Newsletter for Members of the LLL Alumnae Association
http://alumnae.llli.org

Continuum

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Requesting your input for Alumnae Council Meeting! Members are welcome to attend a brainstorming session in Chicago from 12 N – 3 PM on Saturday, November 6, 2010. RSVP and details p. 9.

Anna Burbidge has been in LLL for 35 years and a Leader for 27 years. She says she was an Applicant "for seven years because she felt too shy to lead a meeting." Anna has six children: Rachel (37); Rebecca (35); Thomas (31); Joella (26); Tamsin (23); and Toby (18). Currently she is Chair of LLL Great Britain Council of Directors and deals with a lot of media and public relations enquiries. She has always lived in Great Britain and has been lucky enough to visit many countries during holidays.

THE LONG ARM OF LLL

A Heartwarming LLL Story

The second week in June was an emotional week for me. My youngest son was 18, and my eldest son got married, a truly wonderful and happy day. It was lovely to have a house full of my offspring again. My daughter, Tamsin, had been visiting us for two weeks. On the Wednesday after the wedding, she flew back to Africa for five months. However I came home [that day] to find her majorly stressed. She was in Johannesburg, South Africa and had just found out that her plane touched down at 7a.m. but the bus she needed to catch for her onward journey also left at 7 a.m. There was not another [bus] for 24 hours, no accommodation available due to the World Cup [sporting event], she had not been able to book another onward flight online. She had tried to book a bus out, just to get out of Johannesburg but wasn't sure if it had gone through. She was convinced she was going to end up on the streets of Johannesburg with nowhere to go. Mum came to the rescue! I contacted Esme, a Leader in South Africa, who put out an appeal on their email group. Two Leaders responded and after emailing them both, we established that it was most convenient for the one who lived only 15 minutes from the airport to be on standby. Tamsin still was not sure if she had managed to book herself on a bus or not. I Skyped Mara, the Leader who was on standby, chatting to her, and discovered she has four grown-up daughters. She said the minute she heard from Tamsin she would go to the airport to get her.

The night before Mara Skyped me, I was telling a friend that it looked like a La Leche League (LLL) Leader would offer Tamsin a bed. My friend said, "But do you know this woman? What do you know about her?" I replied, "I know she is an LLL Leader." My friend said, "And is that enough?" and as I said "Yes, it is, it's all I need to know," it suddenly dawned on me that not for one minute had I ever thought about whether my daughter would be okay or not. I hadn't needed to. It really was enough to know that she would be with an LLL Leader. Over the years I have enjoyed meeting hundreds of LLL Leaders from all over the world. We have had great times together and, although differing personalities and lifestyles meant we would not all become best friends, I have never met one Leader who I would not trust to welcome and look after my child. What a wonderful organization we belong to when we can know that someone we have never met is willing to go out of their way to help another Leader's child and we don't even have to think about if they will be okay. *(continued on p. 2)*

A Heartwarming LLL Story

(continued from p. 1)

When my husband asked me if Tamsin had arrived safely (being oblivious to all the drama) and I told him what had happened, he, too, nodded and said, "She'll be fine" which I found quite an acknowledgement from him.

Tamsin emailed me on arrival at Mara's house. She had indeed been stranded at the airport and had phoned Mara who had come to get her and then made sure she emailed me to say she was okay. On Friday Mara emailed me to say they got up at 4:15 a.m. to take Tamsin to Pretoria to get a bus at 5:30 a.m. to Windhoek in Namibia. It is a 24-hour bus journey and it means a lot to know she got on the bus safely. Mara said it was obvious

Tamsin and Anna

Tamsin had been a breastfed baby because she had so many wonderful qualities and she thanked me for trusting her with my daughter. We will keep in touch so I can share Tamsin's future journey.

When I asked Mara if I could send her a gift to thank her, she replied that rather than something for herself her wish would be for me to donate *The Womanly Art of Breastfeeding* to someone who needed it. I am feeling overwhelmed by the LLL love and quite emotional to know that I belong to such a wonderful network. I really think LLL is made up of the best women in the world!

Anna Burbidge
Market Harborough, Leicestershire
UNITED KINGDOM

Downsizing, Selling a Home and Relocating

Downsizing is something I never thought about in my youth. I come from a long line of "pack rats." When my grandmother died, her daughters and grandchildren went through her things. What they took home with them was practically everything she had accumulated in her 86 years! When my children left for college, I carefully packed up their American Girl doll collections, school report cards and hand-smocked baby clothes to "save" for my grandchildren-to-be. But years passed and my husband retired. The house we had lived in for over 25 years was too far from the ocean we both loved, so we decided to sell. Selling the house was the easy part. Getting rid of the "stuff" was hard. We actually moved twice in 18 months and who knows if we are permanently settled even now.

Leaving my "old LLL life" was hard. There were five active LLL Groups and an annual fundraiser to keep me busy in the "old town." The "new place" has one LLL Group. Practically all of my friends were the age of my daughters. Most of my new friends have gray hair. I like gray hair, too.

I am still saving a few items for my grandchildren to-be but I have let go of many "things." I got rid of all my 1970's entertainment items like the fondue pots, chafing dishes, and warming trays. But we have begun entertaining again, so I am going to garage sales looking to replace these items. Things I have not missed are the canning equipment, sewing/knitting supplies, the World Book/Child Craft encyclopedias or the two file cabinets full of LLL meeting ideas and every article ever published about breast-feeding. I used to have a "present closet" where I stashed possible birthday/holiday/baby/graduation gifts when I would find a real bargain. I should probably learn how to sell things on eBay.

Once we decided to move to the ocean for our retirement, we began looking in Florida because there is no state income tax there. We spent a week looking at houses on the east and west coasts of Florida. We found that their property taxes and sales taxes negate the perk of no state income tax, so we started looking next at the coast of North Carolina. We did not know anyone in the community we picked but my husband has fished in this area for years so he knows the water. Our criteria was a small yard, a maintenance-free house and on the water so that we could have a place for a boat. I'm not sure there is such a thing as a maintenance-free house, but we tried. I wish we could have found something on one level but we mostly live on the main floor and the upstairs is only used for guests.

It took us seven years after my husband retired for us to make the decision to move but once we decided, we were moved in less than six months. Of course, our house selling quickly made this possible. Our children were thrilled that we were moving to the beach. I don't think anyone has missed the old house really. In fact I think we get more visitors now.

I don't know if this will be our last move or not. My mother has lived in an assisted living apartment for the past seven years and that looks pretty appealing to me, especially when we can no long drive a car. After my dad died she lived alone for a few years in their home but the yard and maintenance of the house became more of a burden after a while and she picked out a place she had visited and where she knew friends. After such a long time in one house it feels fresh and new to be in a new community with new opportunities.

Carroll Beckham
Pine Knoll Shores, North Carolina USA
<cbeckham@nc.rr.com>

Kathy Baker was an LLL Leader for over 30 years and a former Alumnae Association member. She was 61 when she passed away on May 27, 2010 during the night in her home in Lombard, Illinois. Kathy and her husband Jack were married for 42 years. They have five daughters, one son, and ten grandchildren.

Over the years, Kathy worked at the LLLI office, at first assisting with the LLLI 800-Helpline and later as the Manager of the LLLI Peer Counselor Program (1998-2006). Along with other Peer Counselor Administrators (PCAs), she trained individuals interested in being PCAs and Peer Counselors in the USA and other countries around the world. This included, the first male peer counselor trained in South Africa. As recently as January 2010, she trained Malaysia's first group of administrators and counselors.

A passionate breastfeeding advocate, Kathy was one of many Leaders who sat for the first IBCLC exam 25 years ago. She founded the Chicago Regional Breastfeeding Task Force and was a member of organizations including the Illinois State Breastfeeding Task Force, Chicago Area Breastfeeding Coalition, Northern Illinois Lactation Consultant Association (affiliated with the International Lactation Consultant Association), and the Illinois North Central Region Breastfeeding Task Force. Many members of the breastfeeding community expressed feeling the enormous loss of her passing, as seen in the comments shared on the following pages.

Remembering Kathy Baker

Many who knew Kathy often heard her talk about asking women to examine how they spent their time and about the importance of one's priorities in life. She often said, "When you die, will you wish you spent more time at the office?" If Kathy had the opportunity to evaluate how she spent her days before she died, we believe she should have had few regrets.

Kathy epitomized La Leche League philosophy and "people before things" throughout her life. Her home was busy as she raised her six children and operated a daycare in her home in the early years. When the empty nest years came along, her grandchildren filled her home with their comings and goings. Since his infancy, she helped care for her toddler grandson. She adjusted her already busy schedule to accommodate his needs, including daily lunch breaks with his mother so he could nurse in the middle of her workday.

As her children grew up, there were changes in home activity. One constant was that Kathy was always working on a project. Most of her moments were spent serving others and offering a listening ear in a non-judgmental spirit, when needed. She was anchored by a deep spiritual faith and had a serene calming effect on others.

Everyone was welcome into her home– even if there were dishes in the sink, papers piled on the dining room table, or laundry that needed to be sorted and put away.

If anyone from out of town needed a place to stay when attending an LLL function, Kathy offered her home. If a visitor needed to stop by, her response was, "Come in." This was followed by an offer of a cup of tea. At times the visit included moments sitting together on the swing on her porch.

For almost 30 years, Kathy was a member of an informal group of Leaders. When their children were young, they met at homes. For the past 15 years, they gathered together for dinner each month. They called themselves the *Women in Transition* (WIT) group and are now 25-year-plus Leaders, active and retired.

Differences seemed to disappear when she stressed what she had in common with others.

After Kathy's death, a few members of the group sorted through thousands of pages of breastfeeding materials in Kathy's home office Each paper seemed to represent a passionate concern, a mother, a group of mothers or even a country changed because of her character and commitment. They also speak about work that still needs to be done.

People from across the country attended her funeral. Many shared stories of how she helped them over the years. Over 400 emails from all corners of the globe were sent to her family. This was an amazing observation because Kathy chose to stay at home with her children and to make the world a better place for her children. The Bakers were never wealthy, yet Kathy grew to be rich in friends. Her passion was primarily mother-baby related.

Being involved with the Peer Counselor Program was Kathy's way to help mothers of different cultures throughout the world. Kathy said "People tend to feel most at home with those who are like them age-wise, physical appearance, and who they feel an immediate connection to. This is why training of peers has been so successful." Kathy's life was an example of how one person can change the world through love, compassion and dedication to a cause.

Kathy's abilities transcended geographical, economical, racial, and gender barriers. Her listening skills were in action as she accepted mothers and encouraged women and counselors around the world. Kathy was a source of inspiration to those of us who believe in breastfeeding and we continue to support her goals. Kathy served as a mentor Leader, always honest, even in difficult circumstances.

One of her favorite sayings was, "When your kids deserve love the least, is when they need it the most. The time when you want to strangle your child is the time to give them a hug."

Sue Steilen, Homer Glen, Illinois and Mary Hurt, Lombard, Illinois, USA

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Remembering Kathy Baker

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More than 1,000 people attended Kathy's visitation prior to the funeral. Several hundred, including LLL Co-Founders Mary Ann Cahill, Marian Tompson and Mary White, attended the funeral, which was very impressive. The prayers and tributes were beautiful. Kathy obviously touched a lot of people's lives.

Judy Torgus
River Grove, Illinois, USA

After a dear friend died in 1997, Kathy wrote a letter to family to tell them what to do when she died. At the funeral, her husband read the letter, which showed how Kathy's style of wisdom and humor was shared with those who knew her. Here is an excerpt from the letter to her loved ones:

Dear Ones, Celebrate the time I've had with you and my love for you. If you spend money on a fancy casket, I'll haunt you.…Know that each of you was my favorite for very different reasons. I encourage those reading the letter to go home, write a letter to a friend, and most importantly to treat each other with love, kindness, and respect. Know I will miss you terribly but somehow I believe time has a very different meaning after death."

The Leaders in LLL South Africa were saddened to hear of Kathy's death. Her legacy will live on in our Peer Counselling Programme. We are deeply appreciative of the impact that the programme continues to have in many communities in our country. To her family,we are very sorry for your loss.

Vicky Reynell
East Cape, South Africa

Photo: Peer Counseling Training Malaysia, January 2010

Words can't really convey my sadness at Kathy's death; but I would like to try. Actually, in words, she can only be described with superlatives–very sweet, so very generous, wonderfully supportive, lots of fun, tremendous common sense, great insight, and a dear friend and colleague! I will miss you so much, Kathy.

Rebecca Magalhaes,
Neponset, Illinois, USA

"Kathy had the unique ability of communicating on a personal caring level whether it was by telephone, email, or in person.

Katy Lebbing who worked with Kathy in the Education Department at LLLI and in her private LC practice
Villa Park, Illinois USA

WABA mourns the passing of Kathy Baker, a certified Lactation Consultant who worked for over 30 years with La Leche League as a Leader. Kathy was instrumental in training the first group of LLLI Peer Cousellor Programme Administrators and Counselors in Malaysia in early 2010. She was a mentor to many Peer Counselors around the world.

World Alliance for Breastfeeding Action

Marian Tompson's Resignation

Below are short excerpts from the email letter Marian gave permission to forward or post in the LLL community on July 25, 2010. About 30% to 35% of Alumnae members are retired Leaders/members and may not be aware of the letter. Marian continues to be President and CEO of AnotherLook <www.anotherlook.org> and gave permission for *Continuum* to share links to the full text of her letter. Visit <http://internalwilderness.com/wp-content/uploads/pages/letterofresig.html> to view the letter or go to: <http://en.wikipedia.org/wiki/Marian_Tompson> and click the link "letter."

Dear LLLeaders and friends of La Leche League,

This is a letter I never expected to write…with sadness, I am resigning as an LLL Leader. You may find that being an LLL Leader still works for you. You may feel appreciated and respected…there is no other organization, at this point in time, that provides the unique and inspirational support to breastfeeding mothers and their families that LLL does. How many times have we been thanked for changing people's lives?…Thanks to you and because of you, we've made great strides in the past 54 years toward our mission to help mothers worldwide to breastfeed through mother to mother support, encouragement, information and education and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.

My love to all,
Marian

Moving, address changes and renewing membership to maintain *Continuum* mailings and be on an Alum listserv. LAST ISSUE reminds you to renew by December 15. **If you move**, send email/mailing address, apartment/unit number (if applicable) and to Suesteilen@comcast.net. This helps us keep you informed through *Continuum* mailings and email messages that may be sent to members of the Alum Yahoo! Group. Thank you.

Changes in LLL

Change is always difficult. Perhaps reorganizational changes in La Leche League are being made to bring the international organization up with the "times." First, let me say I have not kept up with details and I do not pretend to really understand or take sides in issues. Without knowing any specifics, I can only hope that changes will accomplish new goals and do good things.

Grateful for All We Have

These days make me grateful for all we have. As long as we have Alumnae, there will be memories and shared history. The continued support we get from each other is amazing. We each had a part in changing a society and with tireless passion, we worked together to accomplish so very much in each individual life we touched. That legacy will continue to pass down through families and we will never truly know the full extent of what we did. Just think of Founder Marian Tompson [who recently resigned] and all she influenced and touched and then keep magnifying that out to each of us, our families, and all the mothers we helped over the years. It's staggering to really think of it. No changes will ever take away what we collectively accomplished. And I might say, what we'll accomplish in our continued contact with each other.

When LLL began, there was absolutely no breastfeeding help for mothers anywhere. Now there are many resources I look at and wonder if it is as effective as what we did in the early years. But then there are new resources that are accomplishing great things for a new generation. Perhaps, this is part of our legacy—empowering mothers to create new resources for themselves that work for a new generation. I hope the LLLI Board strives to maintain our continued viability. I know that I personally fit into the old way of operating; I wish the new way well.

At the July LLL of Texas Area Conference, I met members of a very different generation of Leaders. At one session I attended, the Leaders were trying to find one person to keep a list—a job that required a maximum two hours a week. Out of 35 people, no one would commit to keeping the list. I've never seen so many people trying to get out of something! All the Leaders were nice and were there to learn. The fact that they had to literally corner the Leaders at the one big session, divide them into groups and then push them into accepting this job was pretty amazing to me. I almost volunteered for it on the spot, but then realized it was a bigger issue and my "solving" it wouldn't help. I have never heard so many lame excuses and waffling. It just never would have happened in my early days, anywhere in LLL. One lady tentatively agreed to do it on a trial basis until they could find someone else to do the job. It was embarrassing to me to watch the process. I couldn't help but wonder if they had watered-down the jobs so much that mothers no longer feel they are important. Have we made the jobs so "mother-sized"* that they have lost their respect and importance? Perhaps it's just a different generation of Leaders. Maybe they really are putting "family first."

I will always contend that my family did always stay first and I added in the LLL commitments to enrich us all. All I know is that it just felt different. I'm not saying different is bad, just not what I remember. This same new generation Leaders also juggles copious amounts of email, Facebook, twittering and who knows what else. I cannot even imagine working in this new time with all the information and instant communication. My hat is off to them in many ways and maybe that two-hour list really was too much to fit around their priorities. These same Leaders have to know so many facts and have so much proof that comes from over 50 years of data. We just had our instincts and gut feelings and knowing that "many mothers have found…" Times do change.

Back in the day, every Leader I knew dedicated many hours of service. We held positions that were respected. Those positions required many hours of typing on typewriters with carbon paper, for gosh sakes! We were the only game in town and we needed to do it. I remember feeling flattered, overwhelmed and humbled when someone approached me to do that first job of ACLA, alphabet soup during those days for Assistant Coordinator of Leader Applicants. I was proud to use the initials for the first time. The five years as CLA (Coordinator of Leader Applicants) were some of the most important ones I've ever spent. Charlotte Walkowski and I were administrators together for Texas, flew everywhere to do workshops, organized conferences. It was like being Co-CEOs (Chief Executive Officers) of a company with 11 assistants (ACLAs) and having 300 employees (Leaders) at the time. Frankly, we did a great job of keeping our "family first" but it took a huge effort for a great cause. In July, I just didn't sense that same level of commitment or dedication. So I guess the question I came away with was something like, "Hmm, maybe it is time for LLL to fold or re-organize or start as a new organization somewhere." Those are hard words to think about for my generation of LLL. We don't really understand that. We fought to change a society in our day, when most women had never heard of or considered breastfeeding. Now, it is a different society. Some challenges are still there; breastfeeding is recognized, considered the gold standard, and accepted by many. Maybe they don't have to fight as hard as we did. Maybe each generation is supposed to need to fight for what they believe in; LLL was our cause and this generation needs new ones. I don't know the answer.

Change Can Be Good

The reorganization of LLL is for a new generation to figure out, I guess. It is hard to let go or feel like we need to let go of how things were years ago when I first became a Leader in 1973. Change can be good. It's just difficult for those of us who crusaded to bring LLL to the forefront years ago. Our generation still counts and did amazing things! Maybe things will change again; we've seen that over the years, too. I still contend that nothing will ever take away from the experiences we have each had and the accomplishments we have shared. However, I think that means we need to elevate and cling to the Alumnae to hold our own selves together in even a bigger way!

Peggy Halford
Sugar Land, Texas USA
<peggy2323@yahoo.com>

* Editorial Note: "Mother-sized" refers to the time-frame required to do a task, not the size of mothers or Leaders who are volunteers of many sizes and shapes, with various working styles, abilities and talents to offer.

Webcam Visits Light Up My Life!

Just wanted to tell you how much I enjoy reading Continuum and all La Leche League (LLL) publications. After my only child was born in 1979, I became a Leader, but only briefly. When I got divorced and moved, life was a bit hectic. I did not rejoin LLL once I moved. At the time my daughter, Kylila, was two-and-a-half years old. One of my fondest/funniest memories is of my daughter, at that age when we were placing an order at a restaurant. She asked for cow's milk. Everyone thought that was adorable. Most of them didn't realize she still drank mother's milk and knew the difference! She continued to nurse for another year.

When Kylila got pregnant, there was never a question about whether or not she would nurse her babies. Her oldest son went on a nursing strike at 11 months of age. It ended up being the end of his nursing career. Her daughter is now two-and-a-half years old and still nurses to sleep at night and for a mid-day nap. Her mother is ready to stop and my granddaughter is grudgingly giving it up. I have been blessed with an amazing relationship with my grown daughter (and friend) and her two children. Though I live 1,000 miles away, I still visit them every three months. We see each other via webcam quite a few times a week.

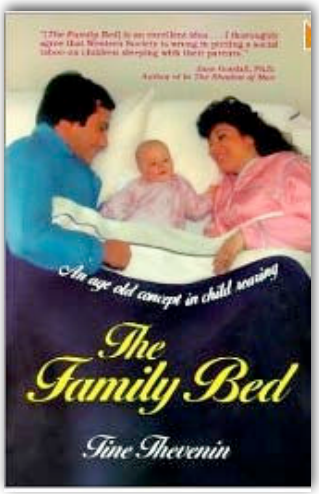
It lights up my day to hear them shouting "Nanny, Nanny" as the webcam connection completes. The three of them are visiting me in Florida this summer. I simply can't wait to hold and kiss each of them.

Pam Hayes
Tampa, Florida USA
<blushka@tampabay.rr.com>

In Memory of Tine Thevenin

Tine Thevenin, 68, died peacefully at her home in rural Lake City, Minnesota on June 21, 2010. She is survived by her husband, two daughters, and four grandchildren. Born in the occupied Netherlands, Tine was educated there and in the United States. In 1965 she received a bachelor's degree in music from the American Conservatory of Music and was a flutist with the Florida Symphony Orchestra. In her thirties, she became a La Leche League (LLL) Leader and served three times as the coordinator of the LLL of Minnesota State Conference. She wrote and self-published the best seller *The Family Bed: An Age Old Concept in Child Rearing* which has sold over 150,000 copies and was translated into Dutch and German. In 1993, she wrote a second book on child rearing, *Mothering and Fathering: The Gender Differences in Child Rearing.*

At the age of 43, Tine was an accomplished tri-athlete and the first woman to solo the grueling 500-mile, Minnesota Border-to-Border Triathlon, a four day event. She was an avid backpacker and vitally interested in health and actively involved in local and global environmental issues. When she was 55, she and her husband moved to the country where they bought 40 acres and helped build several structures. The hard work reinforced what she had taught for many years: that winners are those who keep on going long after the initial enthusiasm wears off.



In lieu of flowers, donations to an organization that reflects Tine's values were encouraged. Her life's focus was protecting those who cannot protect themselves: children, animals, and the environment. Above all, Tine felt that her role as mother and homemaker was the most important vocation in her life. Two retired Leaders share their responses to the news of Tine's passing.

I read the message about Tine's passing with sad feelings. I remembered my friendship with Tine when we were both LLL Leaders in Minnesota. I recently found *The Family Bed* (1987) and purchased it with the idea of sharing it with young families questioning this issue. Tine was an inspiration to so many back then as we tried to make our way into and through learning to be mothers and fathers. She was a true individual and very wise. The strength with which she marched down the road to support mothers who wanted to breastfeed will always be something I remember about her. Because of her leadership, many of us were able to educate our own doctors regarding LLL philosophy. I can only imagine the huge hole her passing leaves to her family and friends.

Judi Kurtovich
Long Beach, California USA
<judinuz@gmail.com>

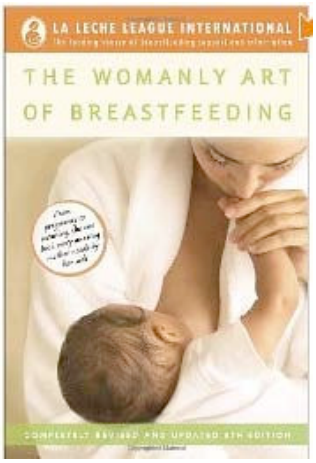
I loved Tine's book, *The Family Bed*, which had a great influence on my parenting and me. I remember hearing her speak at an Area Conference years ago. She was a neat lady and a pioneer in family relationships.

Mary Strack
Tustin, California USA
<Marystrack@hotmail.com>

BOOK REVIEW

The Womanly Art of Breastfeeding

I am no longer active with a local La Leche League (LLL) Group. I continue to encourage mothers who are pregnant or breastfeeding their first babies. They are relatives, friends of my daughters, and young women in the local community. Often I give them a copy of *The Womanly Art of Breastfeeding*. It, thus, seemed logical to pre-order a few copies of the "completely revised and updated 8th edition."



I was very excited when the pre-ordered copies arrived a few weeks ago. I gave one immediately to a young mother who was breastfeeding her five-week-old baby. Although I had given her a copy of the 7th edition at a baby shower, I wanted her to have this newest revision. Yesterday, as I talked with the grandmother of the baby, she shared with me how that new *Womanly Art of Breastfeeding* has become her daughter's "Bible" for breastfeeding. "Every day," she told me, "she finds something else that speaks directly to her question of the day—for example, concluding that her little guy is 'cluster-feeding' and realizing that it is OK for the baby to guide how often he wants to nurse."

The 8th edition of *The Womanly Art of Breastfeeding*, 550 pages long, is much expanded from the last edition. It is co-authored by Diane Wiessinger, Diana West, and Teresa Pitman—three LLL Leaders. I really like the expanded section on birth. You will find some text and quotes that have been in the *Womanly Art of Breastfeeding* since the early days, i.e., Dr. Grantly Dick-Read's quote, "A newborn baby has only three demands. They are warmth in the arms of its mother, food from her breasts, and security in the knowledge of her presence. Breastfeeding satisfies all three." A new feature is Chapter 20, *Tear-Sheet Toolkit* on specific topics. Each page is complete, ready to be removed. [Visit www.llli.org and on the opening page, just below the mission statement, click *Tear-Sheet Toolkit* for the free download containing the 37-pages in the online toolkit.] Below, I would like to share a "taste" of what this new edition offers.

"This book also celebrates the relationship—the heart of breastfeeding—not just the fluid."
Introduction

"One mother pointed out that it's as if bottles fill his stomach, but breastfeeding fills his soul."
Chapter One, Nesting

"Whatever question you have, whatever concerns are worrying you, at La Leche League Meetings we'll try to help you in a way that keeps the 'normalness' of breastfeeding in mind."
Chapter Two, Building Your Network

"The most elaborate hospital warmer can't warm a baby as quickly or as well as full-body contact with his mother. ...if you have twins, the temperature on each breast rises and falls to warm or cool them independently!"
Chapter 3, Birth

"Leaning back and letting gravity hold the baby is as old as humankind."
Chapter 4, Latching and Attaching

"These first few nights can be tough! Take plenty of naps, even an evening nap, and prepare your bedtime nest."
Chapter 5, The First Few Days: Hello Baby…

"These days, most women worry that they don't have enough milk. In fact, the opposite is usually true—most of us have more than enough."
Chapter 6, The First Two Weeks: Milk!

"It's also normal for a baby to cluster-feed at times, meaning he takes several short feedings during an hour or two, often tanking up in preparation for a longer sleep."
Chapter 7, Two to Six Weeks: Butterfly Smiles

And, on go the chapters, "Six Weeks to Four Months: Hitting Your Stride," "Nursing Toddlers and Beyond: Moving On," "The Big Questions," "Milk to Go," and much, much more. I am still reading!

I did miss the photos of a few of my grandchildren that were in the 7th edition of *The Womanly Art of Breast-feeding*, autographed by all seven LLL Founders! I will always keep that copy, as well as my "old blue manual" for the happy memories of many warm and wonderful breastfeeding and parenting days filled with the joy of good LLL friends through many years.

Pam Oselka
Union Pier, Michigan USA

Book Sales Update from LLLI, August 15, 2010

The Womanly Art of Breastfeeding is currently in its third printing, with over 65,000 copies in print. During the open exhibition times (where there were no sessions running), the LLLI sales booth at the ILCA Conference in Texas was selling a copy every 90 seconds! The book is officially a National Bestseller, debuting at No.114 on the *USA Today* bestseller list of top 150 books in all categories for the week it was launched in July. It is also the first breastfeeding book to become a National Bestseller! In August, LLLI was warmly received at the Doulas of North America (DONA) conference, as well. LLL had not exhibited there recently and sold many copies to attendees. Reviews have been 100% positive. Right now, amazon.com is showing 21 reviews, and every single one is a five-star rating!

Remembering Nell Ryan's Many Talents

Eleanore "Nell" Ryan, Ph.D., 80, of Clarendon Hills, Illinois, passed away May 31, 2010 at her home. Nell had six children and eight grandchildren. In 1951 she earned a Bachelor of Science degree in chemistry and physics. She was employed as a research chemist for the Visking Company at the time of their development of the skinless frankfurter.

LLL's Early Days

In the early 1960s when Nell was a young breastfeeding mother, she attended local La Leche League (LLL) Group meetings and later decided to become a Leader. Nell had the natural ability to empathize and nurture mothers. She was well-read and knowledgeable about breastfeeding and mothering. As she became more involved with LLL, she was appointed the editor of *LLL News*, using her high school experience as a writer and editor. In her home, she hosted the first meetings for the Clarendon Hills-Western Springs LLL Group. As mentioned in *The LLLove Story*, Nell was the first State Coordinator for Illinois and Convention Coordinator for the first LLL International Conference, held in the Chicago area in 1963. Nell and her committee set the pace for conferences that were held every other year, continuing on into the 21st century when LLLI's 50th anniversary was celebrated in 2007.

Professional Years in Illinois and Throughout the World

Sometime in the 1970s, Nell retired from LLL to return to school to complete her education. She said her LLL experiences and connections led her to consider a career in psychology at the age of 40.

In June 1975 Nell suffered the unexpected loss of her husband, Bob. She persevered through this and continued her studies while raising a family. She earned a doctorate in clinical psychology in June 1978 from Northwestern University. As a clinical and consulting psychologist, her specialty was Post-Traumatic Stress Disorder (PTSD). She established her private practice in Clarendon Hills in 1981, which she maintained until her death. She did extensive work with Vietnam era veterans, establishing an intensive inpatient therapy program for veterans suffering from PTSD.

Over the years Dr. Ryan was a professor at several universities in the Chicago area and a volunteer abstractor for the journal, *Psychological Abstracts*. Her publications and presentations are broad in scope and include papers on death and dying, the psychological aspects of breast cancer, heart disease, incest, substance abuse, and workplace violence. In cities from Clarendon Hills to Basil, Switzerland, she gave formal presentations on women's/mother's issues, TV violence, grief and disaster response. Serving as an occasional commentator on various TV news programs, Nell was a member of a panel discussion response to the 9/11 tragedy on *Chicago Tonight* in 2003.

One of the first psychologists in Illinois to complete the Red Cross's Disaster Mental Health certification, Nell also served as secretary of the Illinois Psychological Association (IPA) from 1997 to 2005 and became president in 2007. In 1992 she became Chair of the IPA's Disaster Response Task Force and later Disaster Response Network liaison to the American Psychological Association.

Nell always believed in the value of her educational experiences and never forgot to reach back and extend care and aid to those who came after her. She was a passionate gardener and loved to travel, visiting all seven continents, and most recently spending December 2009 in the Holy Land. Log on to: http://alumnae.llli.org to read the autographical piece Nell wrote for *Continuum*, Vol. 21, No. 2.

Fran Dereszynski
Huntington Beach, California USA

As one of the original volunteers in La Leche League, Nell made the difference of a lifetime for my children and me and now for their children. La Leche League has helped shape whole communities, and dare I say, the best part of our nation, by teaching the benefits of God's gift to children—their mother and her milk. Whether mothers attended the meetings or just read LLLI books on their own, they are bound to have been inspired to follow their hearts and listen to their children. I thank her and all those early volunteers for their daring and compassion.

Mary Weaver Mann
Fredericksburg, Virginia USA

Breastfeeding in the News

"Breast Milk Sugars Give Infants a Protective Coat" was published in the *New York Times*, on 8/2/2010 and describes a study by Bruce German, Carlito Lebrilla and David Mills of the University of California, Davis. The three researchers and colleagues found that the part of breast milk that cannot be digested actually stimulates the growth of a specific bacterium that in turn provides protection to the infant. The article is at: www.nytimes.com/2010/08/03/science/03milk.html?_r=1&src=me&ref=homepage

On July 30, Surgeon General Dr. Regina M. Benjamin made an official statement about World Breastfeeding Week. She is "committed to promoting and supporting optimal breastfeeding practices with the ultimate goal of improving the public's health" and later this year intends to announce a plan to release a Surgeon General's *Call to Action* that will explain how all sectors of the community can help to create a supportive environment for breastfeeding mothers. To read the entire statement, visit: http://www.hhs.gov/news/press/2010pres/07/20100730b.html

ALUMNAE-TO-ALUMNAE

Grandparenting a Bottle-Fed Baby

Those of us who found La Leche League (LLL) and breastfed our babies (not necessarily in that order) —and who have reached the age of grandparenthood—find ourselves in a rather unique situation. Because of our involvement in LLL, we sometimes forget that [54] years ago, most women were not breastfeeding and that there was a dearth of information about breastfeeding.

Thus, I find that, even now, with all of the literature available, most of my contemporaries have little information about breastfeeding. [They] truly believe that there is little, if any, difference; did not breastfeed (or tried and failed); seem to know every old wives' tale about the "difficulties," "inadequacies," and "inappropriateness;" may have some negative feelings about not having done so, especially those who have been exposed to the idea that breastfeeding "may" be better—and thus have little impetus to encourage their daughters to breastfeed.

Some of these daughters marry our sons; some of our daughters marry sons from families where breastfeeding has been openly discouraged. Most of us breastfed through teasing, disparagement, contempt, criticism, and thick and thin do have a hard time accepting that our grandchildren are being bottle-fed. Let's accept those feelings and move on.

Bottle-fed grandchildren need not be any less dear to us. Nor need the choices of our children, or children by marriage, be an embarrassment to us because we are LLL Leaders. Just as we make our own decisions in rearing our children, our children must have the freedom to make their choices.

It is sometimes difficult to recall that many of us were criticized by our parents when we chose to breastfeed. The best we can do is in some gentle way offer the information that is available and hope that it will be considered. Often these decisions were made long before and are not likely to be changed, even with convincing evidence.

As one who has put many years into the support of breastfeeding and LLL, and as a grandmother of two very young grandchildren, one breastfed, one not, I will say there is still a lot of work for us to do.

Hope Melnick
Illinois, USA
Reprinted from *LLLI Alumnae News*
April-May 1992

Questions for an Alumnae-to-Alumnae Column

The lead article in this issue is the launch of a new idea, *The Long Arm of LLL*, a column for members to share how LLL helped them in ways that had nothing to do with breastfeeding! Marian Tompson tagged on to this idea when she briefly shared the time her youngest daughter went to Florida with her girl friend for spring break. Despite Marian's cautions about overexposure to the sun, her daughter ended up with a terrible sunburn that could have put her in the hospital. A Leader who was a nurse lived in the town and helped to monitor the sunburn and provide comfort. Put on your thinking cap. You probably have a similar story to share. I look forward to hearing them for that new column.

Other topics requested by readers are:

- Do you have tips to help me deal with adult children when I don't see them often, without forcing visits or communication?
- Tips for living with adult children, house rules, contributing financial support to the household?
- Has one of your children made life style choices you don't understand or find hard to accept? For example, a parent may have expected a son to be an engineer and his dream is to become a street musician?
- How do you lovingly deal with the divorce of a son or daughter?
- How have you dealt with a daughter or daughter-in-law who chooses not to breastfeed?
- Have you experienced any of these challenges? Send articles to dereszyn@verizon.net by November 30, 2010.

Alumnae Council Meets November 2010

The Alumnae Council will meet November 5-7, 2010 in the Chicago area. Agenda topics include: confirm appointment of an Area Alumnae Representative (AAR) Coordinator, Alumnae trips and gatherings, annual budget, goals, and membership report. The position of Alumnae Coordinator is still open. The Council would love to have your input by email, phone or postal mail on any topics even if you cannot be present. Alumnae members who live in the Chicago area are welcome to join a brainstorming session from 12 Noon -3 PM on Saturday, November 6. If interested, **contact an Alumnae Council member, listed on page 10, by October 28** to share your input or for information about the location. We look forward to hearing from you!

Announcements

LLL Leaders Launch Books This Summer!

Author Robyn Roche-Paull provides military moms with insight into the rewarding and wonderful aspects of breastfeeding on active duty. Her new book is *Breastfeeding in Combat Boots—A Survival Guide to Breastfeeding Successfully While Serving in the Military*. As a veteran of the United States Navy, IBCLC, and mother of three breastfed children, Robyn has helped many active-duty mothers breastfeed their babies. For more information, visit <http://breastfeedingincombatboots.com/Book.html>

Breastfeeding Answers Made Simple is a must-have reference from Nancy Mohrbacher who says, "This project has been a real labor of love for me. Eight years have passed since I finished the third edition of *The Breastfeeding Answer Book (BAB),* and the amazing leaps forward in breastfeeding since then demanded an update." Her comprehensive, research-based counseling guide is available at www.llli.org.

Funding Source Available for LLL Groups/Areas

As a service to La Leche League in the US, the LLL Alumnae Association would like to add a section on our Web site that lists funding needs for donors who have expressed interest to fund small breastfeeding project or outreach need for an LLL Group or Area. If this interests you, please submit the project description, amount of funding needed, and contact person with email and address, along with your LLL affiliation (i.e., Group name and location), to Sue Christensen, s.christe@sbcglobal.net. Share this opportunity with local LLL Groups.

Thank you, Pam Ahearn, for your recent donation to the Alumnae Association in memory of Founder Vi Lennon.

A way to stay abreast of LLL's free online publications!

Log on to www.llli.org >resources > publications to access *New Beginnings*, *Breastfeeding Today* or *Leaven*. *New Beginnings* Issue No. 3 was published on August 14 by LLL United States of America (LLL USA) with "Breastfeeding with Polycystic Ovary Syndrome," an excerpt from the birth chapter in *The Womanly Art of Breastfeeding*, "Gentle Discipline of Others' Children," and "Nighttime Separation."<http://viewer.zmags.com/publication/17ffcb6d#/17ffcb6d/1>to read the issue. Click sidebar for past issues.

Barbara Higham, *Breastfeeding Today* Managing Editor, set up a Facebook page for access to issues for Leaders who have not received LLLI's email blasts <www.facebook.com/pages/BreastfeedingToday/136718433032269?v=wall&ref=ts> Issue No. 1 has an article by Diane Wiessinger, Diana West and Teresa Pitman, who coauthored *The Womanly Art of Breastfeeding*. Here is an excerpt:

"…we first met as co-writers in September of 2008 for a long weekend at Niagara-on-the-Lake, Ontario. We stayed at a cozy bed and breakfast with…a table big enough for the three of us and our milk crates full of reference books. Our stack of Womanly Art editions included the original booklet format that the Founders collated at their kitchen tables in 1958. For three days, we talked and laughed nonstop, reading and re-reading, passing ideas back and forth, building a vision of what we hoped to create…in typical League style, our work together has rewarded us with a strong and happy three-way friendship."

Print copies are a great gift for a friend and for you!

Order print copies of LLL publications from Magcloud.com. Prices depend on each issue's number of pages. Delivery is within a week. Makes a great gift for expectant/new mothers to read at work, at home, or while nursing her baby. Order for your own enjoyment to read at work or where ever you chose.

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Applications being taken for:
Alumnae Coordinator
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If interested, contact Pam Oselka.

From the Mail Bag

Can you believe it's almost fall? I am not sure I can! I don't think there were enough warm days here to be able to call it summer! Because I live about a mile from the Pacific Ocean, the usual Southern California "June Gloom" weather pattern brings overcast skies and cool temperatures in early mornings and afternoons. It felt like rain was anticipated, but it was an unborn promise. Marine cloud layers lingered along the coast and persisted until solar heating was sufficient to evaporate the clouds. Later in the afternoon the sun took over to brighten the skies.

The local newspaper headline was "The Summer That Almost Wasn't: Region wraps up one of the coolest seasons on record." I learned that when the cloudiness continues into July, it is known as "Summer Bummer" which was the case this year. The beaches were still crowded and surfing contests were successfully held. Families gathered for picnics or visits to amusement parks. It was still summer because the kids were out of school.

Life's losses are hard to take—some more than others. This spring when nature bursts forth and radiates newness, it brought the passing of Tine Thevenin, Kathy Baker and Nell Ryan, women many had an enduring bond with. It's difficult to understand how some loved ones' deaths are completely unexpected and come at a time when the families are settled and careers flourishing. There is no sense to make of loss. It's a mystery, happening of its own accord. As years pass, I have experienced losses of different kinds including my parents and other relatives who have passed on, the loss of a family pet, and children who moved away to distances not as close.

Within LLL, Marian Tompson's resignation as a Leader stunned Leaders around the globe. Losses shape our lives and the directions we take. The challenge now is to continue to live in the face of loss. Alumnae members can take the perspective that life is not entirely about loss, it is also about gain. It can be a time to pull together with our love for LLL philosophy and how meaningful it is in our lives. LLL's significance is a thread in the articles throughout this issue.

I attended the lovely summer wedding of a co-Leader's daughter who grew up with my children. It was a true celebration with their family and children of all ages. Another co-Leader became the grandmother of premature twin boys who are breastfed and doing well. As the expectant grandmother, she was ever so supportive and patient from afar while her daughter remained on bed rest for most of the pregnancy.

A few Alums expect a new grandchild this fall or in the spring. I know of a few Leaders or their family members who have had their lives turned upside down due to a cancer diagnosis. They have had surgery, chemotherapy and radiation treatments. So far, they are cancer survivors awaiting the news of full remission. My thoughts and hopes are with them on their journeys back to health.

I want to thank the many Leaders who sent comments, suggestions and appreciation for the contributions in the last issue. It was a delight to receive responses. One idea was to include contributors' email addresses; and I started it in this issue with the author's permission.

Louise Wills (Waterbury, Connecticut USA) wrote, "I enjoyed reading the last issue and did not realize Carol Kolar was a great-grandmother. It was neat to see that five-generation picture. I've read (and own) Scottie Pritchard's book. It's fascinating and I was glad to see a review of it. The history and updates of long-ago friends are so nice to read. The other factor—and maybe most important to me—is that it's a printed newsletter! I can read it leisurely and wherever I am. I don't have to be tethered to the computer! I really miss that with *New Beginnings* and *Leaven*. I have all of them on the computer. In fact, I haven't been able to read either publication in a couple of months because I just can't read online for long periods." I replied to Louise that she might order print copies from magcloud.com and she plans to look into doing that. Print copies are of high quality and are delivered within a week of placing an order for USA addresses.

Louise Cox (Windsor Locks, Connecticut USA) shared <www.elderwoman.org/otherside.html> a link to an electronic newsletter of interest to elderwomen and those "intelligent, energetic, fifty-plus women who want the afternoon of her life to have as much meaning and excitement in it as the morning did—or even more." You may wish to check it out. I found an interesting quote on the site:

> *Nowadays, my children have nests of their own. I am no longer the center of anything except of myself. So the challenge of that has been to re-orient myself to the world in such a way that I don't keep feeling as though something is missing…the pattern was similar…I found myself no longer at that hub either.*
>
> ——Marian Van Eyk McCain
> *The Other Side of the Mountain*

Continuum is published three times a year. Articles selected for publication may be edited for length, clarity, and adherence to LLL journalistic guidelines. Send articles by November 30, 2010 to dereszyn@verizon.net

Wishing you a brisk colorful autumn season and winter holidays of warmth and joy—until next year,

Fran

Printed September 7, 2010

LLL Alumnae Association Newsletter
c/o La Leche League of So. California, Inc.
Fran Dereszynski, Bulk Mail Permit Holder
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Huntington Beach, CA 92649

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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, 30 and 35-year pins as well as a basic LLL Leader pin. Contact Susan Geil srgeil@yahoo.com to place an order or download the order form available at: http://alumnae.llli.org

Join the Alumnae!

Yes, I want to keep in touch and support the LLL Alumnae Association. Dues are $20/year. Make checks payable to "LLL Alumnae Association." 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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☐ Check to *LLL Alumnae Association*

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