Newsletter for Members of the LLL Alumnae Association
http://lllalumnae.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.

Volume 25, No. 2 May - August 2012

Looking Ahead to Fall 2013!
The Alumnae Council is looking at locations in the Western United States for the next Alumnae trip. Look for more information and the fall 2013 date in a future issue.

LLL ALUMNAE ASSOCIATION

In This Issue

1 A Profound Impact on My Life
3 Life After La Leche League
3 Breastfeeding in the News
4 What Do Your Grandchildren Call You?
5 Memories of Delight
7 You Might Like to Read
7 Alumnae Exhibit and Photo at Illinois Area Conference
8 *Women, Spirituality and Transformative Leadership*
8 Dates to Remember
9 Being Together Was Welcoming and Fun!
9 First-Time Members: Join at Reduced Price!
10 Web Site Coordinator Search
10 You can read *Continuum* online; *We Remember*; Your Internal Dictionary
11 Alumnae Association Council
11 From the Mail Bag
12 Leader Pins Ordering Info

The Long Arm of La Leche League

A Profound Impact on My Life

La Leche League (LLL) is an organization that has had a profound impact on my family and me. The organization has influenced my development and growth as an individual, a woman, a mother, and a wife in many ways, and I'm grateful. My daughter Tina is a park ranger at Castillo de San Marcos, a national monument in St. Augustine, Florida. How exciting it was to hear that Tina had connected with LLL last fall. She met three LLL Founders while they were on the Alumnae trip to St. Augustine.

Photo: Mary Ann Kerwin, Tina Hudzinski, Marian Tompson, Mary Ann Cahill at Castillo de San Marcos, St. Augustine, FL

In 1979, pregnant with my first child and the wife of a medical resident at a hospital in Harrisburg, Pennsylvania, I was invited by one of the other residents' wives to attend an LLL meeting. There I learned about breastfeeding and nutrition. I had already decided to breastfeed my baby but the support provided through LLL made it possible, since nursing my first child was far more difficult than I ever imagined it would be. I became involved with LLL in Harrisburg for the next two and a half years. When my husband opened his medical practice in Franklin County, Pennsylvania, I looked up LLL. At the time, I had two small children and was expecting Tina, our third! The first person I met was LLL Leader, Janet Lathan. Over the next months, she guided me through the leadership application process and provided much to me as a new mother who was a new mother who was new to an area that was very culturally different than that to which I was accustomed. *(continued on p. 2)*

A Profound Impact on My Life *(continued from p. 1)*

We formed a friendship that holds to this day. Our families still get together every Thanksgiving.

I availed myself of every educational opportunity provided—attending workshops and conferences when time and finances permitted, and reading widely. In the meantime, my husband and his medical school roommate (whose wife had nursed her nine children) started a family practice and became an influence for breastfeeding in the local medical community. LLL provided me with many opportunities to develop good communication and interpersonal relationship skills, in addition to encouraging me to be a good mother to our growing family.

In early 1993, I decided to pursue certification as a lactation consultant, which I achieved later that year, just before our ninth child was born. The experiences of leading LLL meetings, counseling mothers (for which research was often necessary), extra reading, and many workshops provided the education and experience I needed to pass the International Board Certified Lactation Consultant (IBCLC) exam the first time through. I believed that being an IBCLC would make my breastfeeding message more acceptable to the local medical community, as well as providing more opportunities to help nursing mothers. My first three children were hospital births. The next five were born at home. My last pregnancy in 1995 was with Caleb our youngest child, who was a cesarean birth. The reason for the cesarean delivery rapidly became evident: Caleb is microcephalic (circumference of his head is smaller than normal). He was in a breech position. He is currently 16 years old and functionally at the developmental level of less than a six-month-old.

Caleb successfully breastfed until he was three-and-a-half years old (young by our family's standards). I attribute that to two reasons. His sister, 20 months older, was still breastfeeding, and able to maintain the milk supply for Caleb who could not latch on sufficiently to nurse effectively. Caleb's three oldest sisters (then 15½, 14, and nearly 13 years old) maintained their homeschooling studies and effectively took over the management of the household so that I could provide 'round-the-clock care to Caleb. This was such a significant accomplishment that the rehab staff at the local medical center invited me to do an in-service for their staff to help them learn how to better assist mothers with neurologically-impaired infants in their efforts to breastfeed. Caleb's feeding issues consumed my attention for nearly the first five years of his life. We now have the kinks worked out and he is physically thriving. Due to his neurologic impairment, his diet is very limited but is broad enough to keep him healthy.

La Leche League provided so much to my family: friendship and support, encouragement, opportunities for personal growth, and very importantly, an opportunity to give back to the local community. Encouraging new mothers, assisting them with difficulties, and seeing the successes provided an encouragement and reward that is impossible to describe. I am so very thankful that I was able to be a part of all of that. After Caleb's birth, much of my spare time became consumed with his care. I was unable to maintain my certification as a lactation consultant or to provide nurturing to the mothers that an LLL group needs to continue to grow. My co-Leader Janet had moved away from the LLL Group by then. My involvement slowly faded over the years when Caleb needed so much.

LLL provided me with connections on so many levels—community involvement, personal growth, family growth, and intellectual growth. I'm very thankful to have been a part of an organization that is uniquely feminine and influential. Some of the highlights include: helping a mother breastfeed three adopted babies; helping a mother, who had unwillingly weaned a three-month-old, to re-establish lactation a month later; and helping a single mother of twins to successfully breastfeed both babies (a lot of credit went to the babies' grandmother who moved in for a while). Even more interesting has been ongoing contact with many mothers when their children were school age and pursued homeschooling. It has been fun to find out that a new mother at the local homeschool co-op is one I helped to nurse her newborn son who is now school age! LLL's success is hard won and well deserved. By staying focused on breastfeeding and helping mothers, much can be accomplished. ✦

Mary Hudzinski
Waynesboro, Pennsylvania USA

Your stories are needed for *The Long Arm of La Leche League* and *Life After La Leche League*. Send to Fran at dereszyn@verizon.net

Life After La Leche League

I became a Leader in 1984 and retired in 1996. My husband is a physician and works as a family practitioner in a nearby town. He no longer admits patients to the hospital; he is the medical director at a local nursing home. We have nine children who were all breastfed. They range in age from 33 to 16 years. Two still live at home. We have two granddaughters and two grandsons who were breastfed.

My life today consists in taking care of my youngest son, Caleb* (preparing his special diet, being sure we have supplies on hand to care for him, interacting with the insurance company to get the equipment, and whatever he needs for daily living), and helping my youngest daughter finish high school and prepare for an extended mission trip to Columbia where she will work at a children's school. Of course, I spend as much time with my grandchildren as I can. Three of them are siblings and live about a half hour away so I see them frequently. The oldest of these three is beginning her education at home and attends the same homeschool co-op that her mother, aunts, and uncles attended. My second daughter and her family live about an hour and a half away. Their son (1) is a happy nursing toddler. We see them about once or twice a month.

On Thursday nights I host a ladies' fellowship when I prepare and serve the dinner. This is an opportunity for mothers and their children to come to a child-friendly house and spend time together without any worries about food preparation or clean up. There are about six mothers and 12-15 children each week. My hobbies include reading, quilting, lace knitting, and needle tatting. Check out some pictures at http://www.flickr.com/photos/21029758@N04/

I knit lace shawls for young friends and family members who are getting married, as well as sweaters and dresses for my grandchildren. I'm currently working on some quilts so that each of my children and grandchildren can have one of my creations.

About four years ago I closed down a secondary level homeschool co-op that I organized and managed for several years. When I realized that I missed the work, I started teaching applied chemistry classes to home-schooled students. We make soap, lotions, bath bombs (effervescent balls that fizz when placed in bath water), and more. This evolved into a homemade soap business that gives me a chance to be creative. ✦

Mary Hudzinski
Waynesboro, Pennsylvania USA
blufroghollow@pa.net

* Refer to article on page 2 for details about Caleb.

BREASTFEEDING IN THE NEWS

Breastfeeding May Improve Nocturnal Sleep & Reduce Infant Colic: Potential role of breast milk melatonin

Engler AC, Hadash A, Shehadeh N, Pillar G. *European Journal of Pediatrics* (2011). 171(4):
PubMed link: http://www.ncbi.nlm.nih.gov/pubmed/22333968

Reprinted with permission from LLL Alliance for Breastfeeding Education as published in *Leader's Digest* #2012-3, March 2012, a newsletter presented by Judie Gubala, LLL of Connecticut Associate Area Professional Liaison and Melissa Vickers, LLL Alliance Professional Liaison Department Administrator.

This study looked at the relationship between breastfeeding and infant colic, and the possible role that melatonin in breast milk may play in nighttime sleep. Breastfeeding infants had fewer and less severe episodes of colic, and generally slept longer than formula-fed infants. Melatonin is a hormone known for its hypnotic effect and relaxation of the smooth muscles lining the gastrointestinal tract. Melatonin levels were measured in the breast milk every two hours, and a significant peak was noted at 4:00 a.m. Artificial formulas do not have significant amounts of melatonin. The study had a relatively small sample size, and the authors recommend further investigation, but do note what they believe to be a "real" difference between breastfed and formula-fed infants. ✦

What Do Your Grandchildren Call You?

In June 2011, an Alumnae member presented questions to the ALLLumnae Yahoo! group: What do your grandchildren call you? What is the origin of the name? What did you call your own grandmothers? I am pleased to share some of the interesting responses in this issue. More will be in a future issue. Fran Dereszynski, *Continuum* Editor

When my grandmothers were alive, I called my paternal grandmother MonMon. My maternal grandmother was Grandma. When our children were young, they called both grandmothers MonMon. Our grandchildren call me MonMon and my husband Doc because he was a professor at the local university and was called Dr. McGrath. However, our five grandchildren lovingly call him Doc! I am from south Louisiana. Being of French heritage and called MonMon, keeps me close to my ancestors.
~Linda McGrath
Starkville, Mississippi USA

I couldn't resist jumping in on this one. It is a great question. I never knew either of my grandmothers, so I had no special names for them. I am Grandma, Grandma Kay, and MorMor. My children call my mother MorMor, the Swedish name for mother's mother. My sons use Grandma, but the Swedish custom would be FarMor, father's mother. MorMor is what three of my grandchildren call me. It brings me in touch with my mother, every time I hear it. Sometimes they shorten it to Mor. Pronunciation sounds more like MurMur, but they pronounce it like MoreMore. It all works!
~Kay Lindahl
Long Beach, California USA

My grandmother's name is Numa, (new ma.) My granddaughter was about 18 months old and walked around saying "Numa, Tupa, Numa, Tupa." When we arrived at her home, she called out to us and the names stuck. Grandpa loves being called Tupa (too pa)!
~Sue Hudler
Toms River, New Jersey USA

I wanted to be called "Oma," but no one in my family liked it. So my friends and I jokingly used Grannie Annie. My daughter referred to me as Grammie which, when my granddaughter Eleanore could speak was Gammie. So Gammie I am and loving it. My husband is Poppy—what my children called my father. Their great grandmother is GiGi.
~Ann White
Scituate, Massachusetts USA

As we become grandparents, the presence of LLL takes on a new meaning for our families—and LLL is unparalleled in getting families off to a good start.

When I was born, we lived with my grandparents, so it must have seemed to me that I had two fathers and two mothers. So when I named them, I chose variations on Mommy and Daddy (Mommom and DeeDee). The cousins all followed with those names. Now that I'm a grandmother, I chose Nana. The other grandmother already had many grandchildren, who always called her Grandma. Nana distinguishes me from her. It is an attractive word for the first expression in a baby's vocabulary. My husband is called Grandpa—that means that Grandpa and Grandma are not married. So far, though, there is no confusion.
~Margaret Kenda
Sudbury, Massachusetts USA

My first grandchild was born last year. We wrestled with what we wanted to be called. I chose Nana and my husband acquiesced to Papachuk. We realize the grandkids will probably choose their own names for us.
~Amy Shaw
Hull, Massachusetts USA

I have two grandsons who are my daughter's twins. Names for grandparents were a big topic for the first grandchildren on both sides of the family. The paternal grandparents became Nana and Grandpa. My husband and I became Grandpa Stu and Myma. When I was eight or nine-years-old, Myma was a secret name my grandmother and I made up one summer when I stayed with her. I was the only one allowed to use it when we were together, never in front of any of my 48 cousins. As toddlers, our daughters called my husband's grandmother "G.G.," for great-grandmother. ✦
~Jan Hann
Huntington Beach, California USA

"What aspect to breastfeeding advocacy do you feel most passionate about these days?"

Read replies from Co-Founders Mary Ann Cahill and Marian Tompson on this and other topics in the April 20, 2012 issue of *New Beginnings* online: http://viewer.zmags.com/publication/dcfc9eea#/dcfc9eea/1

Memories of Delight

I have an insatiable literary appetite for nineteenth century novels. When the birth of my first grand-child brought back with a rush memories of the delight I had taken in breastfeeding my two sons, I turned to a rereading of Emile Zola's *Fruitfulness (Fecondité*, 1900), the only novel I know of whose primary subject is breastfeeding.

Zola (1840-1902) was not a likely candidate to hymn the joys of maternal breastfeeding. He was famous—or infamous—for his cycle of 20 unsparing, naturalistic, novels about the Rougon-Macquart family (1871-1893). The nursing couple appears briefly on a few occasions in these novels, generally amid backgrounds of riot and squalor. Then in his fifties he became the father of two children. *Fruitfulness* conveys his newly discovered delight in babies and toddlers.

Circumstances that led to writing

Zola wrote the book in remarkable circumstances. During the late 1890s, French society was riven by the Dreyfus affair, in which a French army captain was accused of treason and transported for life to Devil's Island. Many believed he had been framed and views on the subject divided families and close friends. In January 1898 in his open letter on the front page of *L'Aurore*, addressed to the president of the French Republic, Zola accused the army of anti-Semitism and obstruction of justice. He was prosecuted for libel and on the advice of his lawyer went to England and remained there until the Dreyfus verdict was reversed the next year. Predictably, he loathed the food and the weather, and the band music in the public parks. In these unpropitious circumstances Zola wrote *Fruitfulness.*

Mathieu and Marianne Froments' fruitfulness parallels Mathieu's skill as an agriculturalist who can make waste places produce rich crops. They realize that their family of 12 children is not a model for all but, rather, represents a faith in the future and a small compensation for the decision of so many couples to limit their families.

Bed sharing on Sunday mornings

When the novel opens they have four children and during a leisured Sunday morning the children come into their parents' bed:

> *Forthwith [Ambroise] bounded into the bed, slipped under the coverlet, and nestled close to his mother, so that only his laughing face and fine curly hair could be seen. But at that the other two raised a shout of war, and rushed forward in their turn upon the besieged citadel. Make a little room for us, Mamma make a little room. By your back, mama! Near your shoulder, mamma." (p. 55)*

When their fifth child, Gervais, is born, Zola describes Mathieu giving him a bath and a year later makes a little drama out of his first steps: "He took his flight, and, staggering, made four steps; then hung to his father's legs with his little fists." The older children, delighted, cry, "Why! He walks, he walks!" (p.136).

As the years go by, Zola elevates Marianne into an almost mythic figure, a goddess of fertility who becomes lovelier with each birth. She frequently suckles her children outdoors at their large farm and the flowing of the milk parallels the luxuriance of the crops:

> *Gervais…nursed more eagerly than ever, with a purr of rapturous satisfaction. The milk was trickling, bringing flesh to little limbs, which grew stronger day by day, spreading through the earth…nourishing the life which increased hour by hour. And was not this the answer which faith and hope returned to all threats of death?—the certainty of life's victory, with fine children ever growing in the sunlight, and fine crops ever rising from the soil at each returning spring. (p. 138)*

When one of the Froment's grown sons is killed, both his wife and Marianne are pregnant, the latter with her twelfth child at the age of 43. When the babies are born:

> *The two women, the two mothers found infinite solace in nursing their babes. For them they forgot themselves; they reared them together, watching them grow side by side; they gave them the breast at the same hours, and it was their desire to see them both become very strong, very handsome, and very good. Although one mother was almost twice as old as the other, they became, as if they were sisters. The same nourishing milk flowed from both their fruitful bosoms. (p. 238)*

(continued on p.6)

Memories of Delight *(continued from p.5)*

Supportive husband

A few months later at a family wedding celebration, held outdoors at the farm, the mothers nurse the babies together:

> *Benjamin and Guillaume were enjoying themselves like greedy little men whom nothing could disturb. Had there been less laughter one might have heard the trickling of their mother's milk: that little stream flowed forth amid the torrent of sap which upraised the earth and made the big trees quiver in the powerful July blaze. (p. 248)*

The wife of one of Froment's sons had been persuaded by friends that she could not nurse, but with the husband's support she had been successful.

By the novel's end any semblance of a realistic time frame has vanished. The Froments' children, grandchildren and even great grandchildren have prospered as farmers, factory and mill owners, and financiers and Zola overly links their success to the flowing of the milk.

19th century opposing forces

Fruitfulness has a dark side. Today, we think of the alternative to breastfeeding as artificial or formula feeding, with its attendant drawbacks. The issue was different for Zola. The opposed forces were maternal breastfeeding versus wet-nursing. Wet-nursing has roots in ancient civilizations and royal and noble children were almost always wet-nursed. While wet-nursing was practiced in other western countries nowhere else in Europe was it as institutionalized, as deeply ingrained in the culture, as in France.

As most families that could possibly afford it, and many that really could not, sought a "good" wet nurse, demand far outran the supply. Prevalent mistaken beliefs influenced a family's decision to have a baby wet-nursed: sexual relations were forbidden if a woman was lactating; breastfeeding would deform the breasts; and "peasant" women inevitably had the larger breasts that guaranteed an ample supply of "pure" milk made impossible by the hectic life led by urban women. Zola deals with all these myths, as well as with the seamy side of the commercial wet nurse system.

The "meneuse" as a go-between

Vital to the operation of the wet-nursing business was the "meneuse" who brought together client and nurse. Stalking the pages of *Fruitfulness* is the diabolical figure of this go-between who ferries baskets of babies between Paris and the provinces and returns only a small percentage of them alive two years later.

The Roussel law stipulated that a baby must be at least seven months old before the mother could take up wet-nursing, but it was weakly enforced and thus many poor new mothers were pressured into leaving their newborns and hiring out their breasts. Wealthier families could employ a wet nurse in the home if she had the care of one infant. Families in modest circumstances generally sent their babies to the provinces. These families included women in domestic service and textile employment who were not permitted to have their infants with them during their very long working hours.

Invention of modern railroads

The development of railways had made it feasible to farm out babies at greater and greater distances from urban centers, generally to the wives of small farmers in the poorest regions of France. These women had scant time to attend to the babies they took in. Only the disruptions of World War I put an end to this intricate commercial system; it was replaced not by increased maternal breastfeeding but by the increasingly "safer" artificial feeding. ✦

Barbara Dunlap
New York, New York USA
chefoo200010025@yahoo.com

Thank you to new and renewal members! Appreciation to those who donated to the La Leche League Breastfeeding Helpline-US that helps over 6,000 callers per year.

Moving? New email? Contact Sue at Suesteilen@comcast.net to update your membership file.

You Might Like to Read

…try one or more, the choice is yours…

If you enjoy Mary's book column or are inspired to read one of these books, Mary would love to hear from you.

The No. 1 Ladies Detective Agency by Alexander McCall Smith, 1998, is a charming series with wonderful characters. Precious Ramotoswe decides to open a tiny detective agency in a small village in Botswana, which she considers the best place in the world, or at least in Africa. These are gentle mysteries with clever resolutions by a fearless, caring, portly woman. Mr. J.L.B. Matekoni keeps her white van running, as he tries to convince her to marry him. This book is full of short and delightful happenings which make you feel good during and after reading it.

The Madonnas of Leningrad by Debra Dean, 2010, tells the story of the siege of Leningrad by the Nazis via an elderly Russian woman who worked at the Hermitage Art Museum. Over 2000 people sought refuge and lived in the cellar of the Hermitage during the siege. As the paintings were taken down and hidden, Marina memorizes them and their proper places. She wants to be able to help put them back when the siege is over. She described the paintings so vividly to any who wished to "tour" the halls with her that people could actually "see" them. Now she is going in and out of these memories while living in USA, with her husband Dimitri, and getting ready for her granddaughter's wedding. Her Alzheimer's disease is confusing her family who are trying so hard to understand what she could be talking about. Beautifully written and poignant!

Rainwater by Sandra Brown, 2009, is the story of Ella and her son Solly who has autism. She is a 1930s widow who runs a boarding house in a small town. Mr. David Rainwater comes to rent a room and changes their lives. He has cancer and not long to live, but while there, he deals with a bully who has the sheriff in his pocket and the farmers who are having very tough times. Ella and David fall in love. This story is powerful in several ways. An excellent read!

Half Broke Horses by Jeannette Walls, 2009, is told in the first person by the granddaughter of Lily Casey Smith about Lily's life in the 1920s, 1930s, and 1940s mostly in Arizona. Lily was a no-nonsense, resourceful, hard working, daring, spectacularly compelling woman. By age six she was helping break horses. At 15 she rode her pony by herself 500 miles to be a teacher in a one room school house! Lily married Jim, "the parachuting cowboy." Are you "hooked" yet? I loved this one even more than Ms. Walls' first novel, *The Glass Castle*. ✦

Mary Gisch,
Westchester, Illinois USA
giscmary2@att.net

Alum Exhibit and Photos at Illinois Area Conference

Brenda Glover, Rebecca Magalhaes, and Judy Torgus (in photo) were at the Alumnae exhibit table at the Illinois Area Conference in March. Sue Steilen helped out by bringing a logo fabric tablecloth and other supplies. LLL of Illinois provided the exhibit space free of charge to help promote the Alumnae Association. Rebecca made the arrangements for the exhibit and posted a photo of the exhibit on the Alumnae Facebook page. Membership flyers and past issues of *Continuum* were available. Many Leaders stopped by to look at the poster and photos and to discuss Alumnae activities. Two Alums paid their membership at the table and seven Leader "years of service" pins were sold. Marian Tompson and12 people joined us for an informal Alumnae dinner on Saturday evening.✦

Judy Torgus
River Grove, Illinois USA

BOOK REVIEW *The last issue announced Alum member Kay Lindahl's new book.*

Women, Spirituality and Transformative Leadership

Edited by Kathe Schaaf, Kay Lindahl, Kathleen S. Hurty, PhD, and Reverend Guo Cheen
Available from SkyLight Paths® Publishing, 2011

At the *Vancouver Peace Summit 2009,* the Dalais Lama spoke these stunning words, "The world will be saved by the Western woman.*"* A powerful challenge! (Why the "Western" woman? Because she is educated, affluent, and has the time.) In *Women, Spirituality and Transformative Leadership*, co-edited by LLL Alumnae member Kay Lindahl, you will meet women from a *rainbow* of backgrounds who are sensitive to a higher calling, who reach for the divine within and share a passion for saving a wounded world. Centuries past saw cruel customs and laws enacted to keep women on the back burner, stifling our innate passion for leadership, justice, peace, and service. In this collection of stories you will find teachers, business owners, nuns, psychologists, a film maker, and many more, all whose path to transformative leadership is informed not only by their careers, but also by a broad spectrum of faiths that propel them off the back burner into reclaiming their right to full participation in healing a world in crisis.

The concept of the Sacred Circle forms a predominant theme in this book. A clue that awareness of the value of circle gathering could be part of our primal DNA may be found in the discovery of the oldest known Sacred Circle, unearthed by archeologists in Turkey in 1994, and dating back to 12,000 BC. The practice of gathering in circles, sometimes a sacred object in the center, to share wisdom, knowledge, and to encourage and support each other continues to this day. Women, particularly, reach out to other women to share interests and goals: sewing circles and prayer circles. Let's not forget La Leche League, the circle that brought us all together. The book is a rich read, not to be raced through, rather sipped, one or two stories at a time, savoring each woman's experience on her journey to spiritual leadership. As alumnae we will recognize in ourselves a connection with these women as they remind us of the spiritual connection we felt with the mothers whom we helped discover the joy of breastfeeding.

In 1956 two women went home from a Sunday afternoon picnic and started a movement that transformed infant feeding practices around the world. The Dalais Lama should be pleased.✦

Ann Lillich
Lake Hughes, California USA
garrisonlil@gmail.com

Dates to Remember

- **April 2012:** New Alumnae Facebook non-profit "page" www.facebook.com/LLLAlumnaeAssociation Click "Like." Join the conversation. Choose news feed to receive Alum news between *Continuum* issues.
- **When you receive *Continuum*:** Look for LAST ISSUE on the back page. Note date on your calendar.
- **June 15** Send Web site Coordinator recommendations to Edna Kelly.
- **June 22-24** Annual Alumnae Council Meeting in Dallas, Texas during LLL of Texas Area Conference. http://texaslll.org/events/area-conference-2012
- **June 23** "LLL Alumnae Association—A Lifelong Connection," 2:30-3:15 p.m., session with the Alumnae Council, Doubletree Hilton Galleria, Dallas, Texas.
- **August 15** Last day to send articles to Fran.
- **August 15** Last day for reduced-membership offer for first-time Alumnae members.
- **August 15** Renew your membership if this is your last issue. Include email and ZIP+4 for Post Office barcode.
- **Summer and fall months:** Area Conferences are scheduled in Montana, Texas, Missouri, Eastern Pennsylvania, North Carolina and Wisconsin. Check with local Leaders for details at www.llli.org/webus.html
- **Fall 2013** The Alumnae Council is looking into locations in the Western United States for the 2013 Alumnae trip. More information in a future issue. ✦

DANDELIONS are Mother Nature's smile.

Being Together Was Welcoming and Fun!

The LLL of Massachusetts/Rhode Island/Vermont Area Conference was great! Over 25 Area Leaders who were accredited between April 2010 and February 2012 were honored with a special candlelight ceremony.

Co-Founder Mary Ann Cahill and Alumnae members Susan Giroux, Mary Jeanne Hickey, and I presented the session, "Alumnae Get-Together." The panel itself was small but powerful. Mary Ann talked about how much she enjoyed the St. Augustine trip, as did we. In addition, we mentioned more about what the Alums do in our Area and elsewhere. Alumnae membership forms, copies of past issues of *Continuum* were available. A St. Augustine photo album was displayed.

We had a great time attending sessions and helping with *Serendipity*, where attendees buy tickets for an opportunity to win

items. I try to find miscellaneous items I collected over the years as well as what others bring for the drawing table. This gives me a chance to find fun items in my house and do some decluttering—treasures that winners will enjoy.

Serendipity income was $200 for LLL of Massachusetts/Rhode Island/Vermont.

Best of all, my daughter was so inspired that she's going to begin again on the Leader Applicant path. Going to the Area Conference with Alumnae members, Sue, Amy Shaw, and Lou Ellen MacDonald, and many friends in the Area had her rethink leadership. She is pregnant with her third child and will be a great Leader. It's great to watch this up close and personal for me. It had been two years since the last Area Conference. For us, without a Conference for so long, just being together was welcome and fun. It will improve steadily from here. ✦

Ann White
Scituate, Massachusetts USA

2012 is the Year of the New Alumnae member!
Tell your LLL friends about the offer for first-time members. A great gift idea, too!

Offer for First–Time Members: Join Alumnae at Reduced Price!

To current/retired Leaders/LLL Members: Are your days full of La Leche League activity now? Wherever you are on life's journey, the LLL Alumnae Association welcomes you with a smile. Connect with the values and wisdom that began with the common bond of breast-feeding. The Alumnae Council has enjoyed meeting Alums at gatherings and trips. This year our focus is on *connecting*.

Membership includes three issues of *Continuum*, the Alumnae newsletter, and helps the Alums support the LLL Breastfeeding Helpline-US. The special offer is for the $15 reduced rate ($5 off regular membership fee) and ends August 31, 2012.

The offer is available:

- To current/former LLL Leaders/LLL members
- To any new member (does not apply to current members/renewals)
- As your gift membership to an LLL friend who is not an LLL Alumnae member
- Online at http://lllalumnae.org/join with payment via credit card, PayPal, or check
- By mail. A friend may use the *Join* form on the back page. Send contact information and $15 check made out to *LLL Alumnae Association* to: Patti Hope Lewis, Treasurer, 4303 Ashwoody Trail NE, Atlanta, GA 30319.

Questions regarding a renewal or new membership?
Contact Suesteilen@comcast.net. **Join by August 31, 2012 to take advantage of this special opportunity!** ✦

Alumnae Association Searches for Web Site Coordinator

The LLL Alumnae Association is searching for a new Website Coordinator. Send your recommendations to Edna Kelly, Alumnae Coordinator. She would love to have your suggestions for a new Alumnae team member! The details are below. Remember, training is available for an Alumnae member who is a newbie to web work. The Web designer has designed the site, framework, and pages (rooms). The Web Coordinator moves the furniture around, maybe adds a new table or lamp on a page, a new picture here and there, new rug, removes an outdated bedspread or pillow, and adds the latest designer version, or a wall decoration here and there. She removes outdated information and replaces it with updated text, like copy and pasting. You may want to imagine yourself in the position. **Take a few moments to contact Edna by June 15, 2012 at:** edna0812@gmail.com

Opportunity

to be Web site Coordinator & an LLL Alumnae Council Team member!

Responsibilities

- Member of LLL Alumnae Council, decision-making team for the Association
- Participation in Council conference calls, monthly and as needed
- Participation in Yahoo! email list for Council Members
- Mentor website volunteer team through online discussions, as needed
- Collaborate with website designer, as needed
- Monitor and post website changes, with input from Council
- Post updates to the Yahoo! ALLLumnae group and Alumnae Facebook page
- Expenses related to the position are submitted for reimbursement
- Current member of the LLL Alumnae Association
- Has Web site knowledge, skills, and interest or willing to learn and participate in orientation and training
- Ability to communicate well orally and in writing
- Ability to delegate tasks and work collaboratively with others
- Contribute to Alumnae newsletter, *Continuum*, as needed

Time Commitment

- 5 hours a week
- 3-year term

Benefits

- Opportunity to promote the mission and goals of the LLL Alumnae Association
- Opportunity to meet current/former LLL Leaders and LLL members at Alumnae gatherings
- Be part of the Alumnae Council team planning, goal-setting, budget, and trips
- Increased knowledge and growth in online communication skills
- Personal satisfaction

If you are interested or would like to recommend someone for this position or need more information, contact LLL Alumnae Coordinator, Edna Kelly at edna0812@gmail.com by **June 15, 2012.** With a recommendation, please include contact information and a brief summary of the candidate's involvement with LLL and the LLL Alumnae Association. ✦

Did You Know?

Read *Continuum* online: http://lllalumnae.org/Publications Read onscreen. Adjust the font size for your eyes!

The Womanly Art of Breastfeeding is available for download on an iPhone, iPad, or iPod touch with iBooks and on a computer with iTunes.

If you hear about a Leader who has died recently or years ago, log on to http://lllalumnae.org/Memories-Stories then select "online form" and enter: name, city, state/country where she served LLL, obituary, and year of death. The name will be added to the ***We Remember*** list and the collection of memorials written to honor deceased Leaders. Or send the information to Nancy Franklin at: nancyblake.franklin@gmail.com for posting online.

What's in your dictionary? Christine Baumgartner, relationship expert feels that men and women have different internal "dictionaries." "Women talk to feel connected. Men talk to share information." Author Deborah Tannen, linguistic specialist, writes about different conversational roles women and men play. She says that a wife may ask her husband, "Would you like to stop for coffee?" He replies, "No thanks." They don't stop. The wife wanted to stop and "became annoyed because she felt her preference had not been considered." The husband became frustrated when he saw that his wife was angry. For some reason, she did not say what she wanted. It's about learning each other's dictionaries—even when our children become adults. ✦

LLL Alumnae Association Council Contact Information

The LLL Alumnae Association Council is the decision-making body for the organization, its projects and activities.
An annual Council Meeting is held, usually in the fall or spring.
The Council stays up-to-date through regular reports and conference calls held monthly and as needed.

Alumnae Association Coordinator
Edna Kelly
eekelly@swbell.net
Finance/Treasurer
Patti Hope Lewis
pjbalances@bellsouth.net
Membership/Secretary
Sue Steilen
suesteilen@comcast.net
Publications/Continuum Editor
Fran Dereszynski
dereszyn@verizon.net
Alumnae Representative Coordinator
Gail Gesley
gmgesley@gmail.com
Member-at-Large
Pam Oselka
Poselka1945@att.net
Member-at-Large
Judy Torgus
Torgusjudy@yahoo.com
Website Coordinator
Position Open

From the Mail Bag

One of the things I love about summertime is celebrations and get-togethers—weddings, birthdays, and graduations. It paves the way for graduates to start college or graduate school in the fall, or begin a new job. Young family members are on their own journeys into their future. In my family, a milestone event was my aunt's 102nd birthday in May.

My aunt recalls living and working on a busy farm, milking cows, operating the milk/cream separator, harnessing horses to wagons and sleighs, and doing housework –in her early days. For her 21st birthday, she traveled 600 miles by train to the big city of Boston, Massachusetts, experiencing electricity, indoor plumbing, and the telephone for the first time. Summer is an opportunity for visits from relatives, picnics, vacations, and stay-cations (relaxing at home). This is a contrast to changes in life's circumstances for mothers and Leaders who commit to being caregivers to a spouse, parent, or family member or perhaps worked with hospice during a loved one's final days. Memories flood our hearts with flashbacks during grief periods. We carry the happy times that flicker intermittently as we go about our routines. It is the support of friends and family that helps us endure what the circle of life brings.

Readers' comments. Barbara Mullins from Arkansas wrote, "Fran, I sat down and devoured the latest *Continuum* the way I used to with *LLLI News* and later, *New Beginnings*. Excellent issue." Ginny Braun from Michigan mentioned, "I finally had a chance to sit down and read the last issue cover to cover. I was interrupted every other time I tried. I want to tell you how much I enjoyed it! I almost felt like I'd gone on the St. Augustine trip! I also loved the story about the college student moving across the country and the highlights of the DePaul University exhibit. I hope to see that exhibit next time I am in Chicago!"

Mary Gisch's book column has been well received.

- 🕮 I read *Samurai's Garden, Cutting for Stone* and *Unbroken*. All excellent choices. We are reading *Night Train to Lisbon* by Pascal Mercier. A favorite was *Shadow of the Wind* by Carlos Ruiz Zafon. Great story! Definitely like the idea of a regular column.
- 🕮 I read three out of the four with a book group. They were wonderful! Great column as a regular feature!
- 🕮 I like reading book summaries and recommendations, so I'm in favor of continuing a book column.
- 🕮 I love the idea of a book review column. Personally, I am excited to hear about *Beyond the Sling* by television actress Mayim Bialik.

Send me your contributions for:
• What Your Grandchildren Call You?
• How did you, as a grandmother, cope with this situation: A daughter who was not able to successfully breastfeed.
• Topics of interest to Alumnae.

Send articles to dereszyn@verizon.net **by August 15, 2012.** Articles selected for publication may be edited for length, clarity, and adherence to LLL journalistic guidelines.

Until next time,

Fran

Published May 10, 2012

LLL Alumnae Association Newsletter
Fran Dereszynski, Editor
5502 Maryport Drive
Huntington Beach, CA 92649

RETURN SERVICE REQUESTED

**PRESORTED STD.
U. S. Postage
Huntington Beach, CA
Permit #810**

Words of comfort, skillfully administered,
are the oldest therapy known to man.
– Louis Nizer

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 LLL Alumnae Association! _ _ _

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:

Patti Hope Lewis, LLL Alumnae Treasurer
4303 Ashwoody Trail NE, Atlanta, GA 30319

Questions? Contact Patti at: pjbalances@bellsouth.net

• Pay by credit card/PayPal at http://lllalumnae.org
• To pay by check, mail this form:

Enclosed is: ☐ $15, first-time member, until 8/31/2012
☐ $_____ membership for __ years(s) $20/year
☐ $ _____ donation
☐ Check to *LLL Alumnae Association*

Current LLL status:

☐ Active Leader ☐ Retired Leader
☐ Current LLL member ☐ Former LLL member

List Skill/Talent/Resource to share with Alumnae:

**Used for the Post Office barcode*

Name _____
Address_____
City _____
State/Province _____
*ZIP+4 Code _____Country_____
Phone (_____) _____
Email: _____

Used for membership reminders