

Alice Wilson-Fried  
Author  
Menopause, Sisterhood, and Tennis  
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### **Wilson-Fried Writes Off the “Change” With A Mean Backhand**

Some women manage to breeze through menopause with nary a hair out of place. For others it is a slow, hard physical and emotional slog. Then there are those women, like Alameda author Alice Wilson-Fried, who use their menopause experience as a springboard - or in Alice’s case a wicked fore arm swing - into life affirming change. She shares her menopause inspired transformational journey in her new book – Menopause, Sisterhood, and Tennis.

Alice recently gave a presentation at the Alameda Natural Grocery for a group of women interested in hearing an account of how the discomforts of menopause can be – if not completely vanquished – at least channeled into an opportunity for growth, and perhaps even a new passion. As Alice told the group, “there are no magic pills or potions to control the affects of menopause. You control the symptoms of menopause by taking control of your body.”

As she shares in her book, Alice approached menopause with a mixture of denial and downright fear. After all, according to wisdom gleaned from her mother, “Women making the change have one foot in the grave, and one foot out.” This perspective was shaped by the sad fact that Alice’s grandmother mistook the symptoms of cancer for the inevitable physical changes of menopause, and suffered an untimely, and perhaps preventable, death. As Alice tells it, it is no wonder “I was terrified. I wasn’t ready for menopause. I wasn’t ready to die.”

Alice describes for her readers a childhood spent in New Orleans during the era of the Civil Rights Movement. Her vision of the world - and of her health and body - were shaped by an environment rich with motherly, and grandmotherly, advice. By turns laugh-out-loud funny, and deeply poignant, the chronicles of her experiences growing up black and female are tales to which women of all ethnic backgrounds can relate.

Shedding her preconceived notions of what she could expect from the menopause transition took courage, education, a patient husband, and huge doses of humor. As Alice told her audience, when she went to the library to do some fact based research on menopause she found, “...582 books on menopause all written by white men.” Alice credits her tenacity and attitude – with a capital A – for spurring her search for solutions to the physical dis-ease and emotional upheavals she was experiencing as her hormone fluctuations wrecked havoc on her normally well controlled life.

Her husband suggested she take up the sport of tennis – presenting her with tennis lessons and a little pleated white skirt. As a self-acknowledged PE failure, she was dubious of her ability to learn and enjoy a new sport. As it has evolved, her involvement with tennis has encouraged Alice to develop, not only new physical strength and skill, but deep new friendships with her tennis team Sisters (the Sisterhood of her title), as well.

This is the story Alice wanted to share with other women, and their families. Alice no longer considers herself “rocker ready.” Tennis brought to Alice a “life surge” of new mental, emotional and physical energy. She recommends to readers that they use the opportunities presented by the Change-of-Life to fully explore their sense of health and personal accomplishment.

A recently filmed Hallmark Channel production features Alice in a story profiling inspirational ways women handle life’s challenges. This show will air on March 28<sup>th</sup> and May 16<sup>th</sup> at 7:00 am. In addition, those wishing to hear Alice speak in person can see her at the Glad Tidings Church in Hayward on February 18<sup>th</sup> at 7:00 pm or the El Cerrito Library on March 15<sup>th</sup> at 7:00 pm.