

MEMO TO: All Women Moving Forward Graduates

FROM: Susan Van Vleet

DATE: May 30, 2004

RE: New 2004 Dates, Scholarship Established in Our Company Name, and Menopause

WOMEN MOVING FORWARD 2004

We've got our 2004 schedule done and we have three Women Moving Forward Workshops scheduled: February 3-5; June 8-10; and September 28-30, 2004. There are also two more scheduled for 2003: June 10-12, 2003 and November 4-6, 2003.

Let us know if you have someone you want to refer. They fill up quickly, only 36 women can register in 2004 and there are only 9 spaces left in 2003 (1 in June and 8 in November).

Don't forget as a graduate you can attend any Women Moving Forward as an observer. You get to sit in the back of the room and listen to the group. The cost is \$250.

To review WMF, attend and participate fully with the group, you pay half price or \$1,500.

WOMEN'S LEADERSHIP RETREAT, 2004

Our Women's Leadership Retreat has been scheduled for May 3-5, 2004 and will be held again at the Lodge & Spa at Cordillera. You must be a graduate of Women Moving Forward to attend and it helps if you have attended one of our other workshops as well. There are only 10 spaces available and priority is given to women who have attended before.

To get more information or to see if you qualify for this special retreat, call our office.

ORGANIZATION MAN MEETS ORGANIZATION WOMAN

November 9-11, 2003, we will revive our gender diversity course.

It is required that only pairs (male/female co-workers) from a company can attend.

This course assists men and women in dealing with the issues inherent when we work together:

- How to speak into Male listening
- How to speak into Female listening
- What blocks the conversation
- Removing the Blocks
- How to apply the learnings to your company

John and I lead this workshop together.

THE NATIONAL COUNCIL OF JEWISH WOMEN IN COLORADO
Susan Van Vleet Consultants, Inc. Scholarship

Thanks to all of you who made a donation to this fund. Which was established by the NCJW Colorado Section in our company's name. We appreciate your commitment to young college women.

Some of you have asked about this program and so here is the information;

This scholarship is part of the Hannah G. Solomon Scholarship program NCJW Colorado established three years ago because we found out that young Jewish women were dropping out of school for financial reasons or not even beginning college. This was unacceptable to our organization.

In the three years the program has been available, we have given out 16 scholarships to young Jewish high school and college women. We could have given out 30 but the funding just wasn't there.

My scholarship is being established specifically for a Jewish female college student with a 2.5 GPA or better who has a financial need. This year my scholarship went to Helena Stapin. She is a junior at NYU and would have had to postpone her senior year to work and raise additional funds to graduate. She has a 3.265 college GPA at NYU and she is active in the Bronfman Center at NYU and the 9/11 clean up efforts.

The fund we have established for the NCJW Susan Van Vleet Consultants, Inc. Scholarship is self-perpetuating. That is, we will only award scholarships from the interest we get on the account and let the fund itself increase as principal. The more money we can raise, the faster we can increase our scholarship giving.

By the way, NCJW and our scholarship program are both designated as 501(c)3 and therefore, all donations are tax deductible.

If you have any questions about the scholarship, give John or I a call. If you would like to make a donation (any amount is fine) just make your check payable to NCJW-Susan Van Vleet Consultants Scholarship and you can mail it to NCJW Scholarship Program, c/o Susan Van Vleet, 416 Prospect Drive, Castle Rock, CO 80108.

Again, thanks to all of you who supported our scholarship efforts. It means a great deal to me to have your support.

Sincerely,

Susan Van Vleet

On Perimenopause and Menopause

Whether you are 24 or 54, you are at some stage of evolution as a woman.

When you begin menses (your period) you begin with a finite number of eggs. Perimenopause is your body signaling the end of the supply of eggs. Menopause is the end of monthly periods for over 2 years and the end of your egg supply.

It is not however the “end” of anything else – or it needn’t be.

You begin changes in your body moving toward menopause at about 35 (some argue you begin at your first period!). In your 40’s most of you may begin having the following symptoms: sweats (commonly referred to as hot flashes) disturbance in sleep, heavier flow, missed periods, irritability or a short fuse, etc. Symptoms vary by woman and may not be the same intensity for every woman.

When you begin to have some of these strange symptoms we recommend three things:

1. You do your own research about Perimenopause and Menopause.

2. You contact your doctor. There are tests the doctor can do to determine if your hormone levels have dropped or risen. That will tell you if you have entered Perimenopause. But more importantly, if the symptoms you are having say you are – than you are.

3. Take stock of your life. Are you satisfied with your life as it is? If yes, what would you want to focus your life on for the second part of your existence on the planet. If no, what do you need to change to be satisfied.

At 50, I spent a week away from home in beautiful setting, without John and the boys so I could take stock of where I was going and how I was going to get there and to make substantive changes for the second half of my life.

I spent a lot of time writing and thinking about me. It was totally selfish time but one that was important to my life after 50.

Lastly, Menopause is only the beginning of a different phase of your life. The phase where you are finally able to put all of your talents to use where you want to. A phase in which you can focus on your needs and creativity. A phase in which all of the emotional ups and downs of being 20 – 40 years old disappear and you can focus and be even more productive.

I congratulate all of you who have begun this new phase of your life and welcome your comments.

