



May Meeting

Wednesday
May 4, 2011

Program: Fiesta Fun!
Annual Fundraiser &
Installation of Officers

5:30pm: Social
6:30pm: Dinner Meeting
7:00pm: Installation of Officers
7:30pm: Auction Winners
Announced

Place: Park Country Club
4949 Sheridan Drive
Williamsville NY 14221

Menu: Delicious Fiesta buffet
of salads, taco fixings
and desserts

Cost: \$30 per person

PLEASE NOTE:

Checks payable to
"NYS Women Inc., BNC"

How to Register

Register on-line at:

www.bncwomeninc.org

or contact:

Kathy Cerullo at 675-6075 or
kathyc3112000@gmail.com

Registration Deadline:

Friday, April 29, 2011



President's Message Renee Cerullo

The year has flown by. We are already at our spring auction. This is the perfect event to bring friends, family, and co-workers. There are always lots of great items to bid on. This auction is our big fundraiser for the year to support the professional development of our members. This is one of the benefits of your membership in BNC. As a member you can apply for a scholarship for school, workshops, conferences, etc. The scholarship application is on our web site. The next scholarship will be awarded in June.

The annual NYS Women Inc conference is on June 3-5 in Albany. Please consider

attending the conference and becoming more involved in the group. The registration forms and hotel information is on the NYS Women Inc web site in the members section.

We have already started to think about next year. We will be surveying all BNC members about their desired for the group over the next month. If you would like to be involved in the planning for the next year and help shape this organization please contact me.

Tip: In today's face pace world don't forget to take time out for family. Work will be there tomorrow.

Save the Date: May 24th - Happy Hour at Bar Louie at 530pm

Annual Fundraiser
Installation of Officers

May's Program



Fiesta Fun!

BNC Annual Auction Fundraiser

Be sure to join us on May 4th as we celebrate Cinco de Mayo at the Park Country Club! Enjoy a delicious Buffet of salads, taco fixings and desserts.

Please bring your new (or like new!) items to donate towards our scholarship fundraiser.

This event is always a big hit, so don't miss out, make your reservations today and remember to invite a friend or two!

Congratulations

2011-2012 Officers

Buffalo Niagara Chapter of NYS Women, Inc.

President	Renee Cerullo
President Elect	Amy Jo Lauber
Secretary	Sue Fayle
Treasurer	Jill Schaefer

We will be installing the new officers at our May Meeting.



How to Protect Your Home or Business Computer

By: Renee Cerullo
RLComputing
www.RLComputing.com

I get asked all the time how to prevent virus on a computer or I get called after there is a major problem. There are a few simple things you can do to protect yourself, your computer and your business. Your computer is like your car. It needs maintenance or it will stop running.

- 1. Antivirus** – Do you have it? Is it up to date? Most computers are shipped with a trial antivirus program. After 90 days this trial runs out and your computer is unprotected. New viruses are coming out daily. If your virus protection is not being updated daily then it is not worth having it. Your software should be updating nightly and it should be set up to scan your computer once a week. Antivirus software usually is a paid yearly subscription. There are a few that are free. The most common paid versions are Norton Antivirus or McAfee. The decent free versions are AVG or Microsoft Security Essentials. We have started to use Microsoft Security Essentials more and more. It has proven to be very good.
- 2. Windows Updates** – These are extremely important. Windows updates patch your operating system of your computer. When Microsoft finds bugs or security issues in its software it puts out these updates. Your computer should be set to check for these updates daily and install them at night. If your computer is not being updated it is at risk of being hacked. Here are directions on how to make sure your computer is being updated - <http://support.microsoft.com/kb/306525>
- 3. Backups** – Do you want to lose your tax data, family photos, or business information? Backups are so simple yet they are the one thing people often don't bother with. It does not need to be a major hardware issue that causes you to lose everything. It could be spilling a drink on your laptop, dropping the computer, stolen equipment, virus, etc. The first step to prevent data lose is to go to Best Buy or Office Max and pick up a USB external hard drive. You can usually get one for around \$60. Get one that is at least 250GB. If you have a lot of files make sure it is at least 500GB. Plug it into your computer. Then go to the start menu -> accessories -> system tools -> Backups. Follow the wizard to select the files you want to backup. You can set your machine up to backup every night automatically so you don't have to remember to do it.
- 4. Spyware Removal** – Spyware will appear on your computer just from being on the internet. You won't know it's even getting on your computer. Web sites put spyware on your computer to track where you go on the internet so they can market to you. When this spyware builds up on your computer it will start to really slow down. If bad spyware gets on your machine it can start to act like a virus and even steal your passwords. You should clean up the spyware on your computer at least once a month. You might be surprised to find you have over 500 pieces of spyware on it the first time. There are lots of spyware

removal tools. You need to be careful since some of them are spyware themselves. The one we use all the time is Malwarebytes. It is free and easy to use. Once it finishes scanning it will give you a list of all the spyware it finds. You can then select to remove it all. Download - http://download.cnet.com/Malwarebytes-Anti-Malware/3000-8022_4-10804572.html

5. Common don'ts –

- So many times viruses are caused by people clicking before they think. If you get a popup on your screen do not click any buttons on that window. Click the X in the upper right corner of the screen. If you click anything else you could be activating the virus.
- Do not open emails from people you don't know that have attachments. Never click an attachment that is an EXE or SCR.
- When an email has a link in the body of it, put your mouse over it first before you click. A little popup will show you the real web site address. Take a look at that and make sure it is going to a real web site. The first part should look like the company URL. If it does not don't click it.
- If you get a message about Windows Antivirus do not click it. This is a virus. Immediately run a virus and spyware scan.

Calendar

May 2011

Wednesday, May 4 - 5:30pm

Park Country Club

Annual Auction Fund Raiser

5:30 Networking / 6pm Dinner

Cash Bar

Tuesday, May 24 - 5:30pm

BNC Happy Hour

Bar Louie (Galleria Mall)

June 2011

Wednesday, June 1 - 5:30pm

General Meeting
to be announced



MAY

\$ MONEY MINUTE \$

— Amy Jo Lauber

Whenever it is in any way possible, every boy and girl should choose as his life work some occupation which he should like to do anyhow, even if he did not need the money.

—IRISH BLESSING

Are you making a living or making a life? Or are you barely making it to the next payday? I dare to say that choosing your career is the most important financial decision you will make in your life. Nothing (barring the lottery) will provide you with the same measure of wealth as your livelihood. For those of you who are in a position to choose or change your career, consider your unique skills, interests, and values to help you determine which career might suit you best, that you will enjoy, and that will provide you with financial benefits as well.



 Educational **Technology**
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Spring Connections

Come join us for a beautiful night on the waterfront!



May
26
2011
Harry's
Harbour
Place
5:30pm-
8:30pm

Help the Ed Tech Foundation raise money to support this year's Ed Tech Day on Aug 16, 2011. There will be Hor d'ouvers, cash bar, Chinese Auction and the raffle prizes will be drawn. Make your reservations or buy tickets at edtechday.org



Member

Spotlight



Dr. Christine Hoeplinger has been practicing dentistry in West Seneca for over 22 years. A graduate of West Seneca East High School, she went on to earn a BS in Molecular Biology from the University of Buffalo. While attending high school and college she was involved in cancer research at Roswell Park Cancer Institute as well as working in her family's business, Christie's Restaurant, now located at Southgate Plaza. She graduated with honors from the University of Maryland Dental School, one of the top ranked dental schools in the US.

After completing their training, the Hoeplingers returned to Western New York and opened their side by side practices (www.wnyent.com) on Seneca Street. Dr. Hoeplinger attends several Continuing Education courses every year to remain on the cutting edge of dentistry.

She has taken courses on:

- Dental Sleep Medicine
- 6 Month Smiles
- Lasers in Dentistry
- Implants
- Cosmetic Dentistry
- Lumineers
- Periodontics

Dr. Hoeplinger is a member of:

- ADA
- Eighth District Dental Society
- New York State Dental Society
- American Academy of Dental Sleep Medicine

Christine and her husband, Mark, are committed to giving back to those less fortunate. They make an annual trip to Guatemala with Faith in Practice (www.faithinpractice.org) to care for the dental and hearing needs of the people. Dr. Hoeplinger and her staff also volunteer their time to Good Neighbors Clinic in Buffalo.

Mark and Christine have developed a passion for travel, especially bicycle touring, cooking and babysitting their nieces. Long time patients have watched their two sons, Stephen and Alex grow up and pursue careers in law and psychology. They have recently welcomed a new member to the family, daughter-in-law, Stephanie.

NYS Business Women, Inc.

Buffalo Niagara Chapter BALANCE SHEET As of April 15, 2011

	<u>Apr 15, 11</u>
ASSETS	
Current Assets	
Checking/Savings	
Cash - Restricted Other	100.00
Checking - Scholarship Restrict	992.05
Citizens Checking	4,314.60
Wells Fargo Securities	5,263.51
Total Checking/Savings	<u>10,670.16</u>
Other Current Assets	
Room Deposit	100.00
Total Other Current Assets	<u>100.00</u>
Total Current Assets	<u>10,770.16</u>
TOTAL ASSETS	<u>10,770.16</u>
LIABILITIES & EQUITY	
Equity	
Net Assets	7,537.97
Retained Earnings	3,196.02
Temporarily Rest. Net Assets	992.05
Net Income	-955.88
Total Equity	<u>10,770.16</u>
TOTAL LIABILITIES & EQUITY	<u>10,770.16</u>

NYS Business Women, Inc.

Buffalo Niagara Chapter PROFIT & LOSS July 2010 – April 2011

	<u>Jul 1, '10 - Apr 15, 11</u>
Ordinary Income/Expense	
Income	
Annual Fundraiser	
Fundraisers - Scholarship	255.00
Total Annual Fundraiser	<u>255.00</u>
Dues Revenue	2,325.00
Excess Dinner Income	652.64
Interest Income	19.30
Newline and Website Ads	250.00
Total Income	<u>3,501.94</u>
Expense	
Bank Service Charges	97.00
BPW Website/Domain Names	84.00
Dues and Fees	
District VIII Dues	110.00
State Dues	875.00
Total Dues and Fees	<u>985.00</u>
Honorarium Gifts	30.00
Insurance	225.00
Issue Management	100.00
Membership Supplies	328.35
Miscellaneous	25.00
Newline Printing	740.98
Postage and Delivery	123.76
Program	16.29
Roster	202.44
Scholarship	1,500.00
Total Expense	<u>4,457.82</u>
Net Ordinary Income	<u>-955.88</u>
Net Income	<u>-955.88</u>

NYSW Inc Buffalo Niagara Chapter Minutes from Meeting 4/6/11

Location: Protocol Restaurant, Williamsville NY

Welcome

Pledge

Call to order & motion to accept presented agenda

First: Ramona Gallagher

Second: Sue Fayle

Introductions for New Members & Guests only (due to time constraints)

Update Bylaws

Motion to update to accept new bylaws as presented, effective immediately

1st by Ramona Gallagher

2nd by Mary Ellen Shaughnessy

Approval of Minutes in Newline

First: Joyce DeLong

Second: Ramona Gallagher

President's Report - Renee Cerullo

Membership renewal available online via PayPal end of June

NYS Conference will be held in Albany

June 3 through June 5

More information on NYS website

Chapter Strategic Planning

Members are asked to participate

Interested members please contact Renee

1st VP Report - Amy Jo Lauber

Annual Auction & Fundraiser

Park Country Club, May 4th

The theme is Cinco de Mayo

Members asked to invite friends

Membership Report - Kate Beck

Volunteers to serve on the membership committee are needed, interested members are encouraged to speak to Kate

Treasurer's Report - Jill Schaefer

Annual budget was distributed

Prepared by Joyce DeLong & Kathy Jackson

Committee Reports

Scholarship - Noelle Saladin

No report

Other Business/Announcements

Nominating Committee

Slate of Officers Presented:

President: Renee Cerullo

President Elect: Amy Jo Lauber

Treasurer: Jill Schaefer

Secretary: Sue Fayle

Nominations from the floor: none

Motion to Accept Slate of Officers

1st by Joyce DeLong

2nd by Ramona Gallagher

Unanimous member approval

Update Bylaws

Motion to update to accept new bylaws as presented, effective immediately

1st by Ramona Gallagher

2nd by Mary Ellen Shaughnessy

Unanimous member approval

Program: "Etiquette Power by Power Keys" by Deborah Kolasa of Power Keys, Inc.

Meeting Adjourned

Next meeting will be May 4th at Park Country Club, Williamsville



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