

## Four Pandemic Traditions That You'll Want to Keep Going Year After Year

This July 21st, we will be having our second live and in person event, a Happy Hour at The Howard County Conservancy! What a great way to celebrate the return to "normal". See below for more details.

During the pandemic, we all had to adjust to a different way of life. Jam-packed work and activity schedules gave way to a slower pace of life. Folks were able to get creative when it came to filling all that extra time. As we look back and reflect on the year that was, we may want to hold onto some of the special moments that we experienced at home or with our loved ones.

Here is a list of 4 traditions that you'll want to keep now and in the future:

### 1 • Virtual Gatherings

Many folks found a way to celebrate the holidays together- virtually. Sharing a meal or board game over Zoom or Facetime gave people a chance to connect with distant relatives and loved ones. Others connected with friends for virtual movie and TV nights. This should be a tradition that lasts for years to come.

### 2 • Outdoor Exploration

Spending time in nature has many benefits; it helps boost your mood, your immune system, and it can also strengthen your relationship to others. During the pandemic, more people learned to enjoy their outdoor time together with joint walks, hikes, and camping trips. Maryland has many beautiful state parks to explore with you and your loved ones. Don't forget to take some time for nature.

### 3 • Sundae Sundays

Make room for dessert and more bonding time. Take the time to make ice cream sundaes every Sunday night and watch a movie with a loved one. You can get creative by tying your sundae to a specific movie theme, like Rocky Road ice cream sundaes to go along with your viewing of "My Girl" or jumbo red popsicles to accompany "Zootopia." You'll be looking forward to this tradition every Sunday!

### 4 • Do Something Unexpected for Others

The pandemic forced people to get creative when it came to helping others. Some dropped off a meal to a sick relative or loved ones. Others put their sewing skills to work by making homemade masks for medical staff. Now is the time to get back to volunteering or participating in your local community service organizations in person. Not only does volunteering help others, but it also teaches folks their place in the world, and the importance of strengthening the communities they live in.

As we reflect on the year that was, it's important to remember the lessons we learned, and the new traditions we created. Take the time to keep these traditions going now and in the future.

## Upcoming BWN Events

You are invited to [join us](#).  
Registration is required for each event.  
Click on each section below to register.  
Become a member and attend  
our member-only events.

7/14: [Coffee Meetup](#)  
Host: [Sue Bullock](#) • [Celebrate Awards](#)



7/21: [Happy Hour](#) Host: [BWN Board](#)



7/28: [BWN Member Orientation](#)



## Nonprofits of the Month



[The Community Action Council of Howard County](#) (CAC) is the county's designated anti-poverty agency. CAC serves the community through four core service areas: the Howard County Food Bank, energy and weatherization assistance, housing assistance and early childhood education through Head Start and Pre-K programming. To better change lives and end the cycle of poverty, CAC bundles these programs and delivers them through a family-centered, Meaningful family engagement opportunities and intentional development of partnerships between parents and staff promote family stability, reduce stressors and connect families to critical resources.

**Requesting:** Personal hygiene items like toothpaste, shampoo, soap, deodorant and toilet paper!

**Representative name:** Rachel Sanborn

[SUPPORT CAC](#)

## Howard County Conservancy

The mission of the [Howard County Conservancy](#) is to educate children and adults about our natural world, preserve the land and its legacy for future generations and model responsible stewardship of our environment.

Received by the Conservancy in 1993 by Ruth and Frances Brown, Mt. Pleasant is a 325-year-old farm now operated as a nature reserve and educational facility. [The Gudelsky Environmental Education Center](#), on-site at Mt. Pleasant, is Howard County's first nature center, opening in 2005. The Conservancy, originally founded in 1990 as a private, nonprofit land trust, today has a dual mission of preserving land in Howard County and providing educational programs.

**Requesting:** Support for programs designed to educate children and adults in the importance of protecting nature.

[SUPPORT THE CONSERVACY](#)

## Welcome New Members

Alexandra Sullivan • [EMAIL](#)  
[Visit Howard County](#)

Audra Whitelock • [EMAIL](#)  
[Independent Cabi Stylist](#)

## Notice & Invitation

The [BWN Facebook](#) and [LinkedIn](#) pages are public but the [BWN Facebook Group page](#) is open only to current BWN members. If you are **NOT** a current member and would like to be, we'd love to have you join us!

[JOIN OR RENEW](#)

## About BWN

BWN is a Community  
Where Business Women  
Grow Together

Business Women's Network believes women are more successful when they are in community with other women. Our mission is to provide opportunities for motivated, professional women to empower one another, so that together we can grow our business and our leadership skills. What sets us apart from our other networking organizations is our warm and welcoming energy and our commitment to making genuine connections.

[JOIN BWN](#)

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