



# NEWSLETTER

## CHIT-CHAT

W.O.W-WOMEN OPTIMIZING WOMEN™

ELEVATE YOUR NETWORK, EMPOWER YOUR SUCCESS

### JULY

The month of July marks the midway point of the year. It's also considered a month of fun thanks to the biggest patriotic party of the year that starts the first week of July, Independence Day, celebrated on July 4th.

The birthstone for July is the ruby, a red gemstone it's also known as the "King of Gemstones". The name ruby comes from the Latin word ruber, which means "red". Rubies are associated with passion, vitality, and courage, and have been used to symbolize love, commitment, protection, and wealth since ancient times.

#### IMPORTANT DATES

##### July 2

The Susan B. Anthony dollar is released (1979)  
 Amelia Earhart's plane is lost in the Pacific Ocean near Howland Island (1937)  
 President Lyndon Johnson signed the Civil Rights Act; Title VII prohibits sex discrimination in employment (1964)

**July 7, 1981** President Reagan nominates Sandra Day O'Connor as the first woman Supreme Court Justice?

#### IMPORTANT PEOPLE

**July 1, 1916** – Olivia de Havilland, actress, winner of the Academy Award for Best Actress in 1946 and 1949, played Melanie in "Gone With the Wind".

**July 7, 1861 (1912)** – Nettie Stevens, biologist, discovered X and Y sex chromosomes

**July 21, 1856 (1913)** -Louise Bethune, first American woman to work as an architect in 1881

**July 24, 1897 (1937)** – Amelia Earhart noted aviation pioneer and author, first woman to fly solo across the Atlantic, first person to fly solo across the Pacific from Hawaii to the mainland

July 1999 -Carly Fiorina was appointed as the CEO of Hewlett-Packard (HP), becoming the first woman to lead a Fortune 20 company.

July 2001 -Condoleezza Rice's Appointment as National Security Advisor

Click below for more information about women's history:

[National Women's History Alliance](#)

**"Whenever you see a successful business, someone once made a courageous decision."**

Peter Drucker  
 Management consultant & educator

### HAPPY BIRTHDAY TO YOU!

July has always been a special month to me as it represents a few firsts. Nationally. We celebrate our Independence on the 4th when our country became a free, united, and independent states. My father's birth is the same day and my birthday is on the 9th! As a citizen of this great country, I know we all have taken a few things for granted such as life, liberty, and the pursuit of happiness. To be a woman in this country is very different from what other women are experiencing around the globe. I believe we have a lot of opportunities. Careers may be limited and unavailable to some women such as the trades which are typically male oriented. Women are seeking some of these positions and I regard filling the positions in sectors such as cybersecurity as an opportunity. Keep these in mind. Alas, women are not saving as much as their male counterparts. I will delve into this in the August Chit-Chat.

Before I move on, let's look at what classifies as a non-traditional job. This is when an occupation employs less than 25% of a gender. Start with InDeed - a highly regarded and trusted place for most. You can even find company reviews on their website.

Non-traditional Jobs for Women Reviewing both gender non-traditional roles may even help you decide on a career path or start your own business. Dig deeper within yourself to find out what you know about ten other jobs men may typically perform as well as ten things you might be interested in doing. This is how the career change happens, by thinking. My daughter is currently looking for a job in the auto industry and has been for several months but it is now a mission toward surviving the trickling down deep pool of despair due to a significant cut in pay and adverse increase in monthly expenses. I was once walking in her shoes but without a home, education, or job. I know the hardship and the sense of foreboding and anxiety that accompanies this situation. I hope and pray for her and lend my support as much as possible. I am also available for our W.O.W members at any time.

My remedy for a new career/occupation/employment or self-employment comes from my hardship as well as listening to many other women in a similar predicament. Giving up is failure. Continual expansion of your contacts and reaching out to people is success. Knowing that finding this next opportunity will take time and may involve many steps to get to a level of confidence while making a salary to cover your expenses and even save a few dollars for your future is your salvation. This will provide the fuel, and the energy, to propel you in the right direction.

Finding different people in your life is something most of us shy from. Get into a Bible study group, take a college non-credit course, volunteer on a community non-profit committee, or develop a new pastime such as bicycling, reading self-help books or fictional novels, walking/running, or bowling. My point is to interact with other people. And, if the people you are closely associated with are negative limit your conversations with them or stop yourself from commenting negatively in return by injecting a positive comment about animals or a new restaurant or park you visited.

I believe when you are in a certain time of your life it is best to seek out other women whether it is your mom, your sister, girlfriend, or one of the W.O.W members to talk to about your aspirations and dreams. Women tend to have the gift of listening and nurturing others.

I woke up one morning feeling free and exhilarated knowing my destructive marriage was at an end and felt an invisible arrow pierce my mind with a message of going back to college for my next step. I wanted financial freedom and my independence once again. I thrived there before and I was confident in an instant that was where I needed to go. Your situation may be different. A consultation with a local career or college advisor may be a viable option to start.



#### W.O.W Meets Julie Mulhern of Love Yourself First in June

Julie enlightened us with her success as a co-business owner, how she got there, and how her true passion is to help others. Love her at Love Yourself!

**Starting from nowhere and nothing** is not a pleasant situation for anyone let alone you. Doing nothing...well...I think you understand the option you need to pursue.

Find out what job finders and resources are in your area. Take a look at internet opportunities and websites. If you are unemployed, your new job is finding a new job. Spend 4 to 6 hours a day, 5 days a week, looking for a job. Filing for unemployment is a temporary solution.

Be prepared. Make a list of your skills using a phone, notepad, or writing in a journal. Journal entries can be particularly helpful as you can keep a daily update on your progress as well as be able to use if needed in the future. I was in deep trouble financially and had written a couple things on a piece of paper and stuck it in the back of a book. Years later, I came across my notes and smiled as I realized I had made the accomplishments, set myself back a bit, and later triumphed and paid off debts while saving money for my future while I traveled the road of independence. A note about independence. It does not mean you have to go it alone. Even if you are in a relationship with someone who keeps themselves in debt and has little savings. The focus in this process is Y-O-U. Once you are okay, everyone around you will be okay. As a sidebar, if you are in a relationship that is problematic you will need to eventually find a solution. You owe it to yourself and your children, if you are so blessed, to be your best. Remember: your best today may not be your best tomorrow. Knowing you did your best is what is important.



# In-Person W.O.W

W.O.W - SHOP AND STROLL-MAIN STREET

WHEN: THURSDAY, JULY 25, 5PM - 8PM

WHERE: DOWNTOWN SYKESVILLE-MAIN STREET-  
SYKESVILLE, MD 21784, USA

BRING YOUR DAUGHTER, A FRIEND OR YOUR MOM AND  
ENJOY MEETING THESE WOMEN IN BUSINESS!

## Empty Your Trash: The Hidden Benefits of Digital Decluttering

In our digital age, clutter isn't limited to desks and drawers—it's also rampant in our devices and online spaces. Regularly emptying your trash and clearing caches on email, smartphones, computers, and websites is more crucial than you might think. This simple practice can yield significant benefits, from enhancing performance to improving security.

**Enhanced Performance:** Accumulated digital junk, such as old emails, unused apps, and cached data, can slow down your devices. Smartphones and computers that are bogged down with unnecessary files run less efficiently. Regularly clearing these can speed up your devices, making them more responsive and quicker to use.

**Improved Security:** Old emails and cached data can harbor sensitive information. By routinely emptying your trash and clearing caches, you reduce the risk of unauthorized access to your personal data. Cybersecurity threats are ever-present, and maintaining a clean digital environment minimizes potential vulnerabilities.

**More Storage Space:** Unnecessary files and cached data take up valuable storage space. Regular maintenance frees up space, allowing you to store more important data and applications. Freeing up space ensures that your device can continue to function optimally and that you have room for new content.

**Better Browsing Experience:** Clearing your web browser's cache can resolve loading issues, ensure you're seeing the most updated web pages, and improve overall browsing speed. Cached data is meant to speed up your browsing by storing elements of frequently visited websites, but over time, it can become outdated or corrupt, leading to slower load times and display issues.

**Mental Clarity:** Just as a tidy room can promote peace of mind, a clutter-free digital space can help reduce stress and increase productivity. The constant presence of notifications and the sight of a cluttered inbox or a crowded desktop can be overwhelming. By organizing and decluttering your digital spaces, you create a more focused and serene environment, which can enhance your overall well-being and productivity.

Take a few moments today to empty your trash and clear those caches. To be consistent, schedule a time every week to work on digital decluttering. Not only will your devices thank you with better performance and increased storage space, but you'll also enjoy a more secure and stress-free digital experience. Digital decluttering is a small step that can lead to significant improvements in both your digital life and your peace of mind.

If you're not sure how to do this there are easy-to-follow YouTube videos available or contact me. [Tricia Soderstrom, Virtual Assistant](#) <https://TriciaSoderstrom.com>

## WOW Member Spotlight

Each month we will introduce a couple of the WOW ladies via this newsletter - Chit-Chat - and look forward to introducing so many more in the future. Women like:

### Christina Krone - Co-Owner of Montagu Meadows

A barn wedding and event venue with multiple options to make your day very special. Located in the scenic Carroll County you can select from a specialized list of professionals to help you.

<https://www.montagumeadows.com/>

410.596.4441

1029 Sullivan Road  
Westminster, Maryland 21157

### Beth Ann Lederer - Realtor/Working Wonders Solar

A true multi-faceted member with talents to help you with your home whether you are buying, selling, or just need to consult her about energy efficiency to make your home more 'green' Beth Ann has years of consulting experience to help you with your decisions.

[443.834.4792](tel:443.834.4792)

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[www.workingwonders.com](http://www.workingwonders.com)



## NOTEWORTHY

**\*\*WOW HAS MADE A FORMAL APPLICATION FOR A TRADEMARK™ THIS IS A MAJOR TASK AND QUITE EXCITING! \*\***

## WOW Membership includes:

- A diverse range of businesswomen to build your relationships and referrals
- Virtual and/or in-person events (these are at no cost to attendees) each month
- Newsletter, podcasts, and interviews to showcase your business
- Support for economic growth and knowledge and development to drive your passion and confidence in technology and resources

**THE WOW ANNUAL MEMBERSHIP IS NOW AVAILABLE ON THE WOW WEBSITE:**

[HTTPS://WOWWOMENUS.COM/MEMBERSHIP/](https://wowwomenus.com/membership/)

☀️ Join W.O.W-Women Optimizing Women's Annual Membership ☀️👩🏫 Elevate Your Network, Empower Your Success! 👩🏫 Are you ready to take your professional and personal connections to the next level? Look no further! W.O.W invites you to become an annual member of our vibrant and supportive community. 📌 Membership Benefits: Exclusive access to a diverse network of ambitious women Monthly virtual networking events Guest speaker series featuring industry leaders Peer mentorship opportunities Online resources and discussions Access to our private online community 🤝 Forge valuable connections: Build lasting relationships with like-minded women who are passionate about personal and professional growth. 📖 Learn and grow: Access valuable resources and insights to enhance your career and personal development.

PLEASE EMAIL YOUR CONTACT AND BUSINESS INFORMATION TO OUR WOW ADMIN, TRICIA SODERSTROM -  
[hello@triciasoderstrom.com](mailto:hello@triciasoderstrom.com)



## THE NEXT WOW VIRTUAL MEETING IS

Mon, July 8, 10am - 11am

Where: <https://meet.zoho.com/pSgVXqDMif>

VIA ZOHO MEETING

W.O.W Updates followed by: Co-Host: **Joanna Compton** of **Landscapes by Joanna**

LINK: <https://meet.zoho.com/AQG1qxInDN>

Meeting ID: 1029733130 | Password: NTSk2X

[click and join on the membership page!](#)

## Visit the WOW EVENTS page for future events

Visit the WOW FB or Website Events Page for details.  
<https://www.facebook.com/groups/484791698331590/events>

WE LOOK FORWARD TO THE PLEASURE OF YOUR COMPANY!

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<https://www.facebook.com/groups/484791698331590>  
<https://wowwomenus.com/>



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