

WORK-IT MAMA

Traveling Milk Truck Monthly
Newsletter

It's February,

and, I'm going to be straightforward with you. The last two years have been filled with tsunamis of grief. My little brother died in 2020. I lost my mom in 2021. After that, I couldn't write. It felt as though I had been kicked in the stomach.

Grief never truly goes away, I know that now, but as time has passed, I've learned to understand it and make room for it.

This year, I've opened the door to healing, finding joy, wonder, and happiness. I'm creating space to find myself again.

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CELEBRATE BLACK HISTORY MONTH

I will be the first to admit my knowledge and understanding of Black History is limited—a byproduct of the American education system that failed me (as well as most of my peers).

I was 22 when I learned that Ruby Bridges was the first African American student to integrate into an all-white public school. I was 26 when I learned about Rodney King and the LA riots in 1992. When I was 32, when I learned that only 6% of books published are by black writers and even fewer of those are black women. Black history is vital for cultural education, appreciation and uplifting important stories and helps give context for conversations today.

In honor of Black History Month, here are five incredible historical achievements I learned this month:

1. The North Pole was co-discovered by Matthew Henson, an African American explorer in 1909.
2. Open Heart Surgery was first performed by Daniel Hale Williams in 1893.
3. George Crum created the Potato Chip by accident when serving a rude customer potatoes that couldn't be eaten with a fork. Did you know that 11.2 million pounds of potato chips are consumed during the Super Bowl every year?
4. The Reversible Baby Carriage was created in 1889 by William H. Richardson in response to the lack of maneuverability from the original Baby Carriage.
5. My clean and less tangly hair is grateful for Lyda Newman and her improvements to the hairbrush made in 1898.



"There is no greater agony than bearing an untold story inside you."

MAYA ANGELOU

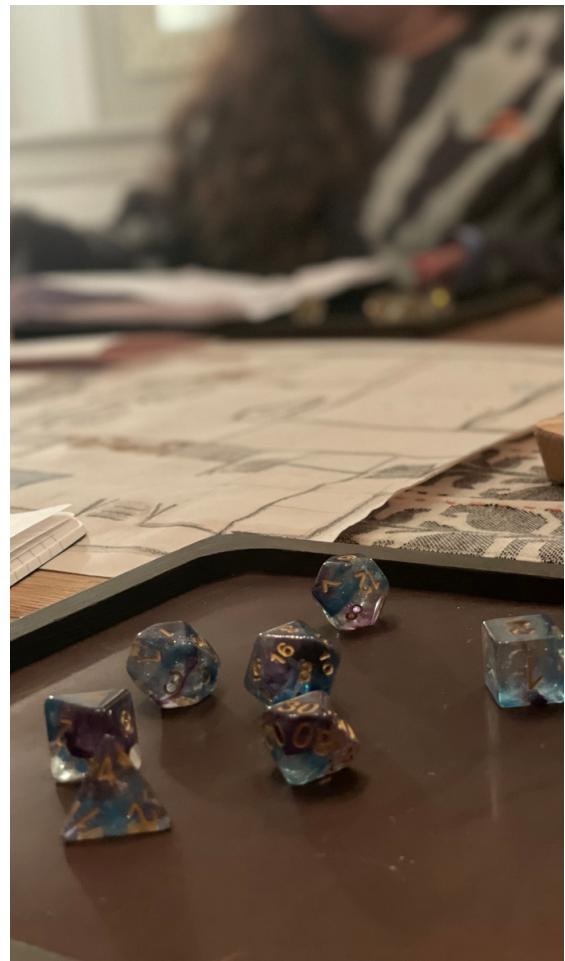


TAPPING INTO MY INNER CHILD

The isolation of the pandemic made me realize something very important. I had forgotten apart of myself that I didn't realize was missing—I'm a geeky nerd (yes, I identify as both). I love books. I love Zelda and anime and the Matrix. The idea of cosplay sounds like a creative adventure. I even once deconstructed the plot of the Pirates of the Caribbean, effectively ruining the third movie for most of my friends. I love experiencing these things with others, but I had to find my crew.

It was a game of Dungeons and Dragons that helped me reconnect with that part of myself.

Like me, if you find yourself searching inwardly to reconnect with yourself, start with the things you loved as a child and young adult. Make a list and write why you disconnected with that piece of yourself. It may surprise you.



Me? I didn't want to be overly nerdy when I moved to a new high school. I had been bullied and I wanted to change that for myself — I thought masking that would be the solution. So, I just didn't talk about my geeky-nerd-life until I got to college. And when I became a mom I felt like that vanished almost entirely...until a one shot of D&D got me back on track. The experience had been a stark reminder to hang onto the things I love, especially the nerdy, geeky, creative things that make me who I am.

DID YOU KNOW?

"Individuals such as Stephen Colbert, Vin Diesel, Jon Favreau, Matt Groening, Chris Hardwick, Moby, Mike Myers, Patton Oswalt, Karl Urban, Nathan Fillion, Gerard Way, Wil Wheaton

and Robin Williams (to name just a few) have spoken out over the years in support of the game and self identified themselves as players." - Chuck Moore, 9 *Surprising Dungeons and Dragons Historical Facts*.

OLYMPIC MOMS ARE FIERCE



Left to Right: Elana Meyers Taylor, Allyson Felix, Kerri Walsh Jennings, Dawn Harper-Nelson, Danelle Umstead, Kikkan Randall, Aliphine Tuliamuk, Kim Rhodes

As the 2022 Winter Olympics have to a close, I wanted to call out some of the amazing moms who have rocked-it over the years to compete at the Olympics. The dedication, hard work and effort moms go through to compete on this playing field is amazing.

Did you know that in 2021, [Milkstork had nearly 21 gallons full of breastmilk shipped](#) home from moms who were pumping and competing in the (delayed 2020) summer Olympic games? Let me put that into perspective...if you were to give your baby a 4.5 ounce bottle that would be over 750 bottles delivered home. That's nuts!

And this year, Elana Meyers Taylor had to send home pumped breastmilk to her son after receiving a positive COVID diagnosis at the winter Olympics. Olympic moms (and dads) are tough. Many of whom have had to make sacrifices to compete in the Olympic games—this year was no different.

Here are just a few great articles that highlight moms and their journey through the years who have achieved their Olympic dreams:

- [Olympic Moms Throughout History](#)
- [They are Olympians. They are mothers. And they no longer have to choose.](#)
- [These Olympians & Paralympians Are Not Only World-Class Athletes — They're Moms, Too](#)



A CONVERSATION WITH MY FOUR-YEAR-OLD

My daughter got a haircut today:

"Mom, I looks like a demon."

"What does a demon look like?"

"You, mom."

Of course it does...

candy wrapper makes that crinkle sound

Kids:



BOOK OF THE MONTH

"Brilliant Black Inventors," written by Joy James, highlights the genius, creativity and innovation of sixteen black inventors throughout history.

This is a great read, especially for young readers. The illustrations are engaging and the history is shared in an easy-to-understand format. Great even for teachers and the classroom.

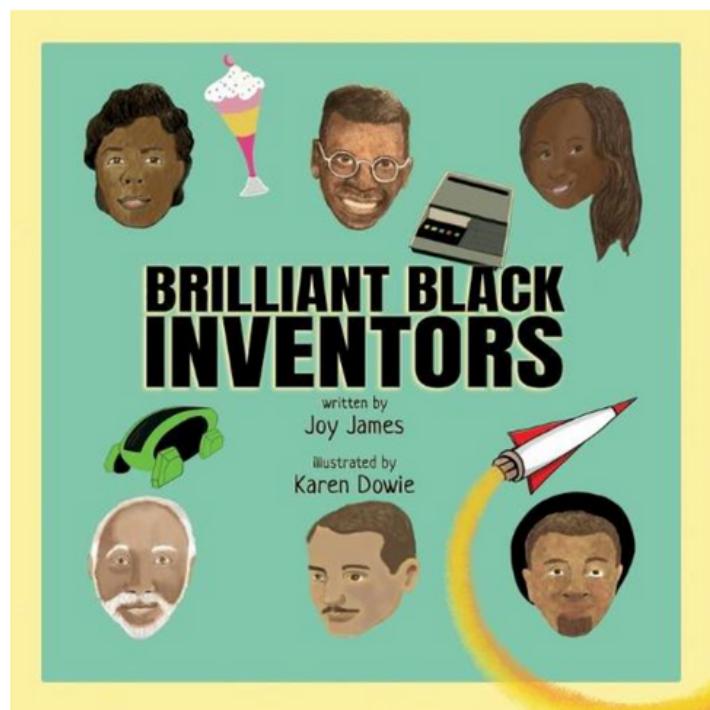
MEME OF THE MONTH

"No more treats tonight," said my husband to our girls.

"Awww, okay," they said.

Ten minutes pass and I hear the clinking of bowls in the kitchen. My husband then, sits on the couch and starts eating a bowl of cappuccino ice cream like he's wearing an invisibility cloak. Rookie Mistake.

"I would have waited until the girls were in bed," I said (as my daughter asked him to share his first bite).



Hey Friends,

Have a children's book you love? A parenting hack you want others to know? Care to share how you have made your workplace more parent-friendly? Shoot me an email. I would love to feature your story in a future newsletter.

And join me on [Twitter](#) and [Facebook](#) for updates and progress on my book for working moms.

XO

-Mama Kar

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