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## Weekly General Meeting and Location

*Mondays at 10:30 AM  
First United  
Methodist Church  
Basement Meeting Hall  
48 West High Street  
Somerville, NJ*

## Useful Links

- [NJ Department of Labor](#)
- [Job Search Websites](#)
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## STAFF

Managing Editor:  
William Conrad

## Take My Own Advice

by *Lori Peterson, Editorial Columnist*



In the New Age and self-help era, it's important to not get stuck in the winter doldrums. Affirmations and mantras can help you create a positive mood state so you can better focus on your job search efforts. A "can do" attitude and daily goals are essential to keeping the momentum going.

Self care is integral. Be sure to get enough sleep and exercise. While pursuing opportunities, be structured and disciplined, but find ways to fit enjoyment into each day.

Determine which skills you are proficient in. Continue to learn and develop new skills and abilities. Be proactive, persistent and adaptable. With perseverance, more opportunities and possibilities will open up. Before long, you'll be closer to finding the right job for you.

### Featured Stories In This Issue:

"HIRED LEARNING" – *Home Sweet Home...Not* by Joe Himelfarb

"COMMITTEE SPOTLIGHTS" – *How About a Hand?* by Carolyn Moody

"SUBMIT YOUR BIO" – *Handy link to PSGCNJ "how to" webpage*

"HEALTHY, WEALTHY & WISE" – *Turn a new Leaf: Keep illness at bay with Herbs and Spices* by Lori Peterson

## Hired Learning

### Home Sweet Home...NOT!!!

By *Joe Himelfarb*

When I got laid off, I made a conscious decision to attend at least one networking event a day. And at each of those events I would meet two to four people I did not know. Not everyone, just two to four strangers.

My rationale for this strategy was twofold. First, because I love selling it was important that I remain on my game by being able to step out of my comfort zone and strike up conversations with total strangers. But more importantly, since everybody I met knew 250 people that I didn't know, I hoped that these networking contacts would remember me in future discussions they would have with friends, families, and colleagues at barbecues, on the sidelines at their kid's sporting events, around the water cooler, in meetings, on line at the supermarket, etc.

My hope was that if someone happened to mention that they knew someone that was looking for a salesperson, that my contacts would remember me and either share my contact info with their friend or contact me and let me know about this lead.

Within four weeks that is exactly what happened. Someone I met knew someone I should meet, who knew someone else. And four weeks after that I had a job offer.

On your job seeking continuum, the worse that can happen is nothing. At the other end, the best that can happen is you get the job offer you've been dreaming about. Your home may be sweet, but that's not where you will land a job.

Get up, get out, and mingle.

Thanks again for the opportunity to share.



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**We want to hear from you —  
CONTACT US:**

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## Recent Landings

Our congratulations to these PSG members who have moved on. This is only a partial list, and includes their company names and titles where known:

**Steven C. Pick**, Project Manager, Prysmian Cable Systems

**Lori Vybihal**, Training/Learning Specialist, J&J Healthcare Systems

*The following also have "landed" but specific details are not available:*

**Gary Frasco, Jean Grant, Richard Katz, Sylvie Leblanc, Shirley Luc, Barry Schlegel, and Kenneth Wildonger,**

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## PSGCNJ Job Fair 2011

### Save the Date!

Mark your calendars for March 10<sup>th</sup>! That is the date of the first PSGCNJ Job Fair at Raritan Valley Community College in 2011. The Job Fair will be held from 9:00 a.m. to 1:00 p.m.

Now that you have the high-level details, it is now time for you to decide how to help. There are a variety of activities that must be planned and executed to make our Job Fair a success. At the Monday General meetings there will be reminders about planning sessions and sign-up sheets for those that would like to help.

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## PSGCNJ Events

### Congratulations are in Order!



Congratulations are in order for George Maniatty, Jr. who was recently designated as an Emeritus member of the Somerville PSGCNJ. George has been a longtime member of PSGCNJ and has Co-Chaired on a number of committees during his time with us. His diligent and sometimes overlooked work for PSGCNJ has on occasion gone silently unnoticed by the general membership. George's organizational skills and dedication have kept PSGCNJ running smoothly and has been an instrumental part of making PSGCNJ as successful as it is today. This Emeritus status for George is a well deserved recognition for a job well done.

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## Committee Spotlights – Volunteering

### How About a Hand?

*By Carolyn Moody*

Yeah! 2010 is finally over. With the new year comes the promise of a new beginning. Maybe you have decided to go through your closet and give away your outdated clothes, tackle the clutter that has accumulated in the attic, or clean and organize the dreaded basement. Perhaps you have made the commitment to eat healthier and exercise regularly. However, the task that is first and foremost on our agenda is to become part of the work force. But while you are waiting with baited breath to land that dream job, I challenge you to step outside of yourself and volunteer for one of the committees. Attending the Monday meeting can be a great morale booster and motivational tool, but joining a committee gives you the opportunity to hone your talents or develop new skills.



Now you may ask yourself, "What talents do I have to offer?" I asked myself that same question when I began volunteering ten years ago in my community. I'm not technically savvy or artistically inclined. After being home for many years with my children, what was my claim to fame? What could I bring to the table? Plenty! That's what. My top three contenders on the talent roster: I love to talk, I love to listen, and I embrace my inner child. In other words, I love to play games. Those three talents led me to volunteer at church as a religious education instructor, and the same three talents take me to the nursing home to spend time with the elderly. I was even able to parlay my volunteering talents into a paying position as a

playground assistant.

I chose to support the Marketing Committee and spread the word about the benefits the PSG group has to offer. This is an opportunity not to be missed. At the next Monday meeting, take a tour of the committees and chat with some of the members. Perhaps you will discover a long hidden talent or resurrect a skill that hasn't seen the light of day in quite some time. Whatever your level of expertise, join a group, shake a hand and lend your support. Why not pay it forward? I guarantee you will receive the same in return.

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## Bios

### Continuing our PSGCNJ members Bio drive...

Use this handy [link](#) to learn how to create, update, and submit your bio to the Opportunities Committee in order to be included in relevant listings offered to potential employers.

If you have already created your five-to-seven-sentence summary, send it directly to [psgcnjbio@yahoo.com](mailto:psgcnjbio@yahoo.com).

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## Healthy, Wealthy & Wise

### Turn a new Leaf: Keep illness at bay with Herbs and Spices

*by Lori Peterson*

Antioxidants, phytochemicals and phytonutrients found in herbs and spices can offer some health-protective benefits. Researchers from the National Cancer Institute found that the curcumin in turmeric can help prevent HIV from multiplying and can slow down the progression of AIDS. In addition, that spice has been shown to protect eyes from free radicals.

Ginger tea can soothe stomach upset. Additional benefits of ginger include help against motion sickness, coughs, asthma and sore throat discomfort.

Per the book Prescription for Dietary Wellness, garlic has been found to lower cholesterol and blood pressure, improve circulation, and stimulate the immune system. Garlic is also beneficial for these ailments: arthritis, blood-sugar disorders, allergies, asthma and bronchitis.

Basil, used in Italian cooking and Thai cuisine, is an immune stimulant that's beneficial for the stomach, lungs, spleen and large intestines. Bay leaves are good for stress management and against infection. Dill is good for the circulation, kidneys and spleen, and can help lower blood pressure. Sharp and pungent, horseradish is good for bronchial and lung disorders.

Mint is good for digestion. Rosemary, also from the mint family, is known to fight infection and ward off headaches. Thyme is good against bronchitis, whooping cough and laryngitis.

If you have the time and culinary inclination, give some herbs and spices a try. In spicing up your cuisine, you may improve your health and have fun creating new dishes.

\*\* These statements have not been evaluated by the Food & Drug Administration. The herbs and spices mentioned are not intended to diagnose, treat, cure, or prevent any disease.

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## Helpful Tips

### Cleaning for a Reason

We attempt in this newsletter to provide our PSGCNJ members with helpful tools and techniques to get through this transitional unemployment. But could you imagine being in transition and then getting the news that you are facing a medical crisis? If you or someone you know is going through cancer treatments, the program **Cleaning for a reason** might be a huge help. This nonprofit organization offers free professional housecleaning, and maid services to improve the lives of women undergoing treatment for any type of cancer. The URL is <http://www.cleaningforareason.org/>

Please share this information with anyone that might qualify and be interested.