to our two Scholarship recipients -- Renee
Forrester and Kelly Silletto. Our Scholarship meeting had a
very nice turnout and we also welcomed Kristen Tomey's
sisters, Lisa and Cheryl.

The evening was a great success. Thank you to everyone
who helped make this year's Scholarship Awards successful.

Macy's Shop for a Cause

We again have tickets for Macy's Shop for A Cause,
scheduled for August 28, 2012. The tickets are \$5.00 each

change the world." by
Gloria Anzaldua

"Focus first on where
you want to be, and
why, and then on the
right path to get there."
by Mark Halerpin

"The first and
indispensable requisite
of happiness is a clear
conscience." by
Edward Gibbon

"Kindness is more
important than wisdom,
and the recognition of
this is the beginning of
wisdom." by Theodore
Isaac Rubin, M.D.

and get you 25% discount all day.

All proceeds go to BPWSOC (so no excuse about being on vacation as you can shop any Macy's store)

Contact Penny Miller at momlbi@yahoo.com to purchase tickets.

July Re-Gifting of Unused Gifts

Do you have a gift that someone gave you that is still in its original packaging.

Or perhaps you have jewelry, books, or other items that are brand new and never used.

Now is the time to unload them.

Our July meeting will be dedicated to items you have that you've never used and can donate to our Women Helping Women auction items.

Bring them to the July meeting on July 10. We will take them and make sure they are nicely packaged for auctioning.

Thank you.

May 5, 2012 State Conference

Our May 5th Conference was a great success. As your new State President, I am honored to work with my new Executive Board consisting of Gwen Evans as Vice President from Lincroft local, Rosalind Silletto as Secretary from SOC local and Mary Lee Gilmore as Treasurer from Lincroft local. We are "Charting New Waters," which was the theme of the conference. Involvement will be part of our goals for this year and we hope that all members will participate on some level with the State officers to accomplish this. Our guest speaker was Eileen Strong of *Strong Incentives* who spoke to us on Making Powerful Women. We heard many ways women have been empowered by their circumstances. Truly inspiring examples were given to us causing us to ponder how we will make our place a better one in the world.

Our Women of Achievement award winners were Risa Clay, Principal of Red Bank Regional High School, members Jean Battersby and Lucy Tarangelo. The Women of Achievement Award is presented to outstanding women who have "exemplified excellence in leadership, as a result of caring more than others think is safe, dreaming more than others think is practical and expecting more than others think is possible." Our hats go off to these ladies for their dedication to others.

Scholarships were awarded to Melissa Mcdaugh, Janell Menella, Renee Forrester, and Sarizza Lopez. One equipment scholarship was awarded to Deborah Olivi.

Many hours of work in planning this Conference were given to our organization by Penny Miller, Gwen Evans, Pat Witteck and Rosalind Silletto. A round of applause to them all for their dedication. Without these "movers and shakers" our Conference would not have been a success.

In numbers there is strength, and we are all women working together, so let's all pitch in for a super year!!

Cyndy Friedland

BPW SOC Website

Our member and vice president, Lisa Gambino - owner of A2Z Computer Help is also our webmaster and designer and she is always looking for content to be added to our website, www.bpwsoc.org. Please feel free to send Penny Miller any information, updates, and/or comments you would like posted or added to the website.

You can contact Penny at mombi@yahoo.com to include additional content to the web site.



A 2 Z Computer Help
www.A2ZComputerHelp.com
lisag@A2ZComputerHelp.com
Personal Computer Service with a Woman's Touch!
Personal Computer Services:
PC Tune-Ups, Training, Digital Camera, Technology
Integration Solutions, and much more...
Call Lisa G at A2Z (732) 237-9704

PC Tips by Lisa G., A2Z Computer Help

Keyboard Shortcuts:

Sometimes we need to just do something quick while typing and instead of lifting your hand (now we're getting real lazy here - lol), to get your mouse to take another step, you can just stay in your typing position and use your keyboard for a combination of keys to produce various moves or tasks.

Below are some frequently used keyboard shortcuts:

Windows system key (keyboard) combinations:

F1: Help

CTRL+ESC: Open Start menu

ALT+TAB: Switch between open programs

ALT+F4: Quit program

Windows Logo key + L: Lock the computer (If you sign on with a password, this will put you at the sign on screen)

Windows program key (keyboard) combinations:

CTRL+C: Copy

CTRL+X: Cut

CTRL+V: Paste

CTRL+Z: Undo

CTRL+B: Bold

CTRL+U: Underline

CTRL+I: Italic

Information obtained from [Microsoft Support](#)

Lisa Gambino

BPWNJ VOICE

Did you know that you could advertise in the BPWNJ Voice and reach our sisters throughout the State with your business? Yes, for \$25. (the smallest ad) your business can expand...need I say more?

Don't miss out on this chance to promote your business. To find out more information, check your recent copy of The Voice, or email Lauren Simeone Berman at lesimeone@verizon.net for size and cost of advertising.

If you would like to receive your copy of the Voice electronically, send an email to Lauren at the email address above and ask her to put you on the electronic email list. By doing so, you are helping BPWNJ save on the cost of mailing the Voice out to members.

Travel In Style Awaits You

Need to get away; not sure where to go or what will fit into your budget. Check out my web site www.rosalindstravelinstyle.com, where you can search for cruises, tours, hotels, see the latest Hot Deals and decide where you want to go.

You can also book directly from the site or call me for assistance.

I can be reached at (732) 961-6435 or travelinstyle2011@hotmail.com

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 get-a-way, or a last minute family reunion, give me a call at 609-290-5040 or email 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. From Cyndy Friedland

Visit us on the web at www.BPWSOC.org

We look forward to seeing you at the meeting.

Business and Professional Women/Southern Ocean County
PO Box 1207
Manahawkin, New Jersey 08050

www.bpwsoc.org