



# MOTHER WIT NEWSLETTER

March 2011



A childhood should hold both discipline and affection. These two combined will one day produce an adult a mother can be proud of.

## Lighten Up!

**Have you ever stopped for a moment to reflect on the fact that you are so busy “living your life” that you have forgotten how to “enjoy your life”?**

We tend to become so serious about our life and the pressures that we are under to be the perfect woman, the perfect wife, the “perfect Mom” with the perfect children who excel in everything that they do, the perfect employee, the perfect daughter, etc., etc.

We get so busy being perfect and going from one place to the other doing whatever we Mom’s do, that we look up one day and a week, a month, a year has gone by and we haven’t taken the time to enjoy our life.

It’s easier said than done, but we all need to slow down, “lighten up” a little and make a conscious effort to enjoy the life that we are living.

To “lighten up” may entail a few things:

- Thank God for the little things.
- Don’t take yourself too seriously.
- Look for an opportunity to help other people.
- Choose joy.
- Look for the silver lining in every grey cloud.
- Add humor to conflicts and difficulties.
- Don’t base happiness on outward circumstances.
- Don’t try to be perfect.
- Don’t be easily offended.
- Laugh every chance you get.



Take a moment, take a day, take a week and stop and enjoy yourself. It will be time to get back on the merry-go-round soon enough.

## Celebrate March

- National Nutrition Month
- National Women’s History Month
- National Craft Month
- American Chocolate Week 3/20-3/26
- Absolutely Incredible Kid Day 3/17
- St. Patrick’s Day 3/17
- World Poetry Day 3/21
- National Teenager’s Day 3/21
- Make Your Own Holiday 3/26
- Children’s Picture Book Day 3/28

## National Women's History Month

Anne Bradstreet (1650) First published American woman writer

Elizabeth Blackwell (1849) First woman in U.S. to receive a medical degree

Sarah E. Goode (1885) First African-American woman to receive a patent

Susanna Medora Salter (1887) First woman elected mayor of an American town, in Argonia, Kansas.

Alice Guy Blaché (1896) First American woman film director, shoots the first of her more than 300 films

For more information about Famous Firsts by American Women visit: [www.infoplease.com/spot/womensfirsts1.html](http://www.infoplease.com/spot/womensfirsts1.html)



The secret to enjoying life is to be thankful for what each day brings.

Write it on your heart that every day is the best day of the year.

## Sing ...

Open your mouth and let your song escape? Sing on-key, off-key, no-key at all. Sing when you're happy, when you're sad, when you're vacuuming, and when you're walking. Sing anything you want. Sing the song that wells up in your heart. Sing the directions to your gynecologist's office. Sing your grocery list or the books in the Old Testament or the names of all the women and men you know. Sing your anger and make it as loud as you are angry! Sing a song of yesterday or of tomorrow. Sing your way into a different mood, or deeper into the one you're already in. Sing your life into existence. Every day, somehow, some way, however you can. Sing!!!

365 Words of Well-Being for Women  
Rachel Snyder

## In the Spotlight

Full Name: Sherry

Birthday: November 3

Current Residence: Illinois

Family Includes: 1 daughter and 3 Sons (Teenagers. Woo! Hoo!)

Favorite Color: Hues of blue

Favorite Dessert: Anything with dark chocolate!

Choose one word to describe yourself: Benevolent

If you could meet one famous person, who would it be:

Living: Marian Wright Edelman, President- Children's

Defense Fund Dead: Epictetus, a Greek Stoic philosopher

Favorite Room in Your House: The family room is my favorite room in the house. It is a true reflection of who we are as a family- tranquil and reflective.

Hobby: Reading, Collecting rare books, Patron of the arts

Favorite Magazine: Fast Company and More (business and pleasure)

Favorite Breakfast food: Maple-glazed apple tarts (ummmm! a guilty pleasure)

Last Good Book you read: Rise Up Singing-Black Women Writers on Motherhood by Cecelie S. Berry

What foreign country would you like to visit: Belize

Would you rather laugh or make others laugh: I would rather laugh and pass it on. LOL!

Which class would you find more enjoyable-cooking class or dance class: Dance class. Can you say Tango? Samba?

You've been given an envelope with \$500 inside that you have to spend on yourself, what would you buy?: Purchase annual subscriptions to the symphony, theater performances, and art museum.

Which would you prefer to watch-a drama or a comedy: A comedy. Again, I like to laugh!

What was your very first job: At age 13 I was a receptionist at a Catholic church.

What do you like to do on a rainy Saturday: Read, watch classic movies, or attend a good lecture.

# Minding Her Business



A look at Moms Who Run Their Own Businesses  
Introducing M. Colleen Klimczak

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

**MW:** Describe *Peace of Mind* and its mission

**Colleen:** My personal mission statement is “Service to God, Family and Community, in that order.” My professional goal is “to promote Peace of Mind for others.” I collaborate with my clients in organizing their homes and businesses, schedules and lives upon request, providing suggestions, assistance or personal effort. I respect my clients as individuals by respecting their privacy and working with, and not against, their personal talents and limitations.

**MW:** How long/how many years have you owned *Peace of Mind*?

**Colleen:** 8 years this June!

**MW:** What background did you need in order to start *Peace of Mind*?

**Colleen:** When I started my business, there was not an official curriculum for Professional Organizers, though now there are suggested readings, classes and certifications. I have always been organized, and my BS in Business Management is a great base for what I do! I tested for and received my Certification as a P.O. three years ago, and just re-certified in January.

**MW:** What do you like most about owning *Peace of Mind*?

**Colleen:** I love helping people get a handle on their stuff and their lives. The work I do is very gratifying. I love the independence and flexibility that being self-employed has provided, to work my career around my family’s schedule.

**MW:** What are some challenges you have faced in owning *Peace of Mind*?

**Colleen:** Self employment can be very challenging. Paid vacation days are a thing of the past, and I have to commit to adding to my 401K every year on my own. It is also difficult to wear all the hats in the business, like PR, marketing, bookkeeping and billing, in addition to delivering organizing services. Lucky for me, my personality and business type lend themselves to running an organized business!

**MW:** One piece of advice you would share with Moms who are thinking about starting a business.

**Colleen:** Go For It! Professional success and having kids are not mutually exclusive. There are crazy days, juggling school and baseball and band between clients and presentations, but everyone has crazy days, and I have them doing the things I love with the people I love. I want my sons to see me for the strong, capable person I am, and for them to realize that careers can be whatever we make them.

## Caught Up in the Web



- **Chocolate Cake Club**  
<http://www.chocolatecakeclub.com> A company that will be a trusted source for products to help busy families ease stress by organizing their busy lifestyle, encouraging kids to be more self-sufficient, maintaining strong family bonds even across distances, and finding must-have gifts and parenting products.
- **College Tidbits**  
<http://www.collegetidbits.com/> College Tidbits provides **students** and parents with advice about **Planning**, **Preparing** and **Paying** for college. There are many helpful articles, tips and tools to help you with the college planning and preparation process.
- **Hybrid Moms**  
<http://www.hybridmom.com/> The Hybrid Mom experience consists of daily content including featured articles to enrich work, family, personal and social lives. Blogs and interactive forums written and hosted by parenting and industry experts. Robust community connecting Hybrid Moms with one another. Marketplace to sell or buy Hybrid Mom products and services.



A young couple went on a cruise for their honeymoon. When they got back, the bride called her mother. “How was the honeymoon?” asked her mom.

“The honeymoon was fine,” she replied. “But as soon as we returned to the apartment, he began using horrible language. Things I’d never heard before. Terrible 4-letter words. I want to come home!”

Alarmed, the mother asked, “What 4-letter words?”

“Dust, iron, wash, cook.” The daughter answered.



## Something Extra

Read: **The Big Black Book for Parents-Helping Your Teen Navigate Through Life's Challenges**  
by Blaine Bartel

Share with Your Teens:  
**Life Strategies for Teens**  
by Jay McGraw  
**Organizing from the Inside Out for Teens**  
by Julie Morgenstern and Jessi Morgenstern-Colon

## And Then I Had Teenagers.....

.... is actually the name of a book written by Susan Alexander Yates who is also the author of the best seller *And Then I Had Kids*. We can all reflect on the day when we brought our little bundle of joy home from the hospital and how we watched as our baby grew into a toddler, and then a preschooler, an elementary school age child and then a pre-teen and now a teenager. Each phase in our children's life brings a different set of challenges, but it seems like the teen years has even more challenges. However, it is encouraging when we have instilled some basic principles into our children that will help all of us survive the teen years with our sanity intact:

**An internal compass of right and wrong · A fear of God**  
**General respect for parental and other authority**  
**A good relationship with parents**  
**Self-control, including a willingness to say no to temptations**  
**Self-esteem · Self-contentment · An unwillingness to bend the rules**  
**A willingness to pay the price when they make bad choices**  
**Wisdom to resist tempting environments**

Don S. Otis

List condensed from "Teach Your Children Well"



## You Are Special!

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Feel free to share the newsletters with your friends, family, co-workers.

Send their e-mail addresses so that they will get a chance to be "In the Spotlight".

## To Do List-March 2011

Celebrate National Nutrition Month-Eat Right!!

The following tips are provided by:

American Dietetic Association staff registered dietitians.

- ❖ Enjoy more fruits, vegetables, whole grains and dairy. (i.e. mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana)
- ❖ Eat healthy on the run (i.e. think ahead and plan when and where you will eat out; read restaurant menus carefully for clues to fat and calorie content.)
- ❖ Put more nutrition in your day by making a colorful main dish or salad. (i.e. start with leafy greens, vegetables, fruit, beans and nuts.)
- ❖ Create a healthy eating plan (i.e. emphasize fruit, vegetables, whole grains and low-fat or fat free dairy; include lean meats, poultry, fish, beans, eggs, and nuts; make sure your plan is low in saturated fats, trans fats cholesterol, salt and added sugars.)

### Something Extra

Visit: Eat Right-American Dietetic Association (<http://www.eatright.org/>)

Watch: Eating Well Videos (<http://www.eatingwell.com/videos>)

Read: Eat Right when Time is Tight: 150 Slim Down Strategies and No-Cook Food Fixes  
by Patricia Bannan, M.S., R.D.

*You can trust God right now to supply all your needs for today. And if your needs are more tomorrow, His supply will be greater also.*

*Each dawn holds a new hope for a new plan, making the start of each day the start of a new life.* Gina Blair