







"Cyber support system" in *The Cincinnati Enquirer* by Cindy Kranz. Thursday, 3. June 1999 Copy typed up by Thomas A. Muething, last revision Tuesday, 27. May 2025

Angelina Muething has found sisters she never had—17 of them.

They were strangers when they first met online to share their tales of menopause. More than two years later, 18 women from around the country and Canada are good friends who now share each other's celebrates and setbacks.

Although they had traded photos and phone calls, they put faces to screen names when they met for the first time last month in Las Vegas.

Among them was Angelina, 40, of Montgomery, who initially hosted their menopause chats on America Online. The group now communicates via private chats once a week and in an e-mail loop.

"It's like a sisterhood," Angelina says. "I feel my relationship with them is like long-distance sisters who have moved out-of-town. "I get parenting advice from some who have parented far more children than I. I don't have a mom to go to. (Her mom died in 1988.) I've come to know these women so that I trust their moral judgment."

Like millions of others who meet via computer in this high-tech age, these women have forged relationships that wouldn't have happened if they weren't online. Menopause brought them together, but it's their hearts that have sealed their friendship.

Angelina, a homemaker, also works for Oxygen Media, which last year acquired online sites of interests to women including Thrive, Moms Online, and Oprah Online.

She volunteers as a chat host for Thrive, hosting disabilities chats. (Her 8-year-old son has cerebral palsy). She also is a training team manager, providing Thrive training to volunteers and monitoring AOL training.

Angelina began co-hosting a menopause chat through Thrive on America Online in September 1999 and continued for 11 months. That's where she met her friends.

The women moved out of the menopause chat into a small e-mail loop that began with four to five of them. Within a few months, the loop grew to 16. This year, two more women joined. They named themselves "Cheers."

The women range in age from 40 to 55. Angelina is the youngest and has the youngest children, ages 22, 8, and 7. Some are high school graduates. Some are college graduates. Their occupations range from union arbitrator to nurse to housewife.

"It's been a refuge," says Sandy Martin, 51, of Dallas. "A place to come where I know I'll be comforted, supported and loved. We've talked about some very intimate things that you probably wouldn't discuss with your regular friends."

None of the women is ashamed of being in menopause, Angelina says, and it doesn't dominate their discussions anymore.

"It has evolved now so menopause is only about 2 percent of what we chat about," Angelina says. "We don't talk about it much unless somebody has tried new medication."

Instead, they discuss anything and everything: health issues, rearing children, helping children choose colleges, grandchildren, weddings, vacations, recipes, shopping, books, weather, clothes, dieting.

"Anything you'd talk to your girlfriend about—and then some," Angelina says.

The "and then some" includes the politics, religion and sex. They hashed over Bill and Monica. Their religions include Catholic, Jewish, Quaker, Pentecostal and more.

Some are more revealing about their sex lives than others, but it's a difficult topic to ignore. "You can't talk about menopause without talking about sex," Angelina says.

Everyone is equal

Like sisters, the women truly care about each other. The group's prayer circle helps them to navigate through troubling times.

"We pray a lot," Angelina says. "Sue lost her mother suddenly, two weeks before Las Vegas. Sally's nephew died very suddenly. He was in his 30s. Somebody always seems to have a child who isn't doing well. That's a really special part of this group—how we support each other, emotionally."

The women send each other cards; some call each other regularly.

When the tornado hit Montgomery in April, four women heard about it on national news and called Angelina until they reached her. "That made me feel really special," she says. "I had no electricity, so I couldn't e-mail."

Last year, three children of Cheers' members got married. The weddings were one week apart for three weeks.

"It was special how everyone was interested in the wedding details, and we were sending pictures," says Mary Helen Sinclair, a 48-year-old Columbia, Miss., homemaker whose son got married.

"They were so interested in what was happening in our lives. I called Sandy in Atlanta the morning of her son's wedding and told her I was thinking of her and wished them good luck. Then we exchanged wedding videos by mail."

Even though they come from different parts of the country, the tie that binds them is they've been there for each other, Mary Helen says. "We've lauded, cried and griped to each other for over a year. It's hard to understand, but we became 'sisters', and we accepted each other."

Cyber friendships, she says, are based on the same qualities as other relationships: trust, honesty, and sharing. Yet, cyber friendships are different, because the computer can eliminate potential biases.

When you're on a computer, no one knows economic class, color, sex or religion—unless you share it. People are judged by what's on the inside and not by appearance.

"It's a totally equalizing media," Angelina says.

Friends at first sight

While cyberspace brought them together, there's nothing like the rush of meeting face to face. The anticipating of their meeting had all the drama of a first data.

Would their written words match their in-the-flesh personalities? Would they get along as well in person? Would they be as close after meeting?

Mary Helen was among those nervous about the meeting. "I was hoping we would feel the same about each other after we met." They all say they do.

Every year, the women talked about getting together. Angelina pushed for the group to quit talking and do it. Twelve of the 18 headed to Las Vegas April 29-May 3. The movie on Angelina's flight to Las Vegas was—appropriately—You've Got Mail.

It was an emotional time.

Marcey, who is Italian like Angelina, leaped across a table, two beds and a chair, arms outstretched to Angelina, speaking in Italian, "Hello, my dear friend." Angelina had never seen a photo of Marcey.

"No one has ever greeted me that way," Angelina says. "I knew exactly who she was."

Sandy, a former sales manager in the retirement industry for Marriott and Hyatt hotels, was in the middle of moving from Houston to Dallas last month, when she dropped everything and flew to Las Vegas.

"It was vitally important to me to meet the 'friends' that would stay constant when everything else in my life was changing, due to the move," she says.

The meeting was like a big slumber party. The women stayed up all hours to chat. They all brought food from their hometowns. Angelina took Aglamesis chocolates and Cincinnati chili. (She toted a hot plate and pot to Vegas, and ordered plain spaghetti from room service).

Angelina had hats embroidered with "Cheers" for all the women.

Those who couldn't be in Vegas wore them in spirited while the others were gathered.

The women cried when they left. They cried on the way home. They cried when they got home."

"We all knew we had imperfections beforehand," she says. "I vividly recall some of the posts in the weeks before our meeting in Las Vegas. Some admitted they hadn't lost the weight they planned to lose—kind of like admitting they may not measure up to what others expected them to be.

"The truth actually was that we accepted each other unconditionally for who we were inside, not because of what we looked like or our social status." Meeting each other changed their relationship.

"It made it stronger," Angelina says. "It made it real. I think it was real before, but we didn't know it. It was like a dream come true."

The group plans an annual reunion. After all, they are sisters.

For information on Oxygen's Thrive at America Online, click keyword and type Thrive. You'll find information and chat schedules for their topics: medical, fitness, sexuality, nutrition, weight and serenity. Oxygen's other sites can be accessed using keywords: Moms Online, Electra and Oprah Online.