

# NEWSLETTER

## CHIT-CHAT

W.O.W-WOMEN OPTIMIZING WOMEN®

ELEVATE YOUR NETWORK, EMPOWER YOUR SUCCESS



### March

The month of March is about renewal, a rebirthing, and new beginnings symbolic of shamrocks, daffodils, and ash trees. It is internationally known as creativity month. It is National Women's History month.

**BIRTHSTONE:** aquamarine is a light blue stone that symbolizes strength and perseverance.

The name comes from the Latin words aqua and marina, meaning "water of the sea".

**ZODIAC SIGNS:** Pisces and Aries

**FLOWERS:** Daffodil: A cheerful bloom that symbolizes new beginnings and hope.

**Jonquil:** A type of daffodil that represents starting fresh and being strong.

#### IMPORTANT DATES IN March

- 3rd - National Anthem Day
- 4th - Mardi Gras
- 8th - International Women's Day
- 9th - Daylight Savings Time
- 17th - St. Patrick's Day
- 19th - Nurse's Day
- 20th - International Day of Happiness & First Day of Spring
- 21st - International Day for the Elimination of Racial Discrimination

#### IMPORTANT PEOPLE

**Estelle Anna Lewis** (née Sarah Anna Robinson; April 1824 – November 24, 1880)

**Jada Pinkett-Smith**, Actress-from Baltimore with searches in the last year of 682K-people find her most interesting

**Chief Joanne Rund** is the Baltimore County Fire Department's first permanently appointed female fire chief. Mar 22, 2023

**Jean Case** - co-creator of the Case Foundation - Be Fearless Approach.

YOU are an important part of women's history. Every day, women provide support to their community, professions, and families. Women are multi-faceted meaning we have evolved to maneuver and change our objectives and responsibilities in our lives as we search for betterment and seek financial independence.

More on important women in history at Women's History link below.

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

"I am not afraid of storms, for I am learning how to sail my ship."

Author-Louisa May Alcott,  
[Little Women](#)

### WOW IS TWO YEARS OLD!

#### YOUTH IS SELF-DEFINED

**WOW** is in its infancy but unlike the terrible twos we label our human offspring, we are an accomplished two-year-old learning new concepts, building our network of community-minded-professional businesswomen, and broadening our scope of platforms to showcase our members. Once known as a networking group, WOW is more aligned with a growing community of ladies dedicated to their professional endeavors. WOW became known to the World Wide Web on March 1, 2023. This date had important significance to the founder of WOW and the creators of the website; Barbara E Ringrose and Jennifer Lleras and equally important to all women as it signifies the 1st day of Women's History Month in the United States.

Launching a website is much like hanging your business sign outside of your business's physical location. It is the announcement to the world, or your little small community anywhere in the world, that you are open for business! Depending on the name, location, and design of your logo the visitors or passersby can get a quick glimpse of what you do OR be in a bit of a flux of wonderment and excitement on what product, service, or widget you are offering the world.

Our two-year anniversary much like any anniversary is a cause for celebration. On March 1, 2024, WOW added a new page [Mind Body and WOWNESS](#) to showcase those members specializing in healthful, professional careers. These ladies are dedicated to creating awareness and providing support and professional guidance to stress the importance of understanding the cause and effects of healthy nutrition and mind.

AND effective March 1, 2025, WOW created a 501(c)3. The WOW Venture Fund through the Community Foundation of Carroll County, Inc. This will allow our WOW Non-Profit Committee to approve and provide funds to individual/business requests. The initial funds for this Venture Fund were provided by WOW and future donations will be from individuals and businesses to help women grow in business. The recipients must first become subscription members of WOW before submitting any formal requests to the WOW Founder: Barbara E Ringrose.

March is known for the rebirth in nature and so is the significance of the monumental achievements created by the growth and openness for change while creating a solid base of professional ladies. Learning, educating, and providing support for the ladies of WOW is unique to other organizations. While building relationships and establishing rapport, referring business opportunities, and providing support for one another WOW embraces the concept of self-learning and education. These are not just words of a mission statement but, the heartfelt experiences of the many ladies we come in contact with every day. WOW offers multiple platforms to showcase its members while encouraging website visitors to message members directly.

Although the growth of WOW has changed with time, these past two years of WOW's website presence are preceded by almost 10 years of local, in-person networking. We are still young and evolving. WOW welcomes future changes and invites you to join us! We look forward to the pleasure of your company!



Lisa Rodino-FitUFinance - Co-host March Virtual Meeting

### WOW Member Spotlight

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

#### Tina Miller

Infinite Love Project & Action For Kindness  
Email: [ActionForKindness@gmail.com](mailto:ActionForKindness@gmail.com)  
Phone: 443-547-0860

Inspire people to be kind, to themselves and others. Kindness Envoy / Community Connector / Entrepreneur / Philanthropist / Rotarian / Author / Speaker / Yoga Instructor / Mindfulness & Meditation Guide / So Much More

[www.InfiniteLoveProject.com](http://www.InfiniteLoveProject.com)  
[www.BeKindSign.com](http://www.BeKindSign.com)  
[www.ActionForKindness.org](http://www.ActionForKindness.org)

#### Anna Felix Lic#OK28098

Wealth Partner, StrongHold Wealth Partners  
Mobile: [209.613.9445](tel:209.613.9445)  
Email: [anna.felix@strongholdpartners.com](mailto:anna.felix@strongholdpartners.com)

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

I am a California native that loves helping women feel confident about their money. Together we create the perfect plan for your unique situation. I work with women that are business owners, entrepreneurs and professionals. These women are busy and don't have the time to research what they should be doing with their money.

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

### NOTEWORTHY

\*\*WOW RECEIVED

TRADEMARK®

ACCEPTANCE ON 12.10.24 FROM THE USPTO FOR OUR MARK: WOMEN OPTIMIZING WOMEN. THIS IS A MAJOR TASK AND QUITE EXCITING!

\*\*

**W.O.W IN-PERSON AND VIRTUAL OPPORTUNITIES ARE AVAILABLE IN 2025**  
CONTACT ME FOR DETAILS VIA EMAIL:  
barbara.ringrose.wow@gmail.com

## IMPORTANT WOW DATES

### WOW Virtual Meeting

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

VIA ZOHO MEETING

WOW Updates. CO-HOST: Lisa Rodino Commercial Finance Specialist

<https://www.fitufinance.com/lisa-rodino/>

<https://meet.zoho.com/K9Y4ZM12Y3>

Meeting ID: 1072651643 | Password: YBRbXo

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

### In-Person W.O.W

WOW-MARCH, 2025 IN PERSON EVENT

Wednesday, March 19-5:00 – 7:00pm

Laurel Brennan, Owner of Root Causeology.

[The Center for Healing Arts, 112 E Main St, Westminster, MD 21157.](#)

[Regardless of age, your life should be filled with joy, wellness and vitality. Come explore with me and learn more!](#)



**DON'T KEEP US A SECRET!**  
**RECEIVE \$50 DEPOSITED INTO**  
**YOUR ACCOUNT JUST FOR**  
**REFERRING A PAID MEMBER.**  
**ASK HOW NOW AT WOW!!!**

### 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.

### March Forward: Celebrating Women Entrepreneurs and Business Leaders

Tricia Soderstrom, Digital Operations Specialist

March is one of my favorite months—not just because it marks the beginning of spring, but because it's a time to celebrate the strength, resilience, and success of women.

As a woman entrepreneur who works closely with women-owned small businesses, I know firsthand the challenges we face and the incredible wins we achieve along the way.

Starting and growing a business isn't easy. We juggle countless responsibilities, break through barriers, and often battle self-doubt. But what keeps me inspired is the women I engage with—passionate, driven business owners who are making an impact in their communities and amongst other women. I see the late nights, the strategic pivots, and the determination it takes to keep going. And let me tell you, it's nothing short of amazing.

One of the biggest blessings in my entrepreneurial journey has been being part of WOW – Women Optimizing Women\*. Surrounding myself with such powerful, driven, and supportive women has not only benefited my business but completely shifted my mindset. Through WOW, I've learned the true power of collaboration over competition, the value of investing in relationships, and the importance of celebrating both the big wins and the small victories. The encouragement, shared wisdom, and genuine support from this community have given me the confidence to step into new opportunities and continue growing in ways I never imagined.

This Women's History Month, I want to remind you (and myself!) of a few things:

1. Celebrate Your Wins—Loudly – Too often, we move on to the next goal without recognizing how far we've come. Whether you landed a new client, launched a website, or simply made it through a tough week, take a moment to celebrate. You've earned it.
2. Lean Into Community – One of the biggest lessons I've learned in my journey is that success isn't meant to be a solo act. Surround yourself with like-minded women who get it. Women, like those in WOW. Share your experiences, ask for help, and offer support. When we collaborate instead of compete, we all rise.
3. Lift Others as You Climb – Whether it's mentoring another woman, supporting a women-owned business, or simply offering encouragement, every small act of support makes a difference. The more we invest in each other, the stronger we become.

This month, let's celebrate not just the trailblazing women in history but the incredible women entrepreneurs making history today—including you. Keep pushing forward, keep building, and remember: you are not alone in this journey.

Here's to strong women in business—may we support, inspire, and thrive together.

☀️ 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!



Barbara E Ringrose, Founder  
W.O.W-WOMEN OPTIMIZING WOMEN, LLC™  
Manchester, MD 21102  
Mobile: 1- 443 797 2104 (USA)  
[Barbara.Ringrose.wow@gmail.com](mailto:Barbara.Ringrose.wow@gmail.com)



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)