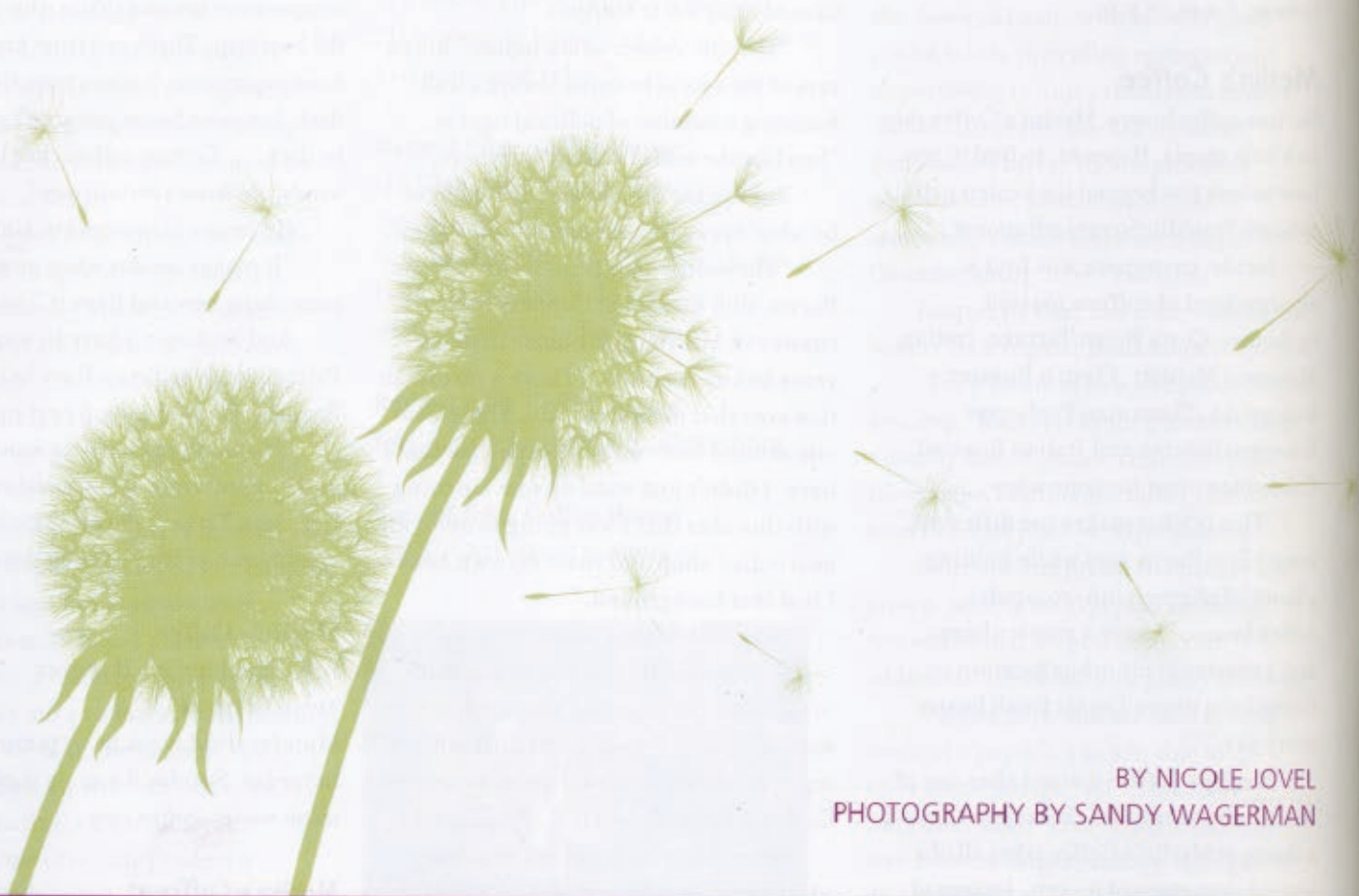


something *yet* to be



BY NICOLE JOVEL
PHOTOGRAPHY BY SANDY WAGERMAN



A journey of self-discovery

While sitting at a weekend retreat in November 2007, York Springs resident Janet Trump was thinking about what she would do next with her life. "I had done so many different things—I was a reporter, an editor, was in management, marketing for a nonprofit, development work, volunteer work—but I was at a point where I wanted to do the work that would make my heart sing," Trump recalls.

She had her journal with her, the one she fills with inspirational quotes and poems she's accumulated over time, and one in particular caught her eye.

"'Dry seeds scatter from my hand into the wind. One clings as if to say there is in me—something yet to be,' and that is how I felt about my life," says Trump.

"I was at the age where I'm probably two-thirds through, and have maybe another 30 years where I expect to be vibrant and active. Now that I don't pay a mortgage or have kids at home, I thought, 'What is that thing that I've always wanted to do but never did. What if I did it just because I love it?'" And from those inspirational words in the poem, Something Yet to Be was born.

A four-week training program, Something Yet to Be focuses on women sharing their stories and connecting with other women as a way to lead each participant to self-discovery. "We're never done growing as human beings," says Trump. "My initial thought for the class was that there are probably other women my age, whose kids are grown, who are trying to discern how they can make a contribution to the world at this stage in their lives."

She drew on her experience as a trained mediator and her other work experiences to design a curriculum that would give women the chance to reflect

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(left) This quote is from the story *Women Who Run with the Wolves* by Dr. Clarissa Pinkola Estes. The story is used in the teachings of Something Yet to Be. (right) Something Yet to Be founder Janet Trump explains her vision board. A vision board is a collage of images, dreams and affirmations reflecting the things and connections that the creator wants to bring into her life. "For me," says Trump, "it also serves to remind me of what matters the most in my life."

on their lives and determine what it is that they want that is not there. "No matter what they have in life, everyone wants more," says Trump.

Kate Seitz Bortner heard about the new program in her hometown of York. She says she doesn't believe in coincidences, but learning about the program happened at the right place and time. "I had just retired from a 22-year career. I knew I wanted to give myself transition time to ease into retirement and figure out who I was without that job, and I knew I wasn't going to be able to do that on my own. When Something Yet to Be came along I thought, 'This looks exactly like the kind of thing I wanted to do,'" she says.

Bortner signed up for the class and soon found herself surrounded by other women on a similar journey. "I knew it would be a small circle of women in an intimate setting, but I was amazed by how easily and skillfully Janet and her process provided a holding environment for strangers to come to begin to share a bit of their story and very quickly develop some deep connection and understanding, and a sympathy for their respective journeys and circumstances," she says. "I developed a circle of allies after four short classes, people I can use for encouragement and as resources."

Program participant Lorraine Mayers also found that Something Yet to Be came along at the right time, just as she was retiring from her career.

"When you retire, you don't die, you just start over," she says. "I just knew there were other avenues out there for me."

Hanover resident Judy Morris thought it sounded interesting, but she wasn't entirely sure about the program when she signed up. "Part of me said, 'Oh no, why did I sign up for this? There's going to be homework and I'm going to have to be introspective.' But what I got out of it was the power of acknowledgement. It's like a jumpstart," she says.

For all three women, the program wasn't like taking a personality test, where at the end you are told what you would be good at. Instead it was an opportunity to ask questions—where am I headed, what's my dream, what are my strengths, what have I learned from the past, and how can I put all those answers together and make use of it?

"Our society and culture too often pigeon-hole us and papers us over with roles and expectations, and too soon we forget who we are and are only able to see the roles we perform for others or who we are in other people's lives. We lose that sense of ourselves," says Bortner. "So many of us were not affirmed or empowered or given the opportunity to be exactly who we are. A lot of times we don't have the time or luxury to sit down and think about that."

Although the initial intention for the program was to reach out to retired women, Trump quickly found that women of all ages and from different walks



Graduates Lorraine Mayers (left) and Lolly O'Dea Polvinale (right) stand with Janet Trump (center), reflecting on their friendships and lessons learned.


of life were also struggling with finding themselves. "Though it was primarily women over 50, we've had women as young as 25 in the program. We are all in some kind of transition. If you're 25, it might not be dealing with aging parents, it might be figuring out how to live authentically in a workplace that assigns a value to you that is lesser than you are," she says.

Career development is exactly what 36-year-old Michele Migas was looking for when she enrolled in the program. The Aspers resident had been working with a personal life coach and thought the group setting of Something Yet to Be would be beneficial. "It's not just one person providing support, but a group of women. I want certain things in life and I could share those aspirations with these women, and they could give me their honest assessment. It reinforced my goals and helped me to see that I can do or be whatever I want."

Migas credits the encouragement she received from the group with her not only joining the Gettysburg Addressers Toastmasters Club, but for her becoming the president of the club in less than a year. "When I went to the program, I realized I needed to find other ways to develop leadership skills, so I joined the Toastmasters," she says. "I haven't changed in my career, but I've gone out to seek different ways that I can move forward."

Although their goals are all different, the women agree that Something Yet to Be helped them

realize and understand their goals—and started them thinking about how they would attain them. "Something Yet to Be will point you in a direction and provide the wind behind your back to get you moving forward," says Bortner. "That's what's exciting. It's not a silver bullet, it's a start."

For Trump, hearing other women's dreams has been a dream come true. "For some women, it's being able to garden anytime they want; for others, it might be going to France or having an hour each week to sit with their grandson and read his favorite books. Others want to change the world," she says. "The consummate example is Grandma Moses, who painted in her 80s. I didn't want to wait until my 80s to figure out what I wanted to do," says Trump. "This is what I'm supposed to do, encourage other women to help them have the life they want." 

About Something Yet to Be

A self-discovery program for women, Something Yet to Be is offered in Hanover and York. Participants meet once a week for four weeks, after which they are invited to monthly meetings. Groups range in size from four to eight women, and are led by facilitators.

For more information, call Janet Trump at 717-880-6344 or visit www.somethingyettobe.com.