The LLL Alumnae Association
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Continuum

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Children are the anchors that hold a mother to life.
Sophocles

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Vi with daughters Cathy and Gina, and granddaughter Jessica

We Remember Viola Brennan Lennon

Viola was born in 1923. On January 22, 2010, she passed away peacefully in Chicago. She credits her mother with having the strongest influence on her philosophy of breastfeeding and mothering, saying, "My mother portrayed breastfeeding as an enjoyable experience that brings you close to your baby." In 1951, Viola married William (Bill) Lennon with whom she had ten children. Her daughter Charlotte (Char) and her ex-husband died before her. Edwina Froehlich, Viola's friend from college, invited her to a meeting at Mary White's home in 1956, and she quickly joined the women who founded La Leche League. In 1972, Viola took on the important role of Chairman of the LLLI Board of Directors, a position she held for five years. During this time, she helped guide the LLLI Board in the formalization of the policies and procedures for running this growing organization, as well as in defining the organizational philosophy and principles.

When LLLI's finances took a downturn in 1984, Viola spearheaded LLL's Second Founding and later became the Director of the LLLI Funding Development Department, a position she held for many years. Vi developed close personal relationships with many generous donors who supported LLLI's efforts financially and contributed in many ways to LLL's success. When she left her staff position as Funding Development Director, she dedicated her time and effort to the expansion of the Alumnae Association, becoming one of its strongest proponents.

Vi said, "Breastfeeding…led me to self-discovery and to a greater appreciation of the full humanity of the babies who were entrusted to me. Each women needs to trust her own instincts, her own feelings, and her own sense of what will work for her with each baby. Women in the 1950s had forgotten the wisdom of previous generations in relation to breastfeeding. Mothers who tried to breastfeed on their own were almost always destined to fail." She laughs then she adds, "The neighbors sent their children to watch me breastfeed because they knew the children would not see it anywhere else!" ꕥ

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In memory of Vi, donations may be made to the La Leche League Alumnae Association, c/o Susan Geil, 4868 N. Hermitage Ave., Chicago, IL 60640.

Excerpts from Vi's Eulogy by Maureen Lennon

The last years of my mother's life were difficult for her because her health started to fail. She was often house bound because of it. For the last few years, we had a schedule where we brought her meals and checked on her daily. My sister, Gina, and I referred to our respective days with our Mom as "Driving Miss Daisy." We would talk about how we were taking care of our Mom.

But now, when I look back at it, she was the one taking care of us. We would bring meals for her then start to do a few things around her condo. She would make us stop doing the house work and sit on the couch with her. WHO WERE WE TO ARGUE? Before you knew it, we sat there, in the middle of the day, with our feet up on the table, reading the paper, watching Cable News Network (CNN), drinking tea and eating chocolate. That was my mother, never in a hurry to do anything. Think about that one. She had ten kids and was never in a hurry to do anything.

My Mother had a deep and abiding faith. During this time, she would often wonder out loud what God wanted her to learn from her poor health and old age. I do not presume to know what God wanted my Mom to learn from it, but I can tell you what I learned from it. I got to know my Mother.

This is what I learned. Reading was one of the great joys of her life up until the very end. She passed that love of reading on to all of us. [As a young child] she adored her father. Unfortunately, he died when she was only 14 and his death changed the course of her life. She had dreamed of going to college in New York City but once he died that was no longer possible. She graduated from Mundelein College in Chicago. Thereafter, she worked in New York City, with the Young Christian Workers (YCW), which is where she met her lifelong friend Edwina Froehlich. It was Edwina who brought Mom into the group that would later become La Leche League.

La Leche League (LLL): What a group this is! When I think of LLL, it makes me think of a famous quote by Margaret Mead who said: "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed it is the only thing that ever has."

What I have learned these past few days is what a vital role my Mother played in LLL. She was Chairman of the LLLI Board for five years, an active part of the LLLI Capital Funding Campaign and the LLL Alumnae Association. She was also known for her sense of humor and sense of adventure. Over the years, she was someone who would show up at the airport without a driver's license, without a ticket and somehow get on a plane.

Through LLL, Mom met the best friends anyone could ask for. One time while she was in the Intensive Care Unit (ICU), she called Betty Ann Countryman, her dear, dear friend. They chatted for a long time about LLL and its issues. When she got off the phone, she said, "I hope God is not relying on me to fix LLL's problems in my current condition." Then she paused and said, "I don't even look good." That was my Mom, I put down "vain" until the very end but then someone suggested a better term at her wake last night–they said she was *regal*. She made us carry her compact and lipstick from the hospital to rehab, back to the hospital, then back to rehab, back to the hospital and then to the condo.

I found a letter from LLL Leader Helene Scheff to my Mother dated 1981 in which she wrote: "I cannot tell you how much I have learned at your hand. I cannot tell you the profound influence you have had on our family, all of whom keep a special place in their hearts for you. You deserve all the respect and love we have to give. May you live a long, fruitful life and may we work together for much of that time, for the things we hold dear." Helene and my Mom remained the dearest of friends to the very end.

My Mom had many moments during hospice where we were convinced that she was not going to make it. One such time happened about two weeks prior to her actual death where she slept for about three days, without food or water. Then that Monday morning, she awoke asking for bacon. Shortly thereafter, we received a card, from her dear friend Leslie Hawkinson, one of the countless ones she wrote to Mom. It said, "Bacon and chocolate, it doesn't get any better than that."

LLL and good nutrition have always gone hand in hand. Good nutrition was so important to my Mom her entire life. We were just talking the other day about how if you helped my Mom push one of the two heaping shopping carts at the grocery store you could get a treat, which for us meant something with white sugar in it, often times it was sugared cereal. We would hide it in our bedrooms so no one else could get it.

A funny thing happened these past 130 days: *Nutrition went out the window and Fannie May (chocolate) came in the front door.* I cannot begin to describe how much chocolate she ate or should I say, we ate. Up until her fall on September 15, 2009, she would sit in her condo and work on draft after draft of the latest revised edition of *The Womanly Art of Breastfeeding*. She was really hoping to get back to it. She was devastated when she realized that she would never get back to it.

My mother's hospice experience will be one of the most beautiful experiences of my life. Why? You say. Because every person who played a role in it brought their very best to the experience. First and foremost, our Mother, she never ONCE complained. All of her friends came for visits.

People sent cards and emails from all over the world: From South Africa to Argentina. All of my brothers and sisters who cared for her these 130 days: It is a beautiful thing to see people at their very best. I would like to thank our immediate families for their support and understanding during this time. We all dropped out of our families so that we could care for our mother. This meant that we missed games, events, parties, meals and so much more. We thank you.

Lastly, we thank one person who really made it all possible, our sister Cathy. When we brought Mom home, the doctors told us it was only going to be a matter of days. Cathy said she wanted to take the lead on Mom's medical situation. I, for one, was against the idea. I wanted to hire someone because I thought it was too much of a responsibility. Cathy was adamant that she could run the show. That she did. She took vacation time, sick time and then time under the Family Medical Leave Act. I know she thinks that she peaked in 6th grade when she was nominated most valuable cheerleader…but as my brother Marty said to her, "this was truly your finest hour." She showed all of us how to take care for our Mother with respect and dignity. She gave us courage to do it.

Because of Cathy we were able to give our Mother her last wish, which was to die at home. As Cathy said to my Mom, when she said her final good-bye, "Tell Char we said, *Hi*." ☙

Notes from Vi's Funeral

The funeral was lovely–an impressive tribute to a wonderful woman. Vi's grandchildren all participated in the services–giving readings and leading the prayers. Her grandson Andrew sang *The Lord's Prayer* and one other hymn at the church. Then he sang *Danny Boy* at the lunch. He has such a beautiful voice! When they mentioned family members who had died, they included LLL Co-Founders, Betty Wagner Spandikow and Edwina Froehlich. They included La Leche League in the prayer petitions, which was also very nice and meaningful. The priest gave a nice homily mentioning the family and "LLLI." He said that Vi and the others had started an organization to help mothers learn about "nourishing their children." At the end of the Mass, Maureen gave a fantastic eulogy. I could go on and on, but let me just say it was a lovely service.

Judy Torgus
River Grove, Illinois, USA

Reflections about Vi

Pam Oselka, Vi and grandson Andrew
2007 LLLI Conference Banquet

Viola Lennon was a very special friend, kind, faithful, and devoted to La Leche League. This organization, with its beautiful philosophy, wonderful people, and commonsense parenting influenced our family life forever, and my love and respect for the seven co- Founders has been profound. But, it was Vi Lennon who helped much to shape my role in the wider organization of LLLI. I first began to know Vi, this Founder who realized the importance of fundraising to the organization, in a closer way in the mid-1990s during the LLLI Capital Campaign to purchase a building as the headquarters for La Leche League International. Vi knew professionals with the consulting firm that led this campaign, and she knew major donors. She worked well with Joan Blick, the LLLI Funding Development Director, and the Capital Campaign Committee. Vi traveled to Area Conferences, taking the same, consistent message to all, defining the need and asking for financial support. The Capital Campaign to purchase the building in Schaumburg, IL USA, was successful, and Vi played a special role in its success. For many years, Vi volunteered her time in the LLLI Funding Development Department, working with many different staff members, and Executive Directors. Many of the major donors knew Vi, and she possessed the skills, experience, and graciousness to further develop these relationships. She was always willing to make phone calls, sign appeal letters, and do whatever was needed to increase donations to LLLI.

Vi was also a great supporter of the La Leche League Alumnae Association, signing hundreds of copies of their fundraiser, autographed copies of *The Womanly Art of Breastfeeding,* participating in LLLI Conference teas and the Founders' Parlor, and serving as the LLLI Liaison to the LLL Alumnae Association. Regardless of the task at hand, Vi had such an air of confidence about getting things done, could see things very clearly, and her no-nonsense approach to the work at hand, whether fundraising or working with the LLL Alumnae Association, was always successful. Through the years, I enjoyed meeting many members of Vi's large family of children and grandchildren, who were so supportive and helpful with her continuing LLL involvement. They toted cartons of *The Womanly Art of Breastfeeding* to Vi for her signature and back again, drove her to the office so that she could continue to assist the LLLI Funding Development Department, hosted a fundraising party, and accompanied her to LLLI Conferences. How proud she was to bring her family! One of my fondest memories of Vi is at the 2007 LLLI Conference Closing Banquet–she was so happy seeing her grandson, Andrew, singing as one of the tenors in the program, and her eyes sparkled.

I treasure the memory of my last visit with Vi, just nine days before her death. As we talked, she was frail and very tired, but so glad that I had come. She was gracious and regal in her frailty. Her family was devoted to her, particularly during these last years and months, as they cared for her 'round the clock in her home, which was Vi's wish. And, the eulogy, given by Vi's daughter, Maureen at Vi's funeral gives me inspiration for the way I hope to live my life to the very end. Not only did Vi's example of parenting influence my life in the early years, but her later example of living and dying will remain in my heart forever. My life is richer for having known these seven co-Founders of La Leche League International. Vi will be missed, but what a legacy she has left, along with Edwina Froehlich and Betty Wagner Spandikow!

Pam Oselka
Union Pier, Michigan USA
Former LLL Alumnae Coordinator

A Continual Surprise of Endurance, Bringing Others into Harmony

When I first came on to the LLLI Board of Directors in 1986, Vi did fundraising and resource development. I was reluctant to get into resource development, but Vi wouldn't take "No" for an answer! I learned so much from her! She was always dragging me to dinner with this funder or that. I learned not to let anything stand in my way of eliciting support for an organization I loved so much. Vi came to many conferences with her daughters and grandchildren, and they always looked like they were having so much fun! I moderated sessions with the Founders, and was always delighted to hear Vi's responses to questions. She was never afraid to be honest and be herself. She was "real." She taught me how to avoid feelings of shame, to forge ahead, not be afraid of mistakes, and if mistakes are made, to pick myself up and move on. Vi was one of the smartest women I've ever met. That's a high compliment when you consider how many brilliant women we have in La Leche League! She read the most intellectual books, was able to talk about them to anyone, and never faltered when she asked a challenging question. I was continually amazed at her energy, her bright mind, and her strong yet humble spirit. She died as she lived–a continual surprise of endurance and ability to bring others together in harmony.

Janet Jendron, Chapin, South Carolina, USA
President, Attachment Parenting International

Vi Will Be Missed

Words cannot even begin to express our sorrow. Viola was an invaluable blessing for La Leche League. Throughout her work, she contributed to make La Leche League the wonderful organization that we are so proud of today. Her understanding of babies' nature and mothers' instincts has helped shed some light on the essence of breastfeeding. She is irreplaceable and will be sorely missed.

Kathleen Couillard, on behalf of Ligue La Leche Leaders
Secretary of the Board of Directors of Ligue La Leche (French Canada)

I had a wonderful road trip with Vi from Rhode Island to a conference in Connecticut–through cow pastures and fields. I once saw her duck under the table to put on lipstick before speaking at a conference luncheon! She was a remarkable woman who had her own special style and grace. I will be forever grateful for the times I've shared with her.

Amy Shaw, Hull, Massachusetts, USA
LLL Eastern United States Division Director

Making a Difference in the World

In September 1997, Vi attended the Arkansas/Oklahoma LLL Area Conference in Fort Smith, Arkansas. I picked up Vi at the airport in Little Rock. We had a 150-mile drive to Fort Smith and stopped for lunch at wineries (going and coming back), and did a lot of laughing on the drives. Entertainment at the conference was a 1950s party. There was also a gathering of Harley-Davidson motorcycle riders at the hotel. Someone borrowed a big Harley to sit in the middle of our party for pictures and "atmosphere." We took a picture of Vi sitting on a big Harley with the party deejay, an Elvis impersonator. He stood standing beside her to steady the bike (or her) as needed.

We loved having Vi with us for the conference. I hope it left her with good memories, too. How many LLL conferences can be booked into a hotel at the same time as a Harley gathering and an LLL co-Founder in attendance? My love and prayers are with Vi's family and friends. She had a wonderful life, and she made a difference in the world.

Barbara Mullins
Little Rock, Arkansas USA

LIFE AFTER LLL

In November 1974, when her son Ben was a month old, Linda Couvillion attended LLL meetings in Auburn, Alabama. With the encouragement of LLL Leader Karen Hickerson, she became a Leader Applicant and was accredited ("certified" in those days) as a Leader in February 1976. Around that time she and her husband Ed moved to El Paso, Texas where Rita Albers was a co-Leader. In 1977, her second son Joe was born. From Texas, her family moved to Monroe, LA and she led LLL meetings (1978-79) with Peggy Hopkins Bailey who recently died in Jan 2009. Her third son Neil was born in Louisiana. Then the family moved to Athens, GA. Linda led meetings with Jan Matthews, Dianne Satterfield, Jan Scot, and Glenda Wattenburg. Later after her fourth son Steve was born, they moved to Starkville, Mississippi. Her fifth child, a daughter Justine, was born there. After her husband Ed died in 1992, she was inactive for a few years, later returned as an active Leader and is "still going strong." Linda went back to school to complete her college degree in 1999. She married Vin McGrath in 2004. In 2006, she completed a PhD in Extension Education with a minor in Health Education and Health Promotion. She now has four grandchildren to love and enjoy.

Creating a New Life After a Spouse's Death

The importance of family was instilled during my growing-up years as one of six children of a southern Louisiana couple. My dad was a traveling salesman for a local wholesale company, and my mother stayed at home to raise their six children. Each Sunday we enjoyed dinner with several cousins, aunts, and uncles with our maternal grandparents who lived on the family farm. This family gathering was followed by a visit with our paternal grandmother who lived with our aunt after our grandfather's death at the age of 60. Family life was etched in my mind and created a desire to model my adult life after my loving parents.

After high school, I entered the local community college and completed a two-year degree in secretarial administration. With friends at the local college nightclub, being at the right place at the right time came true. That was where I first met Ed who had traveled over 80 miles to enjoy the night scene in a small city. Our meeting was the beginning of the dream to follow my parents' example in life. After 15 months of courtship, we married. Our years of marriage took us to three universities and five states with our five children born in different states. The two years in the Army gave us the opportunity to become part of that family lifestyle.

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Vin and Maeve (17 months); Charlie (7 yrs.) with Owen (27months); Linda and Kate (6 months), January 2010

Creating a New Life After a Spouse's Death (continued from p. 4)

College years during Ed's time in veterinary medical school and a doctoral program allowed us to value family life at an even higher level since financial burdens kept us home–making homemade toys and inventions.

With Ed's sudden death at the age of 43, our family changed to a single parent household with five children–ages 17, 15, 12, 10, and 5½ years old. Since Ed had been a seven-year faculty member with the college of veterinary medicine, the social security benefits and life insurance stipends that I received were high enough to keep me at home. My main focus was on mothering our five children and ensuring that each would complete high school and university degrees. I had previously been inactive with LLL after the birth of our fifth child, but continued to meet weekly with local mothers with children. With the support of my pastor, I offered a grief support group and contacted local ministers and counselors to meet with us. Once a month the group would enjoy a family barbeque at our home since we lived outside the city on a four-acre lot. I continued this group for almost three years at which time I felt ready to socialize with other adults who needed to enjoy outside the home activities. Through my local pastor, our church offered this type of group. Some of the activities were dining at local restaurants, meeting at the local theater, or enjoying barbeques and college ballgames.

For four years this group allowed me to enjoy adult company with others and to become someone other than a mother. The environment was safe and the adults who attended were also feeling embarrassed and uncomfortable to be single again. At this time the three oldest children were in college. It gave me time to also think about my higher education. Our daughter who was also the youngest was now involved in the cheerleader program which kept her busy and gave me some free time as well. Through church activities, I met Vince and we began our six-year relationship. With his encouragement my thoughts on completing a bachelor's degree became a reality. Entering the family studies program at Mississippi State University in the School of Human Sciences was the perfect fit for my lifetime mission of serving families.

I had returned to LLL as the local Leader and enjoyed that time with the young mothers who attended with their little ones. But my brain was ready to tackle higher learning and after passing the International Board Certified Lactation Consultant (IBCLC) exam, I knew I was ready to start this adventure. My children were also my cheerleaders as I continued with a master's degree in January 2002. Now two sons had completed university degrees, our oldest was married, our youngest son was pursuing his university degree, and our daughter was half way through high school. In June 2003 our second son got married, another son completed his university degree, and our daughter was a senior in high school. My decision to pursue a doctoral degree was easy since I loved learning and my research was focused on breastfeeding education and support in Mississippi.

Couvillion McGrath Family, November 2009

I realized that I was no longer just a single mom. My higher education had given me the courage to step out into the world as a professional woman. My children had reached major achievements in life and had given me much joy, but I felt that the time was right for a new me to be set free. When I met Vince, he had lost his wife suddenly as I had lost Ed. Vince was a professor at Mississippi State University in the College of Education. My time as a single parent with young children helped me survive Ed's death.

My focus of supporting my young children to continue with life and complete their education had lessened, as each had become adults with careers. And I knew that the time had arrived for Vin and me to create a life together. Our daughter's high school graduation was nearing and her entry into the local university was being planned. Yes, she desired to live in the dorm, which was encouraged by both of us.

Discussions with Vince about marriage occurred more frequently and with more vigor. I realized that telling my five children would be a delicate situation and would demand a strong moment for me to express the appropriate words. As my husband and their mentor/friend was how Vin and I wanted our children to see this new life for their mother. Our oldest son lived in Memphis with his wife and young son. Sharing this good news with him was easy and received such elated comments. Our second son lived in town with his wife and telling him was delayed one month in order to find the right time and atmosphere. He also received this news with well wishes, sharing a joke that both of us enjoyed. Our third son lived out of town and received a telephone call with the news. His comment was, "It's about time, mom. Now I can let all my friends know that this is really going to happen." Our youngest son had car trouble, which allowed me to drive him to class one morning. This was a perfect time to discuss the good news with him and hear his excitement. With our daughter the time had to be just right and my strength had to be strong for me to share our news with her. She was 5½ years old when her dad died and my mothering had become so intense with my young daughter. We were always together in her early school years. I served as the "classroom mother" or chaperoned field trips. I even participated in a weeklong field trip in a state park with her classmates and her school. On a weekend her brother came in to show off his jeep, which he had just purchased that week.

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Creating a New Life After a Spouse's Death

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He encouraged us to test-drive it in the neighborhood, which gave me the right timing for our discussion. Shopping for clothes was something we both enjoyed, and so it was so easy to tell her that I needed her help to purchase a dress. She questioned what occasion demanded a new dress, and that is how I told our daughter that Vince and I were getting married the Sunday after she moved into the dorm on campus. Her excitement to help purchase my dress filled my heart with joy that will last a lifetime.

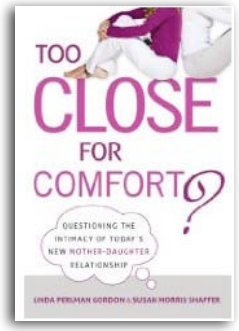
Our wedding was very private with my oldest sister and her husband as witnesses and a dear friend who was the priest who had supported us during the deaths of our spouses. The ceremony was in his church, which was out of town that helped keep our secret from the local community. Gradually the news of our marriage was made known and celebrated by our friends and family.

Oh, I did complete my PhD in Extension Education with a minor in Health Education and Health Promotion. LLL continues to be a part of our life as well as growing into LLL grandparenting of our grandchildren. Vince is part of the faculty in the College of Education and we participate in LLL state, regional and international conferences, spreading the good news about mothering through breastfeeding. Grief support workshops are our specialty and have been recognized as an important part of educational and healthcare conferences.

We continue to live in our home on four acres and enjoy listening to the childhood stories our adult children share with their children. Vin and I cherish our past and encourage as well as participate in the stories of Ed. We both realize that we have taken the chance of experiencing a loss of a loved one for a second time, but our life together has been a second blessing. Family time has grown in our life. Another son has married and we now have four grandchildren–Charlie (7½ years); Owen (2 years); Maeve (18 months); and Kate (6 months)–as their "MonMon" and "Doc." The oldest son decided on Doc since that is easy for the grandchildren to say. Naturally everyone in our family is calling Vin "Doc." Yes, we are still making wonderful family memories!

Linda Couvillion McGrath
Starkville, Mississippi USA

Book Review



There are too few really current books written on the mother-adult daughter relationship. *Too Close for Comfort? Questioning the Intimacy of Today's New Mother-Daughter Relationship* (September 2009) by Linda Perlman Gordon, a clinical social worker and psychotherapist, and Susan Morris Shaffer, an educator and parenting expert, seems be an exception.

Many mothers are unsure today about when to expect adult behavior from their daughters because the old markers of adulthood no longer apply. They marry later (or not at all) in life, may have children later (or not at all) and often remain economically dependent even after college. Mothers are searching for ways to provide support that contributes to maturity while keeping a strong connection. (And while technology keeps people in contact, it does not necessarily facilitate intimacy or real connection).

This book believes that the parent-child bond defines the relationship in which the mother is always the mother and the daughter remains her child. It does not mean mother and daughter can't have deep relationships, but mother always "trumps" friend and this is the core of the book. The mother-daughter relationship has some attributes of friendship, but it is not a "best friendship." Equality is necessary for friendship, and with a parent there is always the imbalance. *Best friend* is never possible because they are always at different stages and ages in their lives. Best friends don't pay for your weddings or remind you how they carried you in their body. Best friends don't naturally feel they are wiser than you because of experience. Best friends may or may not continue to be around, but you will always have your mother. The umbilical cord, albeit invisible, remains, yet provides enough flexibility to develop a satisfying adult relationship that is constantly evolving.

Parents may frequently believe they are their children's only safety net. Ann Quindlen describes our children as "the first generation to have homework-helping, soccer-coaching, essay-reading parents fluttering around them like moths with control issues" when our job is actually to stand behind our kids as they face their own challenging situations. Appropriate support contributes to the self-esteem and maturity of adult children.

We have given our daughters more life choices than ever before, which both overwhelms them and provides them with unparalleled freedom. One mother said, "When I come back, I want to come back as my daughter!" An optimal relationship should be one of support rather than providing direction or giving advice if you want your relationship with a daughter to continue to be positive.

I have found the best way to give advice to your children is to find out what they want, and then advise them to do it. Harry Truman

One generation plants the trees; another gets the shade. (Chinese proverb)

I found this book both reassuring and validating as it names some challenges new to our particular generation and offers suggestions for navigating through them toward intimacy and connection.

Louise Cox
Windsor Locks, Connecticut, USA

Mother-Baby Statues Available

The LLL Missouri Alumnae is selling mother-baby bronze-tone statues for $65 each, plus postage. They were originally sold in the 1983 LLLI Conference bookstore in Kansas City and were designed and donated by an artist who wanted to help LLL. Dotti Savoy, who plans Missouri conferences, says they are "priceless." Missouri's Alumnae funds are very low. Selling the statues (7" tall, 5" wide at bottom, about 2½ lbs) would provide "seed money" for an Alum gathering at the next conference. It makes a nice gift for Mother's Day, for a new Leader/mother, friend or a silent auction item for an LLL event. For more information, contact Dotti at: dottisavoy@earthlink.net. Donations to the Missouri Alum fund are also welcome!

Karima Khatib first attended LLL meetings in 1973 in Whittier, California with Martha Maxwell who led the Group. She has been an LLL Leader for 35 years. Martha encouraged her toward leadership. Just as Karima had completed the process, she moved to France. She was officially accredited in 1975, although it should have been 1974. There was a postal strike in France shortly after she moved there. All the paper work was in an unknown location during that time. Along with another Leader, they founded LLL of France! In 1983 she returned to Huntington Beach, California and has continued to be involved with a local LLL Chapter. She has assisted with the bookstore for past Area Conferences. Currently she volunteers for local LLL phone lines..

Grandmothering: Listening and Talking, Fitting in the Pieces

I would liken a child learning the art of communication to myself struggling to communicate in the Arabic language. I have heard Arabic spoken very much, have taken many courses and yet I feel so inadequate when trying to express ideas and feelings. If I grasp for a word that I know but pronounce poorly, I may get confused looks. What I would like to get is a few suggestions so I can grab the word I need and continue with my thought (kind of like instant spell check for speaking). If someone is truly listening to me she will be able, most of the time, to help me get my thoughts out clearly. As a child of about eight-years-old, I remember that I used to greet our visiting aunts eagerly with, "When are you leaving?" That meant really, "How long can you stay?" My mother was embarrassed, of course. All they really had to do was rephrase that in their answer, "We are so happy to see you and WE CAN STAY for three whole days!" French is the spoken language for two of my grandchildren. So now when my grandchildren struggle with their words or clumsily express a thought to where it may even sound rude, I, in my grandmother role, should be able to take my time to think and to respond in a way that helps them get their thoughts across.

I had a unique summer last year with my grandchildren who live in France. They speak French and know only the English learned in school. They are 12 and 14 years of age. I am comfortable speaking French and just trudged along making my mistakes hoping they would ask questions or throw me the right word. I listened carefully and then repeated back what I thought they were expressing and we worked together all summer. In a way we were on equal grounds. They were young and trying to formulate and express ideas; I was old and more mature with lots of ideas and no eloquence at all when speaking French. Whatever do you do with teenage grandchildren for the summer? How do you deal with the grumpy days when one of them wants to go to the beach and the other refuses? So we worked through this with our mixed-up French-English communication.

There was age, place, culture, and language to deal with and we did struggle to break down the walls of strangeness between us. We did plan outings and establish a routine but the feeling that I had to keep entertaining them exhausted me. (This place is too far or that place is too expensive or this activity takes too long and I need to cook and shop and manage the house, and, and, and…my head was spinning.)

I did have things to do at home but would they still be interested as teens? My garage is a treasure box of things to do from simple coloring books to rock collections, shells, games, balls, bikes, scrapbooks, photos, Fisher-Price toys and dresses their mother wore to grade school along with her school work. We dragged it all out until we could not walk through the garage OR the family room! As usual with children, their interest in most things was less than the time it took to find it. We all struggled with ourselves trying to find a way to get to know each other without even the benefit of a common language.

Karima & grandniece, Jorden Lee (2)

Little by little some of the strangeness wore off and evenings together around the table turned out to be *the* best part of the summer. Our son, Ahmad, took them out to get the hamburgers they liked. One evening, my daughter, Aurelia, brought out all her treasured scrapbooking supplies, art pencils and papers and spread them out on the table. We were surprised that 14-year-old Alexander took eagerly to drawing. He spent hours on a precise picture of a fish gobbling up a smaller one, a typical boy thing. When he was finished he surprised us all again by hanging it up on the refrigerator! He completed several lovely drawings also and proudly hung them next to his fish. His drawings were insightful and well done. I tried to encourage him to continue to draw and gave him a small drawing book. He made a silly drawing on the first page and didn't seem interested after that. However, on the day of departure he was looking all over for it to be sure it was in his carryon luggage.

We brought out all the craft boxes of ribbons and fabrics and wonderful wooden cigar boxes. My granddaughter Shannon spent her evenings making a jewelry box with an inside drawer that pulled up. We spread out a puzzle at the other end of the table and as they drew or glued I worked on the puzzle. They would take a look every once in a while and fit in a few pieces with an air of expertise. The strands of electric mini-lights sparkled around the dark backyard outside. We ate fresh cookies and tea together with Grandpa and Aurelia. A magic softness fell over us. WE TALKED. We visited and talked, sometimes in French and sometimes in English and I translated for Grandpa and Aurelia.

The only way this could work was to repeat back what we thought we heard and to keep clarifying till we were comfortable with what was communicated. We did even attempt politics and religion! I told them stories of their mother when she was a child and they told me the news of the present. And in between the lines I heard the stories of these two far away grandchildren who I have seen only a handful of times and who do not speak my language. As days passed Shannon was the most interested in what we could discover in the garage. I must confess that I had kept and organized so many things just for the day when a grandchild would visit. *(continued on p. 8)*

Grandmothering: Listening and Talking, Fitting in the Pieces (continued from p. 7)

I have see-through plastic shoeboxes with projects, lavender sachets, glass painting, silk painting, brainteaser puzzles, and architectural model building supplies. She was interested in all of it but mostly in the old suitcases and boxes of mementos from our life when her mother was young with her seven siblings: three brothers and four sisters. Shannon was thrilled to see her mother's schoolwork and had many questions. She was touching the past and filling in the spaces of her own life with these puzzle-like glimpses.

Every morning I felt the pressure of finding an activity or outing to please them. But the evenings turned out to be a wonderful compensation when we all relaxed and the conversations flowed. The puzzle was so tempting there on the table that I often found myself sitting down to work on it, even during the long summer days. Then I noticed that my grandson would nonchalantly come by, circle around, fit in some pieces and sit down. (Kind of like the cat who won't ask but is just waiting to be petted.) We would continue a conversation that started the night before. A thread of communication had been established and each day it became more colorful. He described his room at home, his rock collection, his boredom in school, his friends and his computer and asked if I was on MSN–whatever that is–because, he explained, he stays up late on the weekends messaging his friends and they all go to bed and with the time difference I would always be there! How sweet that he wanted me to talk, too! [MSN is a software program for friends to chat with each other online in real time.]

They spoke to their mother often during their month-long stay. The distance between home in France and home with grandparents, aunts and uncles became shorter and shorter. We returned the games and activities to the garage as the time to go home approached. We worked on the puzzle together till the last piece was fitted on the last day. They packed up their bags with dozens of mementos from the garage and from aunts and uncles. They flew home. It was quiet and we didn't hear anything for some time.

And then it began. The tie that binds in today's world–the email from the other side of the world addressed to: "Mamie LA." (But I thought I was Grandma!)

> *hello how are you, me I'm fine and shannon too*
>
> *I have take back the school it's very bored*
>
> *I try of speak english without translator,*
> *I think it's fair*
> *bye BSX alex*

BSX must be E-language for kisses in French. Many more emails have followed. He has initiated this part of our relationship and he is the one keeping it up. I truly am thankful for the summer and the ties that we have established. The kids just chatted on in French as if I could understand them and for the most part I could. I know I cannot really get a sensitive point across in French but because I could not do much of the talking I ended up carefully listening to them and they are still talking!

Karima Khatib
Huntington Beach, California USA

The Ripple Effect and Adult Children

I wanted to share a little story about my youngest child, Patrick. He graduated from college in Detroit last May (a school recommended to him by Alicia Piggott, a retired Michigan Leader and a former co-Administrator of mine whose sons are also alumni). Pat has developed a wide network of friends and colleagues in the Detroit area and decided to stay in Michigan after graduation even though he didn't have a job or a place to sleep other than on the floor of his friend's loft apartment.

One day in August he called to tell me he'd seen a flyer posted in a grocery store announcing that a local LLL Group was having a picnic. His first thought was "food!" His second thought was, "Oh, I should go." Then reality struck, "Nobody there would know me!" This has brought a smile to my lips more than once over the past few months, knowing that my adult male child has good feelings about LLL and still felt a sense of community all these years later. No, he didn't go to the picnic once he realized no one there would know him. He thought they might have gotten suspicious when a 23-year old guy with no baby showed up to eat their groceries. Pat now has a full time job in Michigan, rents a house with two friends, and bought a mattress for himself. What more can a mother want? He is an awesome guy and certainly a child of LLL. He has even written letters to a global Internet service when they've posted negative things about breastfeeding. Most of us became Leaders to give back, to help mothers and babies, and to promote breastfeeding. Isn't it amazing how much WE (and our children) get back from those mothers and babies and from working together?

Kathy Daly
Windsor, Connecticut, USA

World Breastfeeding Week 2010

The 2009 World Breastfeeding Week Celebrations (WBWC) reached over 11,000 people. All Alumnae are invited to participate with a local Group or use the WBWC materials to do a mailing on their own. Register for free at www.lllusa.org/wbw LLL USA's 2010 WBWC theme is *Breastfeeding–The Baby Friendly Way* and helps raise funds for LLL USA, with an emphasis on local communities.

This theme recognizes the importance of supporting mothers from the beginning of their breastfeeding experience so they can be successful in achieving their goal to breastfeed their babies.

Join with us in supporting WBWC 2010 and in creating optimal conditions for mother and her breastfeeding baby in all situations.

Linda Parry
WBWC Team

News from LLLI: Publications Going Green, New WAB in July 2010, LLLUSA and More

New Beginnings

Starting April 1, 2010 *New Beginnings* (NB) and *Leaven* will no longer be printed and will be an online format. It reduces the carbon footprint, makes the best use of financial resources and makes issues accessible to a broader readership. Active Leaders have been informed about this forthcoming change as LLLI communicated this to Leaders in various entities throughout the world. Alums who are not active Leaders/members need to know about this change. Let new/expectant parents know memberships are not quite the same as in past when you were a member. Visit <llli.org> to view two new options–join LLL USA or LLLI. Or a third choice: join both! Each has different features to show support of LLL.

1. $40 **LLL USA Membership** sold through local LLL Groups, for mothers who attend Series Meetings or get help from local Leaders; includes a link to *New Beginnings*, a US-centric online publication. At this time, members do not receive the LLLI online store discount. An email address is required. LLL USA Members can read NB online, download a PDF to a computer or electronic book reader, or choose to print all or individual pages right from one's own computer. Entire issues/individual articles from *New Beginnings* can also be shared with Group mothers electronically. Subscribers to *New Beginnings*, you are welcome to share the link with those interested–expectant parents, grandparents, etc.
2. $25 **LLLI Membership,** a choice for individuals who visit the LLLI Web site, includes the link to a new LLLI online publication, *LLLI Breastfeeding Today*, with a global focus of interest to mothers throughout the organization, not just in the US. An email address is required. Those who join online usually don't have a local LLL Group or a Leader contact. As a perk, only these members receive an LLLI online store discount at this time. <http://store.llli.org/public>

Leaven

View of *Leaven* at MagCloud.com

A printed copy of *Leaven*, Issue 4, 2009 is already available from MacCloud <http://magcloud.com>, a third- party vendor. Diane Wiessinger, MS, IBCLC, LLL Leader, wrote the feature article, "Making Breastfeeding Normal."

I thought I would order a print copy because I like to do most of my reading/re-reading away from the computer. I logged on to MacCloud.com and created a username and password to continue into the system. Then I entered *Women* in the search box, scrolled through the magazine titles, selected *Leaven* and *show a preview*.

A mini-view of the issue was onscreen and the viewer can click it page by page. The print is too small to read. The photos are great! Then I checked *Order* to order a copy. The issue was $6.40 plus $1.40 shipping. I received it within seven days. The paper quality was much like previous issues of *Leaven*. I know what the print copy is like if I want to place another order in the future. For now, I will continue to save the PDF copy on my computer to read again and/or print out specific articles at home. The MagCloud option will also available for *New Beginnings*.

Coming this summer! New Edition of *The Womanly Art of Breastfeeding*

The Womanly Art of Breastfeeding (WAB) is being completely revised by three LLL Leaders and will feature a new tone for today's young mothers. It will be released in soft cover and Kindle editions, tentatively on July 13, 2010. Log on to www.llli.org for pre-order information, as July gets closer. Amazon.com is offering pre-orders to be delivered and charged for in July. Pre-orders are arranged so LLLI benefits from orders since LLLI is listed as the author. It also gives publishers an idea of how many to print. If the Amazon.com price decreases between your order time and the end of the day of the release date, you'll receive the lowest price. The pre-order price is guaranteed. For more information go to: <http://www.amazon.com/Womanly-Breastfeeding-Leche-League-International/dp/0345518446/ref=sr_1_4?ie=UTF8&s=books&qid=1266854186&sr=8-4>

Work has begun on an LLLI cookbook. Collaboration is also taking place on information sheets. LLLI is working in partnership with United States Breastfeeding Committee member organizations and other experts for evidence-based knowledge for its materials. There is continued production of new mother support information sheets

LLL USA

For several years now, La Leche League International (LLLI) has worked toward becoming a distributed organization. In the early years of LLLI, the organization expanded beyond USA's borders and developed into an international organization. National entities were established in countries around the world. In the US the organization continued to be operated out of what had become the international office. Now after 54 years, LLL USA is emerging in April 2010.

For Leaders and members it means that LLL USA can offer a uniquely American point of view. We can reach out to the media, governmental bodies, health care providers, and others as a group of experienced breastfeeding mothers. LLL International will focus on international breastfeeding issues and agencies, such as the United Nations and the World Alliance for Breastfeeding Action. Membership is still important to each Leader and mother's families and to the LLL Group as well as supporting breastfeeding for the mothers who come next!

Adapted from LLLI Resources
Fran Dereszynski, Continuum Editor

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 and periodicals. 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.

We Remember

The La Leche League Alumnae Association records names of deceased La Leche League Leaders in a record book, *We Remember.* Go to http://alumnae.llli.org/Alumnae/WeRemember.htm for the list. We need your help to keep the list up-to-date. If you know of a deceased Leader or former Leader who is missing from this list, please contact Nancy Franklin at NBFLLL77@aol.com Include the Leader's name, date of death, hometown, state, and country. Thank you.

La Leche League Breastfeeding Helpline-US

I would like to say a great big thank you to Leaders and Alumnae who have donated to the Helpline. We work so hard to keep costs low yet it still costs about $1 per call. According to the December 2009 www.breastfeedinghelpline.com/reports: Number of calls received: 1,217; 397 live; 180 voice mail; 15 Spanish; 118 pumping; 28 working and pumping. We can't personally help every mother to breastfeed, but each one that we do help is grateful for our help. The Helpline is presently looking for donors to commit to ANY dollar amount on a monthly basis. The number of mothers, fathers, and health care providers who call is large, and no one can fund this all on their own.
If you feel passionate about helping, you can also reach out to the community and ask them to become donors. If you have any questions, please contact me at sueprado@gmail.com

Susan Prado
LLL Leader, Helpline Team

Barbara Sobey celebrated her 40th anniversary as an LLL Leader last fall. She sent a hand-written article for submission. Although it relates to winter holiday gatherings, she shares how traditions changed venues to an outdoor tent to meet the needs of the growing family members. This may be an idea that readers may opt to do any time of the year or any season.

More About Staying Connected with Family

After reading "Celebrations and Holidays: Staying Connected with Family," I had to write about our Christmas celebrations. We have 12 living children (our oldest son passed away) ranging in age from 20-48 years. Six of our children are married and we have 15 grandchildren. We share Christmas morning together. All the kids and grandkids come in pajamas to open gifts about 8:00 AM. We use our dining room as the Christmas room. We move the dining room table out. The tree and gifts are located there. After opening gifts and a light breakfast of our traditional walnut raisin bread and orange walnut muffins, they leave to get dressed and visit in-laws. At 3:00 PM they begin to return. We've always had a sit-down turkey dinner but we decided in 2002 that we had outgrown the house. So we rented a heated tent, tables and chairs. That first year we had blizzard conditions, just as we herded guests and food out to the tent. Once in the tent, we were nice and warm. I even had a picture of my granddaughter from Florida in a sleeveless dress looking comfortable in the tent. We have continued to rent the tent every year. The biggest problem is finding a 30-plus pound turkey to feed the 35-40 guests. Most of my daughters bring the side dishes. After dinner the grandkids are in charge of leading us in Christmas carols.

Barbara Sobey
Lynbrook, New York USA

Breastfeeding in the News

Breast Milk Content Varies Through the Day

A study from Spain that was published in *Nutritional Neuroscience* in February 2009 demonstrates that the composition of breast milk changes over the course of the day and helps babies sleep at night. The study found differences in milk samples of 30 women taken six to eight times a day. The variations depended on the time of day that the sample was taken. These differences include changes in adenosine, guanosine, and usine, three nucleotides that excite or relax the nervous system and influence sleep. The scientists noted that this finding may impact mothers' decisions about expressing breast milk to feed to their babies, as milk expressed in the morning may not help a baby to sleep as well as milk expressed in the evening. <www.ingentaconnect.com/content/maney/nns/2009/00000012/00000001/art00001>

NOT Breastfeeding Increases Mothers' Risk of Cardiovascular Disease

Mothers who do not breastfeed their infants may be at increased risk of aortic and coronary calcification and thus subsequent cardiovascular disease. A subcohort of participants from the Pittsburgh and Chicago Study of Women's Health Across the Nation (SWAN) sites participated in SWAN-Heart, an ancillary study designed to describe cardiovascular risk during the menopausal transition. Compared with mothers who had breastfed all of their children for at least 3 months, mothers who had not breastfed were more likely to have coronary artery calcification (32% compared with 17%), aortic calcification (39% compared with 17%), carotid plaque (18% compared with 18%), and larger carotid adventitial diameters. This report is especially satisfying since it refers to "increased risk of not breastfeeding" rather than breastfeeding being "an advantage" in reduction of cardiovascular disease. Source: *Obstetrics & Gynecology*: January 2010-Volume 115-Issue 1-pp 41-48 <http://tinyurl.com/BF-ReducesRisk>

Back to Sleep Campaign Reaping an Unexpected Effect

A report in *The Journal of Craniofacial Surgery* describes an increase in flat-headed babies since the 1992 USA Back to Sleep Campaign. One in 40 babies who sleep on their backs will develop a flat head, making them more prone to otitis media and long-term complications such as language disorders and learning disabilities. Giving babies significant supervised time in the prone position may help mitigate the problem. *The Journal of Craniofacial Surgery* September 2009 - Volume 20 - Issue 5 – p. 1313. http://journals.lww.com/jcraniofacialsurgery/Citation/1996/01000/The__Back_to_Sleep_Campaign__and_Deformational.6.aspx

The above resources were compiled by Linda Anderson, Associate Professional Liaison, LLL of Central New Jersey Area from "Keeping Abreast" in Garden Statements, Winter 2010, Area Leaders' Letter for LLL of the Garden State Area Network

Women in Labor Get Sips of Change

A medical review of five studies of 3,130 pregnant women published last month recommended allowing low-risk patients to eat and drink as they wish. The Cochrane Review noted that most C-sections are no longer done with general anesthesia and "poor nutritional balance" may be associated with longer, more painful labors. More info is available from the Orange County Register (California) at: <www.ocregister.com/articles/women-234633-hospital-anesthesia.html≥

Sending Bouquets of Thanks

The LLL Alumnae Association outpours special recognition to LLL of So. California/ Nevada for sharing the use of their bulk mail permit with the LLL Alumnae Association. This gesture is truly appreciated for the role it plays in getting each issue of *Continuum* to members. Thank a million!

Thank you to those of you who renewed or joined recently. Your dues help us publish *Continuum* you receive and budget donations to the LLL Breastfeeding Helpline-US. Donations to the Helpline are ongoing through the Alums, either by check or through accessing "donate button" at <http://alumnae.llli.org>

A round of applause goes to Kathy Parkes who set up the ALLLumnae Yahoo! group in November 2009. Kathy moderates the group, too! Sue Steilen, Membership Coordinator, sends names and email addresses (if in our files) of current members to Kathy who then sends an invitation to join the discussion. There are 95 members. Topics of discussion range from knitting, crocheting, hobbies, raising special flowers/plants, ideas for fun, challenges, impressions of your first LLL meeting, etc. Yahoo! Group members say they are enjoying this new way to connect with old friends and new ones. Like-minded parenting continues to be a bond that resonates in messages.

The ever-capable Janet Jendron created a link <http://www.carolinasunshine.org/Vi/vimem.html> for others to share reminiscences of Vi Lennon. The link was a source of the memories shared by Maureen Lennon, Kathleen Couillard, Barbara Mullins, Pam Oselka, Amy Shaw, Judy Torgus, and LLLI sources included in this issue. To all of you, the Alums are grateful!

The Alumnae Association continues to support the LLL Breastfeeding Helpline-US and in February 2010, $1,500 was donated to the Helpline.

Fran Dereszynski
Continuum Editor

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

From the Mailbag

I received a pleasant note in the mail from the Alum Leader I mentioned in the last issue. It was in reference to my attendance at her husband's funeral. She wrote that it was heartwarming to see some LLL people at the service. "And then when I read your column in *Continuum*, I was so touched that you would mention [her husband's] service and his devotion to LLL. It really bought tears to my eyes. I am constantly amazed at the lives he touched without me even knowing it. It's like a 'wow' moment every time I hear another story. Thank you."

It's great to hear from readers! Your feedback is always welcome by postal mail or email. Deadline is May 1. I love it when you share your thoughts! Let me know your topics of interest and I can work on getting articles. Or take the step to write an article yourself. Share your hobbies/ activities. Don't put it off or think someone else will do it. Writing is sharing with fellow Alums. It can be restoring and healing, too!

One of the women artists I learned about from the scrapbooking I do, created Brave Girls Club that sends daily messages of encouragement. For the past three weeks I have dealt with computer freezes, lost data and transferring each email address over to a new system. This recent message touched me:

Hurdles come up in all of our lives, and show up sometimes when we least expect them. Sometimes the hurdles are too big to see over and sometimes they are small enough to jump over. When you come to a hurdle, you just have to make a decision, no matter how big or small the hurdle is. You just have to decide that you will move forward in spite of the hurdle that you encounter. Walk around them, jump over them, chip away at them with a chisel, bulldoze them with your bright smile and optimistic attitude. Turn them over and use them as a fort to build something cool and creative out of them, or sell them on eBay®. But whatever you do, don't let hurdles stop you. Not for one single minute.

Chipping away with a chisel (a keyboard) has been the way I dealt with this hurdle. Although a new email address listed above was part of the solution, I still get email through the old system until the transition is complete. So I am not in a lurch despite less freezes. I hope it gets back to normal in a month or so when it's ready to happen software-wise. Is there a hurdle you are dealing with? Are you a long-distance or nearby caregiver for a parent or loved one? Hit hard by the economy, job loss or living frugally? Challenging children or teens at home? Trying to let go and stand back as adult children face their own challenges?

On a more positive note, the Alum connection we have with each other is important. Encourage retired Leaders to join the Alums! Think about attending an LLL event. Upcoming Area Conferences/Health Care CE Events in USA: April for AL/MI/LA; MA, MI, and PA (West); June for TX; September for AZ Leader Day; October for IL, KS, WA, and WI. For more info visit: http://www.llli.org/Area/AreaConf

What do you do to stay connected to Leaders from past years or those you still volunteer with? Are you a member of the ALLLumnae Yahoo! group? If so, let me know what you like about it and I can share it in a future issue of *Continuum*.

Until next time,

Fran

P.S. Past issues of Continuum are posted on http://alumnae.llli.org. Don't forget to renew if "LAST ISSUE" is on your address label. Check out that label so you don't miss an issue!

Send articles and photos to me by May 1, 2010. Articles selected for publication may be edited for length, clarity, and adherence to LLL journalistic guidelines. Published March 16, 2010.

Kindness is a boomerang. It always returns. Author unknown

LLL Alumnae Association Newsletter
c/o La Leche League of So. California, Inc.
Fran Dereszynski, Bulk Mail Permit Holder
5502 Maryport Drive
Huntington Beach, CA 92649

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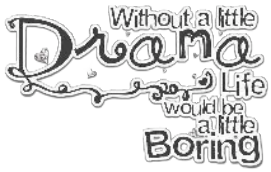

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8th Edition completely revised
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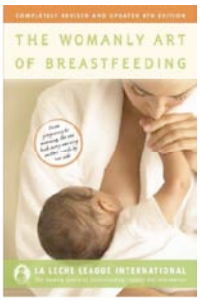

Leader Service Pins Available from Alums

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, 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. 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:

Enclosed is:

☐ $_____ membership for __ years(s)

☐ $ _____ donation

☐ Check to *LLL Alumnae Association*

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☐ Current Member ☐ Former Member

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City _____

State/Province _____

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Phone (_____) _____

Email: _____