THE LLLI ALUMNAE ASSOCIATION

Continuum

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Feeling alive and engaged —something we would wish for every LLL Leader, for our own children and loved ones, for ourselves.

While the setting and focus may change over the years, what are the common threads that weave through our lives to connect us with a feeling of vitality and fulfillment?

These are the threads that appeared often in the reflections of Alums:

Affirmation—a feeling of being respected, nurtured, and appreciated.

Accomplishment—setting and reaching goals, meeting challenges.

Collaboration—working with others in pursuit of common goals.

Creativity—birthing new ideas, meeting needs in different ways.

Growth—learning, stretching, listening.

Giving—contributing talents, time, knowledge, and wisdom.

Friendship—connecting mother-to-mother.

When we were alive and engaged in LLL!

Think back to a high point you experienced in La Leche League—a time when you were most alive and engaged. What did it look like? How did it feel? Who was involved?

These same questions led the last issue of CONTINUUM *in the Renewal/Chaordic Initiative article, "Co-constructing the LLL of our dreams," based on the process of appreciative inquiry. Here are some excerpts from responses.*

Meg Sondey, Ohio USA: My high point is right now… I feel as though I'm contributing not only to an organization, but to mothers right in my own neighborhood and around the world! I've made *so* many friends through LLL and I know that my entire parenting and lifestyle has been impacted by LLL and by the women I've met. I've become much more confident about my life choices and more respectful of others. I'm encouraged when I meet Alumnae and hear how much they have enjoyed life and continue to enjoy their families. I love being with people who value people and use things. I love babies and get the biggest kick out of watching mothers and babies learning to love each other. I'm excited about learning and growing and know that wherever I go in my life (physically, intellectually, and spiritually) there will be a place for me in LLL and a little of LLL in each of my places!

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—Meg Sondey

Helene Scheff, Rhode Island USA: When I think of LLLI and my life, there are no points that pop out as being the *best*! It seems LLLI has served me with what I needed at the point I needed it. From what I learned through LLL, I am able to do my job—administering a state wide dance initiative in Rhode Island schools. The organizational skills and the fund raising training I learned from LLL have become part of who I am now… For the past three years, I've chaired the LLLI Conference PIZZAZZ team and work with a superb team of women. And, though I hope that I am giving back in small portion what has been given to me, I remain totally fulfilled… delighted by the children from all countries who gather to enchant audiences with their dances, cheers, and music making. Giving to the children is giving to our future, personally and organizationally!

Sharon Fairborn, California USA: LLLI has been a major part of my life since two weeks before the birth of my first child in 1969. John and I had just arrived in Southern California after leaving Boston and all our friends and my family back East. I was very lonely and LLLI filled me with new friends—for that I have always been grateful.

I think the time I was most actively engaged was when I first became a Leader and had the thrill of leading meetings and helping moms, but then all my LLL life has offered challenges and insights that have shaped me and ingrained LLL in my soul.

Anne Devereux, New Zealand: I've been thinking about the highlight of my LLL time and, to be honest, I think it was when I was asked to be a Leader Applicant. I had come to LLL as the mother of seven children and a history of breastfeeding some—but not working out how I was prone to failure. I heard about LLL and went to visit with a woman who was an Applicant working with a CLA in the US. (There were no CLAs in NZ at that time.) She

Alive and engaged, continued

loaned me the WOMANLY ART OF BREASTFEEDING and *Nursing Your Baby* plus some information sheets. I could not believe all that I was learning. My newest baby took to breastfeeding like a charm and was still nursing when he was over 12 months—*very* old back in 1970!

I attended the inaugural interest meeting for LLL held in my city and then began attending Series Meetings. I loved everything about this organisation and when I was asked to become a Leader Applicant a year later, I was stunned but excited. This whole period of being nurtured and continuing to learn about breastfeeding and its value for our babies and myself opened my eyes to so much.

I remember the "busyness" of the Group. We had wonderful preparation and Evaluation meetings which always included some enrichment and fun. There were three Leaders and several Applicants by this time and we often had LA "classes" to explore LLL philosophy and counselling situations.

…I would come home from my LLL Meetings on a real high, literally counting the days until we met again! I felt totally respected and appreciated and I hope that this is a feeling that LAs have today. This part of LLL is so important to me that I am right back there as a CLA, currently working with six applicants and trying to give plenty of positive strokes.

Nancy Franklin, Texas USA: Feeling a part of something bigger than I am has been important to me… Now I am enjoying taking LLL philosophy outside the LLL circles, combining it with my professional life …and watching the seeds be planted and begin to germinate. And I am enjoying bringing psychodrama techniques and some play therapy philosophy to LLL and being part of that seed planting and germinating. I enjoy playing with ideas with like-minded friends—and that all energizes me and keeps me involved.

We felt trusted, empowered and unfettered in our zeal to do something significant for Leaders and mothers.

—Janet Jendron

Janet Jendron, South Carolina USA: Even though I spent eleven years on the Board of Directors chairing some major committees, I think my most "alive and engaged" time in LLL was when I was South Carolina's ACL and Area Conference Supervisor.

What did it look like? It looked like definite work to be done, with definite results and definite deadlines—concrete goals and steps to reach those goals, with a concrete result: the further education and inspiration of Leaders.

We attracted nationally known speakers, co-sponsored a conference with the state health department, and started an outreach to underserved mothers in the state. It felt fabulous because we were collaborating with people who served real mothers with real life challenges, people we as LLL Leaders couldn't always reach. It felt good because there were no "turf wars" or ego battles; we meshed with other health professionals for common goals.

We had the freedom to make decisions that were best for our population and our state. We felt trusted, empowered, and unfettered in our zeal to do something significant for Leaders and mothers. We felt that every bit of work we were doing was focused on the common goal, with no sense of "going through hoops" to fit into a cumbersome bureaucracy.

Most of all, what we were doing felt "right"—right in our focus, right in the way we were collaborating among ourselves and with others. It also felt "right" personally and as an organization. That sense of internal "rightness" was what facilitated the harmony and success we experienced.

I've used many of the skills learned in this experience in later life... but most of all, I took away the knowledge that honest, ethical teamwork can happen—and leadership that empowers is actually a realistic goal. All we need is a passion for a common goal that truly serves others, the willingness to work hard and leave egos behind, and trust from outside and within that we are capable of doing the best possible job.

Susan Mocsny Baker, Massachusetts USA: My high point in LLL was as an AAPL in Southern California/Nevada in the late 1980s. Chele Marmet was APL and we had weekend long meetings, having potlucks and going out for some of the meals. It was a great camaraderie of women, including some babies, and part of the first day was just catching up on what was going on in our lives. Martha Sears, Nancy Williams, and Ellen Shell were among the many Leaders who were part of the department. We planned a PL District Workshop each year, as well as reviewing journal articles that were pertinent. We also planned all the CE sessions for the Area Workshop. What a vibrant group of people!

The other alive and engaged time was when I first joined La Leche League in the beginning of 1976. I had a baby who was several months old and knew no one else breastfeeding. I called Jody Nathanson, who spoke to me at length and invited me to a park day that morning. She continued to host annual chapter potlucks for anyone who had

ever been involved in the South Bay Chapter and anyone else involved with LLL at her home. We would drive up there from Orange County for years, until we moved away from Southern California to Massachusetts in 1996.

Jan Horvath, Florida USA: The best of LLL times for me were my early days as an LLL member and Leader. Our three children were born during this time and I was active in two Groups. My co-Leaders and Group members were my only friends/mentors. Their children were my children's friends. We worked hard to promote LLL and breastfeeding/parenting in the area, but had so much fun doing it. We had a fairly good relationship with the WIC office (this was before peer counselors), the local hospital, and the local childbirth educators. We lived in Daytona Beach and when it was time to play we would head for the beach. We enjoyed being home and enjoyed our children. All was right with the world! I am still very good friends with one of these amazing women—during our LLL years we bonded for life!

Mary Jeanne Hickey, Massachusetts USA: I see my involvement in LLL as a sort of mountain range—several high peaks and many smaller ones.

Attending the first LLL "Convention" in Chicago and meeting the Founders was the beginning.

Then, starting LLL in Boston over 38 years ago and meeting others doing the same to the north and west of the city was my next high. Becoming ACL was another peak. Helene Scheff and I planned the first "open" Area Conference in each of our states. (Up to that time, Conferences were for Leaders and Applicants only.) The first LLL Massachusetts Campout took place; it continues today every Labor Day weekend with about 50 families.

Perhaps the highest peak was my term as Administrator of Affiliates. Working with Canada, Canada Francais, Great Britain, Deutschland, Switzerland and New Zealand showed me that LLL philosophy is the same the world over.

Now my LLL work is on a much lower plateau and I am content. I help with the first Group I began; I represent LLL on the Massachusetts Breastfeeding Coalition; I'm the Area Alumnae Representative. And I enjoy my grandchildren.

Royal honours go to LLLNZ's Anne Devereux

New Zealand Royal Honours were recently bestowed upon Anne Devereux, who was designated a Companion of the Queen's Service Order (QSO) for Community Service for her LLL work.

Anne was instrumental in the formation of LLLNZ and is her country's longest serving active Leader. She also was an active member of the LLLI Board.

Past Board of Directors president Cindy Smith wrote in support of this prestigious award on behalf of LLLI.

"Beyond her official positions on the BOD, Anne earned the respect of her fellow Board members and the admiration of the LLL community with her work in New Zealand as an adjudicator for appeals for the New Zealand Code of Practice for the Marketing of Infant Formula and as a National Assessor and Trainer for the Baby Friendly Hospital Initiative. In her acceptance of these responsibilities, Anne demonstrates her commitment to breastfeeding and assures that her country will meet or exceed 'best practices' in regard to feeding for their youngest citizens.…

"Anne is a woman whose life is a reflection of her deeply held values of children, family, and service to others. LLLI has been honoured by her service to our organization over the past 30 years. We fully support her recognition as an outstanding citizen of New Zealand by the receipt of this prestigious award."

All four LLLNZ Directors, past and present, plus Anne's husband, were on hand to watch Anne be honoured at an investiture at Government House in Wellington, New Zealand's capital city.

An invitation to read

Children grow and lives change, but there's always a need for helpful, supportive books that relate to our parenting questions and concerns. If you're an active, reserve, or retired Leader with a critical eye, who enjoys reading and writing, please consider joining the LLLI Book Evaluation Committee (BEC). We always need book-loving volunteers to help keep the LLLI Bibliography up to date with what's "out there" in the exploding publishing industry.

Each evaluator approves four to ten books a year, and you fit the number and timing to your life. The goal for reviewing and returning a book is two weeks (although there's flexibility if life intervenes and slows you down—you just need to say so). You get to choose when it's convenient for you to review books and you can usually choose what you would like to review. There's a nice evaluation form that covers all the bases—you need only fill it out, online or on paper.

For more information, visit the BEC pages on the LLLeader section of the LLLI Web site or contact Diane Beckman, LLLI BEC Chair, at DiBeckman@aol.com.

Shared wisdom: After the children are off on their own

Anyone else feel this way? Three beautiful breastfed boys—the youngest is now 21, six foot five. They are all off on their own now and doing wonderfully. I am so proud, but they were the joy and center of my life. I gladly gave up my career to be their mom, and it was worth every moment, every memory. NOW what? Who am I? This is the hardest time of my life.

—Diane

Dear Diane,

No matter what we do, I don't think we can ever get enough time with the people we love. Kids, parents, grandparents, siblings—sooner or later life moves on and we have to say goodbye. The good news about when the kids say goodbye is they don't truly leave us. I've found now that my sons are 28 and 25, they just need their parents in a different way. With the oldest, it may be to introduce the latest girl friend. Recently, our 25-year-old became a dad. What fun we've had looking at the photo albums to see who the baby looks like and remembering when our boys were babies, being on call to shop for groceries, or bringing a hot meal for the new parents. And I spent considerable time getting my home ready to be "Grandma's house," sorting and cleaning baby toys, finding the favorite books, and thinking about the child proofing I'll have to do soon.

Of course, there have been a few years in between the time the kids moved out of the house and the baby's arrival. In some ways, it's been like a second adolescence rediscovering who I am. In fact, I think I'm still doing that. I worked part time, then full-time, for a weekly newspaper using my love of writing. I did lots of volunteer stuff when the boys were young—homeroom mom, reading with kids at the school, Cub Scout leader and of course, LLL. The community still needs me. I've put my concern for children and moms to work in new ways through a local family resource center and going back to read with kids at the school.

I'm also taking time to do the things I've always enjoyed, but didn't always have time for—photography, flower gardening, the voice lessons I always wanted, but never took when young.

I've kept a journal of many of my experiences to help sort out my feelings. Shortly after my mom's illness was diagnosed, I started a gratitude journal in addition to the daily journal. Writing down even one positive event for each day reminds me that even when things look bleak, flowers still bloom, people still say please and thank you, my husband and my kids still love me.

The bottom line is that we didn't start out knowing how to be parents to our kids, or at least I didn't. I found myself telling my very tired son that I remember those nights of being up every hour or two and sometimes feeling so exhausted and helpless that all I could do was cry. But as I gained confidence in my new role, I outgrew most of the tears.

Letting go is like being a new parent. Just as we grieved sometimes over the loss of our footloose, childless days, we have to grieve over our children not needing us as much. Perhaps some other wise LLL mothers out there have devised a ritual for this life passage—a cap, gown and diploma; or cutting off the apron strings; or renting "Sleepless in Seattle" or "Terms of Endearment" or some other sad movie and watching it with other graduating moms and having a really good cry. It took nine months to bring each child into the world and more than 20 years to raise them all. Expect to feel sad for awhile, but also expect that life has more good things to offer when you're ready for them.

LLLove, Margaret Ludington, Iowa.

Dear Diane,

I certainly identify with your bravely admitting that your boys being raised is the hardest time of your life. When my two girls left for college it was somewhat trying, but when they later accepted residencies and took jobs many states away, I felt devastated!

The hardest thing for me, looking back, was that I couldn't find any validation for my feelings. Our society teaches us to ignore problems—"stiff upper lip, just push on" etc. We're made to feel weak for admitting our problems.

Back when women had large families and often grandchildren before their youngest left home, this situation wouldn't have occurred. But now with smaller families, it seems to be fairly common. For the woman who has chosen to make motherhood her career, this is an extremely challenging period. It is equivalent to a man being forced to retire from a job that he really loves.

It would have really helped me to share my thoughts with other like-minded women, rather than being told I should be glad my children were gone. Perhaps the Alumnae could host a chat room for such a discussion. I think it's important to acknowledge the feeling of loss that often occurs and to help these mothers know it's okay to grieve through this period of adjustment.

NOW what? Who am I? This is the hardest time of my life.

I floundered through my trying time with a health problem that I know was stress related. (We don't fool our bodies when we "stuff" our feelings.) Later, some counseling for depression was useful. But most helpful was developing some new interests, volunteering (it's true, there are people with much bigger predicaments) and teaching part-time. And after a few years, just about when I was getting used to the new situation, both daughters married, had beautiful breastfed babies, and eventually moved back to the area. So the ending to this story is that we are now enjoying seven robust grandchildren only an hour away and have never been happier.

So Diane, I understand. Try hard to find people who will listen and give you a shoulder to cry on. This isn't an easy time, but there is definitely a light at the end of the tunnel.

Love and hugs, Barbara Magill, Illinois

Dear Diane,

This is something all mothers have to eventually face whether we have one or more than a dozen children. I know how much you miss them. There is a part of each of us, or at least me, that wishes she always had a nursling in a sling. As the mother of grown children, that stage is "easy"....

Perhaps the biggest aid to our grown children is for us to live in the present, our present, being an example of a whole/full person as we wanted to raise our own children to be ...with their interests, hobbies, relationships. To be ourselves the kind of person we want them to be now.

The wheel of life is turning and we won't always have the strength or resources we did years ago for our little ones. However, if their wings and roots are strong, then we shall always have and feel that heart connection with them. When our children grow up, they give us back to ourselves. We may look in the mirror and wonder who she is, but all of the young women we were and more are there waiting to "come to the table"...with all the experiences and maturity we gained along the way.

In the "third stage" of our lives, we have wisdom and resources to be advocates for a larger community, drawing our families in when needed.

When I learned to trust everyone is in their *rightful* place where they are meant to be, I don't worry so much. Some of us are blessed to have our grown children and their families near by. Many are not. There are so many wonderful ways to keep the connection these days.

It is also amazing who the universe brings to our lives. Stay open, trust, and let those dormant passions you had blossom forth. Your grown sons will be thrilled to see you developing and pursuing new interests and relationships, all of which create more space for them too!

Warmllly, Louise Cox, Massachusetts

Ed. note—The power of LLL has always been mother-to-mother sharing. The Alumnae hold a collective wealth of mothering knowledge and life experience wisdom. If you'd like to continue this "empty nest" discussion online, contact Kathy Hays, Alumnae webmaster. If you have a different question you'd appreciate some input for, send it to Sue Christensen, CONTINUUM *editor (see addresses, p. 8).*

A new way to stay abreast of LLLI news

An exciting new project from LLLI's online communications group has begun. It's a monthly email newsletter called "The OnLLLine Chronicle: News from La Leche League International."

The newsletter will consist of short articles (a paragraph or so) with Web links to any longer information. It will include certain regular features such as:

- What's new on the LLLI Web site
- Upcoming workshops, conferences and seminars
- New LLLI publications
- LLLI advocacy activities
- Featured quotes from NEW BEGINNINGS, one of LLL's FAQs, or another LLL publication
- How you can help LLLI
- Announcements

The newsletter will be sent on the 15th of each month and will come in plain text, so that even people with slow connections can read it. This is a vehicle for LLL to reach hundreds, maybe thousands of people who are interested in La Leche League—potential customers, donors, members, supporters.

To subscribe, send an email to: <majordomo@lalecheleague.org>
Put in the body of your message *just* the single line: subscribe onlllinechronicle

Please feel free to pass this information on to your friends, family members and others who might be interested.

Speakers and topics for18th LLLI Conference offer wide range of choices

A broad spectrum of speakers will be sharing their expertise at LLLI's 18th International Conference, *Strength through Diversity, Creating One Breastfeeding World*. Many of their topics will have appeal to Alumnae members, so start planning now to attend July 3-6, 2003 in San Francisco, California, USA. Here's a sampling:

❖ **Marshall B. Rosenberg, PhD**, author and sought-after global speaker, will be the opening night presenter on *Compassionate Communication*. Dr. Rosenberg is the founder of the Center for Nonviolent Communication, an international, nonprofit organization. In addition, **Inbal Kashtan** from the Center will conduct a parenting workshop on compassionate communication, which Kashtan believes offers a powerful approach for extending the value of attachment parenting beyond infancy. For more: www.cnvc.org

❖ **Raeann Berman**, author of *How To Survive Your Aging Parents: So You and They Can Enjoy Life*, will offer useful suggestions for dealing not only with the practical but also with the emotional life of adult children and aging parents.

❖ **Michele Borba, EdD**, author of 18 books, including the award-winning *Parents Do Make a Difference*, is known for her down-to-earth style, inspirational stories and practical strategies. She will speak on her latest book, *Building Moral Intelligence: The Blueprint for Helping Kids Do the Right Thing*. For more: www.micheleborba.com

❖ **Helen Redman, MFA,** internationally exhibited painter, teacher, commentator, and grandmother, will share some of her paintings in a slide presentation of "Through a Mother's Eye: A Lifeline of Art"—from mother to grandmother, pregnancy to menopause, child to wise woman. She will also conduct a special workshop on "Creativity and Aging: Trusting our Transitions," using journaling, collage, and discussion to explore shifts in our female life cycles. For more: www.birthingthecrone.com

❖ **Marla Ciley** is the author of *Sink Reflections: FlyLady's Baby Step Guide to Overcoming* CHAOS (Can't Have Anyone Over Syndrome). She will offer practical, humorous, and inspiring step-by-step directions to an organized life, 15-minutes-at-a-time. For more: www.FLYLADY.net

❖ **Linda Hill, PhD**, a psychologist and educator, will speak on her book, *Connecting Kids: Exploring Diversity Together*, which shows how to guide children from different backgrounds to include each other in an atmosphere of safety, equality, choice and fun.

❖ **Jennifer Louden**, author of *The Women's Comfort Book* and *The Woman's Retreat Book*, is a certified ontological coach who has appeared on numerous TV shows, including "Oprah" and "CNN." Her sessions include *Mini-Retreats for Mothers of Small Children* and *Life Coaching for the Next Phase of Life*. For more: www.comfortqueen.com

❖ **Alvin Law** motivates audiences with his belief that anything can be accomplished. Born without arms, audiences may at first notice Law's difference, but they will remember his fantastic wit and powerful message in his two sessions: *No Such Thing as Can't* and *The Power Within Us*. For more: www.alvinlaw.com

❖ **Dr. William** and **Martha Sears** will talk about their L.E.A.N. Program — *Lifestyle, Exercise, Attitude and Nutrition*—a four pronged approach to a healthy body. For more: www.askdrsears.com

❖ **Anne-Marie Kern,** Coordinator of the BFHI program for UNICF in Austria, will present "Breastfeeding in the Arts: A Slide Presentation of Famous Art Work."

❖ **Clifford Stoll**, astronomer, lecturer, commentator, and author, will speak on his book *High Tech-Heretic, Reflections of a Computer Contrarian*, which takes a decidedly different view of the role of computers and learning.

❖ **Jim Weiss**, master story teller, will hold children and adults spellbound in *Storytelling—Not Just for Bedtime*. For more: www.greathall.com

❖ **And other names you will recognize too: Audrey J. Naylor, MD, PhD**, co-founder and President of Wellstart International. **Marjie and Jay Hathaway**, co-authors with Robert Bradley, MD of *Husband Coached Childbirth: The Bradley Method of Natural Childbirth*. **Jody Wright**, author of *Breastfeeding and the Work Place* and editor of *Parenting from the Heart*. **Jay Gordon, MD**, author of *Good Nights: The Happy Parents' Guide to the Family Bed* and **Paul Fleiss, MD**, author of *Sweet Dreams: A Pediatrician's Secrets for Your Child's Good Night's Sleep*.

❖ **The experiences and wisdom of LLL Leaders** will also be available in sessions such as *Enjoying your Grandchildren while Trusting their Decisions: Being there and letting go at the same time*, with **Ruth Pantland**, **Ed** and **Helene Scheff,** and **Bill** and **Misty Dunn**, and *Real Children, Real Problems, Real Growth, Real Joy: Parenting through challenges of learning difficulties, depression, substance use, teen pregnancy and rape*, with **Elaine Dawson, Jill Levien, Esme Nel, Nan Volette,** and **Beth Moscov.**

A note from Maria Goodavage

You may remember back a few years ago completing a very lengthy questionnaire whose data we would use in our book, *Good Nights: The Happy Baby's Guide to the Family Bed*. Thank you again for your participation! The 250+ completed questionnaires we received provided an amazing wealth of data and experiences.

Many of you asked if we'd let you know when the book was coming out. We're happy to report that *Good Nights: The Happy Parent's Guide to the Family Bed*, by Jay Gordon, MD and Maria Goodavage is at the bookstores now! You can also check out our web site, <http://www. familybed.com> for more information and a link to buying the book online. [ed—the book may also be purchased through the LLLI Catalogue.]

The book is a fun mix of scientific research and practical tips, with chapters on everything from safety to sex to moving beyond the family bed when the time is right. *Good Nights* is poised to help bring the family bed out of the closet, despite all the recent publicity against co-sleeping. To quote John Travolta and Kelly Preston, "This is a wonderful book, filled with humor and wisdom, that we highly recommend." (Several other celebrity endorsements grace the book's back cover…)

Thank you again for your participation and interest. Without parents like you, the book would not be what it is today. Even if we didn't quote you directly in the book—and we use first names only, and no name at all when quoting about certain touchy subjects—your participation in the book's research was invaluable. We were able to obtain some wonderful statistics thanks to your responses.

We hope you enjoy the book.

Role of LLLI mother-to-mother support valued

The International Board of Lactation Consultant Examiners (IBLCE) Board of Directors recently adopted a statement in support of the critical role served by La Leche League and other mother-to-mother support groups.

The statement, adopted in August 2002, reads:

The International Board of Lactation Consultant Examiners recognizes the critical role served by mother-to-mother support organizations such as La Leche League and the Australian Breastfeeding Association in support of mothers and babies in the initiation and duration of breastfeeding. These organizations also serve a vital role in providing the experiential base for developing the breastfeeding expertise of mother-to-mother support group leaders/counselors and lactation consultants. In addition, these organizations provide essential continuing education for leaders/counselors/lactation consultants and others, disseminating knowledge and information based upon empirical research and clinical experience.

If it has been a while since your LLL involvement, you may be pleased to know that La Leche League International provides Continuing Education Credits to Board Certified Lactation Consultants and other health professionals through a series of Lactation Consultant Workshops, an Annual Seminar for Physicians, and a biennial International Conference. Local areas of La Leche League also offer Continuing Education Credit through their Area and Regional Conferences.

We Remember

We Remember, a tradition started by the LLLI Alumnae Association at the last International Conference, is an opportunity to remember and honor the work of LLL Leaders who have died.

If you have information on a Leader who has died since the last conference or before, please send the Leader's name, date of death, hometown, state or province, and country to Nancy Franklin, 7918 Valley Trails, San Antonio, TX 78250, or e-mail to: NBFLLL77@aol.com

Join the Alumnae!

YES, I want to keep in touch and support LLLI. My Alumnae membership category is checked below. (Please note a small increase in membership—our first ever!) Enclosed is:

- ☐ $8 for Continuum (I am currently an LLL Leader or member)
- ☐ $25 for an LLLI Alumnae Membership (includes Continuum)
- ☐ $44 for Continuum and an LLLI Individual Membership
- ☐ $60 for a 3-year LLLI Alumnae Membership (includes Continuum)
- ☐ $100 for a 5-year LLLI Alumnae Membership (includes Continuum)

Name: _____
Address: _____
State/Province: _____
Zip/Postal Code: _____
Country: _____
Current LLL status: _____
e-mail: _____

Send to: LLL International, P.O. Box 4079 Schaumburg IL 60168-4079 USA

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Seeking Alumnae who have excelled in their field

The LLLI Alumnae Association is seeking nominations for its biennial award to be presented at the LLLI Conference in San Francisco July, 2003. The award is given to past or present LLL Leaders who have gone on to demonstrate excellence in their professional, personal, or volunteer accomplishments, and who are recognised as leaders in their field. These accomplishments may be in any area, such as business, government, the arts, media, education, social services, sciences, health care, literary or humanitarian endeavors.

Nominees must be submitted by another person, with the following criteria included:

1) A description of the nominee's professional, personal, or volunteer accomplishments.

2) An explanation of why this person is a recognized leader in her field.

3) Information on when and where the nominee was (or is) an LLL Leader.

4) Contact information (mailing address, email, and phone number) for nominee (if available) and nominator.

Nominations are due on or before ***March 15, 2003***. Send your nomination to: Kathy Hays, LLLI Alumnae Association, 806 Ruxshire Drive, Arnold, MD 21012-1355, USA or e-mail it to: lllalumnae@hotmail.com

If you have questions, contact Pam Oselka, Coordinator of the Alumnae Association at 269-469-2706 or pamoselka@triton.net

All nominations must follow the guidelines and meet the deadline.

Your picture wanted...

We want the Alumnae room at the LLLI Conference in San Francisco (July 3 - 6, 2003) to be filled with friendly Alum faces! Please send a photo of you at work or play, alone or with others, to: Sue Christensen, 1304 Leeper Ave, South Bend IN 46617 USA.

Include your name (and former name if changed); city, state/province, country; information about your current job or volunteer work; Leader status; phone number; and email address. If you'd like your photo returned, also send a self-addressed, stamped envelope (USA only).