



# NEWSLETTER

## CHIT-CHAT

W.O.W-WOMEN OPTIMIZING WOMEN®

ELEVATE YOUR NETWORK, EMPOWER YOUR SUCCESS

### February

The month of February is considered mid-winter. It's primarily known for significant holidays like Valentine's Day, Groundhog Day, and Presidents' Day (also known as Washington's Birthday), which all fall within this month; it is also widely recognized as Black History Month.

**Birthstone:** Amethyst The word Amethystos translates to "not drunk" in Ancient Greek.

**Zodiac Signs:** Aquarius and Pisces

**Flower:** Violet, which symbolizes loyalty and faithfulness.

#### IMPORTANT DATES IN FEBRUARY

- 1st - February 1, 1978 – First postage stamp to honor a black woman, Harriet Tubman, is issued in Washington, DC.
- 2nd - Groundhog Day
- 4th - World Cancer Day
- 9th - The Superbowl
- 12th - Lincoln's Birthday
- 14th - Valentines Day
- 17th - Presidents Day
- February 27, 1922 – U.S. Supreme Court upholds the 19th Amendment to the Constitution, which guarantees women the right to vote.

#### IMPORTANT PEOPLE

- February 3, 1821 (1910) – Elizabeth Blackwell, the first fully accredited female doctor in the U.S. (1849), and her sister Emily, founded the first medical school for women.
- February 4, 1913 (2005) – Rosa Parks, "Mother of the Civil Rights Movement," arrested after refusing to give up her seat on a segregated bus in Montgomery, Alabama, sparked a boycott of the bus system, which eventually led to the Supreme Court decision to integrate buses.
- February 15, 1820 (1906) – Susan B. Anthony, inspirational leader of 19th century women's right movement, national suffrage strategist, lecturer, activist.
- February 18, 1931 – Toni Morrison, Pulitzer Prize winning novelist, first African-American to win the Nobel Prize for Literature (1993)

Click below for more information about women's history:  
[National Women's History Alliance](https://www.nwha.org/)

**"Do one thing every day that scares you."**

— Eleanor Roosevelt

### Faith, February, Future

*A New Beginning*

There are some 'F words' you do not need to be intimidated by. Words like 'faith'. It is frequently spoken about when referencing church, our religion, and commonly introduced to us by our parents or our community. We don't necessarily think about faith and how it pertains to ourselves. This is the second month of the year 2025. February is most notable for Valentine's Day on the 14th and cold temperatures and yet there is much more. It is the only month that does not have a set amount of days: 28 days 3 out of every 4 years; the 4th year when it has 29 days, AKA Leap Year. We have faith someone came up with this calculation based on the Earth's orbit around the sun. We have faith in the Gregorian calendar and this is fact.

Do you have faith in yourself and your future?

As we embark on the 2nd month of the year, February seems cold and yet it is full of love and special dates to remember and embrace. We feel accomplished from the start of the New Year and eager to embrace the new month. Commitments are remembered and goals for a positive outcome are fresh in our minds. We want to do well. We are full of pride from the latest accomplishments. Our calendar of events fills; injected with an air of confidence not experienced before. Our minds are clearer, sharper, and more focused on business and creating new relationships than in the past. It's as if we *know* we can accomplish great things, inspire others, and enjoy one another at the same time. It is a new era. A quarter of a century past the infamous 1999 when much propaganda had us worried about the change of a millennium - one thousand years.

Our future, the years ahead bear many new and exciting times in technology and how business will get done. We work from home. We meet virtually. We are no longer afraid of what lies ahead as we have experienced a lifetime of changes during the past few years and realize we have survived rather well. Our community has expanded and we communicate with people all over the globe without thinking about the distance between us as technology has given us a sense of being local now. We can buy food, clothing, and basically anything we need with a few clicks on our phone or tablet having it delivered to our doorstep within hours or days.

Our thirst to create new relationships and experiences knows no boundaries. We are a powerful force of women in business. Women in charge of our own lives and destiny. The glass ceiling has become passe. The doors of success have opened wide with greater windows of opportunity. Our minds have become more creative and our imaginations flourish with new ideas while we provide the camaraderie we did not experience in the past and share ideas together. Joining a strong community of professional business women will increase your faith, help you with focus to create an active calendar, and propel you into a future of success! Because of ladies like you, our WOWNESS is growing... Thank you!



Joni Rampolla of [nutritioncoaching4u.com](https://www.nutritioncoaching4u.com) kicked off our 1st Noon Talk on January 8th

### WOW Member Spotlight

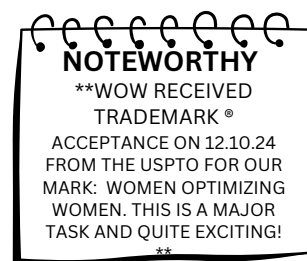
Each month we will introduce a couple of the WOW ladies via this newsletter - Chit-Chat - and look forward to introducing so many more in the future. Women like:

**Karen Pelton**  
 Carroll Community College  
[410-386-8155\\_kpelton@carrollcc.edu](mailto:410-386-8155_kpelton@carrollcc.edu)  
 Imagine a place where education meets opportunity, where hopes and dreams are turned into reality and where the future of Carroll County is being shaped. That place is Carroll Community College. Today, I'm excited for our speaker, Karen Pelton, to share with you why this college is the hub of Carroll County. Whether it's empowering students to reach their academic goals or offering programs that meet the needs of local industries, Carroll stands at the center of it all.

**Beth Houck**  
 Bright Media Group  
[bhouch@brightermediagroup.com](mailto:bhouck@brightermediagroup.com)  
 Account Executive | Brighter Media Group | Content Creation, Broadcast Media.

- Understand why a strong website and active social media presence are critical for business growth.
- Gain insights into how people interact with digital platforms and what this means for your marketing strategy.
- Beth will offer a scan/audit of your website to identify areas for improvement.

WOW Annual Memberships are available on the WOW website:  
[HTTPS://WWW.WOWWOMENUS.COM/ME](https://www.wowwomenus.com/membership/)  
[MBERSHIP/](https://www.wowwomenus.com/membership/)



## W.O.W IN-PERSON AND VIRTUAL OPPORTUNITIES ARE AVAILABLE IN 2025

CONTACT ME FOR DETAILS VIA EMAIL:

barbara.ringrose.wow@gmail.com



KAREN PELTON, DIR CORPORATE AND FOUNDATION GIVING-CARROLL COMMUNITY COLLEGE-WESTMINSTER, MD (L)  
BETH HOUCK, ACCOUNT EXECUTIVE | BRIGHTER MEDIA GROUP | CONTENT CREATION, BROADCAST MEDIA (R)

## IMPORTANT WOW DATES

### WOW Virtual Meeting

February 3, 2025, 10:00 TO 11 a.m.

VIA ZOHOO MEETING

WOW Updates. CO-HOST: KAREN PELTON, DIRECTOR CORPORATE AND FOUNDATION GIVING - CARROLL COMMUNITY COLLEGE-COMMUNITY

FOUNDATION WILL BE PRESENTING FOLLOWED BY A Q&A.

Active Referrals with attendees remainder of the meeting.

[LINK: https://meet.zoho.com/Ethizw0D7G](https://meet.zoho.com/Ethizw0D7G)

Meeting ID: 1064067321 | Password: uzgdpS

OR, [click and join on the events page https://wowwomenus.com/events/](https://wowwomenus.com/events/)

### In-Person W.O.W

There is no in-person W.O.W event for February.

Our next in-person W.O.W event will be in March, 2025



YOU MAY BE ABLE TO RECEIVE A DISCOUNT OR \$\$\$ DEPOSITED INTO YOUR ACCOUNT JUST FOR REFERRING A PAID MEMBER. STAY TUNED...

### PAID SUBSCRIBER BENEFITS and New Opportunities

WOW Noon Talk with Barb is a new weekly session in Membership Courses designed to help you elevate your business with actionable insights.

Join every Wednesday from 12 Noon to 12:30 in the Mighty Networks Membership.

Opportunities to showcase your business and host your own course are available in 2025. Subscription Members Only.

### Self-Care for Busy Entrepreneurs: Why Rest is a Productivity Booster

Tricia Soderstrom, Digital Operations Specialist

February can feel like the longest shortest month of the year. The excitement of the holidays has faded, the winter blues linger, and motivation can feel harder to muster. For entrepreneurs juggling endless responsibilities, this can be especially draining. That's why prioritizing self-care—and rest—isn't just nice; it's essential. Aside from being obsessed with organization and time management, my other passion is health and wellness. I'm passionate about clean living, clean eating, and taking the best care of my aging body that I can. Chronic illness sometimes makes that difficult but I've always been determined not to let that slow me down.

Rest and self-care aren't luxuries and they aren't only necessary for those of us with chronic illness; they're tools for sustaining energy and creativity. A well-rested mind is more focused, makes better decisions, and handles stress more effectively. But how do you make time for self-care in the chaos of running a business? You make up your mind to do it.

In November, my 17-year-old son convinced me to go to the YMCA with him and start working out. I was completely intimidated. I haven't been to a gym since 1991 when I joined "Spa Lady". My exercise experience consisted of walking, yoga, and videos I found on YouTube. Despite my intimidation, I went to the Y and have been going consistently 4-5 times a week since. I'm amazed at how much more energy I have and how exercising has cleared up my thinking and has helped me with seasonal depression. One of the simplest ways to boost your energy and combat the winter slump is by working out. Exercise increases blood flow to the brain, releases endorphins, and helps regulate your mood—perfect for fighting off the February funk. Whether it's a brisk walk, yoga, or a quick workout video, even 20 minutes a day can leave you feeling more focused and less stressed. I highly recommend it.

Schedule Mini-Breaks. You don't need a full spa day to practice self-care. Short, intentional breaks throughout your day can work wonders. Step away from your desk, stretch, or meditate for five minutes. These small pauses help prevent burnout and keep your productivity on track. It's proven that taking a 5-10 minute break every hour increases productivity.

Soak Up the Sunlight. With shorter days and colder weather, February often brings lower energy levels. Combat this by getting outside whenever possible. Natural light can improve your mood and boost your vitamin D levels, helping you feel more alert and optimistic.

Remember, taking care of yourself isn't selfish—it's the foundation of your success. By making rest and self-care a priority, you'll have the clarity, energy, and resilience to thrive, even during the toughest month of the year.

★ Join W.O.W-Women Optimizing Women's Annual Membership with Free Limited Access Membership! ★

🧠 Elevate Your Network, Empower Your Success! 🧠

Take your professional and personal connections to the next level. W.O.W invites you to join our vibrant, supportive community of ambitious women.

#### Membership benefits include:

- Exclusive access to a diverse network of businesswomen to build lasting relationships and referrals
- Monthly virtual and in-person events, guest speaker series featuring industry leaders
- Peer mentorship opportunities and access to our private online community
- Newsletters, podcasts, and interviews to showcase your business
- Support for economic growth, career development, and confidence in technology and resources
- PAID MEMBERSHIPS ONLY: Your name and business spotlight on our website Member Directory, giving you serious recognition
- Access online resources, discussions, and valuable insights to enhance your career and personal development.
- Forge meaningful connections and grow personally and professionally with W.O.W!



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Visit the [WOW FB](#) or [Website Events Page](#) for details.

WE LOOK FORWARD TO THE PLEASURE OF YOUR COMPANY!

Please email your contact and business information, Tricia Soderstrom - [hello@triciasoderstrom.com](mailto:hello@triciasoderstrom.com)