THE LLLI ALUMNAE ASSOCIATION

Continuum

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Life too busy? It sure feels that way. And most everyone reports the same: "I'm overwhelmed." "There's just too much to do." "How can the days be flying by so quickly?" "I never have any time to relax!"

Sound familiar? Chances are, you've made some of these comments yourself.

Whatever the season, the events ahead, the stages of your children or grands, the work you do, the joys or challenges you face, STOP. Take a deep breath. Close your eyes. Count your blessings. Put your feet up. Take a minute, an hour, a day, a week, a month, a year. Relax, rejuvenate, restore, renew.

Find some negative space for positive renewal

"Do nothing, nothing, nothing more." This is a sign my colleague and I printed out and tacked up on our office wall at some point last year. I stuck a copy on the first page of my day planner too. Of course I bypass the wise counsel more days than not. (Just today I agreed to teach a course—"just two and a half hours, just one night a week, just six weeks long, just another six for the advanced section...") But I am beginning to make more conscious choices to purposefully do less.

It's hard! My first empty-nest year just flew by. The year I thought there would be plenty of time. Yet it always *felt* like there was no time. Looking back, there was sufficient time to pack in a thousand things. But how do you fit in nothing?

It's hard! So many things I want to do pull and tug at me. (Even things I *don't* want to do vie for attention…) I want to spend my time with family and friends. I want to get my body healthier, read good books, de-junk my old house. I want to plant more flowers, travel, listen to good music, learn how to sail. I want to save the world! I want to do nothing.

Do nothing.

Nothing.

Nothing.

Nothing more.

On the whole, a rather self-centered list. One that gives me pause. Clearly, my "giving" cup is just about empty. When I mentioned this list to a friend, she reminded me of the importance of the earth laying fallow a period of time for restoration. Do nothing. Do nothing.

It's hard! Guilty "I shoulds" constantly creep in. My "to do" lists at home, at work, and for La Leche seem unending. I cross items off and add twice as many more. I think about Steven Covey's (*The Seven Habits of Highly Effective People*) "important/urgent" grid and know that too much that gets done from those lists falls in the "urgent, but not important" quadrant; too much that gets left out—or never even makes it on the list—is "important, but not urgent." In fact, with a never-ending list of things to do, it's easy to lose sight of what's important—really important—to me. When I'm doing too much, time for reflection gets lost. I know I need to get back in balance—and one good way is by doing nothing.

It's hard! How does life get so busy and complicated? It just does. Mom, wife, daughter, sibling, worker, volunteer, citizen—each role requires an investment of time. So many demands from the "outside," yet the inside calls too. The *person* that I am—my primary role—also has need for nourishment. Do nothing, nothing, nothing more.

It's hard! What does "doing nothing" look like? I'm reminded of my youngest daughter's responses to her friends' telephone queries: "What are you doing?" "Nothing," she'd reply, even though from my perspective, she and I were just having a great conversation. My oldest—struggling to define her dissertation topic—has her own take on doing nothing: "it's highly productive and—if you're doing it right—*very* time consuming…"

For me, I'm learning that to do *nothing* means no brain engagement. It doesn't mean the escape of MaJong solitaire on the computer or the complex "paint by numbers" puzzles that have lately caught my fancy. It doesn't mean reading a magazine or watching television. It's simply—though not always so simple—letting *everything* float away.

Until recently, doing nothing wasn't even a consideration. It certainly never made its way on to any of my "to do" lists. Now, it is at the very top.

Sue Christensen, Indiana USA

Rejuvenation through sensual walking

Come join me on my daily walk! Change into comfortable clothes, get your sunglasses, and a billed cap. Lace up your shoes, put on your sunscreen, and let's go! Can you smell my neighbor Shirley's honeysuckle bush? Do you hear the robins and the mourning doves in Marty's pine trees? Can you see the quail family with ten tiny striped chicks whirring across our cul-de-sac to dive into Denny's hedge?

I'm an avid walker. I prefer an unencumbered style with no cell phone, no watch, no ankle weights, and no headphones. Sensual walking is what I need for true rejuvenation.

On a solo walk, I often plan to think about something. I might start my first lap around Willow Creek Park thinking about La Leche League work. Then perhaps start my second lap contemplating family issues, but often by then I've moved on to whatever subjects I seem to need to think about, then on to reverie, the dream state. I often lose track of what lap I'm on.

I am not only in my mind when I walk. A copse of four gorgeous willow trees at one end of the park gives me great pleasure as they change throughout the seasons. I watch the progress on a neighbor's garden project, the construction of a nearby Alzheimer's care unit, or the obedience work of some frisky puppies. There are also tennis players, children at the playground, and soccer players. I often pick up trash, knowing my stewardship of the pathways and grass of the park is an important part of connecting with my neighborhood. Sometimes I detour to drop off items at the cleaners and or pick up one manageable sack of groceries at the nearby market.

When you **walk with others,** the exercise takes on new wrinkles. Almost every summer night I walk throughout our neighborhood with my husband. In other places I've lived, I've had regular walks with friends. These "walk and talk" exercises require a different concentration but also provide a different payoff in the give and take of listening and talking, problem solving, and reconnecting.

The smell of the grass, songs of new birds, and the gusting of the wind are sensual sirens for me

I am now preparing for a family backpack in Idaho's Sawtooth Mountains. **The training walk** requires encumbrances like a loaded pack, more hills and steps, and extra workout time. However, the basic components of walking rejuvenation are still there. I'm still in my head, my senses are all alert, and I get to add the sensual sweetness of getting stronger.

Rejuvenation activities are not idle or lazy, and walking is certainly not passive. It can involve planning, purpose, and sweat. But it is also what it needs to be. There are many things to keep me indoors: I enjoy reading, handwritten and computer correspondence, sketching, baking, and hand sewing. But the smell of the grass, songs of new birds, and the gusting of the wind are sensual sirens for me. Walking keeps me engaged with my inner life, opens up my senses, and keeps me young.

—Kathy Grossman, Utah USA

The gentle art of T'ai Chi brings lifelong benefits

Originally, I was attracted to Martial Arts because I had observed the poise and self confidence that some of the practitioners exhibited. About four years ago, after a lot of research, I decided to take T'ai Chi lessons.

Modern T'ai Chi was developed in the mid 1800s. It is, however, based on Taoist principles which date from 500 B.C. The principal idea in Taoism and T'ai Chi is Yin and Yang (hot/cold, man/woman, water/fire) and as a martial art, the idea of yielding and softness. T'ai Chi incorporates Taoist Chi Gung, Nie Gung and martial arts, such as Shaolin Kung Fu.

T'ai Chi abounds with stories of its benefits. T'ai Chi masters purportedly live healthy, active long lives. T'ai Chi masters are capable of immense displays of power with seemingly little effort. Doctors send patients to our classes for help with arthritis, flexibility, strength and balance. Personal benefits have been increased flexibility, strong legs, balance, and better hand-eye coordination (my guitar playing improved). My friends have remarked about my poise and balance.

T'ai Chi in its most rudimentary form could be called "Moving meditation." As a beginner, the practitioner can experience rejuvenation after five minutes of T'ai Chi. It is a holistic practice that can be learned at greater depths throughout one's life.

Larry Kelly, Texas USA

Ed note—*Larry is the husband of LLL Leader and Texas ACL Edna Kelly. He graciously led T'ai Chi sessions as part of the LLLI Alumnae Conference rejuvenation activities this past summer.*

Want to relax, rejuvenate? Here are some essentials

What three things would you want to have on hand in order to relax or rejuvenate? That was the question posed to LLL Alums and other Leaders recently. Here is a collection of responses to inspire a wealth of kick-back-and-put-your-feet-up days!

Something to read, a beautiful view, a cup of herbal tea…
—*Sharon Fairborn, California USA*

Iced caramel coffee, anything spicy, a trained massage therapist…
—*Helene Scheff, Rhode Island USA*

My overstuffed chair, a good book, air conditioning (especially in summertime in south Texas)
—*Nancy Franklin, Texas USA*

A chair with footstool to prop my feet, a *Readers' Digest*, an alarm clock (so I could really rest in the time I had available, knowing I'd not be at it "too long")… —*Edna Meeks, Texas USA*

Glass of iced tea, hammock, good book… —*Linda Schmidt, Texas USA*

A massage therapist, wickedly expensive scented candles, a large, hot, whirlpool!
—*Meg Sondey, Ohio USA*

A comfortable chair, a tape/CD player, flowers to look at…
—*Carol Meredith, Maryland USA*

To relax, I like to read, sit, sleep (need a pillow, or, even better, my husband!)…
—*Theresa Kinzly, Georgia USA*

I'd want a good book, a glass of wine, and a piece of chocolate—or several pieces of chocolate…
—*Mary Jeanne Hickey, Massachusetts USA*

Cross-stitch, a good movie, quiet time with a book in a comfy place…
—*Kathie Zettervall, Virginia USA*

My husband to give me a foot massage, the TV with a good romantic movie, my special walking place…
—*Donna Ron, Israel*

Ocean sounds, the fragrance of flowers (especially roses), a warm and gentle breeze caressing my skin…
—*Betty L. Crase, Illinois USA*

Good music, a Bible and another good book, and a roaring fireplace…
—*Mary Strack, California USA*

A cold pack for my eyes, a pillow under my knees, the absence of other people…
—*Meredith Adami, Washington USA*

For relaxation: a journal/pen, a book, water to bathe; for rejuvination: an orange, a walk, water to drink…
—*Lisa Byron, Ohio USA*

A good book (try *The Secret Life of Bees*), a hammock by the lake on a warm sunny day, a well-crafted Marguerita…
—*Alora Sinclair, Ontario, Canada*

Water—as in a bottle of sparkling water to drink, sound of ocean waves, and warm water in a swimming pool or bath…
—*Margaret Kenda, Massachusetts USA*

Music, candle, warm bath…
—*Elaine Crozier, New Zealand*

My family, my sewing projects and machines, warm sandy Lake Michigan beach with family and/or a woman friend…
—*Leslie Ann Ostyn, Michigan USA*

Yoga mat, relaxation cassette tape, and a quiet house…
—*Nina Robertson, Scotland*

Massage oil and two strong hands…
—*Molly Emmons, California USA*

Quiet (no grandchildren around time), open windows in my home, a cool breeze on a spring or fall day and I lie on the sofa and listen to the music…
—*Nan Vollette, Virginia USA*

A great pirate/high seas novel, my favorite pool float with an ice cold hard lemonade and a bowl of fresh raspberries, and 90 degree pool water…
—*Janice Horvath, Florida USA*

A cup of tea, my knitting, something chocolate… —*Colleen Kennedy, Saskatchewan, Canada*

A fiddle to play, a great book to read, a great movie to watch at home cozy in my bed with my husband…
—*Kathy Kerr, Virginia USA*

A good book (preferably an autobiography/biography or thriller!), a crossword puzzle and pen (counts as one!), a telephone so I can talk with my friends…
—*Anne Devereux, New Zealand*

A beautiful summer or spring day (no mosquitoes!), my porch swing in our gazebo which overlooks the woods behind our home, a good book…
—*Pam Oselka, Michigan USA*

A cup of tea, a scented candle, and a good book provide a peaceful escape for me… —*Marie Nielsen, New Jersey USA*

Waves, wine, no computer…
—*Sue Christensen, Indiana USA*

The sounds of relaxation: different notes for different folks

The questions to Learders and Alumnae members was "When you want to relax, what is the music that you turn to over and over again?" From folk to country to classical—happy listening.

Enya… —*Theresa Kinzly, Georgia USA*
—*Carol Meredith, Maryland USA*

Yo-Yo Ma and Bobby McFerrin's version of Bach's "Air on G" from their CD "Hush"…
—*Kathie Zettervall, Virginia USA*

George Gershwin's "Rhapsody in Blue"… —*Linda Schmidt*, Texas USA

Chris Rice—just like his lyrics!
—*Meg Sondey, Ohio USA*

I like classical music, John Denver, Enya, and the old standbys—the Mamas and the Pappas…
—*Sharon Fairborn, California USA*

The ballet "Swan Lake"…
—*Helene Scheff, Rhode Island USA*

TrancePlanet, Volume 4…
—*Lisa Byron, Ohio USA*

Mozart Horn Concertos…
—*Elaine Crozier, New Zealand*

Joni Mitchell and Diana Krall are two that I listen to a lot, Holst the Planets is frequently heard… this is hard as I have music going nearly all the time…
—*Meredith Adami, Washington USA*

"Simple Gifts" CD —a guitar solo featuring hymns and works by Bach, Haydn, and Mozart with Christopher Parkening as the soloist…
—*Mary Strack, California USA*

Stan Rogers, "Home in Halifax"…
—*Colleen Kennedy, Saskatchewan, Canada*

Cat Stevens' "Tea For the Tillerman"…
—*Alora Sinclair, Ontario Canada*

Kenny G, instrumental pieces…
—*Tina Pulice, California USA*

Irish or Scottish folk music; Battlefield Band is one of my favorites. I also have a CD called "Celtic Folk Music" that I play over and over…
—*Nan Vollette, Virginia USA*

My CD of old Scottish ballads…
—*Margaret Kenda, Massachusetts USA*

Louis Armstrong/Ella Fitzgerald…
—*Nina Robertson, Scotland*

Bach Cello Suites…
—*Sue Christensen, Indiana USA*

Anything by Trace Adkins…
—*Janice Horvath, Florida USA*

I turn to Enya's music most of the time, but I've recently discovered Nora Jones… —*Nancy Franklin, Texas USA*

I'm listening to it right now! Windam Hill's "25 Years of Guitar"…
—*Molly Emmons, California USA*

Bonnie Raitt!
—*Kathy Kerr, Virginia USA*

Gregorian Chant—soul-lifting music which is timeless, soothing and appeals to my sense of beauty. There is a special quality about male voices singing plainchant…
—*Anne Devereux, New Zealand*

Fantasys by Danny Wright. It is just piano and makes great background music. I also lean toward music that addresses my spiritual needs. One CD in particular that I play frequently is "You Are Mine" by David Haas…
—*Marie Nielsen , New Jersey USA*

"Peaceful," a CD by Andre Reis, a young man from Brazil who played the piano in our church when he was a university student…
—*Pam Oselka, Michigan USA*

Joan Baez, Harry Belafonte, Miles Davis… —*Donna Ron, Israel*

I listen to Andrea Bocelli whenever I want/need to relax. When Katie was 4 years old, she had a seizure that lasted 45 minutes and required us spending several days in a hospital while on vacation. It was quite an ordeal and I spent many nights sleeping on her bedroom floor after that so I would be there if anything happened again. Gratefully, nothing ever did. But a week after the seizure, one of Bobby's aunts mailed me Andrea Bocelli's "Sogno" CD with a note saying that I should put in the music, put up my feet, and give myself a few minutes to stop worrying. Wow. Not only was the gift a beautiful gesture but I found the voice that now triggers my relaxation response. I have more of his CDs than I care to count, but I'd most recommend "Sogno" and "Romanza." Enjoy!

—*Stephanie Weishaar, Maryland, USA*

A belly dancing mom

When not home schooling her two children or working at Bay Area Hospital, former LLL member Debbie DeLong enjoys the ancient art of Mid Eastern belly dancing. Six years ago, on a trip to the public library, Debbie noticed a flyer for a belly dancing class at the local community center.

Debbie, an operating room nurse by profession, minored in dance in college and has always loved many different dance styles, including jazz, ballet and Haitian, but had never tried belly dancing. She began classes just three months after the birth of her son, Anthony. Debbie noticed right away that she lost some weight and her stomach muscles were toned. Soon, she could zip up her jeans! Belly dancing was a fun way for her to exercise and get back into shape after pregnancy.

Debbie says, "I used to be self-conscious about nursing in public and belly dancing helped me feel more comfortable about my body. Going to bed in a tee shirt and smelling of milk every night, I wasn't feeling very pretty. Dressing up in costumes to perform nurtured the feminine and womanly side of me." Debbie shares her love of belly dancing with her daughter, nine-year-old Devin, who started classes at the age of three. Debbie began a mother-daughter dance troupe that has performed all over the San Francisco Bay Area at street fairs, Mid Eastern festivals, restaurants, and most recently in the San Francisco Carnival Parade.

This summer, Debbie taught belly dancing as part of the LLLI Alumnae Conference rejuvenation activities. (She did *not* bring her pet snake, Samantha, a six-foot Red Tail boa, who she sometimes dances with!)

Patty Jacobs, California USA

Try a little Feng Shui

Have you ever wondered why you feel so good when you enter certain homes, rooms, or public spaces—and so uncomfortable in others? Or why certain areas of your life seemed to go so well when you lived in a particular house and not so well in another? How about unexpected changes that occurred in your life after you rearranged the furniture, added something new or cleaned out the closets or garage? In each of these cases, it may have something to do with how the chi, or vital energy, of the area in question is circulating. Is it flowing easily and smoothly? Is it stagnant? Overactive? How would you know? What can you do about it?

Feng Shui (pronounced fung shway) is the ancient Chinese art of placement designed to facilitate the optimal flow of chi. While there are many schools of Feng Shui, there are basic principles that they share. These involve the location of items within the space in question based on a grid of nine squares within an overall octagon or bagua, as well as specific colors, shapes, and the five elements of fire, wood, earth, water, and metal. How these elements are combined activates, redirects, or blocks the chi, or energy, of various areas of one's life that relate to the sections of the bagua.

The nine areas of life represented by the bagua are Career, Skills and Knowledge, Family, Prosperity, Fame and Reputation, Relationships and Love, Creativity and Children, Helpful People and Travel, and (in the center) Health—pretty much everything important in life.

We can enhance or rejuvenate any or all of these areas by using the principles of Feng Shui. Some truly remarkable changes can occur –and it really is not that difficult, as much of this ancient art is common sense and comes naturally. We are all using it, consciously or unconsciously, all the time, but it can be great fun and very rewarding to spend a little time learning to deliberately apply the basic Feng Shui rules to a particular aspect of life. For example, you might employ pairs of things and the colors of pink and red in the Relationships and Love area (right rear corner of the bagua of your home or bedroom—or both) if you are interested in being in a relationship—or rejuvenating the one you are in (and be sure the pairs are of equal size or weight if you want it to be an equal relationship!). Or if your money seems to be constantly going down the drain, see what happens after you begin keeping all the toilet lids and drains closed in the house when not in use and paying close attention to the condition of the left rear corner of the bagua, the Prosperity section—keeping it clean and adding lots of purple.

Making small changes like these and other Feng Shui "cures" can have dramatic results. I've been having lots of fun playing with these ideas over the past several years. A few of the many books on the subject that I've used are:

Move Your Stuff, Change Your Life by Karen Rauch Carter (my favorite by far)

The Western Guide to Feng Shui and *Home Design with Feng Shui,* both by Terah Kathryn Collins

Feng Shui –The Book of Cures by Nancilee Wydra

Why not buy or check out one of these—or another—and try a little Feng Shui?

Susan Switzer, Georgia, USA

Meet Lily Calderone: a true La Leche League treasure

In some countries, Japan for example, a special title is bestowed to people who are master craftpersons of their trade. Their country believes they have perfected special talents and gifts which are worth honoring and keeping safe for future generations. These are people who have usually lived many years practicing their art. They are called "National Treasures."

In LLL we have many treasures and I'd like to introduce our oldest and longest-practicing Leader to you…..

Lily keeps the new attendees spellbound when she shares about her experiences

In 1923 a couple then living in Colorado, gave birth to a daughter, Lily. Spanish was spoken exclusively in their home because they had come from Mexico with many others to find work. Schools only acknowledged English at that time, so Lily and her siblings learned to speak English equally as a second language. It was not until Lily was a grandmother that she learned to read and write in Spanish!

When Lily was a young woman, she worked making airplanes during WWII. It was at that time she met and married her husband. (This year they will celebrate their 56th anniversary!) Her first pregnancy produced twin girls.

When the twins were two weeks old, she was advised to put them on cow's milk. Four months later, one of them died from "crib death"—known as SIDS today. Lily said she often thought that if she had breastfed her twins longer, her daughter's death might not have occurred because the incidence of crib death was found to be lower in breastfed children.

Although both her mother and grandmother nursed their own children, they were not able to give much concrete support or factual information about breastfeeding that LLL later provided. Breastfeeding wasn't "stylish" in both her own and the mainstream culture at this time.

By 1960 Lily had successfully nursed seven of her then 10 children. She was very interested in LLL when she attended her first meeting, because she wanted to find out "what they had to say about nursing." The Leader, Mary Ann Kerwin, was pregnant with her fourth child at the time.

Mary Ann remembers Lily as a warm, experienced mother. Mary Ann believed Lily was someone who would easily connect with and support other mothers and encouraged her to become a Leader.

In 1961 Lily became a "certified" LLL Leader through written essay questions. Among her gifts were her ability to counsel and bring a level of ease to Spanish speaking mothers.

During this time, LLL and Mary Ann were working closely with Dr. Bradley (of *The Bradley Method of Childbirth*) to help change hospital policy to allow fathers to attend births and babies to be nursed on the delivery table. While all of her babies had been born naturally, Lily especially remembers how meaningful it was to have the supportive atmosphere of LLL and Dr. Bradley and his staff who helped provide for the births of her next four children.

During these years, Dr. Bradley even invited local mothers to his home encouraging further discussion of needed birthing practices and to answer questions! Lily remembers him saying, "Don't let the doctors tell you they are delivering your babies.... we doctors are only there to help you do that!" Those were exciting times, says Lily.

In 1973 Lily and Mary Ann were both invited to attend a training conference for South American midwives where Lily was one of the main translators.

In a Sept/Oct 1976 article in "Building Blocks" (the LLL Area publication for CO/WY/MT), Lily was honored as being one of the longest leading Leaders in her area at that time.

At LLL's 25th Conference in Chicago, Lily was among 10 outstanding Leaders from around the world who were honored. In addition to being a Leader for 20 years, at that time she was one of the few bilingual Leaders in LLL.

When Lily sees a mother with a new baby today she "backtracks" to when she had her own babies and had their own little faces to look at. She was so glad she could be a full-time mother at home. When her children were grown, she was a para-professional in a bilingual elementary school.

Lily currently co-leads meetings with Dorolyn Griebenaw in Denver. Dorolyn said, "Lily keeps the new attendees spellbound when she shares about her experiences, how LLL has influenced her life, working with Dr. Bradley, and how LLL made an impact on changing hospital policies at that time in her area! She is very proud that all seven of her daughters nursed their children, that their daughters nursed all of theirs also and her daughters-in-law nursed too!"

At meetings, Dorolyn notices how Lily's knowledge and warmth come through. She is involved with life and very knowledgeable about breastfeeding

as well as the needs of babies and mothers. "They are all ears," Dorolyn said. Lily says she has always preferred counseling mothers rather than doing a lot of "paperwork."

Lily has a way of putting others at ease. If there is a mother worried about something or coming across too strongly on an issue, she understands "they mean well" and tries to help them through. "It works both ways."

Lily is not afraid to tell of struggles too, so when a mom has challenges, she will realize that these are normal as well. "If something works, it shouldn't be judged."

Lily believes LLL today is "doing great." It is unbelievable how accepting and easier breastfeeding is for moms today, how much support there is now. "Modern appliances, comforts, freedom to nurse more in public" are things she and her generation did not always have. When asked if issues and concerns have changed at LLL meetings since she began, she replied it is "pretty much the same." She feels moms today have more confidence to speak up for what they need. She wishes she had the help with her first babies that is available today.

Besides co-leading her Group, she has helped moms at Mi Casa, a national community group for Latinos, and visits the local hospital to see new mothers to "give her two cents' worth." Education, she realizes, "Often makes it easier for mothers to breastfeed because they can read about research and learn about all the benefits of good mothering and breastfeeding. Different community (cultural) groups don't have the same educational experience and therefore aren't as easily exposed to breast-feeding's benefits."

Through LLL, Lily learned many things. For example, how important reading to little ones was, how to treat children with respect (i.e., telling them when you will return if you had to leave, and taking time to listen carefully to their thoughts. "The cobwebs can stay; we can't turn back the clock. Children grow so fast."

With 16 people in her home, everyone slept near someone else. There were many bunk beds and babies were always near her, especially the younger ones. Lily is masterful at juggling needs of a large and growing family, cooking, washing, sewing, doing what we all do—just in larger amounts.

"Children are like a tapestry, all woven together. They are gifts from God. I always considered I was babysitting for God when I was taking care of my children." When her children were growing, she would often tell them, "God doesn't make junk."

If you were to ask Lily what others received from her, she would tell you how much she received from everyone else. "No man is an island," she said. She believes everyone's life is unique because of the people we touch.

What is the philosophy of this wise woman who now has 11 of her 14 children living, 28 "grands," and 8 "greats?" "To know the right thing. God gave us our breasts to nurse our children. He has a special purpose for each of us. He gave each of us a talent we are to find and use." Lily has stated many times she believes that "raising children is more important than seeking money for material things and keeping your home immaculate." Lily also stresses the importance of a nap each day. She napped when her children were small and she still needs naps.

When she is not at an LLL meeting, Lily enjoys talking with friends, old and new. She knits, crochets, and cooks. She is also an artist, like Grandma Moses, who began painting in her later years when she had more time. She enjoys using acrylics, oils, and watercolors.

Wouldn't it be special indeed if there was a Lily for every LLL Group? Someone who saw the big picture in a calm, wise maternal way as she does… one who knows how precious children are and how fast they grow… one who doesn't get ruffled when someone became impatient?

Lily shared in Spanish: *Cada cabesa es un mundo*. Translated, it means "each person is different." Thank you Lily for all you have and continue to share. You are indeed a Living Treasure!

Louise Cox, Connecticut USA,
with special thanks to Mary Ann Kerwin and Dorolyn Griebenaw

Modern appliances, comforts, and freedom to nurse more in public are things Lily and her generation did not always have

Cada cabesa es un mundo: Each person is different

LLL to be profiled in Public Television documentary

Documentary filmmaker, Marcia Jarmel, producer of *Born in the USA,* a public television documentary about the culture of birth in the U.S., has set her sights on a new subject. The project, tentatively called *The League*, will trace La Leche's history as a way of looking at changing ideas about motherhood in the tumultuous latter part of the 20th century. While the project is just in the development phase, Jarmel and her crew did get started this summer in San Francisco, interviewing several of the Founders and LLLI Conference participants.

Jarmel, a mother of two young sons, sees mothers today playing a constant game of tug of war. Do their families get enough of them? Are they letting other women down by not pouring all their energy into careers? If they stay home, are they buying into traditional patriarchy? Or might they find fulfillment focusing on family life? What of the many families that need two working parents to make ends meet? How have we come to "mommy wars" between working and at-home moms when we pay so much lip service to "family values?" Jarmel believes the history of the League's singular mission opens a window on these questions, creating a Rorschach for the relationship between mainstream culture, the women's movement, and motherhood. Telling a story beyond the politics of breastfeeding, *The League* will be the first film to explore the very relevant issues of motherhood's place in the feminist agenda, and feminism's place in the nursery.

Marcia Jarmel (Director, Producer, Writer) has been using film to explore women's choices for the past 10 years. Her award-winning films have screened on public television and at festivals around the world. They include: *Collateral Damage*, a mother's lament about the human costs of war; *Born in the USA*, a critical look at the culture of childbirth in the U.S; *The Return of Sarah's Daughters*, a critique of mainstream American culture through the stories of secular women turning to Orthodox Judaism; and *The F Word: A short video about feminism*, a humorous look at the divisive word.

The League is a project of the non-profit Center for Independent Documentary. If you have stories to share, photos or home movies to lend, or would like to join our mailing list or find out how you can help support the project, e-mail <patchworks@igc.org> or call 415-387-5912.

Nestlé Boycott revisited

Its start seems so long ago. And, in fact, it was. One of the largest and longest boycotts in history, it targets Nestlé as the world's largest baby food company because of its continued flagrant promotion of artificial infant feeding. According to Baby Milk Action, Nestlé still routinely:

❖ Gives mothers information which promotes artificial infant feeding and discourages breastfeeding.

❖ Donates free samples and supplies to health care facilities.

❖ Gives inducements to health workers for promoting its products.

❖ Does not provide clear warnings on labels of the benefits of breastfeeding and dangers of artifical feeding. In some cases the labels are in a language that mothers are unlikely to understand.

Because of Nestlé's continued disregard for the International Code, the company remains subject to an ongoing consumer boycott of its products in 20 countries.

For more boycott information, visit <www.babymilkaction.org>

Shop and give

Ever want to make a donation to your favorite non-profit, La Leche League International, but didn't know how? Short on cash, but you still want to support the world's foremost experts on mother-to-mother breastfeeding support? Well now you can support LLLI every time you shop on-line.

The igive.com website makes it possible to donate to LLLI every time you shop on-line. To register or learn more, go to <http://www.lalecheleague.org/donor/igive.html>. It is free and there is no obligation beyond registering. Then, anytime you want to shop at stores like HearthSong.com, Lands'End.com, or JCPenney.com, a percentage of what you spend will be donated to LLLI if you go through the igive.com web site.

Currently there are over 450 merchants who participate, selling almost anything you can imagine. Just think, you can donate to LLLI and order flowers all at the same time. Whether you're shopping for family birthdays or office supplies, igive.com has over 50 different stores to chose from! So the next time you want to buy something, you can also make a donation to LLLI *if* you shop at igive.com and use LLLI as your designated non-profit.

Now, anytime you buy something on-line through one of the authorized merchants listed on the iGive.com website, you can also be helping breastfeeding mothers and babies everywhere at no extra cost to you!

Sign up today!

iGive offers a $5 bonus to LLLI for every person who joins iGive and makes a purchase within the first 45 days of signing up

At last! A national breastfeeding awareness ad campaign for USA

For decades, Leaders have only been able to imagine what might happen if an intensive media campaign for breastfeeding was launched to rival the advertising of infant formula manufacturers. This fall, that dream will become reality as the National Breastfeeding Campaign in the US kicks off a comprehensive three-year media campaign.

Some background

The US Department of Health and Human Services Office on Womenís Health (OWH) has been funded to carry out the recommendations of the *HHS Blueprint for Action on Breastfeeding* (2000) into a National Breastfeeding Awareness Campaign to promote breastfeeding among first-time parents (mothers and fathers) who would not normally breastfeed their baby.

The overall goal of the campaign is to increase the proportion of mothers who breastfeed their babies in the early postpartum period to 75% and those within 6 months postpartum to 50% by the year 2010 *(Healthy People 2010)*.

The campaign aims to empower women to commit to breastfeeding and to clearly illustrate the consequences of not breastfeeding such as a higher likelihood of diabetes, obesity, some childhood cancers, and other illnesses and conditions. Besides trying to raise initiation rates, the campaign will also stress the importance of exclusive breastfeeding for at least six months.

Advertising Council assistance

The Advertising Council has selected the National Breastfeeding Awareness Campaign for official sponsorship. OWH will work in close coordination with the Ad Council to implement the campaign, which will be based on the goals, objectives, and recommendations of the *HHS Blueprint for Action on Breastfeeding* and will primarily target first time parents who would not normally breastfeed. Since breastfeeding rates are lowest in the African American community, the campaign will have a special focus on African American women, but will also focus on the general market audience.

LLL partnership

The campaign will be marketed in partnership with strategically selected organizations—importantly the La Leche League—and will employ state-of-the-art communication techniques through a variety of strategies such as public service announcements (television and radio), bus stop posters, billboards, educational pamphlets and articles in community newspapers, parenting, and women's magazines and websites. Thirteen La Leche League pamphlets—including a basic breastfeeding booklet co-authored by LLL Publications Director Judy Torgus—are being disseminated through a special breastfeeding helpline funded by OWH. Calls are being answered by La Leche League-trained Breastfeeding Information Specialists who use the LLL Breastfeeding Answer Book and other resource materials when answering calls and refer callers to LLL contacts if the caller needs additional assistance of a peer counselor or LLL Leader.

Demonstration projects in 18 cities

Eighteen community-based demonstration projects (CDPs) throughout the US will work in coordination with OWH and the Advertising Council to implement the National Breastfeeding Awareness Campaign at the local level. The CDPs, which include breastfeeding coalitions, hospitals, universities, and other organizations, have been funded to offer breastfeeding services, provide outreach to their communities, train healthcare providers on breastfeeding, implement the media aspects of the campaign, and track breastfeeding rates in their communities. LLL Leaders are involved in many of the CDP projects.

Specifically, the projects will:

- Ensure that breastfeeding mothers have access to comprehensive, up-to-date, and culturally tailored lactation services provided by trained physicians, nurses, lactation consultants, and nutritionists/dieticians;
- Develop breastfeeding education for women, their partners, and other significant family members during the prenatal and postnatal periods;
- Establish family and community programs that enable breastfeeding continuation when women return to work in all possible settings;
- Develop social support and information resources for breastfeeding women such as hotlines, peer counseling, and mother-to-mother support groups;
- Encourage fathers and other family members to be actively involved throughout the breastfeeding experience.

The following cities will participate:

Atlanta, Georgia
Birmingham, Alabama
Boston, Massachusetts
Camden, New Jersey
Chicago, Illinois
Kansas City, Missouri
Knoxville, Tennessee
Los Angeles, California
New Orleans, Louisiana
Philadelphia, Pennsylvania
Portland, Oregon
Providence, Rhode Island
Pueblo, Colorado
Rosebud, South Dakota
San Francisco, California
San Juan, Puerto Rico
St. Paul, Minnesota
Washington, D.C.

For more information, visit <http://www.4woman.gov/owh/breastfeeding.htm>

Notes from the Web

Almost daily, retired Leaders touch base with LLL through its website (http://lalecheleague.org). The following note was recently received.

I just got thrust headlong back into the birth and lactation world when my niece (a 27-year-old first-time mother) asked me to be her doula. I've been substitute teaching at a Friends early school (three- to five-year-olds), so have stayed in touch with parents of young children. However, I was unprepared for the utter lack of progress in professional advice and practice when it comes to birth and nursing.

Saturday morning, following the birth of my great-nephew Thursday night, I called a local Leader for a breastfeeding refresher in case anything had changed in 16 years. Nothing really had, of course.

Then I related the tale of interference with the birth and bonding period, the struggle to take baby home before he'd been in the hospital 24 hours (they were "allowed" to only by agreeing to see a pediatrician who was not their chosen practitioner at 8:00 a.m. the following day), several unsuccessful and upsetting attempts at the pediatrician's office for a pku test, and finally, the doctor's conclusion that baby was "not getting enough" (he gave him an ounce of formula right there and told mom to nurse every two hours and supplement with a "sippy cup"). One unfortunate result, I told the Leader, was frantic, exhausted, and guilt-ridden parents.

I could have told this *exact* story 22 years ago and was truly (naively) stunned that things like this are still happening. The Leader was, of course, wonderful, and bolstered me up so I could go to the new parents with confidence. All I can say is, I wish I'd had a close-by family member who

I could have told this exact story twenty-two years ago and was truly (naively) stunned that things like this are still happening

could have done this for me, because I know how much it helped.

By baby's Monday trip to his regular pediatrician (after a day of *copious* wet and messy diapers), he'd gained two ounces over birthweight (6 ozs altogether), had his pku test on the first try with no torture, and the family was doing so well that the doctor didn't want to see them for two weeks. Mom thanked me for sticking to my guns and cheerleading them away from supplementing.

I relate this not to toot my own horn, but to say that I finally "got" that the problems I had with my own babies plus lots of Leader training set the stage for this opportunity to help my niece. It all came back, just like riding a bicycle.

I don't think a day goes by when I don't use something I learned from LLL—parenting, patience, teaching, speaking to groups, interpersonal skills, advocacy, nutrition, marriage, eldercare (love is love at whatever age, right? My mom learned a lot from my League knowledge, too.) I can't thank all of you enough, but I wanted you to know of the "ripple effect" of LLLLove.

Mary McMorris, North Carolina USA

In remembrance…

La Leche League International was saddened to hear about the death of Dr. Gregory White, husband of Founder Mary White, on June 16, 2003 from complications due to leukemia. He was one of the original Medical Advisors for La Leche League International and served on their Professional Advisory Board for forty-six years. His encouragement and advice were invaluable to the organization.

Dr. White, a prominent Chicago area physician, was trained in family practice and obstetrics and had an office in Franklin Park from 1949 until his retirement in June of 2000.

He was a leading pioneer in the return to breastfeeding, home births and natural childbirth. He was also an early advocate for fathers' rights in the delivery room.

Dr. White attended the births of approximately three thousand women and helped them deliver naturally whether in the hospital or at home. He was a sought after speaker for seminars and conferences on childbirth, breastfeeding, and home birth.

In 1957, Dr. White wrote the book *Emergency Childbirth* which was used in training firemen and policemen. He was a member of the American Academy of Family Physicians, belonged to the Illinois Academy of Family Practice and the National Federation of Catholic Physicians Guilds. He was past President of the Chicago Catholic Physicians Guild and the American College of Home Obstetrics.

Dr. White was born in Chicago on February 11, 1921 and grew up in Oak Park, Illinois. He was the father of eleven, grandfather of fifty-four, and great-grandfather of seventeen. This summer, almost all of his family gathered at their summer home in Michigan to remember this wonderful father and friend to countless mothers and families.

La Leche League: what's it worth to you?

Recently, the fundraising role of the Alumnae Association was questioned by the Board of Directors. What are we doing to help LLLI financially? Where, they asked, are the Alumnae donations? We think that Alums make up a big portion of LLL's donor base and account for the vast majority of giving to the organization. But with no support staff, numbers weren't available to demonstrate Alumnae viability. As a result, the small Alum budget was drastically cut.

Other departments and programs have seen their funding shrink as well. With the whole USA economy struggling, it's not surprising that the non-profit sector is facing especially challenging times and La Leche League is no exception. Now, more than ever, your financial support is needed to help keep alive the valuable programs and services of LLLI.

If it's been a while since you have sent a donation (or even if it hasn't), do the Alums a favor—clip the giving form below and include it with your check. That way, you'll not only be supporting this organization that we hold so dear, you'll be making a statement that Alumnae donors are indeed alive and well, still benefiting from skills they learned as Leaders, and committed to the future of LLL.

Here are some touching excerpts from recent LLLI Web sign-ins—reminders of the lifelong connection that La Leche League brings.

♥ Being affiliated with LLLI was one of the *most* beneficial and rewarding experiences of my entire life. It enriched my life beyond measure.

—Mary E. McCarty, Nebraska USA

♥ I remained a Leader through every move our family made for almost 10 years. Needless to say, the friendships have lasted as our nursing babies grew, married and soon will have babies of their own. My volunteering time with LLL gave me the confidence to pursue a college degree and teaching career at age 41. Communication skills, dealing with so many different and wonderful people… LLL gave that all to me.

—Marilyn Breiling, California USA

♥ LLL has been the most rewarding and life changing organization of my life. I have observed the goodness it brought in my life and those around me. My daughter is now an LLL member in Connecticut.

—Dodie Eisenhauer. Missouri USA

Join the Alumnae!

YES, I want to keep in touch and support LLLI. My Alumnae membership category is checked below. Enclosed is:

- ☐ $8 for Continuum (I am currently an LLL Leader or member)
- ☐ $25 for a retired Leader/member LLLI Alumnae Membership (includes Continuum)
- ☐ $44 for Continuum and an LLLI Individual Membership (includes New Beginnings)
- ☐ $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

Yes, count me as an Alum who's proud to support LLL!

Here is ☐ $25 ☐ $50 ☐ $100 ☐ $250 ☐ $500 ☐ $1,000 ☐ $_____ to continue the La Leche League flow of breastfeeding information and support to new mothers worldwide.

☐ Enclosed is a check made payable to La Leche League International
☐ Please charge my credit card: ☐ VISA ☐ MasterCard
Card number: _____ Expiration Date: _____

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

Continuum

La Leche League International
P. O. Box 4079
Schaumburg IL 60168-4079 USA

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International

The LLLI Alumnae Association Council

Coordinator:
Pam Oselka
9701 Kruger Rd., Union Pier
MI 49129 · 269-469-2706
fax: 269-469-0988
<POselka@llli.org>

Publications/Web Site:
Sue Christensen
1304 Leeper, South Bend IN
46617 · 574-288-7151
fax: 574-237-1071
<schriste@michiana.org>

Resource Development:
Sharon Fairborn
1021 E. Balboa Blvd., Balboa
CA 92661
949-673-2741
<jsjls2@yahoo.com>

Public Relations/Web Site:
Janet Jendron
112 Park Springs Road
Columbia SC 29223
803-736-1585
fax: 803-935-5342
<jjendron@usit.net>

Public Relations:
Harriet Smiley
12 Loren Lane, Westport, CT
06880 · 203-226-9294
<hsmiley@optonline.net>

Area Alumnae Representative (AAR) Coordinator:
Carol Meredith
225 Autumn Lane,Centreville,
MD 21617 · 410-758-3462
<cameredith@yahoo.com>

Special Projects:
Nancy Franklin
13230 Blanco Rd. #1007
San Antonio, TX 78216
210-479-1369
fax: 210-593-4106
<NBFLLL77@aol.com>

➥***LLLI Executive Director search underway:***
<www.lalecheleague.org/jobs/ed.html>

LLLI Funding Development under new leadership

The LLLI Funding Development Department has recently undergone some exciting changes.

❖ ***Stephanie Weishaar*** is the new Funding Development Director. Stephanie is an LLL Leader who brings experience and success with grant writing, appeals to foundations, and work with USAID. She will be working part-time from her home in Maryland and visiting the LLLI office as needed.

❖ ***Pam Oselka*** is the new Associate Director for Funding Development. Her funding experience with the Capital Campaign and her networking and organizational skills demonstrated in her work with the Alumnae Association prepare her well for improving donor relations and organizing funding appeals. Pam will be working part-time from her home but will be in Schaumburg two days per week.

Pam will continue as the Alumnae Association Coordinator but will be asking volunteers to take on more of those responsibilities.

Stephanie and Pam have worked together in the past and should make a very effective funding team.

If you have funding ideas or would like to work on funding projects, please contact them. Stephanie's email address is SWeishaar@llli.org; Pam's is POselka@llli.org.

Happy 80th Birthday to LLLI Founder Betty Wagner Spandikow