

The WomanSage Post

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"The New Middle Ages" Conference

Everyone enjoyed the Nov. 3 conference -- from the Men of Sage who lined up for their auction to the keynote speaker, Dr. Pepper

Schwartz. Do you have comments on the day? We've collected many of them and are using your thoughts to plan next year's

event. Sound off by e-mailing info@womansage.org



WomanSage founder, Jane Glenn Haas, with Pepper Schwartz, Ph.D., who spoke about women's sex and sensuality after 50.



Men of Sage awaiting the Auction!



Ciji Ware talks about "Rightsizing"



Conference Speaker: Kelly Greene on finances and retirement.

Join WomanSage For A New Year Of Programs!

By JANE GLENN HAAS

We already have so much planned for 2008!

- New Special Interest Groups
- Do you want to start a business? Maybe improve the business you already have?
- Do you wonder if you should change careers now? Return to school? Retire early? Look for part-time work in the future?

WomanSage is ready to provide a broad palate of information or you starting in the spring. Please go to womansage.org and sign up for our "Women in Transition" Programs.

January Salon

Hear Darlynn Morgan, an attorney and a Fellow with the Legacy Builder Institute, guide you in the best ways to capture and transfer your most important personal wealth - your values, insights and experiences.

An attorney with her own law firm, Morgan Law Group, she will present "What Story Will They Be Telling About You?" at our Jan. 8 salon.

This interactive presentation is just the right way to stimulate our thinking for 2008. Darlynn will show us how to take a proactive approach to creating a lasting legacy. Come prepared to share some of your own stories! And you will leave with a take-home activity that will help you transfer your most important legacy, your personal values, insights and experiences.

As usual, we meet at 6:30 p.m. at First American Corp. but now we are in Building 5. Fee remains \$5 for members and \$20 for non-members.

February Salon

Is your identity wrapped up in your job? What will you do with your time when you retire? Can you start some of those projects now?

Midlife is the perfect time to begin preparations for the transition to retirement - or continued work after

"retirement" or a new career or any one of many options involving family, volunteering, personal enrichment.

Helen Dennis, a USC specialist in transitions and life changes, will head a panel of WomanSage members who will talk about their own transition plans.

The Feb. 12 meeting starts at 6:30 at First American, as usual.

You can also go to womansage.org and fill out a survey on whether your identity is wrapped up in your job.

Also Ahead

See our list of returning special interest groups. E-mail us at info@womansage.org with your suggestions for programs in 2008.

Please tell us if you enjoy the Dining Well program and want us to continue that effort in the coming year. Any other suggestions for discounts or member benefits?

WomanSage wants your input as we plan our future.



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Shoes for the Soul - 2007 Update

Excitement abounded in September and October as 751 children arrived to get their pictures taken for the much anticipated "Shoes for the Soul" Christmas program.

Thanks in part to the members of Womansage who so willingly stepped forward to sponsor over 100 of the

750 children. It never ceases to amaze us how wonderful and caring the women of Womansage truly are. This program would not be the success it is today without our Womansage friends.

Just as a reminder the shoe gifts are due back Tuesday, December 11 at the Womansage salon. If you cannot attend

the salon please call Nancy Garvey @ 714-651-8549 or Lisa Amick @ 714-227-6161 to arrange a shoe drop off location.

Muchas Gracias,
Nancy Garvey & Lisa Amick



Mary Carbone & Jacene Deratany



Michelle Sharpe and personal shopper at Working Wardrobes



Mary Carbone and Katy Cutter with new outfits



Diana Olson choosing accessories



Michele Liem with two of her three children on day of being voted "mother of the year" at their school.

Meet Six Orange County Women: The Current Transition Makeovers

Change is in the air. Six women are making major changes in their lives as they cope with careers on hold, new ventures in life and honing job skills for new positions.

And WomanSage is helping them do it with care, examination and a plan. In a three-month period, career coaches have refined resumes and have explored skill sets. Life coaches have targeted goal setting and life timeline challenges. Financial advisors are taking a snapshot to help ensure the foundation of this important part of life. Each of these coaches is a member of WomanSage and licensed or certified in her field. This year's "faculty" include:

Life Coaches: Elizabeth Barbour, Carol Draper, Diane Preston and Joan P. Stevale

Career Coaches: Ann Coil and Markell Steele

Financial Coaches: Linda Barlow, Pamela Adams and Delia Fernandez

Who are the six women transformed?

Mary Carbone was out of a job for much longer than she expected and was becoming more and more insecure. As she began her three-month session as a Transition Makeover, she had finally landed a good job. So she is focusing on keeping it and learning how to strategize her position there; how to keep her supervisors aware of her experience and skills; and how to maintain a growth pattern within the organization.

Katy Cutter adhered to the advice to "follow your passion" when she was displaced from a 25-year career. She set her goal to earn a Masters degree in

gerontology and social work and did it. But what then? A job in the field to which she was new at an age that was not typical of new grads was her issue. We await what she will do with the assessments by her life and financial coaches.

Jacene Deratany quit her job in Arizona and moved to Orange County to be close to her aging and frail parents. They needed her to help them and she was the sister chosen to take on this role. Recently divorced and dealing with a serious illness of her own, she now is wondering where **she** is, as she becomes caregiver, part-time school employee, on call to others and lost. Where did her life go? Stay tuned as she finds out.

Michelle Liem was voted Mother of the Year at her children's school last spring. They wrote an essay that gave her that honor. In the meantime she was fighting many battles trying to keep things together. Involved in a complicated divorce, forced to sell their home, looking for the career that she will need to have to keep her three children safe and thriving (rather than the three jobs she schedules now to maneuver through this rough patch), Michelle's spirit will help her as she is aided by her career coach and financial advisor.

Diana Olson was the daughter who rose to the occasion to care for her mother who suffered from uterine cancer for three years and ultimately passed away. She was wife and mother and had a ten-year career with an insurance company during that time. She took a break from her job to

recover after her role as caregiver ended, intending to return, but found it was not that easy to find one, even at forty-eight. She is looking at career choices and life goals during this three months, so that she can move on with her plan.

Michelle Sharpe had a successful and satisfying career in the field of advertising but chose to leave it to be a stay-at-home mom for her two children. Her husband was earning enough for her to do this. She didn't stay home, but became the volunteer mom in a big way in the school district and a community leader during those years, but now with the children older, she wants "herself" back. She yearns for a career that will give her an identity and will fill her passion to accomplish something more in her life.

Watch for the next chapter of these six women. They will be telling their stories at upcoming WomanSage salons beginning in 2008. Women transformed and always in transition.

If you are interested in applying to be a Transition Makeover candidate, and you live in the Orange County area, please send a short letter to WomanSage accompanied by a recent photo. Interviews are conducted several times a year. The only requirement for this free program is that each woman share her individual story so that others may learn from her experience.

Linda Scheck
Transition Makeover Coordinator /
Community Development Director

WomanSage Special Interest Group

Group Name	Date of Meeting and Location	Leader Name & Contact Information
Book Clubs (South/Central OC and West OC)	Full	If you are interested in starting a book club, contact Mary Holloway 714-220-0484 or chriscin@aol.com
Caregiving Support	Second Tuesday of Month Pre-salon meeting at Restaurant	Maryann Goodman 949-794-9470ext 8768 mgoodman@livhome.com
Hiking Group Orange Conty	Mostly Saturdays Orange County Specific Dates in SIN*	Marilyn McGowan 949 897-2295
Loose Women	Meet Anytime	Linda Panitz LWReports@earthlink.net
Money Matters	First Wednesday of Month	Lisa Tatman, CFP 949 300-1215 or L_Tatman@earthlink.net
Rebuilding Together	Meet Anytime See SIN*	Linda Panitz 714 514-1885 or Panitz.L@earthlink.net
Reminiscence/Life Story	First Sunday of Month Costa Mesa	Dr. Nancy Anderson 714 435-0139 drnmanderson@yahoo.com
Singing at Charity Functions	Meet Anytime See SIN*	Sharon Lea Boyd 714-974-9121 ex t 103 or 714 502-0019 sharon@rosegaterealty.com
Singles	Listing in SIN*	
Transitions	2nd Saturday of Month Cordelia Knott Center 230 South Main Street Suite 100 Orange, CA 92868	Liz Barbour 714 840-9382 or ecbarbour@earthlink.net

* SIN - Special Interest Newsletter

NEWS YOU NEED TO KNOW...

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**We're on the
web!**

www.womansage.org

WOMANSAGE:
CREATING A NEW
AGENDA

WomanSage is a non-profit, membership organization dedicated to educating, empowering and fostering mentoring relationships among women at midlife.

WomanSage focuses on financial literacy; women's health; the self, inner and outer beauty; careers and transitions; caregiving; and relationships. WomanSage offers a news-based Website, a quarterly journal, annual conferences, monthly salon meetings and a network of special interest groups on topics of interest such as book clubs, dining, theater, civic engagement and travel.

Caregiver Cruise Set to Sail

January 21-25, 2008, will mark the third time a new group of unlikely travelers will take a bold step to take a break; to seek respite; to take refuge from the daily activities of caregiving. They will be part of a caregiver cruise funded by WomanSage.

They will be a tiny number lost among the more than 2,000 fun-seeking people who are on the Carnival vacation cruise ship, heading for a stop at Catalina Island and on to Ensenada and then back home to port in Long Beach.

It is as much about whom they leave behind as it is who they are. One woman takes care of her 87-year old mother with dementia and a son with cerebral palsy. Another gave up her career to care for her aging parents, as her mother

declines into dementia and her father has become more demanding. One has a husband who can't form words to speak because he has lost the understanding of speech. They have lived in their motor home for more than 12 years as she cares for him daily.

Another, a caregiver since 1992 for Joe, who has dementia, at first refused to go until she was assured that the clothing she would need on the cruise, that she does not own and cannot afford, would also be provided.

There will be twenty-two of them on this cruise ship. WomanSage has adopted the goal of supporting caregivers in as many ways possible. Of course, education and support groups are part of the program. But there is another

special gift that we are able to offer caregivers: a time of fun and relaxation. After "taking care of the caregiver" they will come back refreshed and ready to resume their roles once again. One woman on last year's cruise said it was enough to last her the whole year long.

The funding for this unique gift to caregivers is provided by individual donations and by an annual major lead gift from Alfred Gobar, Ph.D., economic and real estate consultant. He cared for his first wife, Dr. Sally Gobar, for many years. After her death, from Alzheimer's disease, he became the principal underwriter of WomanSage *Cares*, the philanthropy providing respite for full time caregivers. He believes taking time off is good for the soul of a caregiver.

Conference Survey- Thank you for participating

I thank you for your responses to the conference survey and the overall marks were excellent. The input gave us some thought about the number of breakout sessions

and the amount of time it took for the "Men of Sage" was noted. We are committed to deliver the best Annual Conference possible and every remark will be noted by our

committee.

Marilyn Ditty
WomanSage Board

WomanSage Reflections from the Board Chair

My introduction to WomanSage happened in November 2003 as an opportunity to network with midlife women, in part to build business referrals. That motivation was quickly over taken by the desire to become an active member of WomanSage and to be in the company of inquisitive, interesting, mentoring women. Every monthly Salon attracts more new faces as we build connections within our vast Orange County neighborhood and national chapters.

When the WomanSage board was in need of talent to help usher along this young organization to achieve its mission, my decision to join the board in 2004 was

immediately rewarding. My desire to be in the company of dynamic contributors was quickly satisfied and much has been shared by the founding board members.

Every WomanSage member has the opportunity to participate in or to lead a Special Interest Group. What a wonderful way to connect with members and learn from one another! The Money Matters "Mavens" learn from our meeting facilitators, but more importantly, we learn from each other by sharing mistakes and success stories. Do you see the trend of mentoring and like minded support?

WomanSage is poised for growth in our chapters, depth of relationships at the Salons and Special Interest Groups, and through member blogs. As we enter 2008 the board will benefit from new members. Let my WomanSage experience mentor your own desire to contribute to this valuable organization and enjoy personal growth that benefits our mission and philanthropy.

Happily contributing to
WomanSage,

Lisa Tatman, CFP
WomanSage Board President