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

Continuum

Our Mission:
To provide an opportunity for current and former LLL Leaders and members to continue a lifelong connection with one another, extend LLL values and wisdom into all stages of life, and support the mission of La Leche League.

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LLL Alum
La Leche League Alumnae Association
...a resource, a community,
a network, an opportunity

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Judie Gubala has three adult sons and has been an LLL Leader for 31 years. More about Judie and her life is on p. 4.

Grand Influence

My parents, my siblings, and I shared a home in Yalesville, Connecticut with my maternal grandparents until I was 12 years old. Grandma and Grandpa were born in the late 1800s and were of British extraction. Living through World War I, the Great Depression, and then World War II were experiences that taught the British many hard and useful lessons.

Yalesville was a small village population-wise, all residential. It grew rapidly after World War II. The homes were mostly two-story Victorian-style. Everyone in the village tended to know each other. Families were of Polish or Italian descent. The village wasn't a one-horse town but a three-horse town! The three men who farmed (orchards, vegetables and chickens) still drove their horses pulling a farm wagon. One of them, Mr. Schwab, also owned an early Ford. To start up the motor, it needed a wind-up using the big hand crank near the front bumper. One day the handle flew backward and he broke the bones in his forearm.

I walked to the school in the center of "town" just as my mother did. It was a two-story green wooden building with a bell tower. My mother said that when she was in school, students loved to climb into the tower on Halloween to ring the bell. When I was in fourth grade, a new elementary school was built. The student body had to share space with a school in Wallingford, the neighboring town. I went to school in the afternoon and had to take a bus because the Wallingford kids used the same school during the morning hours. I also had the same principal as my mother did. She was a stern-faced woman who scared the kids to death. She rather resembled George Washington with her stern upper lip. Today Yalesville is heavily populated; housing now covers much of the farm areas. There are three major farms—for orchards and vegetables—left. Apples and other fruits are a major Connecticut crop.

I guess it's safe to say that I learned most of my household and gardening arts in my grandparents' home. At a tender age, I was put to use by stirring puddings. Gram always had some sort of pudding at the ready. I was given a wooden spoon and instructed to use a figure-of-eight stirring pattern. As my Mom and Gram prepared to can mountains of vegetables, I recall cutting ends off snap beans with my sister. We pared our way through baskets of tomatoes, peaches, pears, and apples. We cut up mounds of cukes (cucumbers), peppers, and onions for making relishes.

(continued on p. 2)

Grand Influence (continued from p. 1)

Then there were grapes and other fruits to prepare for jellies. There were jars to wash. A large portion of this product was grown in the backyard. Fruit (except for the grapes) was from village farms where we lived.

My grandfather allowed me to "help" in the vegetable garden and I learned to sow fine seeds mixed with sand for even dispersal in a furrow, to place the bean seeds every two inches, and water them carefully so as not to damage new plants. He often said he was "a jack of all trades but master of none." I always thought he was clever and inventive. We sisters learned all manner of yard and housework, which was all "from scratch." These skills have served well when the automatic, easy, electric or disposable way isn't available.

My mom and Gram were good with any sort of needles. Since television didn't exist when I was small, evenings were taken up listening to the radio while we did handwork: hooking rugs, knitting, crocheting, tatting (decorative lace edging), or finishing off garments which were "run up" on the sewing machine earlier in the afternoon. Dresses were hemmed, buttons sewn on. I began to make my own clothes as a teen. After I married, I could make a 2-year-old's shirt from my husband's old dress shirt. I had learned how to turn collars and cuffs on shirts and replace zippers—something Gram and Mom did for a local dry cleaner. In 1945 I think they were paid 50 cents for each new zipper.

One of the wonderful legacies passed to me by Gram were the many old time stories, fairy tales and nursery rhymes. Since I had an affinity for music, these stuck with me and were well used as I cared for my own three small sons while washing their hair, changing diapers and dressing squirmy kids.

I was very impressed by a letter Gram received from relatives living in England during World War II. Although we in the USA experienced rationing of commodities, the English suffered severely. Paper was very scarce, so the envelope of this letter had been carefully turned inside out to re-use with nary a tear in the paper. Many times I heard the expression "Use it up, wear it out, make it do, do without." This adage taught me to be very creative, fixing and repairing items at home such as broken laundry basket handles or making something completely different and delicious out of a pile of leftovers.

Remembering My Grandma*

When I saw the request for grandparent stories for the Area Leaders' Letter, I knew I had to write about my Grandma Goody. Her name was Gertrude Goodwin but her grandchildren and great grandchildren shortened her name. I lived in my maternal grandparents' home, along with my parents and subsequent siblings, until I was 12. I have a rich treasure of my gram stored in my head. It's said that a grandmother is someone who loves you no matter what. Surely she fit that category. Her discipline was always loving. I realize much of what I enjoy is a result of her influence and teaching. Every time I plant my garden, I think of Gram's glorious profusion of blooms which undoubtedly reminded her of her girlhood English home. How I live to beg a few seeds for my own tiny plot.

My Gram was an excellent needlewoman. She spent many afternoons at her sewing machine making the dresses and aprons for which she charged a modest sum. I was often found leaning over her shoulder begging for scraps of cloth for doll clothes, which she'd help me sew. Her generosity to friends, neighbors and church was bountiful. Today I find it easy to volunteer or to cook for a pal in need.

All these memories are close to me now because my Gram died in early 1981 at the age of 96. She suffered extremely poor health in the last several years and was unable to communicate in any way. People often wondered why God allowed someone who led such a loving life to suffer in such a way but I like to think Gram was still teaching and influencing us. My mother Shirley* and her sister Alyce* visited Gram daily. They learned to enjoy a closer sisterhood and that "a trouble shared is a trouble lightened." Grandchildren shared their artwork and were brought to her bedside to learn calmly of her illness and to love her nonetheless. The other elderly women at the nursing home greatly enjoyed the grandchildren's visits, too.

I know many people in my family, including me, who grew in faith through prayer, in patience, and in selflessness because of my Grandma Goody.

Judie Gubala
Rocky Hill, Connecticut USA

***** Judie wrote: "This piece was published in *CONN-TACT*, 1981, Area Leaders' Letter for LLL of Connecticut. After this was written, my mother died in 2005; Aunt Alyce died in 2010."

Breastfeeding Connection with an LLL Logo Purse

I visited an internist recently and carried a purse I purchased at the La Leche League International Conference *World Faire*. The doctor asked what the logo stood for. I explained that it was for La Leche League and that I am a mother's support group Leader and a lactation consultant at the local Women, Infants and Children (WIC) office. She smiled and told me that while attending medical school, she nursed her two children for nine months. During that time, she used the Whisper Wear breast pump while working and nursed when she was with the baby. She described a bedside scene: her instructor asked who was making a noise that he couldn't identify. Later in the hallway (away from the patient), she told him that she was wearing a breast pump. She said she was happy to hear that WIC is promoting breastfeeding and that mothers are getting help with breastfeeding. We made quite a connection over my purse and her recollections.

Leanne Feuerborn
Batavia, Illinois USA

Reminiscing Great Tea Stories

Front row, left to right: Pat Leahy, Love Albrecht Howard, Joanne Collins (with Nathan) Christine Reilly, Jean Shea
Back Row, left to right: Marie Mitchell, Ilene Fabish, Charlene Phillips, Jeanette Mitchell, Carolyn Pepler, Mary Jeanne Hickey, Kathie O'Leary, Donna O'Donnell, Lou Ellen MacDonald, Ann Marie White

Several years ago (2002?) I held a tea for my LLL Chapter. Many of the Leaders were dealing with some true-life challenges and we needed to shake things up a bit. I sent out invitations to the whole Chapter and said that hats and gloves were optional. I did have the tea catered by *The British Relief*, a local restaurant. We had scones and jam, all kinds of finger sandwiches, lots of different kinds of teas, and of course, chocolate and finger pastries to go with it all. It was tons of fun and *everyone* came wearing hats and gloves. We have a great group photo of all us that I had to bribe one of my sons to come back home to take for us. I also had nametags set up on the table when people arrived and they had to choose the name that most spoke to them. We used names like Gladys, Mildred, Doris, Gertrude, or Harriet —no longer common names. People were laughing that the name they chose was their mother's name or their aunt's name. This wasn't an Alumnae tea, yet it was a sisterhood of LLL Leaders all coming together to support one another in times of need. I still have such vivid memories of one of my co-Leaders sitting there wearing her mother's mink stole, plates full of fun foods, and a huge grin on her face.

After that tea party, we also chose to have a tea party at the ending of a Regional Meeting of those who were an Area Coordinator of Leaders and a Coordinator of Leader Accreditation to formally end that gathering. It was a great send-off after an intense weekend of work. I attended a District Workshop one year and the closing session of the workshop was called "Tea and Sympathy." It was the time to sip our tea, let our hair down, and speak openly about whatever was on our minds. Tea parties are just SO much fun!!!! Go all out and just enjoy the sisterhood and camaraderie!

Amy Shaw
Hull, Massachusetts USA

Alumnae Tea in Sacramento

The Alum Tea, hosted by Karen Evon, was so, so, so much fun! Twice as many people showed up as had been expected. The food was wonderful and plentiful: home-baked scones, madelines and carrot-ginger tea sand-wiches. Our hostess Karen and her daughter did a lovely job in a spirit of conviviality. Guests reminisced about their first LLL meeting. Retired Leaders caught up with each others' lives. We talked shop about breastfeeding resources and the successes some guests have had in their professional lactation career. One Leader shepherded the hospital she works at through the Baby Friendly process. Another hospital nurse had the drug information sheets changed from the phrase "Do not take if breast-feeding" to "Check with your physician if you're breastfeeding." We passed around LLL memorabilia from Karen's collection and some items that guests shared. One Leader shared her mother's LLL materials—her mother was a Leader! I read the draft of the Alumnae mission statement and it was well-received. Everyone left with goodies: a tea bag, jelly beans, an *LLL Alum* pin and a membership form. We had so many tea sandwiches, so we shared with each other. It was almost like a holiday cookie exchange. More important, everyone left happy and inspired.

(more photos p. 7)

Gail Gesley
Oakland, California USA

Judie Gubala's experiences as a Leader are very much like the stories for the "Life after LLL" columns printed in past issues. She is a woman of many talents that started with gardening and crafts in her early years (see p.1). As an LLL Leader her resourcefulness blossomed. These days she can be found in the medical library researching breastfeeding articles and sharing them with LLL Leaders in many parts of the world. She also posts long lists of research articles on the LLLI Community Network. Judie's expertise continues to shine through in her life ***in*** *LLL today.*

Life in LLL: The Resourcefulness of Judie Gubala

I have three adult sons and became a Leader in 1980. In 1983 I became involved in the Professional Liaison (PL) Department in what seems to me to be an odd way. It started when a Leader installed a business phone in her home for LLL outreach because helping calls interfered with her husband's business. Every two years, the phone was installed in another Leader's home. Then I agreed to have the phone in my home and had to do some furious couponing to pay the bill until the Area Coordinator of Leaders decided to have LLL of Connecticut (CT) pay the bill.

This is why there was (and still is) an LLL outreach phone for CT. If I'm unable to answer the phone, the answering machine picks up the call. A recorded message tells the caller the names of other Leaders to call. It is my job to program names every 28 days. Anyway, it seemed that all the calls I received were of the serious type. Since I was sort of doing PL work anyway, I became a member of the PLD. At the time of my appointment, there were no term limits for the job. I've held the Assistant Area Professional Liaison (AAPL) position since 1983, grandfathered in. Since I have kept up my registered nurse's license (even though I have not been working), it seemed a natural place to roost. The research I collect is passed to CT PL Leaders, to members of the CT Breastfeeding Coalition, and to Canadian and United Kingdom Leaders who need it. I keep my eye peeled for research on sleep and Sudden Infant Death Syndrome (SIDS) for a Coalition member who is also in a Sleep Workshop trying to formulate policies on safe sleep. I hold the position of Chair of Data on the CT Breastfeeding Coalition and only do this because no else stepped up to take the job. I'm not really equipped to do any surveys or collect data as was done by the last person (with a PhD) who had this job but I do bring research of interest and new books about our field to view. When I showed the latest *Womanly Art of Breastfeeding* to several coalition members, they bought copies. After I displayed Nancy Mohrbacher's new book, *Breastfeeding Answers Made Simple,* and described the contents, I sold three copies. There is a new milk bank in Newtonville, Massachusetts with whom I keep track and inform the Coalition and LLL of CT of the progress there. The milk bank does dispense breast milk (from the Ohio bank) and hopes to be able to accept and process donors this summer. I have trained many Leader Applicants and am now in the process of training a woman in a neighboring town because there is no Leader near her. I speak at LLL Area Conferences and District Workshops, and write for CT's Area Leaders' Letter. Several of my last submissions for the ALL have been quizzes for which I offered a cash prize. To my surprise less than six persons tendered any response. I represent LLL of CT at many outreach occasions such as health fairs. In my home, I still hold monthly Group Meetings with my co-Leader, Sue, who is newly pregnant. I also lead an LLL meeting in another town at a Family Wellness Center.

Actually, I'm trying to divest myself of some jobs but I don't appear to be getting very far. I am still current as an International Board Certified Lactation Consultant (IBCLC) and I ended a 20-year LC practice in 2006. I am still cleaning related stuff out of my office. In my spare time I read murder mysteries and breastfeeding books, cook from scratch (my soups are famous), tend to over 75 plants in my solarium, travel with Bob to whom I've been wed for 49 years, garden, occasionally do crafts like jewelry, sewing or knitting lumpy scarves, go to the medical library, attend a weight lifting class, do crossword puzzles, lurk Lactnet (online discussion with lactation professionals and breastfeeding supporters), and walk. Today I shoveled snow. I will be 72 in March 2011!

Judie Gubala
Rocky Hill, Connecticut USA
mgubala@sbcglogal.net

My Grandmother's Kit

My oldest granddaughter, Madeline, is turning three in a couple of weeks. We are going to visit her and her parents. I decided to bring my new Grandma kit in the car. What will I put in it? Well, I am going to a discount "dollar store" to look for things she might like. If there are activities, so much the better. One thing I plan to do with Madeline is to make valentines. Her parents have made their apartment balcony into an art studio for her. There is a table, an easel and paint. I will be able to make old-fashioned valentines with her, using glitter, paper doilies, gold stickers, glue sticks and markers. Madeline can give them to family members, mail some to her cousins, and give one to her nanny and her nanny's little girl. (The nanny helps my daughter, Madeline's mother, who is a family physician and works three days a week.) I will include a heart-shaped cookie cutter and a recipe for sugar cookies because we had fun making holiday cookies when she visited me in December. I can change what will be in my Grandma kit with ideas for different kids and also different seasons and activities. Even my oldest grandson, now a busy 16-year-old, will get some things because he is taking a horticulture class at school, likes to plant things and I love to garden. The next time we go to visit, I'll be ready with activities he thinks are fun for us to do, as well. Because I always used to have amusement bags for each of my children to take on airplanes, into restaurants, and at doctor's appointments, this is an extension of that idea.

Mary Baker
Thousand Oaks, California USA
Mary_Baker91789@yahoo.com

We Remember

If you know of a Leader who has died, send her name, city, state and country, where she served LLL, and year of death to: Nancy Franklin <nbflll77@aol.com>

Next Alum Trip: Our Lady of La Leche Shrine, St.Augustine, FL

It was Dr. (Gregory) White who finally suggested the name of La Leche League. He was in the habit of giving a medal of the shrine of the Spanish Madonna, Nuestra Senora de La Leche y Buen Parto, in St. Augustine Florida, to his patients when they became pregnant. The founding mothers realized that only those in the know would understand what "La Leche" referred to, and no one would be embarrassed. They quickly agreed that the name "La Leche League" was just what the doctor ordered!*

** Freely translated, "Our Lady of Happy Delivery and Plentiful Milk."* (from The LLLove Story, 1977)

Our Lady of La Leche
St. Augustine, FL
January 2011
Photo by Kathy Grossman

Does this account from *The LLLove Story* sound familiar? Did a Leader mention the history of La Leche League's name at the first LLL meeting you attended? If you became an Applicant, did you find yourself sharing this story when you became a Leader and led your first meeting? Have you wished you could visit the Our Lady of La Leche Shrine? Well, wait no more! This opportunity for Alum members has arrived! The next Alum trip will include a shrine visit during November 10-13, 2011. Connect, rejuvenate and have fun! Learn about the nation's oldest port city, how four different nations ruled the town and each one made an indelible mark on the town's culture and personality. Activities will be less structured than past well-loved Alum city trips that included bus tours and docents. This trip will be casual, informal and more economical. Small groups can self-organize based on interest and energy levels. You can hop on the Old Towne Trolley for its 22 stops. Get off when and where you like. www.trolleytours.com/st-augustine/ gives a snapshot of a tour and a bus over the Bridge of Lions to Anastasia Island for browsing St. Augustine Lighthouse and Museum, the Alligator Farm or to stroll St. Augustine Beach. In town, options include: museums, architectural masterpieces, antique collections, art galleries, Mission of Nombre de Dios, Fountain of Youth, St. George Street's historic district, the Oldest House, the Oldest Wooden School House, the Colonial Spanish Quarter Museum (blacksmith, carpenter, leather worker onsite), or the St. Augustine History Museum.

Have fun, visit sites at your own pace, make lots of memories and build a lifetime of friendships. Walk down cobblestone streets. Shop at the nearby outlets. Browse historic buildings, quaint cafes, and unique shops. Full itinerary will be announced this spring and include: hotel room rate for three nights, personal tour of the Our Lady of La Leche Shrine given by the Shrine Director, Friday evening group dinner, and three-day trolley ticket. Other included meals are being discussed with local resources and will be confirmed later. Make your own travel arrangements. Choose from several airports if you are traveling by air. St. Augustine is a city where you can walk anywhere-at-your-own pace! Check out the links below for what the city offers. Later in April/May, registration details will be available on the *ALLLumnae* Yahoo! Group and the *LLLSt.Augustine Trip 2011* Yahoo! Group.

Registration materials in the next *Continuum* or http://alumnae.llli.org Tentative overview for the weekend:

Thursday, November 10:
- Hotel check-in; Alum registration

Friday, November 11:
- 10:00 a.m. Guided Tour of Our Lady of La Leche Shrine
- After lunch: Old Towne Trolley Tour
- 6:30 p.m. Group dinner—renew friendships, fun, connecting!

Saturday, November 12:
- Trolley, group sightseeing

Sunday, November 13:
- Breakfast; check out by 12:00 p.m.

More online info:
- A 45-minute complimentary San Sebastian Winery Tour and Tastings. Snacks, sandwiches, and beverages available for purchase. www.sansebastianwinery.com/
- The oldest masonry fort Castillo de San Marcos, a National Monument, reenactments, exhibits. See history in action. No time machine necessary! www.nps.gov/casa/index.htm
- Visit: www.see-staugustine.com and staugustine.com/visitors-guide-attractions

Yahoo! Group is remarkable! Join!
It's easy to join the ALLLumnae list to stay in-formed between issues of *Continuum*—Alum news and St. Augustine updates. Send joining requests to: Kathy Parkes Kparkes@aol.com or Sara Dodder Furr saradfurr@gmail.com If you are interested in chatting with Alum members going on the Alum trip, send an email to: dereszyn@verizon.net I will send you an invitation to the *LLLSt.Augustine Trip 2011* Yahoo! list. Yahoo guidelines require an invitation first from the moderator and that you accept it—totally an electronic process. Connect with roommates, share airport shuttles, plan group activities, road trips, and share your excitement. Join these Yahoo! lists anytime or after registration materials are published in *Continuum*. I hope you can join this long weekend overflowing with fun and friends!

Fran Dereszynski
Continuum Editor

Pam Bridgmon moved from Omaha to Tucson in 1980 and joined LLL in 1981. She was certified as a Leader in 1983 and was an active Leader for ten years. She kept current with LLL information and did phone duty as a semi-retired Leader for several more years before completely retiring in 1996. At that time she went to work full time at the University of Arizona. After 14 years, she retired in September 2010. She has been long-time member of the Alumnae Association since it began in 1988.

WITTY on the Road Again: Santa Fe, New Mexico

Life is to be fortified by many friendships
Carolyn, Judie, Pam, Brigitte, Joan, Pat

LLLI Conferences and LLL Alumnae Association trips have left the seven of us WITTY gals here in Tucson, (**W**omen **I**n **Touch T**hrough the **Y**ears; long-time Leaders or retired Leaders, Carolyn Vemulapalli, Joan Meyer, Judie Ellison, Brigitte Stuetze, Sue Perno, Pam Bridgmon and Pat Orzech, eager for more travel opportunities. We are always saving up for the next conference or travel adventure, pooling our loose change and dropping money in a collective kitty to celebrate each other's birthdays. The last time we "cashed in" our savings was in July 2007 to attend the last LLLI Conference in Chicago, along with an extended "sleepover" at the home of our dear relocated friend, Judie Ellison, in Heltonville, Indiana, where we enjoyed a week of Judie and Bob's hospitality. And then we started saving our money again, but without any definite trip in mind.

In January 2010, we decided to plan a WITTY trip to somewhere, anywhere. When Pat suggested Santa Fe, New Mexico in the spring, we all jumped on it! So, in May 2010, we took a week-long trip to Santa Fe. It became my assignment to find affordable lodging in Santa Fe during this peak season for hotels. We drove up from Tucson, about an 8-hour drive, in two gas-economical vehicles, and stayed at an amazing property that I found after endlessly surfing the Internet. It is called Rancho Jacona, a family-operated ranch which had been converted to beautiful, fully-furnished individual housekeeping casitas.

While the working ranch has largely been retired, there were still abundant sheep and goats, donkeys and horses, chickens and peacocks and even a rabbit warren. We received fresh eggs daily just for the asking from the office. The spring wildflowers were magnificent. There was a large swimming pool, abundant grassy meadows, walking trails and sublime temperatures. We rented the "Frog" house, which sleeps ten. So we had plenty of room to spread out, to watch free videos from the office's extensive collection in the evenings, or to read our books as we lounged on the patio overlooking the meadow. Those of us who wanted to would take turns preparing a meal for our dear friends. We even grilled shish kabobs for dinner one evening! We topped that off with a new discovery: chocolate wine! Seriously! It's out there, ladies—go find it! Anyway, the Rancho Jacona lodging was so enjoyable that more that once, we actually said that we just wanted to stay there all day long and enjoy the beauty and serenity. I could totally see a family reunion taking place there, or a wedding or anniversary celebration.

Rancho Jacona is located just off the free-way, about 19 miles north of the heart of Santa Fe. It provided a perfect home base for our shopping and sightseeing in Santa Fe, which included a guided, open-air tram tour, the St. Francis Cathedral, the Loretto Chapel with the miraculous winding staircase with no visible means of support, the San Miguel Mission—thought to be the oldest mission church in the United States, the Santa Fe Plaza, the Palace of the Governors, and the Georgia O'Keeffe Museum. We enjoyed a three-course dinner at the Georgia O'Keefe Museum Cafe, where every dish was a feast for the eyes as well as the tummy, and the chef delighted us with an extra treat for dessert!

We took a day trip up to the Taos Pueblo, about 80 miles north, where we enriched the local economy by buying jewelry and drums, and ate lunch at the Taos tribe's café. Everything on the menu was made from local native foods and prepared most authentically. A short side trip took us to the Rio Grande Gorge bridge, the second-highest suspension bridge in the US (although that designation may be in jeopardy with the newly-opened bridge over the Colorado River at Hoover Dam). Another short side trip took us to a tiny historic village called Chimayo, which specializes in a number of things including weavings.

As life intrudes on perfect plans, so was this trip marred before we left. Sue's husband came home from a fishing trip in Mexico on the night before we were to leave and was immediately admitted to the hospital. He had suffered a serious head trauma injury in a mundane kitchen accident and was admitted to the neurology wing. For several days his condition was touch and go. Sue urged us to go on the trip without her, so we stayed in contact with her through emails and calls for updates. We prayed together at every meal and said special prayers for his complete recovery and for strength for Sue and her family. Sue's husband has since recovered, thankfully.

More than anything we saw or did, though, was just the joy of being together. We laughed long and hard and at one another's silliness. We discovered closed-captioning on the television is great for those of us who are having a hard time understanding the words. Ralph Waldo Emerson said, *"It is one of the blessings of old friends that you can afford to be stupid with them."* One night when I couldn't sleep and tiptoed out to the living room so as not to disturb anyone, my bunkmate followed me for a heart-to-heart talk. She listened to what was troubling me and offered some consolation and wisdom. Then we smiled and laughed and went back to sleep.

Mark Twain wrote, *"Grief can take care of itself, but to get the full value of joy, you must have somebody to divide it with."* These little one-on-ones happened throughout the week, between various individuals, and they were the basis for bonding on an ever-deeper level of friendship. I have come to realize that any one of us could call on any of the others, with absolutely any request, at any time of the day or night, and we would do whatever was asked. And if we couldn't do whatever was asked, well, we'd come over and drink coffee together and talk about it. And that is immensely comforting, to have friends like that, and to be a friend like that.

Pam Bridgmon
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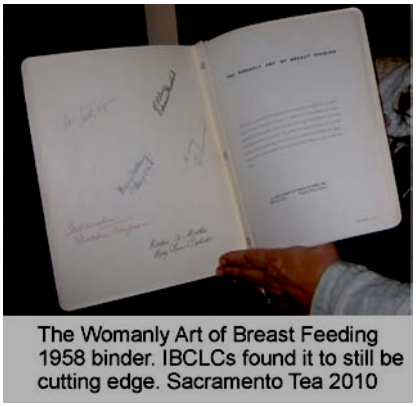

The Womanly Art of Breast Feeding 1958 binder. IBCLCs found it to still be cutting edge. Sacramento Tea 2010

Gold Barbie & baby, star of Conference skit years ago, made a surprise appearance at Tea, 2010

← Additional pictures from Sacramento Tea, 2010

Introductory Note: I asked Pam if Santa Fe, New Mexico, might be considered a trip for the Alums in the future. Pam's reply is below. I thought I would share it with members while her exciting article is fresh in your mind. You might consider it for a family trip or a time away with friends or a special occasion. Driving with a group or having access to your own car is the key to getting around. How about an Alum regional trip for those close enough to drive there? This is certainly a word picture of what the experience would be like. I hope you enjoy reading it as much as I did and visiting the Web site she recommends. I even bookmarked the site when I want to dream about going there…someday! I also bookmarked many of the St. Augustine sites because I hope to be there in November!
——Fran Dereszynski

I'd Jump at the Chance to Stay at Rancho Jacona Again!

Miraculous staircase; Taos pueblo; Joan, flowers at Rancho Jacona; WITTY shishkabobs

I think Santa Fe is a place that many Alums would truly enjoy visiting. I think most major sights/museums could be covered in 72 hours. Flying into Santa Fe is pricey so the logistics might necessitate flying into Albuquerque and then getting to Santa Fe from there. Of course, we'd also need vehicles to transport us to and from the town square of Santa Fe—about a 20-30 minute drive from Rancho Jacona.

I know all of us WITTY would jump at the chance to stay at Rancho Jacona again, but the logistics would involve some sort of transportation to and from sight-seeing venues, and perhaps some sort of plan for meals back at the ranch. The ranch has 11 casitas, and they sleep anywhere from 6 to 14 people, and are beautifully appointed in southwestern colors with comfortable, inviting furnishings, complete kitchens, and all the modern conveniences except wireless, although there is access at the office several hours a day. Rancho Jacona is a very special place—completely unique in my travel experience. It is part-resort, part-vacation home rental, and part-working farm. It has something for everyone. Adults love walking around the property's gardens, meadows and sculptures. Children love the baby goats and peacocks that wander the property freely and come to visit every casita each day. Judie Ellison led us in aqua aerobics exercise in the pool on several days. Rancho Jacona was very affordable, which is ***key*** in the exceedingly high-priced venue that is Santa Fe. I think we paid roughly $100 a night for the "Frog" house which had three bedrooms, two large baths, and many beds.

www.ranchojacona.com/index.html
At the casita, we each decided to be responsible for our own breakfasts, since everyone does something different for breakfast, and we mostly ate lunches in town (wonderful Mexican cuisine). We worked up flexible menus in advance for our dinners, according to what several of us volunteered to cook, and brought whatever we could transport from Tucson (since we were in vehicles), and purchased the rest at the supermarket on our way to the Rancho. The Alums could keep it really simple, though, and just purchase some rotisserie chickens, French bread, and potato, pasta and fruit salads (and dessert?) from the supermarket if we didn't feel like cooking or like eating out each night. Surprising how many of us wanted to eat "breakfast for dinner" made with those fresh eggs! HA!

I personally think "downtime" at Rancho is so much more pleasurable than sharing a hotel room because it allows guests to really visit and know one another. We can share a glass of wine, break bread together with our housemates or on the wraparound patios with the whole Alum contingent, watch the sunset or sunrise or talk all night long. In this way, the downtime becomes a relaxing and significant part of the trip! I would think that this might be particularly appealing to Alums. When the Alums did the Havasupai Hike in 1992, there were 39 of us. We really got to know one another on that trip, and many of us have stayed in contact ever since. We could certainly book whole or half-day tours in Santa Fe proper to take in the major sights. Much of the Santa Fe Plaza area is walkable, which we opted to do, after the brief 2-hour open-air tram ride oriented us to the Plaza.

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Annual Alumnae Council Meeting Report: 2010

On a clear fall November weekend, the LLL Alumnae Council met in Oak Brook, Illinois, to hold its Annual Meeting and conduct a brainstorming session and plan for future activities. Council members attending were Fran Dereszynski, Susan Geil, Pam Oselka, Sue Steilen and newly-elected Alumnae Representative Coordinator (ARC) Gail Gesley from Oakland, California. In October Sue Christensen, long-time Alumnae Council member, resigned due to health issues. Details on p. 10.

The Annual Meeting was first on the agenda. Business included the election of Council members and time frame of positions. Officers and end of terms of office are:

- Alumnae Coordinator: *Open*
- Treasurer: Susan Geil (April 2011)
- Membership/Secretary: Sue Steilen (April 2012)
- Alumnae* Rep Coordinator: Gail Gesley (Nov. 2013)
- Publications/*Continuum* Editor: Fran Dereszynski (April 2012)
- Member-at-Large: Pam Oselka (Nov. 2013)
- Website and Online Network Connections: *Open*

Council approved the 2010 financial reports and adopted the 2010-2011 annual budget. See p. 9. Discussion items included the Alumnae Representative Coordinator (ARC) position and Alumnae membership. After the Annual Meeting, the Council discussed the format for the Saturday brainstorming session announced in the last issue of *Continuum* as well as via email reminders to Alumnae members in Illinois, Michigan, and Indiana. Council was enthused by affirmative responses! Was it the lunch provided? Desire to be together? Anticipation of future Alumnae trips and activities? Flip charts were set up with lists and space for Alums to post ideas for activities, membership benefits, suggested projects to support, Alumnae mission update, and open Council positions/tasks where help is needed. As women arrived on Saturday, sandwiches and snacks were served. Everyone was thrilled that LLL Co-Founder Marian Tompson joined us.

Pam Oselka, Susan Geil, Rebecca Magalhaes, Marian Tompson, Leanne Feuerborn, and Sue Steilen

Brief activity reports were given by Council members. New member Gail Gesley was introduced. There was much enthusiasm, energy, sharing and laughter. Ideas were freely given, listed on Post-It® notes, and placed on large sticky papers on the walls. Thoughts for activities/projects and what the Alumnae Association can offer are listed below. *No action taken or decisions made.*

- Increase activity/topical discussions on LLL Alumnae Facebook page
- Be available as a safe haven for current and former LLL Leaders
- Be in touch with LLLI about the doll collection
- Plan Alum activities with Area Conferences
- Offer fun activities at Area Conferences
- Trip ideas: regional, family, city, hikes
- Offer support and activities to attract younger Alumnae members
- LLL Leader survey
- Encourage local Alumnae or LLL Groups to sell items and donate profits to the Helpline
- Project: Continue support for the LLL Breastfeeding Helpline-US
- Project: In memory of deceased Founders, fund scholarships for Area Conferences or LLL workshops attendance for new Leaders in and outside the US
- Project: In memory of Kathy Baker, fund scholarships for Peer Counselors
- Project: Help local LLL Groups with fundraising activities
- Project: Be a sponsor for World Breastfeeding Week 2011

Time was spent revising the draft for the Alumnae Association mission statement that has been adopted by the Council:

To provide an opportunity for current and former LLL Leaders and members to continue a lifelong connection with one another, extend LLL values and wisdom into all stages of life, and support the mission of La Leche League.

- To donate to projects or to join the Alums, use the form on p. 12 or log on to: http://alumnae.llli.org
- If you would like to help the Council or find out more about the open positions or tasks with shorter time commitments, contact a Council member listed on p. 11 or on the Alum Web site.

We'd love to hear from you to continue the LLL connection! Stay tuned for more information about the November St. Augustine trip. Save the date! We hope this will be a trip that appeals to many. We are enthused and feel the future for the LLL Alumnae Association is bright!

Pam Oselka
Alumnae Council
Member-at-Large

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around. —Leo Buscaglia (1924-1998) author, professor

LLL Breastfeeding Helpline–US Update

Let me first express my sincere gratitude to the Alumnae Association for the $3,260 donation this past year. Women, healthcare providers and others access the tool-free service at 877 4 LA LECHE. In November 2010, there were 1,934 calls. Helpline volunteers maintained live phone shifts with up to five LLL Leaders per day, covering most hours of peak call volume. The ratio of callers helped to calls logged improved this month: the more Leaders who staff live shifts, the fewer number of calls each Leader receives in her shift. Send donations by mail to: LLL Breastfeeding Helpline, c/o Pam Dunne, 7295 Highland Estates Place, Falls Church, VA 22043 or www.donate2lll.org/helpline. If you have questions, contact Pam at: pameladunne@msn.com Thank you for your continued support!

Susan Prado
Coordinator, LLL Breastfeeding Helpline-US

Highlights: 2009–2010 Alumnae Association Financial Report

Finance Report Apr '09 - Mar '10					
Ordinary Income/Expense					
	Income				
		Contributions			1,925.00
		Fundraisers			
			Ebay		14.08
			Helpline		140.00
			Leader Pins		1,256.65
		Total Fundraisers			1,410.73
		Interest			121.94
		Memberships			5,350.00
		Trip			3,680.00
	Total Income				12,487.67
	Expense				
		Continuum			1,892.85
		Council meeting			106.26
		Fundraising costs			
			Leader pins		1,684.84
		Total Fundraising costs			1,684.84
		Paypal fees			112.59
		Postage			182.80
		Printing			12.50
		Project support			
			Helpline		3,260.00
		Total Project support			3.260.00
	Total Expense				7,251.84
Net Ordinary Income					5,235.83
Net Income					5,235.83

The LLL Alumnae Association continues along a healthy financial track. Together with keeping expenses down, we benefitted from generous donations last year and were honored to receive gifts in memory of Viola Lennon.

- Membership income was a little less than it had been the previous year. So increasing memberships is one of the financial goals for the 2010-2011 fiscal year.
- The trip income on the report reflects having closed out a separate bank account that had been maintained for the Alumnae trips since before we became independent from LLLI. The money represents an accumulation of profits from several trips. The plan for that money is to create a fund to assist with future trips.
- Selling Leader pins remains a nice source of income. These years-of-service pins continue to be a popular gift for Leaders in many parts of the world. Last year funds were spent to replenish the stock of pins including adding a basic Leader pin and a 35-year pin.
- For the second year the Alums were able to give $3000 to the LLL Breastfeeding Helpline-US as well as passing along an additional $260–designated Helpline donations. For this current fiscal year we have $3000 budgeted for the Helpline again and also plan to be a sponsor for World Breastfeeding Week 2011.

Susan Geil
LLL Alumnae Association Treasurer

FYI: End of year membership 2010: 305 members, 291 in USA; 14 in Canada/Europe/other countries.

LLLI Policy and Standing Rules (PSR) recently redefined the word Area as 20 or more Leaders (rather than the 50, 100 or 200+ Leaders living in a US state). New Areas are now geographical or non-geographical with a new name or a state name. If you are a current or former Area Alumnae Representative (AAR), the term is AR for Alumnae Representative because "Area" has a new connotation.

Connecting with Alum Representatives (ARs) & Former AARs

Are you currently an Alumnae Representative (AR) or recent Area Alumnae Representative (AAR)?
In November 2010, you may have received an email from me, newly appointed Alumnae Representative Coordinator (ARC). If an email was not received, please contact me as soon as possible.

I'd love to hear from you.

If you are not sure if you are an AAR, contact me anyway! If your Area does not have an AR and you are interested in this position for your community, let's talk. The Alumnae Association is revitalizing the AR job and has lots of exciting plans! I look forward to hearing from you—refining, restyling, repurposing, reflecting, and renewing this remarkable AR role in LLL.

Gail Gesley
Alumnae Representative Coordinator
Oakland, California USA
gmgesley@gmail.com or 510-832-5740

In the *coldest* February, as in every other month in every other year, the best thing to *hold on to* in the world is *each other*.
—Linda Ellerbee

The ALLLumnae Yahoo! list started about a year ago and is open to you as an Alum member. So far, there are 94 members. Lately messages are at a low level, 30-40 or less per month. This list is a way for Alums to stay in contact with you between Continuum mailings when there is important news, reminders or announcements of interest. Contact Kathy Parkes or Sara Dodder Furr to request an invitation. Details on p. 5. Shana Horne is pleased to share why she is glad she joined the list a year ago! Won't you think about joining the list, too! Try it. You'll like it, too!

Why I Am Glad I Joined the ALLLumnae Yahoo! Group

About a year ago I posted on the ALLLumnae Yahoo! list because my husband and I were debating if we should have a fourth child. So many of you gave me such encouraging words and I really appreciated it. I kept meaning to update the list but time always seems to slip away so quickly. After going back and forth for a while, I came across a book a friend had given me about choosing the sex of your baby. My husband and I have three girls so we decided that we would use the book's advice to try for a boy. So we followed the info in the book for a few months without getting pregnant and decided that it was just too calculated for us. We decided that we would let nature take its course and see what happened. Shortly after that, we found out I was pregnant.

On December 27, 2010 we welcomed our newest addition, a son, Carl David Horne. Needless to say, we are thrilled and very happy that we decided to go ahead and just follow our hearts, which is basically what everyone suggested we do. Just wanted to say thanks again to all of you!

Shawna Horne
Hanna, Indiana USA
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Betcha Didn't Know

➔ Time to check the address label on this issue! Most members just want to dig into the articles. Please take time to check if LAST ISSUE (expiration between Jan. 1 and April 30, 2011) is on the back page above your name. Then it's time to send your renewal to Alumnae Treasurer, Susan Geil. Renew by mail or by credit card on the Alum Web site. Renew before April 30 when production of the next issue begins. You can renew early for one year or more. The membership date is extended starting with the expiration date. Thanks for checking the back page!

➔ If you change your address, email or contact information, notify Membership/ Sue Steilen at: Suesteilen@comcast.net If the post office has your forwarding address, it works for first-class mail only. *Continuum*'s bulk mail is not forwarded. Add the Alums to magazines and others that need your new address. Thank you.

➔ *New Beginnings*, and *Breastfeeding Today* and *Leaven* are available online at: www.llli.org Select *Resources*, then *Publications*. Printed copies can ordered from Magcloud.com and make a nice shower gift or for yourself to read when away from a computer.

➔ **LLLI News!** Kathy Grossman is the new Managing Editor of *Leaven*! Thank you, Carole Wrede, for producing *Leaven* the past 11 years. Best of luck to you in the new job you started this fall.

Carole wrote: "Kathy is no stranger to *Leaven*! Her cartoons enlivened each issue for many years and you have read her stories in *Leaven*."

Mary Lofton, member of *Leaven's* Editorial Review Board, wrote: "I became a Leader in the 1960s during the time our four children were born. I was Area Coordinator of Leaders for LLL of Illinois from 1977-1980. Later I worked at the LLLI Office and have enjoyed a variety of tasks and positions through the years. Of special interest to me has been working with Womens, Infants and Children (WIC) clinics, becoming the first Director of the Breastfeeding Peer Counselor Program, continuing Marian Tompson's pioneering work in legal rights of breastfeeding mothers, being on the LLLI Conference Team as well as my position as Public Relations Manager until 2007 when I retired. I'm enjoying these retirement years and appreciate the opportunity to continue my involvement with La Leche League.

"Carole, you have been an excellent editor, knowing just the right way to communicate an appropriate thought or revise a sentence to tease out its full meaning. You placed high value on the proper use of words and language. Your many years of experience in LLL provided readers with an in-depth understanding of the information and inspiration that Leaders need most. Thank you for your many years of overseeing *Leaven.*

"Kathy, I'm so happy that you are able to take on this important aspect of LLL's continuing legacy of helping mothers and babies through the pages of *Leaven*. I hope I will be able to continue on the *Leaven* Editorial Review Board and assist you in whatever way I can. We are so lucky to have you and your many years of experience in LLL, particularly in your past contributions to *Leaven*."

➔ **Resignation of Sue Christensen**
Sue Christensen resigned as Website/Online Network Connections, Alumnae Council. She was a long-time Alumnae Council member, a past *Continuum* editor, active with Alum activities at LLLI Conferences, planning and designing special touches for Alumnae events. In October 2010, Sue was diagnosed with diffuse large B cell lymphoma. She is receiving chemotherapy and feels optimistic and encouraged that this type of lymphoma is curable. She is feeling well, has returned to work, and is re-focusing to become healthy again. If you'd like to let her know that you are thinking of her, contact her at:
Sue Christensen, 1304 Leeper Avenue, South Bend, IN 46617 s.christe@sbcglobal.net

Free Your Mind to Wander

Did you know: people daydream about 30 percent of the time when awake? Mind wandering can be creative. Dr. Jonathan Schooler, a researcher at University of California, Santa Barbara, feels that to encourage this creative process, "it may help if you go jogging, take a walk, do some knitting or just sit around doodling, because relatively undemanding tasks seem to free your mind to wander productively.

But you also want to be able to catch yourself at the Eureka moment. For creativity you need your mind to wander, but you also need to be able to notice that you're mind-wandering and catch the idea when you have it. If Archimedes had come up with a solution in the bathtub but didn't notice he'd had the idea, what good would it have done him?" Keep a pad of paper by the bed, in the car or kitchen to note your thoughts.

Daydreaming ideas are worth capturing!

For more comments from researchers, log on to: nytimes.com/2010/06/29/science/29tier.html

LLL Alumnae Association Council

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Website/Online Communications
If interested, contact Pam Oselka.

From Readers' Bookshelves

Louise Cox (Windsor Locks, CT) emailed her notes from *Friends for Life: Enriching the Bond Between Mothers and Their Adult Daughters* by Susan Jonas and Marilyn Nissenson. Over 100 mothers were interviewed for the book. Look for more in the next *Continuum*. Louise wrote: "I really like the book. It reminds me that our daughters (and children) are here for us to grow up and help them grow up as well. The book provided concrete examples of helpful dialogue and redefined what a positive and healthy relationship really can be. It also helped me navigate the waters of a mother-daughter relationship. I wish there was more online from mothers in LLL about the growing struggles of connecting with adult children. Sometimes I think I'm the only one. This book opened up doors for me to realize that I'm completely in the norm and have done a pretty good job!"

Mary Baker (Thousand Oaks, CA) wrote that she likes the writings of Dr. Oliver Sacks. His latest book, *The Mind's Eye*, explains some neurological differences. It also has the biological part because Dr. Sacks has had cancer in one of his eyes. As we age, there are many injustices to bear. How people face these adversities is interesting. Also, for me, knowing what to expect makes things a little less frightening for some reason.

From the Mail Bag

In early January, I attended presentations by three local women authors. How they came to write books was what they mentioned rather than what their books are about. One had just published her first book. Others had published a second and seventh one. The process of finding a story to tell was the basic idea for all their writing. One writer was so distracted every day by the many noisy electric leaf-blowers in her Los Angeles area neighborhood that she wrote away from home in the quiet of the local library. Audience members asked several questions including how she came up with a book idea and had she always been a writer. She said we all have stories to tell to express ourselves whether we write books or not. The key is having the words, rhythm and tone. Words can be simple or very descriptive and in long sentences. There is no one method for success. Either way, one's style produces a best-selling book if it has meaning to readers. What is a reader going to take away from the story? Think about the new and old books you have read. It's the story that intrigues you to keep turning the pages, not necessarily extensive vocabulary or perfect grammar. Right? It's how you personally connect to the paragraphs, inner thoughts of characters, dialogue, or word pictures where conversations take place.

As I look at this issue, there are stories with words, rhythm and tone that have meaning for Alums—some of times long ago, a few years ago or just this past year. How about the future Alum trip that we'll all read about this time next year after it's a memory in the hearts of those who attended? How about more stories of Alum gatherings that are going on or future Alum teas? If you read a book last year or are reading one now, how about sharing your impression with Alum members? Why you liked the book? Don't think of it as a report. It would be like discussing it with your neighbor as you sit and talk over tea or coffee. A few paragraphs are fine. Leaving it to other readers may bring zero articles. If you have ideas for articles, let it flow. I was hoping to get some articles about "The Long Arm of LLL," as mentioned in the last issue and other topics. I know I was busier than usual over the winter holidays, so readers must have been involved with get-togethers with family and friends or travels. Your thoughts can turn into an article however you have time for the, as yet, untold story that Alums would love to read. If you aren't sure about your topic, touch base with me to explore the idea.

I was thrilled to receive Judie Gubala's two articles via postal mail, printed by hand on every other line of lined paper. That's what worked for her. That makes sense to me because sometimes I compile notes by hand when I am sitting on the couch and relaxing, brainstorming or contemplating wandering thoughts. For me, that's when I like to sink into the couch with my feet up rather than sit at my desktop computer.

Economists predict a better year in 2011. Futurist, David Houle, sees us entering a "transformational decade." Sandy Moore, Author of *The Green Intention,* says, "2011 will be a better year. I have no question, provided we all look on the bright side. This sounds simplistic, but it's like a muscle you have to develop. Look at problems as an opportunity for growth. Don't let your negative feelings run your life. Develop that 'bright side' muscle." I look forward to you developing your writing muscles and sending lots of *Continuum* articles in 2011!

Send articles to dereszyn@verizon.net **by April 15, 2011.** Articles selected for publication may be edited for length, clarity, and adherence to LLL journalistic guidelines.

Until next time,

Fran

Published January 25, 2011

LLL Alumnae Association Newsletter
Fran Dereszynski, Editor
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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. 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:

Enclosed is:

☐ $_____ membership for __ years(s)

☐ $ _____ donation

☐ Check to *LLL Alumnae Association*

Current LLL status:

☐ Active Leader ☐ Retired Leader
☐ Current Member ☐ Former Member

List Skill/Talent/Resource to share with Alumnae

_____

Name _____

Address_____

City _____

State/Province _____

ZIP+4 Code _____Country_____

Phone (_____) _____

Email: _____