The LLL Alumnae Association
http://alumnae.llli.org

Continuum

Volume 22, No. 3 ~ September - December 2009

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☛ Is LAST ISSUE on the back page/address section of your issue? Renew by December 31 to be on the 2010 mailing list. Membership is $20/year. Remember to ask a friend to join with you!

Alice Martino Roddy became a Leader in 1969 when her oldest son was two-years-old. She was active until about 1975. After her children were launched into college, she decided to support breastfeeding and see what had gone on in LLL in the interim. So she attended a World Walk for Breastfeeding and became more active again. Alice has three adult children (one is adopted) and five grandchildren (two are adopted). She has been the New York-West Area Leaders' Letter Editor and is currently a co-Leader with the Front Royal, Virginia LLL group and a Communication Skills Instructor (CSI).

Her passion is being available to Leaders to expand their communication and listening techniques in their daily lives and as they help breastfeeding mothers. Alice shares her perspective about making peace with anyone and most importantly with oneself.

Make Peace With Anyone

Make Peace With Anyone: Breakthrough Strategies to Quickly End Any Conflict, Feud or Estrangement by David J. Lieberman, PhD, is a powerful book with specific, step-by-step instructions. As I read it, I was electrified by Lieberman's insights into human nature. Lieberman believes that when we make any decision in life we are choosing:

(1) What makes us feel good?
(2) What makes us look good? or
(3) What is good?

However it is only by choosing what is good and right that we can truly feel good about ourselves. When we choose to do what is right, we build our self-respect, we feel in control of our lives and capable of taking care of ourselves.

Lieberman's basic premise is that feeling in control is a fundamental need of any human being. We need to feel we can take care of ourselves and meet our own needs in order to feel capable of survival. A diabetic, who eats a luscious piece of cake at a party because it tastes so good and because she feels closer to the rest of the group when she is behaving like them, is likely to feel weak and shameful later because she didn't take care of herself. She jeopardized her own health and her ability to care for her family.

If, when she was about to take a bite of that cake, someone else–her husband, her own mother or child–stopped her, her health might be protected but not her self-respect. It wasn't her control that led to the correct behavior. Another of Lieberman's fundamental principles is that human beings need the freedom to make their own choices in order to feel in control and therefore safe.

When we are motivated by a desire to look right–to wear the right sneakers, drive the right car, live in the right neighborhood–there may be nothing inherently wrong with our choices, but we are still not free because we are still dependent on others.

(continued on p. 2)

Making Peace With Anyone *(continued from p. 1)*

As I read, I thought about how well this explains why it is so important to respond to a baby's cues. It is obvious that life is precarious for a newborn. We know that his reserves are as small as he is, that his tummy is tiny, and that he could dehydrate so quickly. If someone does not respond promptly, how can he feel safe? If he isn't safe, how can he feel good about himself? How paradoxical that in a culture that places a high value on independence, there are many who believe independence is promoted by ignoring a little person's efforts to take care of himself.

Now I know that in writing this to readers who are supportive of LLL, I am, as the old saying goes, "preaching to the choir." However, when I was a new mother in 1967, I was torn between my desire to breastfeed my baby and my fear that I would spoil my baby if I catered to his every need. I had Dr. Spock's book in one hand and La Leche League's blue manual (as *The Womanly Art* was then known) in the other, so to speak. If I had known Lieberman's view of human nature back then, I would have been quicker to understand that my baby was just trying to survive, not manipulate me. I'm grateful that today, should I have the opportunity to discuss spoiling with a young parent, I'll have Lieberman's vision to share.

What does all this have to do with resolving conflict between people? Well, Lieberman maintains that when someone's self-esteem is lowered or damaged, that person looks to others for what is lacking in him or herself: respect. If we don't respect ourselves, we don't love ourselves. But we must have love. If we don't have it within ourselves, we demand it from others. If someone ignores us, bullies us, overpowers us or in any other way threatens our sense of being able to manage our own lives while we are in that state of low-self respect, we are not going to allow them to drain our remaining self-respect. We react negatively. We may become angry. Anger gives one a sense of some power or control.

> *The reality is that no one ever argues over socks on the floor, what color to paint the kitchen, or where to eat. We argue over the right to be heard, the right to have our beliefs validated, and the right to be who we are.*
>
> David J. Lieberman, PhD

Lieberman uses the example of how we react to a driver who cuts us off on the highway. He could have caused an accident. His careless driving is a real threat to our survival. Our feelings run through fear to anger. If we are feeling generally good about our lives, we regain our balance quickly. But a person with low self-esteem is a candidate for road rage. Interestingly in this situation, many people would have a strong need to see the other driver. Does that driver look like someone who would disrespect us? If it is a little old man, we may feel relieved that no disrespect was intended even though the threat was no less.

So the keys to resolving or preventing conflict are respect and freedom. *Make Peace With Anyone* gives very specific steps for managing 25 different arguments, feuds and estrangement. All begin with establishing respect and include respecting the other person's freedom of action. This meshes beautifully with our work as La Leche League Leaders and members. Listening intently is respectful. Sharing information without giving advice is both respectful and freeing.

Although I doubt I'll ever use the specific strategies Lieberman prescribes, *Making Peace With Anyone* has deepened the philosophical framework underlying my practice of communications skills. My one reservation about the strategies in this book is that someone who wants to manipulate people for their own ends could abuse them. Lieberman warns repeatedly against this, saying his advice should be used only for the mutual benefit of everyone involved and that a manipulator will end up in big trouble. In all likelihood, most people who read the book will find that the greatest benefit is in making peace with oneself. ☙

Alice Martino Roddy
Linden, Virginia USA

Reprinted with Alice's permission, from *Harvest*, Autumn 2003, Area Leaders' Letter for LLL of New York-West.

Where Is the CBI Library?

The Center for Breastfeeding Information (CBI) Library previously provided over 50 services for LLLI. Now it is simply a library of breastfeeding-related research articles safely stored in my basement. Active Leaders may request research articles by contacting a local LLL Area Professional Liaison (APL). Joining the LLLI collection are the *Wellstart International* breastfeeding research articles. Articles published since 2005 can be sent in pdf format or in printed copy to me: c/o Pat Young, 10 Ferro Drive, Sewell, NJ 08080 or at centerbfi@verizon.net. Your help is needed to combine the collections, sort duplicates and create a database. If you are an active or retired Leader and would like to help with these tasks, you are invited to come to Sewell, a 30-minute drive southeast of Philadelphia, to assist with this. Room and board will be provided. Donations are welcome and can be sent directly to LLLI with the notation that they are specifically marked for the CBI Library. Suggestions for how the CBI Library can be useful to Leaders and health care providers are welcome and will be useful for future planning and direction. Send ideas to me at centerbfi@verizon.net or to LLLI Executive Director, Barbara Emanuel at: BEmanuel@llli.org

There is a list of "books up for grabs" that you can ask for. Contact me to get the list. After you receive the requested books, donated postage is encouraged, but not required. These books will all be put into the recycling dumpster on January 1, 2010. So contact me while they are available! ☙

Pat Young
Sewell, New Jersey USA

The holiday season is coming soon. I posed this question on *The Leader Connection 2* (TLC2) list for Active Leaders signed on to the Community Network (CN): *How do you connect with family either in person if they live close or at a distance when holidays arrive, especially if they work on holidays and weekends?* I'd like to share these email responses with readers. Fran Dereszynski, Editor

Celebrations and Holidays: Staying Connected With Family

I have a large family and am the oldest of seven kids. I will soon be 70 and they never let me forget it. Each of us hosts our own birthday in our home and all the other siblings and their kids come for goodies. We have wine, beer, munchies like chips and cheese, and of course, kielbasa that my brother makes. He provides smoked, unsmoked, hot, sweet, more garlic, less garlic kielbasa! Last, but not least--cake and ice cream with gifts. We also celebrate all of the children's birthdays until they are 16-years-old. The same occurs at Christmas where each sibling and immediate family of kids–if they can come–has an assignment to bring a specific type of food. One year I was assigned the cheese platter. Having just seen a Wallace and Grommett movie, I brought British cheese. Christmas is a food-shared event so the burden doesn't fall totally on to the host. We all share a wacko sense of humor, so there are plenty of gag gifts. We go home with sore muscles from all the laughter than ensued. With each family member working full time (except for my husband and I who are retired), it would be hard to get together otherwise. Good thing there are lots of us! There is a birthday in nearly every month. One sister hosts a Labor Day event, too. When my birthday comes up, we usually have pizza, fresh fruit, cake and ice cream. My brother will bring the kielbasa. Of course, we're Polish.

Judie Gubala
Rocky Hill, Connecticut USA

I have 11 siblings. All 12 of us were breastfed! When the first one of us turned 50, our mother thought a birthday party would be a good idea. So far, I think about half of us have turned 50 and the parties have been loads of fun. About half of us live within easy driving distance of each other; some of the others who live farther away have been able to travel home for a party. Now we've begun to add 60th birthday parties, and my turn will be in January 2010. Gasp! For other special holidays, we also are able to get together for other special holidays, again because enough of us live within driving distance of our hometown. We also have a facility that's finally big enough to hold all of us–the gathering room of our mother's apartment complex. She and my dad had to move out of our childhood home to finally have enough room for all the kids, in-laws, grandkids, etc. to gather for holidays. In the summer time, we have big parties in the yard of the house where we all grew up in, because our youngest sister owns it now and it's in the middle of three acres. Those parties often happen when an out-of-state sibling comes home to visit. Many of us also keep in touch via email, even our 84-year-old mother!

Peggy Wiedmeyer
Glenbeulah, Wisconsin USA

My kids are ages 18, 22 and 25. I've found the best way to stay in contact with them is to learn how to use technology. The fastest, most sure-fire way for me to contact them is by text message from cell phone to cell phone. They will almost always answer quickly. Sometimes I can get them to chat with me through instant messaging. I also keep up with them by using the Web site Facebook. Calls on the phone are a special treat but that doesn't happen more than every week or two. Emails? Rare. Letters in my mailbox by postal mail? What's that? It's wonderful when they are in town and we can have a family meal. We rented a beach house for a week and that got everyone into gear! They all came. The rented beach house was near the daughter who had the least amount of vacation time. Fortunately for all of us, she lives in Virginia Beach, Virginia!

When my family is together, there is a feeling of enjoying being together but an awkward pause-- "What should we do now?" We sometimes play games or cards. It's pretty fun to get a cooking project going. For Christmas dinner, we all worked together to make Indian food. It was really fun and quite labor intensive so everyone got involved in chopping, stirring, calling out the recipes, etc. For example, we heated up two gallons of milk on the stove. That took a lot of stirring so that it wouldn't burn. Then we added some lemon juice and made curds and whey. We ladled it out into a cheesecloth and made "paneer" or Indian cheese. It was pretty exciting and tasted great, too.

Kathy Kerr
Arlington, Virginia USA

Leader Service Pins Available from Alums

Pins for years of service in LLL can be ordered from the Alums! Prices start at $5 per pin with reduced prices for bulk orders. Available are 5, 10, 15, 20, 25, and 30-year pins. By the end of this year, we plan to add a basic LLL Leader pin and 35-year pins to our inventory. Contact Susan Geil srgeil@yahoo.com to place an order or download the order form at: http://alumnae.llli.org

Barbara Parker was diagnosed with two breast cancers in 1990 and has been cancer free so far since then–despite ten years of breastfeeding her three children. Barbara wrote: "What makes me credible is not my diagnoses, but the fact that my diagnoses motivated me to learn about the language and concepts of scientific research, and that for ten years I interacted and 'dialogued' with cancer researchers on the local, state and national level bringing patient perspectives into the research process. I also wrote an 'invited' chapter on how patient advocates can enhance the development of clinical trials in a book for medical professionals on the subject." She took time to share her unique perspective with the Alumnae.

Risk and Breast Cancer

Most of us think about things we can **do** to reduce the risk of breast cancer–breastfeeding, avoiding alcohol, eating a low fat diet, exercise, etc. Actually these have only a minimal effect in reducing risk. We focus on these because they give us something to **do**. Did you know that 70% of women with breast cancer have lifestyles that are associated with the above "reduced risk" factors?

The two biggest risk factors **by far** of developing breast cancer are: being female and growing older. Both are factors we can do nothing about. Even family history that is the first thought for women to have when thinking about increased risk, has to be a very particular kind of family history to increase risk. One would have to have several genetically related close relatives who had breast cancer when they were young, or had it in both breasts (or both of these circumstances) to be at notable increased risk; and the female relatives could be your father's sisters or mother! Huh, you think? If you remember any biology, "you" were formed half by genetic material from your father and half from your mother, so any mutation you inherit can come from either parent.

Now consider this: Only about 10% of breast cancers are caused by genetic mutations that are **inherited** from a parent. Although we generally think "inherited" when we hear the word "genetic," the vast majority of breast cancer is caused by "errors" (mutations) in one's genes that are **acquired** randomly during a lifetime. Women who **inherit** a gene error (mutation) are more likely to develop breast cancer earlier in their lives (e.g., in their 30s) while for most women, the age peak for diagnosis of breast cancer is for women in their late 50s and late 60s.

Now you can consider "family history"' differently. If your family history consists of your mother's or your sister's breast cancer on one side at 62, it does not pose a significant increased risk for you because her cancer likely occurred by random acquisition of a genetic error as she aged.

You may have heard that pregnancy is protective and it is–if it is during the teen years. That is because breast development isn't **complete** until after a pregnancy. An early pregnancy completes that development early, minimizing any chance of acquiring gene errors, while a later pregnancy leaves room to *acquire* gene errors (mutations) that are replicated as the breasts develop further during pregnancy, replicating any gene errors as well. If a pregnancy is in the 30s, that raises the risk a smidge.

Long-term breastfeeding reduces risk for pre-menopausal women by about one third (after menopause, breastfeeding history makes no difference in risk). According to a massive new study of 60,000 participants, "among women whose mothers, grandmothers, or sisters had breast cancer, those who breastfed their babies had a 59% reduction in incidence of pre-menopausal breast cancer compared to women who bottle fed." (Aug 10, 2009, *Archives of Internal Medicine*)

For a young woman who is really uneasy about her risk because of her mother's, grandmother's or sister's diagnosis, one suggestion is to have a first mammogram about ten years earlier than the mother's age at diagnosis. Remember, though, mammograms are notoriously uninformative in women with dense breasts, which most young women have.

Dense breasts = the glandular tissue in hormonally active women that shows up on film as white and cannot easily be differentiated from cancer that also shows up as white.

For women who are truly at increased risk because of an extensive and/or early family history, an alternative of frequent and **thorough** breast examinations is a reasonable one. Another possibility is breast Magnetic Resonance Imaging (MRI), a radiology scan/test. That is much more effective in finding malignancy if it is there, but MRIs produce a lot of false positives (showing malignancy when it is truly not) and it is expensive, so be prepared for the increased cost and anxiety about the possibility of a "diagnosis" and a follow-up biopsy when there really isn't any cancer.

Also women who are truly at increased risk can do a Web search or Google the word FORCE (facing our risk of cancer empowered). This is an advocacy group of women who are at high risk of breast cancer. I know the women who founded this organization and I highly recommend it.

Anyone who wishes to pursue genetic testing should definitely first contact a genetics counselor who will take a thorough family history and tell her if her history makes her a candidate for testing. Also, the genetics counselor will review what she can and cannot infer from either a positive or negative test. Genetic testing for BRCA1 (breast cancer 1, early onset) or BRCA2 (Breast Cancer Type 2 susceptibility protein) is expensive.

Barbara Parker
Raleigh, North Carolina USA

Finding Solace in Alumnae Connections

My *Continuum* arrived yesterday. Two stories in particular affected me. The article by the widowed Leader from New Zealand was excellent and pertinent. I already have had two friends who become widowed in their 40s or early 50s. My husband keeps reminding me that this will probably happen to me and statistically, he is right. Plus he became more aware of mortality after his bypass surgery two years ago. Thank you for raising the issue. I know I need to think about it even though it could go the other way. The other article was the one about raising a "shaken baby" grandchild. What strength Lynne Stone showed and how much she attributed the skills she learned in LLL for helping her cope.

Kris Dobyns
Richmond, Indiana

I had to sit down and write something after receiving the May-August issue of *Continuum* in early June. In response to the article, *Traveling Alone: The First Year of Widowhood,* I, too, am a widow since about five years ago. I was married to Mark for 40 years when he died. I know about the physical aching in your heart that the author Jeanette talked about–so much pain. I could also connect with many other areas along that journey of grief, but I want to address the idea of all of us as retired LLL Leaders finding each other again later on in our lives. Most of us found LLL in the first place because we were searching for help to take care of a very special love that had entered our families–our new baby. We just wanted to be the best moms we could be but it turned out harder than expected–so we found LLL, found some help and continued on to be Leaders.

The help I received and the help I ended up giving to others as a Leader, turned out to be one of the most gratifying services I've done in my life. Years and years later, a woman will recognize my name and say thank you for helping her with her baby. Help for such a precious relationship is not forgotten. Meetings nurtured an emotional safety net where we shared ways to become a mother that just felt right. Years went on by. I stopped being a Leader because for me it was hard to move on in life without babies while being surrounded by them. Now, babies and LLL have returned through grandchildren and through *Continuum*. This time around, my daughter and I needed help with inverted nipples and breast shields (help so wonderfully given by Mary Ann Martin, a Leader here in Lansing, Michigan, who had stuck with LLL all these years). LLL again came to our rescue offering peace and assurance. This instance was with my daughter, the last baby I nursed and who was part of so many meetings. It's sort of a living demonstration of the saying, "what comes around goes around" or the other way around, I can never remember.

So, it's not surprising, that when we are now experiencing new challenges in our lives, not just losses of our spouses and family, but losses like not seeing a familiar body in the mirror, knees aching that never did even last year, skin hanging under the arm…you get the picture, that we find solace in hearing from the same people who accompanied us on that path of new motherhood where all the "firsts" were encountered. Sharing with each other is like skooching around in your chair until it's a comfy fit. I look forward to hearing from all of you: how did those babies turn out that co-slept in bed with you, that you nursed so long that people were sure they would never grow up, So many, many ways we can now share with each other. Thank you for being there in the past and thank you for being with me now.

Joey Latterman
East Lansing, Michigan

Drive Together and Catch Up With Old Friends

I had the neatest experience when I decided to drive to Indiana with Wendy Masters, a long-time LLL friend. We were headed for the spring Area Conference about three hours away. We stopped to pick up some Leaders from northwest Indiana. One Leader who was there thought that I might like to ride with a Leader Applicant, her one-year-old, and her mother (the baby's grandmother) who used to be involved in LLL. When they arrived at the meeting point, I found that the grandmother was an old friend of mine. Both were originally from my local community, New Buffalo, Michigan. The Applicant had graduated around the same time as one of our daughters. I first met her mother when she hosted LLL Series Meetings in her home in the 1970s. Our paths have also crossed since those days, as we both served for several years together on the local board of education. The Leader Applicant was, of course, at those meetings as a baby. What fun we had "catching up" all the way down to the Conference and on the drive back from Indianapolis!

Pam Oselka
Union Pier, Michigan USA

Staying Fit As You Age

I would encourage all of you who are the least bit concerned or interested in maintaining fitness as you age to see if your library has the book *Younger Next Year: A Guide to Living Like 50 Until You're 80 and Beyond,* by Chris Crowley and Henry S. Lodge, MD. The book is very readable and explains just what happens in our bodies as we age and how we can change that. The authors maintain that the "normal" trajectory of aging that we assume–gradual and increasing physical decline as we approach and after retirement–is not inevitable.

They say that with some effort (one hour a day) and thought about how we eat, how we conduct our relationships, and with inclusion of activities focused outside ourselves, the decline we assume is "normal" aging can be postponed many years for almost everyone. When aging comes, it debilitates us for a lot less time. If any of you reads it, I would be very interested in what you think.

Barbara Parker
brparker@nc.rr.com
Raleigh, North Carolina

Janet Jendron, recently took on the position of President of the Board of Directors for Attachment Parenting International (API). She has been a long-time supporter of API <www.attachmentparenting.org> *. She served for eleven years on the LLLI Board of Directors and many years on the LLL Alumnae Association Council.*

Janet's New Horizons

The decision to have children is to make an investment of love. Very recently, my mother and my mother-in-law both passed away unexpectedly. They were both bottle-feeding mothers, and watched my early decision to breastfeed, let the babies into our bed, and so forth. They embraced our choice of attachment parenting with practical, emotional and spiritual passion. They were my mothering soul mates. They profoundly influenced my desire to embrace all the parents I've encountered through the years, with a premise that we all want the best for our children. I'm grateful for the many years of experience I've been given in La Leche League, with the hope and prayer that I can use that experience to help API grow in exciting new directions. Parent-to-parent support is critical to changing our world. As my four children and four-year-old granddaughter have grown, I've learned the importance of giving grace to each other, while still focusing on our common goals, and always being open to learning from each other. One of the LLL Co-Founders said, "We need to focus on helping the mother breastfeed, and then let the baby teach the mother." My children have certainly taught me my critical lessons in life, especially about the importance of humility!

Janet Jendron
Chapin, North Carolina USA

Tributes of Thanks to Janet Jendron!

Sue Christensen & Janet Jendron

Janet played a unique role on the Alum Council

The generosity of Janet gifted the Alums with a wealth of virtues.
The sparkle of Janet brought laughter and carefree abandon to hard-working meetings.
The perspective of Janet added years of LLL history to deepen our understanding.
The efficiency of Janet whipped out detail-filled minutes that actually made sense.
The friendliness of Janet meant new, interesting acquaintances around every corner.
The pragmatism of Janet kept farfetched ideas within reach of success.
The grace of Janet accepted our imperfections.
The curiosity of Janet forced us to think about things like whom in history we'd most like to meet.
The competence of Janet led effective committees and guided complicated discussions.
The experience of Janet kept us from wandering dead-end paths.
The honesty of Janet wasn't afraid to call up any elephants in the room.
The integrity of Janet anchored us to thoughtful decision-making.
The playfulness of Janet made any gathering just plain fun.
The tenderness and caring of Janet enveloped our Co-Founders at Alum events and beyond.
The heart and soul of Janet grounded us all.
The commitment of Janet means she is still just an email away.
The spirit of Janet always makes us smile.

Sue Christensen
LLL Alumnae Council

During the time I worked with Janet on an LLLI Board Committee years ago and as a member of the Alumnae Council, she has been a role model of grace, understanding, and patience. Janet, you continue to inspire me!

Fran Dereszynski
LLL Alumnae Council

Janet lights up the room when she enters; bubbly effervescent; energizes those around her; and her fingers fly on her laptop!

Wendy Masters
Valparaiso, Indiana USA

Janet always had some very funny stories to entertain us with at Alumnae Council meetings. I will miss hearing those, as well as the many words of wisdom that she offered to the group.

Susan Geil
LLL Alumnae Council

Working on anything with Janet is always fun. There were always many laughs! I love the fact that I could always count on Janet to do what she said she would do, and to do it well. Who can forget all of the stories of "my new best friend," often a stranger that Janet met on her travels, perhaps stranded in an airport, due to weather, or an airport employee tracking down lost luggage? I think of Janet as the eternal optimist, with a strong faith, and always a positive attitude, no matter what the challenge. I loved the way Janet handled her "mistress of ceremonies" responsibilities at the LLL Alumnae teas at LLLI Conferences–she was so comfortable on stage, so respectful and kind with the LLLI Co-Founders, and just made these events very special for all in attendance. Thanks, Janet, for all that you did for the LLL Alumnae Association–I know that you will bring the same grace and continuing work and dedication to API as you have to your many responsibilities through the years for La Leche League. With much gratitude and love,

Pam Oselka
LLL Alumnae Council *(continued on p. 7)*

Tributes of Thanks to Janet Jendron!

(continued from p. 6)

Nancy Franklin & Janet

Janet has an energy that zooms and takes most of us with her. She brought that energy to the Alumnae Council and setting up of the Alumnae Web site as well as the other activities of the Alums. Favorite memories abound. You haven't seen a whirling dervish at work until you see Janet going from booth to booth to booth to buy items from all over the world at the 2005 LLLI Conference World Faire.

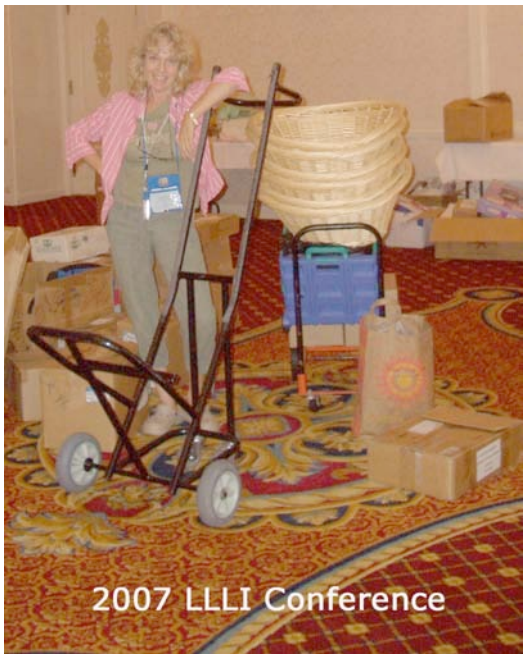
Nancy Franklin
San Antonio, Texas USA

I could always rely on Janet to be the bubbly personality for any occasion and working with her was a joy! Thanks JJ

Helene Scheff, LLLI Conference Pizzazz Team
North Kingstown, Rhode Island USA

Janet Jendron is synonymous with boundless energy, laughter, loyalty, and caring. She is a can-do woman who gets the job done no matter how busy she is. Janet has been helping mothers and babies in LLLI as long as I can remember as an LLL Leader, LLLI Board member, Alumnae Council member, and a strong supporter of attachment parenting. Thank you, Janet, for all you have done and for all you will still do for breastfeeding mothers.

You are the BEST!!!!
Carol Kolar, Director of Education, LLLI



It was a pleasure working with Janet. I could always count on her when things needed to get done. Whether it was unloading my car at 1:00 a.m. at the LLLI Conference or pulling together the program for the Founders' Tea. The picture above will forever remind me of Janet. She helped me unload my car at 1:00 a.m. in preparation for the LLLI Conference. She grabbed a hotel cart and we were sneaking around to avoid having to pay a bellman to move the boxes for us. Her resourcefulness amazed me. And, she was a terrific Master of Ceremonies at the Teas. Janet makes friends wherever she goes. The stories of her travels to the Council meetings always added extra entertainment. And no matter what happened on the way, she did not let it keep her from staying focused on the business at hand. API is fortunate to have her on their board, and I wish Janet the best.

Sue Steilen
LLL Alumnae Council

A sense of humor can help us overlook the unattractive, tolerate the unpleasant, cope with the unexpected, and smile through the unbearable. Moshe Waldoks

Attending LLL Meetings As a Mother Then… and As a Grandmother Now

I'm currently a Leader but not very active. I have been attending local Group meetings with my daughter-in-law and my first grandchild (a little girl). The questions new mothers ask have not really changed. The concerns of new mothers have not really changed. The meeting is not quite as structured as I remember years ago but the ability to help new mothers has not changed. I had to laugh after the first meeting I attended with my daughter-in-law because she was laughing when we left. She told me after the meeting that everything she heard at the meeting was just like what I had been saying about breastfeeding and babies. I was saying these things ever so gently throughout her pregnancy.

Janice Pickett
Black Mountain, North Carolina USA

Third Generation LLL Leaders

At the April 2009 Connecticut Area Conference, a candlelight ceremony (using battery-powered candles) was held to honor all newly accredited LLL Leaders. It was also an occasion to recognize third generation LLL Leaders! Shannon Sion has just become accredited. She is the daughter of Mary Campbell Hirsch, an Alumnae Leader, and the granddaughter of Margaret Campbell, who is also an Alumnae Leader who lives in Ohio.

Margaret became the AACL for Southern Ohio (1974-1984), beginning around the time that Ohio split into two Areas. She was also a member of the LLLI Board of Directors and the Area Leaders' Letter Administrator (ALLA) for the Eastern United States. Mary was an active Leader from 1976-1989. She was the Connecticut Area Treasurer "pretty much from the minute she moved from Maine to Connecticut." After that, she was the AAPL for Connecticut. Mary wrote that she fielded Physician's Desk Reference questions (the PDR contained details about medications that physicians prescribe) and was a resource for Leaders who spoke to doctors. She said, "I talked to Mary White and Dr. Gregory White on several occasions, calling them at home."

Three generations of Leaders!

Marian Tompson, LLL Co-Founder; Margaret Campbell, Mary Campbell Hirsch, and Shannon Sion with her three children: Campbell (5); Aiden (3) and Jordan (7 months).

Do you know of any other third generation LLL Leaders?
If so, contact Harriet Smiley <hsmiley@optonline.net>
Area Alumnae Representative, LLL of Connecticut.

Margaret Campbell Receives Alumna of the Year

On April 25, 2009 the Notre Dame College Alumni Association honored Margaret Walsh Campbell '46 as its Alumna of the Year at its Annual Spring Luncheon and Annual Business Meeting. This award recognizes an outstanding alumna or alumnus of Notre Dame College whose life reflects the ideals and mission of the College in church and community activities, in professional accomplishment, personal life and service to the College and Notre Dame College Alumni Association.

In 1946, Margaret graduated from Notre Dame College in South Euclid, Ohio, with a degree in chemistry. She and her dearly departed husband, Regis, have been dedicated supporters of the college and the Alumni Association for many years. Margaret most recently served as a committee member for the campus chapel fundraising campaign. She is also very active as a program chair of her local parish church. (*from the Notre Dame College Magazine*)

Comments from LLL Alumnae members:

I attended Notre Dame College and was thrilled to learn that Margaret Campbell, my first LLL Leader in Ohio, was to receive an honor this spring…Marti Miller

Margaret was an active Leader in the 1970s and 1980s as well as an active person in the 1980s and 1990s! I saw a photo of her water-skiing just a few years ago…Barbara Parker

Margaret was with many of us who attended the 2004 LLL Alumnae trip to Savannah, Georgia…Janet Jendron

La Leche League Breastfeeding Helpline-US

The LLL Breastfeeding Helpline-US is a wonderful resource for breastfeeding mothers in the United States. It is toll-free and available to mothers 24 hours a day, 7 days a week. The Helpline provides answers to a variety of topics from pregnant and breastfeeding mothers, fathers, or health care providers. Many resources are available to the volunteer Leaders who assist with calls. The best resource is SalesForce, the software used for the call logging system. It provides a wonderful tool that puts all the information that a Leader might need right at her fingertips. Included is the ability to log calls and find topics. There are many links to important information on Web sites, including the LLLI Web site and access to a subscription to Dr. Thomas Hale's Web site to look up information involving medications.

In addition to the wonderful online resources, there are a variety of human resources available through the Helpline chat list: LLL Leaders, doctors and lactation consultants. The Helpline chat group is a lively discussion forum where Leaders can ask questions of other Leaders. The professionals offer medical information while the experienced Leaders share their personal and helping experiences.

If a Leader had a question about something and can't seem to find the information that she needs, there is also a way to "flag" calls in the SalesForce system. At the click of a button the call information will be whisked away and popped into the email boxes of the Professional Liaison Leaders who assist the Helpline. One of them will contact either the Leader or the mother with additional information. There is quite a lot to learn from each other just by reading the chat!

LLL Breastfeeding Helpline-US has been approved to do a special project in partnership with the Department of Health and Human Services (HHS) which recognizes the important work of the Helpline. HHS provided *The Business Case for Breastfeeding* toolkit to help employers create a breastfeeding friendly work environment. It is estimated that 15% of US mothers who are planning to return to employment do not even begin breastfeeding because of the anticipated difficulty of combining breastfeeding and employment. One study found that in the month a mother starts work, her odds of weaning are 2.4 times the odds of a mother who did not start working that month. When working mothers call the Helpline and receive information and support, they are then able to explain to their employers why breastfeeding not only benefits babies, but also companies. From their knowledgeable employees, employers are then able to realize the bottom line benefits of establishing a lactation program. As a result, breastfeeding duration rates for employed mothers will increase.

Donations to the Helpline are needed on an ongoing basis. The Helpline Web site lists the LLL Alumnae Association as a donor/sponsor. Log on to http://breastfeedinghelpline.com to donate directly or you can donate through the Alumnae when you renew your membership. If you are an active LLL Leader, please think about volunteering for the Helpline. ☙
Questions? Contact: staff@breastfeedinghelpline.com

Susan Prado
Associate Coordinator
LLL Breastfeeding Helpline-US
Lombard, Illinois USA

"Don't ever forget, life doesn't have to be perfect to be wonderful." The Nesting Place blog

World Breastfeeding Week in Big Lights!

One evening in early August, I was sitting outside on the balcony of my apartment building on the 28th floor. As I drank a glass of sun tea, I was watching the new signage from the nearby Philadelphia Electric Company building. Along came this message in big letters: WORLD BREASTFEEDING WEEK. Was I excited! Maybe we *have* come a long way. ☙

Evy Simon, Philadelphia
Pennsylvania USA

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Taking Time to Learn

Though my children are grown, I recently realized just how the concepts I first learned in La Leche League still apply to my life today. If everything goes as planned, the newborn latches on instinctively after birth and never has any problems breastfeeding. But if there are any problems, our instincts might be to work until the baby "gets it." Those marathon sessions of trying to get the baby to latch on sometimes end up in a battle of wills. Instead, studies show that the baby will catch on faster if the baby has frequent contact with the breast and many opportunities for success.

Why have I thought about this concept so much lately, though my youngest baby is now ten-years-old? The truth is I see this concept in many ways in my life now! I'm back in school again. I've been trying to finish school for many years, but between nurslings and the business of running a home and family, the progress was very slow.

I finally got an associate arts degree in December 2006. I really thought that would be all I could do because attending classes and leaving children at home–plus working fulltime–made it very difficult. A couple of years later, the desire was stronger again, and now I'm finishing a bachelor arts degree. I probably have about two more years of school ahead.

I'm working as an Independent Study student at the university that I first attended when I graduated from high school 29 years ago. I study on a schedule I create rather than one made by a professor.

So far, I'm making good progress. Unfortunately, it seems like my older brain is less used to soaking up information as it is presented. I've discovered that, rather than making myself endure marathon sessions with the material and trying to force it to stick in my head, I learn better when I revisit the material again and again over time. When I reread the material a second or third (or more) time, the material makes more sense. It also gives me time to think over the material between study sessions, and I find myself making connections between what I'm learning in school and my day-to-day life.

This concept may hold true in many ways–for all of us, in all stages of life. Think about these examples. Are they better learned in one marathon session or in small bites over time?

• Learning to drive. Some teens think they can cram all the learning into one or two long sessions and be good enough to pass the behind-the-wheel test. Sure, they may be able to get their license, but can you really relax with them before those habits are ingrained and reliable and they've had more experience behind the wheel in many different settings?

• Learning a sport. At first, learning the rules and how they apply in the game takes so much energy that there's not a lot of attention to strategy. Once the rules are second nature, it is easier to have fun, play your best, and strategize.

• Learning about bodies, intimacy, drugs, etc. According to experts, as kids grow up and ask questions, they learn to the level they are able to understand and no more. So talking with your children once, giving them "the talk" may not be as effective as we would hope. One talk can be forgotten. Continual reminders, when appropriate may send a much stronger message.

• Learning they are loved. Kids may like big gift-giving sessions, but really, isn't it the day in, day out attention to their needs that tells them we love them? Reading to them, hugging and kissing them, asking "how was your day?" when we see them again, and showing an interest in what interests them can all be the foundation of our love for our children. Positive attention helps them know we value them as individuals, as well as part of our family. Months ago I got a text message from my 20+ year-old daughter that said simply, "Mom, one of my favorite things about you is that you read to us." Can there be any more payoff than that? I've still got that text on my phone, and I melt every time I reread it.

• Learning how to parent. How do our children learn to be parents? Maybe from books like many of us did. I love seeing my grown children say or do things that show they've absorbed childbirth, breastfeeding, and parenting ideas from watching my husband and I parent their family. My grown daughters exude more confidence than I did at their age as they talk about birthing and parenting.

Next time you are teaching something to your children or learning something yourself, take it easy. Remember: just like the infant who is learning to breastfeed, often smaller sessions repeated over time are more useful–probably for both your kids and you!

Karen Lyons
Walnut, California USA

Trust in yourself.
Your perceptions are often far more accurate than you are willing to believe.
Claudia Black

Have You Moved?

If you move, send your new address to Membership Coordinator, Sue Steilen at: Suesteilen@comcast.net. If you have a forwarding account with the post office, it does not cover forwarding of bulk mail/second-class mail. Remember to include your email address (if applicable), new phone, along with the address. This helps us keep you informed through *Continuum* mailings and email messages that may be sent through the new Alum Yahoo! Group. Thank you.

From the Mailbag

It's still summertime…wonderful long, hot, lazy days. When there's absolutely nothing to do but so much to do that the time flies by too quickly and all of a sudden you find it's fall! Many of us gauge our lives by the seasons. We all have our favorites or perhaps our favorite part of each. My favorite part of summer used to be what was the same for my children: no school, no schedule and no homework. Ah, life before adulthood is amazing indeed!

This summer, a highlight for me was attending Kaleidoscope, the Eastern US seminar in Philadelphia for LLL Area Administrators. At the Marketplace, I displayed photo albums from the 2007 LLLI Conference, San Antonio (2006) and Philadelphia (2008) trips and also sold several Alum memberships and Leader service pins. Meeting many Leaders in person was a very exciting. Now I have a face to put with names of those who provide key support and information to Leaders in their Areas. I also attended inspiring sessions about publications and conferences/continuing education and discovered that many Leaders present were Alum members!

In early October, I will be doing the same thing when I go to Kansas City for LLL US Western Council's Face2Face Place for Area Administrators.

I was thrilled to receive comments about the last issue as well as reader's articles to add to this issue. I'd love to hear your thoughts after you read this one. Let me know what topics you would like to see in the future, too. Here are some starters.

A file on articles about grandmothering (nearby or long-distance) has been started for a future issue. What were your grandparents like as you grew up? Their influence on you and your family? What wisdom and stories became part of your heritage? What is your grandparenting style today? Is there a competing climate with your grandchild's grandparents from the in-law side of the family?

Other ideas: Boomerang college students! Not really an empty nest yet? Or have you been a caregiver (nearby or long-distance)? Aging and health issues begin to creep into our lives from time to time. My mother had mini-strokes that progressed into dementia. I was her caregiver for five years. She passed away seven years ago. When I see a caregiver in the store with elder in a wheelchair, I flash back to what I must have looked like when I took mom shopping or for a "walk" outside the house to see the neighborhood.

In the past couple of years, I attended memorial services of a Leaders' husband, father and mother. One memorable service recently was for the husband of a long-time Leader. I witnessed the inspiring stories shared by his three adult children. He was a dedicated LLL supporter. For many years, his business provided storage space for Leaders and their children to come by and use for LLL Group supplies. I heard that he was like a "Dear Abby" to the men and fathers he knew–a listener and guidepost in their lives. As I introduced myself to friends at the service, they already knew about La Leche League and what it meant to his family and friends.

What astonished me was that these recollections were similar to those I heard for the mothers I have known in LLL–how this father's life touched the lives of others in a deep way and as you continue to do for your families.

Cherish each day. Take time to tell the ones you love how you feel about them for you never know how many tomorrows you will have.

Until next time,

Fran

Send articles and photos to me by January 15, 2010. Articles selected for publication may be edited for length, clarity, and adherence to LLL journalistic guidelines.

Published September 22, 2009

Past Issues of *LLL News* Available

I was a Leader for 12 years in west suburban Philadelphia in the late 1980s and 1990s. I inherited copies of *LLL News,* dating from 1969-1983 with gaps in between. I'd be happy to send these to anyone interested rather than putting them into the paper-recycling bin. Contact me at: <janet@easlea.com> or call 610-278-7997.

Janet Easlea
Plymouth Meeting, Pennsylvania USA

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YAHOO! GROUPS for Alumnae Members Coming Soon!

If your email address is currently in the Alumnae database, you will be invited to join a new Yahoo! Group for Alums. Send your email address to Sue Steilen <Suesteilen@comcast.net> if you are not sure if it is in the files. This Yahoo! Group will provide a way for Alums to communicate with each other and for the Alums to share periodic news and announcements with members.

Join the Alumnae!

Yes, I want to keep in touch and support the LLL Alumnae Association. **Dues are $20/year. You may renew for more than one year at a time. Send checks to:**

Susan Geil, LLL Alumnae Treasurer
4868 N. Hermitage Ave., Chicago, IL 60640
Questions? Contact Susan at: <srgeil@yahoo.com>

• To pay by credit card log on to:
http://alumnae.llli.org/Alumnae/Join.html
• To pay by check, use this form:

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