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 26, No. 1 January - April 2013

Special Offer! Give the Gift of Membership to a Friend!

Renew and add a friend who is not a current member for $15:
February 1-April 30, 2013
See p. 11 for details.

Alum Trip to Albuquerque/ Santa Fe, New Mexico
October 24-28, 2013
Information on p. 6.

In This Issue

1 Staying Connected with Grandchildren
2 From the Mail Bag
2 Alumnae Council Contact Information
3 Ways to Communicate with Grandchildren
3 LLL: A Community of Friendship and Sisterhood
4 Update from Mary White, LLL co-Founder
4 North Carolina Area Conference
4 Meet Charlene Lipman, New Alumnae Representative for North Carolina
5 Learning American History Up Close and Personal
6 A Life Tapestry of Special Memories: You Are Invited to the 2013 Alumnae Trip
8 Meet New Alumnae Representatives for Florida, New Jersey, and Colorado
9 He Sped Away as I Held My Hat
10 Readers Write: Texting, Hurricane Sandy, Surprise Boxes
10 Book Reviews by Mary Gisch
11 I Learned So Much New Information!
11 Gift Membership Offer for a Friend
12 Order Pins for Leaders Years of Service

Staying Connected with Grandchildren

As a child, I can still remember our Sunday visits to both my maternal and paternal grandparents. Our maternal grandparents lived on a farm where our Sunday dinners brought the local cousins together. The hikes down the path to the edge of the farmland, feeding the chickens in the yard, and picking the eggs from the nests have become visual reminders of our constant family. From their farm we drove back to town for our Sunday afternoon visit with our paternal grandmother and aunt. Our Papa Naquin died from a heart attack on Christmas morning before I was two, and so I have no memories of him. Family time has been the basis of my childhood, which I have tried to carry into the lives of our five children although our family has never lived close enough to their grandparents for Sunday visits.

My mother was so faithful to write weekly letters which I read to my children and which always had a picture sketched by my dad. Several times during the year a package of treats would be delivered that brought excitement and established a bond between them and their distant grandparents. Weekly telephone calls with both their paternal grandmother and maternal grandparents kept that connection strong through the years. Hugs and kisses were major acts of love whenever we traveled back to visit our families in south Louisiana. Their paternal grandmother expressed many times how she wished our family lived closer so she could have those hugs and kisses more often. Their paternal grandfather died at the age of 53, two years before our first son was born.

Now we are the grandparents with only three of our seven grandchildren living close to us. Today is a technology age, which makes it easier to stay in touch, but forces us to learn skills that our grandchildren are so comfortable with. However several times a year, especially for holidays, we have kept my parents' tradition of sending a box of age-appropriate treats to our distant grandchildren including gifts for their parents, our adult children. These include reading books, markers, paper tablets, chalk, work books, and small games that tell our grandchildren we are thinking of them although they live far away. Our oldest grandson is now ten and we have sent items to support his science project or money to pay for piano lessons, which are now guitar lessons. One family just moved to a new location. To help them financially we are paying for the daycare to ensure our granddaughter is cared for by a qualified childcare center. Also, gift cards are sent throughout the year for meals outside the home to support our daughters-in-law who are juggling part-time work and mothering their young children.

Telephone calls with our families have helped ease our aching hearts that desire personal visits, but accept sometimes our physical bodies cannot endure the three hour car ride. For a while we would iChat with our grandchildren. But after our computer hard drive crashed, that program has not been reconnected. Many families Skype with their grandchildren, but we have not used this type of connection. FaceTime with our iPhones has become a weekly thing between our two-year-old granddaughter and us. She demands her time with us—her MonMon and Papa Doc. Her parents lovingly allow her to do this. Since the birth of their third child, our oldest son has also used FaceTime, which allows us to enjoy the new activities of his infant son. [FaceTime is for video calls over Wi-Fi, a feature on some iPhones.] Texting is now our way of keeping up to date with family happenings with our adult children; we feel that this could be a good way to connect with our grandchildren in future years. *(continued on p. 3)*

From the Mail Bag

With the holidays behind us and the arrival of winter's colder temperatures, I like to curl up with a blanket and read a book. Reading is a journey to another place and time. It widens my perspective for the coming year. Looking back reminds me that Alum friends and family members have dealt with challenges and triumphs. For some, it was a child or adult who received an award from his/her peers, going on a long desired cruise or vacation, a new grandchild, a college graduation, weddings, downsizing to a new home, a new job or volunteer commitment, attending a local LLL event, etc. Other unforeseen events for some members were a surprise health issue to live with, cancer/chemotherapy, immobilization from a fall/broken bone, hip or knee replacement surgery, a spouse or family member's health changes, and the heartaches of a friend in hospice care, or the death of a loved one.

Special gift for a friend is an offer for current members or new members who add a discounted ($15) gift for a friend who is not a current member! This opportunity is a chance to introduce the friend to what is happening with the LLL Alumnae Association and receive three issues of *Continuum*. It also is an opportunity to increase our membership base. Please share this offer with interested friends who are not current members. More information is on page 11.

So grateful: http://www.medicaldaily.com/articles/12936/20121029/chilling-brain-scans-show-impact-mothers-love.htm is the link to an article on the impact of mother's love on a child's brain size. It was shared with Alums on the ALLLumnae Yahoo! Group. **Liz Healy** of Murraysville, Pennsylvania, replied: "I forwarded this email about brain development to my daughter who had her first baby, my first grandchild. I included a comment about how important her work as a mother is right now." Her daughter's reply: "Thanks, Mom, that's really encouraging. I've thought a lot about you over the last few months. Thank you for everything you did for me and my brothers and sisters—you did an amazing job and I'm so grateful." Liz added: "All of you in La Leche League do an amazing job of nurturing mothers. I am so grateful that you were there for me and now for my daughter."

Thank you, **Brenda Glover,** for coordinating the Alumnae's December eBay auction for two batches of LLL logo fabric and LLL cookbook *Whole Foods for the Whole Family*.

Upcoming LLL conferences to share with family and friends: Kansas; Massachusetts/Rhode Island/Vermont; Garden State; So. California/So. Nevada; Michigan; LLL Alliance Leader Development Seminars; Sunshine State; Pennsylvania-West; and LLL US West Face2Face Conference. Check with local Leaders for details at www.llli.org/webus.html.

Write for *Continuum*! What's on your mind? Do you have a story for "Life after LLL" or "The Long Arm of La Leche League." All articles are welcome. Send to dereszyn@verizon.net by April 15, 2013. May 2013 hold many blessings and bring you peace and joy.

Until next time,

Fran

LLL Alumnae Goals

- To ensure the existence of LLL for upcoming generations of mothers, children, and grandchildren–including our own
- To develop a network of information and support among members
- To promote LLL's mission and philosophy in our communities
- To locate and keep in touch with retired Leaders worldwide
- To assist in the development of Alumnae groups in communities and Areas around the globe
- To undertake special projects

Patti, Gail, Sue

Pam, Judy, Edna

Fran

LLL Alumnae Council

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
edna0812@gmail.com

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 & Member-at-Large
Pam Oselka
Poselka1945@att.net

Member-at-Large
Judy Torgus
Torgusjudy@yahoo.com

Online Communications Coordinator
Gail Moak
gmgesley@gmail.com

Continuum is published three times a year. Articles selected for publication are based on space available and may be edited for length, clarity, and adherence to LLL journalistic guidelines. © LLL 2013
Published February 8, 2013.

Staying Connected with Grandchildren *(continued from p. 1)*

Yes, as grandparents we need to establish a bond with each grandchild and keep it strong through consistent acts of love—through personal visits, telephone calls, mailings, texting, FaceTime, etc. Although miles may keep us apart from our grandchildren, as mothers we understand how important unconditional love is to children and adults. Listen and follow your heart and it will guide you through your role as grandparents. As my dear mother would tell me, "If you do it with love, your actions will cause no harm." So let's continue to shower both our adult children and our grandchildren with love, which our hearts know is the best way to nurture humans! Happy grandparenting! ✰

Linda and Vin McGrath, "MonMon and Papa Doc" to seven grandchildren
Starkville, Mississippi USA
mcgrath004@bellsouth.net

Ways to Communicate with Grandchildren

We live in Henderson, Nevada. Our grandchildren live in Fort Worth, Texas, and Kansas City, Missouri. Phone calls work better for the older grandchildren (7 and 11) in Texas, but not so much for the little ones (2-1/2 years and a four-month-old) in Kansas City. Skype and FaceTime on our iPhones works best for the younger children. The parents of the older grandchildren don't have iPhones, so FaceTime is not an option. While Skype is an option, I find it's hard to coordinate with the children's many activities and friends, such as overnights with friends. There's the difference in time zones—two hours later than where we live.

I work three days a week. On those days, they are asleep by the time I am home from work. Our granddaughter Lauren (11) has recently started to text me more than she used to. We send a couple of text lines back and forth on most days. I told her she can text or call me anytime. She's starting to go through a "tween" stage where she can be at odds with her mother at times. While I try to respect my daughter-in-law's guidelines and the do's and don'ts for their family, I want my granddaughter to know I'm there for her to communicate—even if it's texting. Lauren and I also connect via Facebook since her mother allows her to have a presence there with supervision and she is also careful about security settings. I feel much closer to her than I was to my grandmothers at her age. Both of my grandmothers lived on the East Coast when we moved to California. Long distance phone calls were a big deal back then. We didn't have many opportunities to communicate like we do nowadays. I tried to write letters to Lauren, but that was more one-sided from me. I guess that doesn't seem so attractive in this day and age!

Visiting is sporadic. We need to fly to the states where both families live. That usually means we see each family two to three times a year. In 2011 all three adult children and three grandchildren here at our house for the holiday and to celebrate my 60th birthday on Christmas Eve. Even though getting together was "my dream," I found that while it was a lot of fun, there was also a good bit of typical family drama—as always happens with many people in the house! In addition, my father (88) lives in Southern California in our old family home. He would prefer that my husband and me are there with him during the Christmas holidays. We feel torn during the holidays, for sure. The fact that he's getting older and may soon need to have more care from me is *another* story—circumstances many of you are experiencing, I'm sure.

I'd love to hear more about how others keep up the communication. I know I miss the little cuties all the time. I just came home after spending two weeks in Kansas City and helping my daughter after the birth of her new daughter last fall. I was exhausted! I'd forgotten how much work it is and how tiring it can be with an active toddler. They have too much energy! The baby was a breeze, of course, and spent most of the time in her mother's arms and being nursed. ✰

Marie Bevins
Henderson, Nevada USA
marie@negrino.com

LLL: A Community of Friendship and Sisterhood

Last summer I had an experience that represents the community of friendship and sisterhood created through my involvement in La Leche League (LLL). I want to share it with you. In 2002 I was a speaker at the LLL of Georgia Area Conference and first met Phoebe Kerness. We are both LLL Leaders, sharing common values, wisdom, and knowledge of grief issues. We had a sense of humor that clicked. We discussed our children, views on LLL experiences, and topics too numerous to count. We also talked about our religions—Phoebe is Jewish and I am a Christian. In the following years, when we worked together to plan several Alumnae trips, I came to know Phoebe and her husband Jules.

I had no I idea that this would lead me to treasure them both as part of my life.
I am a board member at my church. The church went through leadership changes last summer. A search for a new priest was in progress. A nearby synagogue was going through similar changes after the senior rabbi and his assistant resigned. These parallel happenings at the synagogue and at my church were striking. During this time, I was also dealing with several crises in my life. Then I received a voice mail from Phoebe asking me to call her when I had the chance. Phoebe's voice made me smile! I returned the call. Phoebe's news was a rabbi she knows from Savannah, Georgia, would be the interim rabbi at a local San Antonio synagogue. Phoebe spoke highly of the rabbi's community building expertise, leadership talents, and listening skills that helped her community heal in a time of need. It reminded me of skills we learned as La Leche League Leaders.

Years ago, I worked at the local Jewish Family Service and came to know people involved with the Jewish community. As we talked, Phoebe told the new rabbi about me and that I had worked at Jewish Family Service. Then I called my friend on the synagogue board about the wonderful recommendation my friend Phoebe had given about their interim rabbi. She was pleased to hear the personal recommendation. I don't know of any other organization in my life that has provided this kind of connection that spans time, place, faith, life, and culture as La Leche League has for me. I feel blessed on so many levels. I suspect many Alums have similar stories. ✰

Nancy Franklin
San Antonio, Texas
nancyblake.franklin@gmail.com

Update from Mary White

September 27, 2012. I just finished reading the latest issue of *Continuum*. I enjoyed every minute of it. Thanks for including the Founders' contributions. We aren't able to get together much anymore, if at all, since we live rather far apart from each other. Mary Ann Cahill and I don't drive that much. I do get out in the car to go to the store and to church, and…lucky me!…to the dentist (whose office is less than a block away). But as to tooling off to McHenry, or even Evanston—there's *no* easy way to get to Evanston from River Forest—that's pretty much out of the question. I wish I had a solution to that problem but my children who live in the area are all busy all the time. Well, we'll work something out, I hope.

I'd like to "update the update" [published in the last issue]. In August 2012, my youngest daughter Liz gave birth to my 61st grandchild Charlotte Elizabeth, her seventh child and sixth girl. Their son Sean doesn't seem to mind being surrounded by girls, though. He's tough! Liz and Tom Dillon's oldest daughter is at Thomas Aquinas College in California, where Clare's two oldest girls, Elizabeth and Madeleine, and Molly's two girls Sara and Tess are also studying.

I now have 73 great-grandchildren. I wasn't even sure I counted right, but daughter Clare figured it out for me. Bless them all. Some I have not seen yet, and others I was able to meet for the first time last summer in Marysfield, our vacation home in Montague, Michigan. It's about a three-hour or four-hour drive from my home. Son Bill and his wife Cathy have a place right next door to it. Bill's son Paul was in Iraq [not in Iran]. Joe and Susan's son, Rory was also in Iraq a couple of years ago. He came home after having an [explosive device] blow up next to his ear, leaving him in not such great shape. He's home now and slowly recovering from Post Traumatic Stress Disorder (PTSD). Joe and Sue have five other children and a flock of grandkids. Jeanie has two sons who are orthopedic surgeons. Jake is in San Antonio, Texas. John is on a fellowship for a year at Lenox Hill Hospital in Manhattan, New York. (An interesting place to bring a family of four young children.) They will be there for a year and then, who knows? Mike and Deb now have six grandchildren, scattered all over the United States. Above is a photo taken in June 2010 with (most of) my daughters, starting on the left with Anne; Molly Smillie, holding her youngest (8th) William; Katie Thornton; Mary Dooley; Clare Daley; and Liz Dillon. Missing is Jeannie Stirton (who lives in Texas). I do get carried away, don't I? But I just needed to catch up on all this, in case anyone ever asks. ✰

Mary White
River Forest, Illinois USA
gregsmary1@att.net

Memories of 2012 North Carolina Area Conference

The conference was held in October at Great Wolf Lodge near Charlotte, North Carolina. This was LLL of North Carolina's 45th anniversary so several former ACLs (Area Coordinators of Leaders) and CLAs (Coordinators of Leader Accreditation) attended. One featured speaker was Robyn Roche-Paull, author of *Breastfeeding in Combat Boots.* One of the sessions she presented was "Body Modification and Breastfeeding." The conference center had an indoor water park, activities and games for all ages, and arcades–very nice for families with children. Many families enjoyed activities and Halloween parades, compared to the small number of LLL families present that weekend. A couple of Alumnae members had a wonderful weekend together. Barbara Parker and I roomed with North Carolina Leaders Martha Tempest and Amy Macumber. Barbara donated many framed breastfeeding pictures and jewelry to the silent auction. There was a nice poster about the LLL Alumnae Association on display at the Conference, too. ✰

Carroll Beckham
Wilmington, North Carolina USA
cbeckham@nc.rr.com

Meet Charlene Lipman, New Alumnae Representative for NC

I have four children (ages 32, 27, 23, and 18) and two granddaughters (ages 5 and 2-1/2). My daughter became a Leader two years ago and is the Web Mistress for North Carolina. I have been an active Leader for 28 years, and have been a District Advisor in several Areas: Florida, Pennsylvania, New York, and North Carolina where I have lived for the past 16 years. I was married for over 25 years and now I am single. I have been a registered nurse for five years and returned to school to further my degree—studying with many deadlines for classes. For the North Carolina Area Conference last October, I made a poster to promote the Alums. Recently I composed a letter to send to retired Leaders to promote membership. ✰

Charlene Lipman, AR for North Carolina
Asheboro, North Carolina
charleniebeanie18@yahoo.com

Learning American History Up Close and Personal

When I started researching my ancestors ten years ago, I had a notebook my aunt had put together after talking with my maternal grandmother, and some old family photographs as a jumping off point. This was just at the beginning of the explosion in online genealogy research. I had no idea how addictive my new hobby would become! I have been surprised how much I was helped by connecting online with distant cousins (previously unknown to me) who generously shared their research and family photos for our common ancestors. I have also been surprised by how much history I have learned along the way.

To do this research, one has to be a bit of a detective and look for clues. My biggest dead end, or *brick wall* as genealogists call it, involved my father's ancestors. For his mother's parents, I could trace their families back to the revolutionary war and even further. But on his father's side, my dad didn't even know who his great grandparents were. I knew my dad's paternal grandmother was Fannie Reddish and the year of her birth, but I didn't know where she was born, or who her parents were.

One of my early successes came when searching the census records online. I found Fielding Decatur Reddish, a tailor and merchant in Frankfort, Kentucky in the mid-1800s, with a 19-year-old daughter, Fannie, living in his household. Even though she was newly married to someone I'm not related to, she was the right age and I knew it was the right family because Fannie (who later remarried) named her own son Fielding Decatur Morrison and he went on to name my dad Fielding Read Morrison. This Reddish ancestor was one of the earliest settlers in Frankfort, Kentucky, and his journal (where he wrote down what he bought and sold in a general store) is in a museum there.

My dad's paternal grandfather William S. Morrison's parents were harder to trace, but I finally did trace them to Cincinnati through some painstaking online research. When I posted online, I heard from a distant cousin who was able to corroborate that Abram Morrison, a ferryboat pilot in Newport, Kentucky, and his father Jacob Morrison, a carpenter in Cincinnati, Ohio, were the founders of my Morrison family line and were buried in Cincinnati. I traveled there last summer to photograph their graves.

Sarah Ann Morris
nurses her son circa 1870

When I look at the famous daguerreotypes of the Cincinnati waterfront in 1848, I can imagine my Morrison ancestors there, Jacob building fast to keep up with the rapid growth of the city, and Abram ferrying people back and forth across the river. View images at wired.com/magazine/2010/07/ff_daguerrotype_panorama/all/

When I trace any family lines further back in time, I find ancestors on the Eastern seaboard. That is because it was only in the 1800s that westward expansion really picked up steam. It is interesting to learn about the growth of our country and why and when each family migrated further west. In my mother's family some very old photos were passed down to us. One is of my great-great grandmother Sarah Ann Morris nursing her infant son in 1870. In 2008 I wrote a *New Beginnings* article that is online at llli.org/nb/nbjanfeb08p25.html. I also have the journal that Sarah's sister Lizzie wrote in 1851 as they moved from North Carolina and settled in northern Georgia. I am trying to write an article about that journal for a genealogical magazine. I will probably donate the journal to a museum before my death. I know my son, a history teacher, would take good care of it, but who knows about future generations. In addition to a recipe for pound cake (one pound of sugar, one pound of flour) and lists of how many shirts and pants she sewed for which members of the extended family, Lizzie gives lists of births and deaths, including those of their few slaves.

Our American history is very complicated and I have ancestors that fought on both sides of the Civil War. Another complication is that when these particular ancestors settled in Georgia they took up land that was vacated about ten years earlier when the Cherokee Indians were made to leave their lands and set forth on the Trail of Tears. I have some other ancestors who spent some time preaching the gospel to the Cherokee. I wish I knew more of their story. If I were a better writer, I would write a historical novel about some of this and other stories that are too complex to go into in such a short piece. I have written my family history in a document with pictures inserted for my siblings and all of our children to enjoy.

If one can go back far enough, one's relatives are sometimes even mentioned in historical documents. My direct ancestor George Helmer fought in the War of 1812 and his brother Adam Helmer was the hero of the book and movie *Drums along the Mohawk.* He ran 30 miles to warn settlers that the British and Indians were coming in the War of 1812 in New York State. These families had came from the Palatinate (an area in present day Germany) which was devastated by war in the early 1700s. They fled to England and then were sent to New York State to cut down trees to make masts for British ships. They were granted land by Queen Anne.

Many of my ancestors have been in the United States a long time, which makes my research easier because a lot of the information has been placed online. If your ancestors are more recent immigrants, don't despair. More international documents are being digitized all the time and this research will be easier in the coming years.

To get started, two good free websites are familysearch.org and findagrave.com. You might even be surprised if you do a Google search with your ancestor's name and the date of his/her birth or death. Should you become addicted like I am, you may find that ancestry.com has done a good job of putting a lot of resources together in one platform and a basic US membership is worth the annual fee. Happy sleuthing! ✯

Julia Morrison Griffith
Osprey, Florida USA
juliagriffith@msn.com

A Life Tapestry of Special Memories: You Are Invited to the 2013 Alum Trip

"I have come to believe that having a good life amounts to creating a tapestry of priceless moments and memories."

This quote from newspaper columnist, John W. Fountain, is an appropriate way to begin our invitation to all of you to join us on the next Alumnae Trip when we visit the Land of Enchantment in Albuquerque and Santa Fe, New Mexico. Having fun and sharing good times with old and new friends will add to our life tapestry of memories. There are so many places to visit and sights to see in Albuquerque and Santa Fe that it was hard to plan activities for just a few short days. Some of you may want to come early or stay longer!

Special group rates at Hotel Albuquerque at Old Town will be available for three days before and after the trip dates. The reduced rate is $99 (plus tax) per night for double occupancy. Our Group code is 1310ALUMNA. For more hotel information or to make your room reservation, go to www.hotelabq.com or call the hotel at 505-843-6300 or at 1-800-237-2133. The Registration Fee for the trip and complete itinerary will be published in the next issue of *Continuum* and available online in early June. At this time, our tentative schedule includes:

Thursday, October 24

3:00 p.m. is Hotel Check-in. If you arrive earlier, you can walk to Old Town for a quick look at some shops and art galleries.

It may also be tempting for those of you who are outdoor enthusiasts to visit the nearby Rio Grande Nature Center for a short hike (1.7 miles) along the Rio Grande River. Another hiking opportunity for those who are able to arrive earlier in the day would be to visit the Petroglyph National Monument. There are hiking trails that wind through ancient rock carvings and volcanic geological formations. Those who want to self-organize these nature hikes can contact Pam at poselka1945@att.net for more information. Hikes will not be included in our Trip Itinerary, but we know some of you may be interested in this unique opportunity to get outdoors and enjoy the beauty of New Mexico.

4:00-6:00 p.m.
Registration. Meet and Greet in the Club Level Lounge, a Hospitality Room set aside for our use throughout our stay.

6:30-9:30 p.m.
Fireplace Room at Hotel Albuquerque. We will enjoy a Welcome Dinner together as we share something special about ourselves in order to get to know one another better.

Friday, October 25

9:00 a.m. We will start the day with the traditional *We Remember* ceremony to give recognition to Leaders who have passed away in recent years. Be sure that any names of deceased Leaders from your area are included by checking the Alumnae Web site at www.lllalumnae.org/We-Remember or send names to dereszyn@verizon.net

10:00 a.m. We will get an overview of Albuquerque by taking a 90-minute Trolley Tour that will take us to see the highlights of this beautiful city and drop us off at the Plaza in Old Town.

12:30 p.m. We will have lunch together at La Placita, a historic restaurant in Old Town featuring traditional New Mexican cuisine.

2:00-3:30 p.m. We will walk to the nearby Albuquerque Museum of Art and History for a 30-minute guided tour. After that, we will enjoy some free time to visit the shops and galleries in Old Town.

Dinner on your own.

7:30 p.m. Cultural entertainment event, not yet scheduled.

Saturday, October 26

Attendees register for one choice on Saturday's agenda: Travel to Santa Fe or to the Albuquerque BioPark.

8:00 a.m. Option 1. Leave the hotel for a trip to Santa Fe via Rail Runner Express . Enjoy a 30-minute Trolley Tour to see the highlights of this historic city which has been the Capital of New Mexico for more than 400 years. Visit Loretto Chapel and the Palace of the Governors. We will be dropped off at the Plaza to have lunch together at one of the many historic restaurants with free time afterwards to visit the shops and art galleries. Return to Albuquerque via Rail Runner Express in the late afternoon.

Rail Runner Express to Santa Fe

Sightseeing Train around BioPark

9:30 a.m. Option 2. A chartered van will pick up the Alums to visit the nearby Albuquerque BioPark, where the Albuquerque Zoo, Aquarium, and Botanical Gardens are located. A sightseeing train takes you around the park with "on and off" privileges so you can select where you want to spend your time. Lunch will be on your own. The group will return to Hotel Albuquerque in the late afternoon.

6:00 p.m. Dinner on your own.

8:00 p.m. A Special Alumnae Variety Show is planned for our evening's entertainment. Refreshments will be served to add to our enjoyment!

Sunday, October 27

9:00 a.m. Brunch together in the Fireplace Room and a Brainstorming Session will be held so that all the Alums can contribute ideas and suggestions for the future.

1:00 p.m. A chartered van will take us to the Indian Pueblo Cultural Center to see the unique cultural art displays, watch a demonstration of Native American dancing, and learn more about Native American history. Lunch will be on your own in the Pueblo Harvest Cafe. We will return to the Hotel Albuquerque in the late afternoon.

6:30 p.m. We will get together one last time for a Wine Tasting and Dinner at the nearby St. Clair Winery, which is walking distance from the hotel.

Monday, October 28

Hotel check-out and good-byes.

(continued on p. 7)

Albuquerque Old Town

Local artisan

Albuquerque Museum of Natural History

A Life Tapestry of Special Moments: 2013 Alum Trip *(continued from p. 6)*

Those who may be able to stay for a few more hours or an extra day may want to self-organize a hiking trip to the Rio Grande Nature Center or Petroglyph National Monument. For details contact Pam Oselka at poselka1945@att.net

Those of us on the Alumnae Council have been excited about planning this trip! Everyone has participated in the trip planning decisions. Judy Torgus has taken the lead in making the arrangements with help from Fran Dereszynski and Edna Kelly. We are all pleased that Phoebe Kerness will be acting as a trip consultant for us and making the arrangements for those who want to stay in Albuquerque on Saturday instead of visiting Santa Fe. Phoebe was the Trip Planner for the Alumnae trips to Savannah, Georgia; San Antonio, Texas; and Philadelphia, Pennsylvania.

Pam Bridgmon and Joan Meyer, Alums from Tucson, Arizona, will coordinate the special variety show featuring talented Alums on Saturday evening. Contact Pam at pam.bridgmon@gmail.com or Joan at Cjmeyer40@aol.com if you have a special musical talent you'd like to share. Do you sing or play an instrument? Any comedians out there? How about a reading of original poetry? All talented Alums are welcome to be a part of this new Alum Trip special event!

Some have asked if the LLL co-Founders will join us in Albuquerque as they did in St Augustine in 2011. The answer is "We hope so!" All four have been invited and the Alumnae Association is hoping to coordinate donations to pay their expenses. More details will be in the next issue of *Continuum.* Most of the locations we plan to visit are a short walk from the hotel. We will arrange for transportation to locations that are not walking distance. You will need comfortable walking shoes and a warm jacket in case the temperature cools off, especially in the evening. Albuquerque is known for its sunny weather, so we don't expect to need umbrellas!

The Land of Enchantment is waiting for us! Add these special moments to your life tapestry of memories by joining old and new friends in Albuquerque, New Mexico, on October 24 to 28, 2013. Watch for the full Trip Itinerary, Registration Fees, and Registration Form in the next issue of *Continuum* and online in early June 2013. ✰

Judy Torgus
Alumnae Council, Member-at-Large
Torgusjudy@yahoo.com

Join old and new friends on the 2013 trip with the Alums!
If you are not able to attend, trip memories will be in Continuum in 2014.

Touring the city with the Albuquerque Trolley Company

Hotel Albuquerque Cafe Plazuela and Cantina

Dancers on plaza

Reminders

- **The *We Remember* list of deceased Leaders** is online at lllalumnae.org/We-Remember and you may submit names online or send the name, date of death, state or country, and obituary link to Fran at dereszyn@verizon.net
- **Renew by April 30, 2013** to receive the next three issues of *Continuum* if LAST ISSUE is on the back page above your mailing address.
- **Moving or changing your address?** Send address and email changes to suesteilen@comcast.net for the current database. Thank you.

Julia

Nancy

Sue

Cathy

Meet New Alumnae Representatives for FL, NJ and CO

I have been a Leader for 29 years. My husband Larry and I have one son Ben (31), a high school history teacher, who was married last spring. They live in Kissimmee, about two hours away. I led LLL meetings for a short time in St. Louis, Missouri, and then for about 20 years in Toledo, Ohio. For the past seven years, I have been leading meetings in Sarasota. The LLL of Florida and Caribbean Islands Area conference last October went well. It was great to see LLL co-Founder Marian Tompson again, as well as Diane Wiessinger, MS, IBCLC, co-author of *The Womanly Art of Breastfeeding*. Turnout was better than expected and all the speakers were great. Alumnae flyers were included with most of the packets given to attendees. The 2013 Alum Trip Save the Date cards were placed on tables at the Sunday morning gathering when all attendees were together. The conference for LLL of Sunshine State will be October 4-6, 2013. I hope to be there, too. As AR, I have been posting on the Facebook pages for the two Areas in the state: LLL of Sunshine State and LLL of Florida and the Caribbean Islands. I hope to begin emailing former Leaders to encourage them to join the Alums.

Julia Morrison Griffith, *AR for Florida*
Osprey, Florida USA
juliagriffith@msn.com

I retired as a Leader in 1990 after 14 years of active leadership. I am originally from Chicago. My husband Jim is from Michigan and is retired. As a registered nurse, I work full time as a Labor and Delivery nurse but plan to retire soon. We have been in New Jersey for 30 years. Our family moved ten times with my husband's job, so LLL was "home" to me in every location! We have seven children (three girls, then four boys) and seven grandchildren with a new one soon expected. Three of my children live close by; four live in other states: Pennsylvania, Ohio, and Northern California. When I visit my daughter and grandchildren, we are busy morning to night. I love it! I look forward to being a co-AR with Sue Hudler.

Nancy Lau, *Co-AR for New Jersey*
Mountainside, New Jersey USA
nanlaurn@aol.com

My husband John and I have been married for 40 years. We have lived in Toms River all our lives. If you've seen the television show *Jersey Shore*, our home is about a mile away from Seaside Heights where it is filmed and where Hurricane Sandy destroyed much of the coastline, homes, and amusements in late October 2012. We have two sons (38 and 34) and two grandchildren (12 and 10). We expect another grandchild in April 2013. Our home is busy with the comings and goings of the grandchildren. I have been an active Leader since 1981 and lead monthly LLL meetings with a wonderful, young, enthusiastic co-Leader. Since 2006, I have been a Communication Skills (CS) Instructor and was also an Assistant Communication Skills Department Administrator for the LLL Alliance for Breastfeeding Education Area Network for five years. I remain in the Communication Skills Department (formerly known as Human Relations Enrichment or HRE) as an adjunct member working on revisions and development of CS workshops and sessions.

After returning to college, I became a registered nurse in 1990, and worked in the hospital obstetrics department for almost 20 years, usually the night shift. After a total hip replacement three years ago, I became disabled and can no longer work at bedside nursing. I have been an IBCLC since 1985, have a private lactation practice and do three or four home visits a month. So, as life has changed drastically for me in the last few years, I am still content and happy with my family all close by, and thrilled to be able to continue to help nursing mothers, their babies, and LLL Leaders.

As co-Alum Rep with Nancy Lau, we would like to see the number of New Jersey Alumnae members increase, and plan Alum get-togethers. I look forward to working with Alumnae Representative Coordinator Pam Oselka, the Alumnae Council, and Alumnae members.

Sue Hudler*, Co-AR for New Jersey*
Toms River, New Jersey USA
suehudlerrnc@gmail.com

I became an LLL Leader in 1983 in Chicago, Illinois. My three children are: Ray (31), Steve (29), and Bradley (22). The older two are on their own. My youngest is finishing his last year of college. I have lived in Colorado Springs, Colorado since 1985 and have been an active Leader here. Until 1995, I led with the evening LLL Group. I have held various Area Council positions including District Advisor, and Area Treasurer. Currently, I am an Associate Area Coordinator of Leaders/ Chapter Leader, mainly for the Leaders and Applicants in Colorado Springs and the surrounding area, about a 40 mile radius. Things are spread out in Colorado! I continue to lead meetings on an as needed basis.

I graduated from nursing school in the mid-90s and began working with mothers and babies in a local hospital. Since 1998, I have been an International Board Certified Lactation Consultant and continued with my LLL work over the years. The empowerment I received from nursing my own children and being an LLL Leader gave me the confidence to go to nursing school and graduate. I enjoy working in the hospital. Our current project is the journey to become a Baby Friendly Hospital. It's exciting to develop ways for the hospital to partner with our community in this undertaking. Of course, LLL is a huge part of this, too. It has been advantageous for the hospital that I have maintained my LLL connection.

In my spare time, I read, garden, listen to authors, play board games with my family, visit museums, and frequent our local symphony. Working with new and experienced Leaders, Leader Applicants, and mothers in the community is what keeps me grounded. I admire the Leaders in my Area. As I think about my future, I see myself continuing to do this work and be around others who have this passion, too. As the Alumnae Representative for Colorado, I hope to join with Leaders, both active and retired, to provide a forum for those who are interested in keeping or beginning relationships. ✰

Cathy Janoka*, AR for Colorado*
Colorado Springs, Colorado USA
cjanoka@comcast.net

Mary Baker grew up in Salmon Arm, British Columbia, Canada. She was accredited as an LLL Leader in 1978 in Edmonton, Alberta, has held various Area positions, and has been a speaker at Area Conferences. She retired in 2005. In 1985 Mary and her husband Don moved to Southern California and now live in Thousand Oaks, California. They have three children and four grandchildren. Her youngest child Alan (20) was diagnosed with autism in his early years. Don and Mary have focused their energies on learning about autism therapies, being involved with support networks, and homeschooling Alan.

Over the years, Alan has worked to overcome his anxiety around crowds with support from his parents and local resources. Mary comments, "We celebrate his successes, made especially poignant because day-to-day living with him is very hard due to his rigid thinking." In 2012 Alan ran in local races that support charitable organizations and achieved notable times. His story is inspirational and reflects his parents' devotion to meet his ongoing needs as a young adult. You may contact Mary at Mary_Baker91789@yahoo.com The following article is used with permission from *The Acorn News*.

Fran Dereszynski, Continuum Editor

Autistic Man Leaves His Comfort Zone to Help Others

Adapted for *Continuum* from *The Acorn News* 6/28/2012, reported by Sylvie Belmond

Alan Baker, 20, runs more than five miles a day on his home treadmill. The autistic man from Thousand Oaks stays inside and avoids crowds because he feels it's easier for him to function. But on June 3, Baker clearly left his comfort zone and impressed all when he participated in the 2012 Love Run for Senior Concerns in Westlake Village, California. "Despite the fact that I'm autistic, I did it because I like to run and it was for a good cause—Meals on Wheels," said Baker, who finished fifth in his division, completing the 5K in 23 minutes, 31 seconds. "This was a huge accomplishment for Alan," said Jerry Bennett, who runs a behavior modification fitness program in Thousand Oaks and has been coaching Baker for more than six years. Bennett, a former Marine, uses psychology, physiology, occupational and physical therapy to develop physical fitness and mental well being in special needs children.

"For me, as somebody who works with these children, I know what Alan had to overcome to do what he did and do something to help other people," Bennett said. Although he's reluctant to do anything outside of his comfort zone, Baker decided to change his routine and participate in a crowded outdoor activity because he wanted to help seniors who are no longer able to shop or cook for themselves. "For an autistic young man to grasp that concept is just phenomenal," Bennett said. "He's very smart and logical, but emotional things don't make sense to Alan," his father said.

Alan Baker was almost six when he was diagnosed with autism. His mother Mary said that he is good with numbers but not very good with interpersonal skills and that "Alan was never interested in what the kids next door were doing." Like many people who have been diagnosed with autism, Alan Baker doesn't have well-developed life or social skills. It is difficult for him to engage in verbal and nonverbal communication. He has a reduced ability to read body language, so he may not pick up on a person's feelings through their words and actions. But that doesn't mean he's not sympathetic.

Chris Munch (in photo with Alan), a coach who accompanied Baker in the race, said the young man rationalized the pros and cons of running the 5K and consciously chose to step out of his routine to participate in the event for the well being of others. "He may have felt pressured, but at the end of the day, the decision to do it was his," Munch said.

People often ostracize autistic children, assuming they're incapable of interacting or understanding simple communication because they don't respond as expected. "But the reality is they need a different approach, clearer direction, and they're more than capable of doing 99 percent of the functions that average people do," said Munch, who is working toward a master's degree in mental health at the University of Southern California. Standing in the middle of the pack before the race on June 3, Baker suddenly began to sing the classic rock tune "Born to Be Wild." "I allowed him to go ahead and sing because it seemed like he was getting pumped up," Munch said. "He sang at the top of his lungs," and many other runners sang along. "Then before you know, he took off in a full-on sprint. He ran the race at a 10.5 mile an hour pace. I actually had to get him to slow down," said Munch. The coach added that he explained some running etiquette to Baker during the race so he could acclimate to the new environment.

In addition to running, Baker bowls, ice skates, rollerblades, plays drums and enjoys movie trivia, politics and classic rock. He is taking online math courses through Moorpark College in Moorpark, California. "He has a great memory. He can tell you any movies released on your birth date," said Bennett, who plans to hire Baker as an assistant coach this summer so he can mentor younger children with disabilities and earn his own money. Mary Baker said she and her husband strive to help their son become independent, adding that he would make a good accountant because he is good with numbers and prefers to work alone. ✰

Readers Write: Texting Grandchildren, Hurricane Sandy's Damages, Surprise Boxes

I use online connections: email, Facebook, texting, and an email loop that we share. The positive results are: connecting with people from my past that I would not ever have found or talked to otherwise, and able to reply to someone at the odd moments and times when I have a free moment which wouldn't be a good time to call or visit the person. Even so, I often feel that there is something missing from these types of communications. Sometimes I will call a friend and talk on the phone just to have a more personal connection. I look forward to the opportunities to go for lunch or to an event with friends or family to talk face to face. I guess it is about finding balance, as with everything else in our lives, in order to make the best use of modern technology without losing the human touch. ✰

Sue Jacobson
Buffalo Grove, Illinois USA
Sue1903@aol.com

My last issue of *Continuum* sat on my desk waiting for me to write a nice long letter and send my membership renewal. Well, I didn't find the time—lots of family needs—lost jobs, moves out of state with six kids – it's a challenge. *Continuum* was *absolutely one of the best*. I planned to read a little and go back later. I couldn't put it down. I read most of it at my first sitting and finished it in a day or so. I was saddened to hear about Mary Ann Cahill's atrial fibrillation. I am thankful her daughters were with her and all turned out well. Just as I was beginning to catch up on personal affairs beyond family, Hurricane Sandy, the worst storm of the century, hit Euclid and all of Greater Cleveland. I worried about my daughters in Connecticut and West Virginia mountains. I was not worried much about where I live (alone) until the immense Blue Spruce tree my husband Regis had planted, went down during the night. I am thankful it didn't hit the house. I had heat and light but no phone, computer, or television. A wonderful neighbor helped. Sons Brian and Dan did what they could although Brian was moving into a house in Pennsylvania. Dan was dealing with a job change! I enjoyed the book reviews by Mary Gisch. I plan to take them to two book discussions I belong to and talk about the best books we read and make plans for 2013. My reading was pretty much on the back burner in the last six months. I highlighted the Alum trip in October. We'll see if my health continues. I have been blessed tremendously. *(Margaret sent this via a handwritten note.)* ✰

Margaret Walsh Campbell
Euclid, Ohio

If you don't text on your phone and you have grandchildren whom you want to stay in touch with, you *need* to start texting! I have tried to talk my mother into it. She resists it completely, but *that is how* kids and young adults communicate now. My daughter only talks on the phone to her dad. She hates it, but she texts all the time. It's worth it to learn texting to keep the communication channels as open as possible. ✰

Kathryn Major
Independence, Missouri USA
kmajor816@comcast.net

I loved the last issue of *Continuum*. I love the book reviews and all articles—never get tired of reading them. My grandchildren live in California, three-hours' time difference. Phone calls are sporadic. Their use of email is limited. For several years, I send $10 a month to my grandson and include a note and interesting newspaper articles. It has built a connection. When my son and his wife share the children's interests, I find a box for related things they might use. They do not live near many stores as I do, so I find items at thrift shops and local discount department stores and send her a special box. ✰

Louise Cox
Windsor Locks, Connecticut
davlouc@cox.net

BOOK REVIEWS by Mary Gisch

You Might Like to Read...Choose one or more and enjoy!

Trilogies can sweep one away in time. An autobiography can share a life of moral courage.

The Bronze Horseman, 2001, ***Tatiana and Alexander: A Novel***, 2003, and ***The Summer Garden: A Love Story***, 2005, are by Paullina Simons, Russian born and raised in Leningrad. This World War II trilogy tells of a monogamous love, marriage, danger and determination. Tatiana, 17, lives with her family of six in a two room flat, during the Nazi siege of Leningrad. Alexander, a Russian officer guarding the city was born in America. His Communist parents are thought to be spies by the Soviets. Tatiana and her older sister Dasha fall in love with Alexander. Alexander has eyes only for Tatiana. The ice on the stairs in the apartment houses, the dead horses on the street, bread with sawdust stress the human will to survive. The Soviets jail Alexander for treason. Tatiana, full of love and courage, is bound for America with her unborn baby. I did not want this enthralling epic tale to end!

Big Stone Gap: A Novel, 2001, ***Big Cherry Holler: A Novel***, 2003, and ***Milk Glass Moon: A Novel,*** 2005, this delightful trilogy was written by Adriana Trigiani. She is from a small coal mining town in Southwest Virginia. The author captures the relationship nuances and the voices of the people. They come alive. Ava Maria Mulligan, 35, single, town pharmacist, has several very good friends, but no boyfriend. Jack McChesney, big and burly, a quiet coal miner is the town catch. Iva Lou gives lots of advice, especially about "Jack Mac." Ava Maria's mother's death changes things. The characters are well developed and full of a mountain of wisdom. Light hearted!

The Many Lives and Secret Sorrows of Josephine B., 1995, ***Tales of Passion, Tales of Woe,*** 1998, and ***The Last Great Dance on Earth***, 2000, are written by Sandra Gulland. This trilogy is a fascinating presentation of life in the 1700s with the focus on France and its territories. "I am 14 today and unmarried still," is the opening line from Rose as she writes in her diary before her arranged marriage to her later beheaded husband. Napoleon Bonaparte hears about this much-admired woman with a head for figures and chooses to call her by her middle name when he marries her. Josephine learns to love him, despite his family, and the many demands and trials they face. Their lives and love are fraught with danger as he campaigns in Italy, Egypt, and Russia. So much intrigue!

Infidel, 2007, is the autobiography of Ayaan Hirsi Ali, a woman in her 30s, from a Muslim family. Her life as a child fleeing from one civil war to another was harrowing. Her family had been in Saudi Arabia, Ethiopia, and Kenya. She lived through female mutilation, beatings, and complex clan cultural conflicts. As a multilingual asylum immigrant she fled to the Netherlands. She attended University, supported her sister, and became a Dutch legislator. She was a friend of the murdered Theo Van Gogh. Because she had escaped, she, too, was in mortal danger. The Netherlands felt they could no longer protect her, so they asked her to resign and live elsewhere. She lives in the United States. A courageous life! ✰

Mary Gisch
Westchester, Illinois USA
giscmary2@att.net

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

I Learned So Much New Information!

Last September Joan Meyer (Alum Representative for Arizona) and I attended a Leader Day in Phoenix, Arizona, where we spent the day at workshops presented by Kittie Frantz, RN, Certified Pediatric Nurse Practitioner-Primary Care. Her morning talks were designed for Leaders and Applicants. The afternoon segment was open to local mothers. Kitty presented multiple sessions including: "Why Would a Breastfed Baby Lose Weight?" "Growth and Development of Baby in the First Year," "Perceived Insufficient Milk Supply," "Breastfeeding Gadgets: What Is Helpful and What Is Not," as well as a fascinating "History of Attachment." It was amazing to watch Kittie's live demonstration of baby-led latch, especially as we watched her show how it was done by baby Liliana (a new Leader's baby), who had not done it before and did it perfectly.

Joan and I took a platter of dried apricots half-dipped in chocolate and rolled in sliced almonds for the Alum table to entice Leaders to linger and read the posters we made. The treats were a hit! We passed out Alum Trip Save the Date cards and membership brochures to join. Both Joan and I got to speak during lunch and made a personal invitation to everyone present to join the Alums, and shared a flyer to come on the Albuquerque trip. I suggested how much fun it would be to caravan with a whole Arizona contingency.

Joan and Pam

Poster on Alum Table

We also dressed up and wore hats! The young leaders seemed to like having us there, and loved our outfits. After the event, Kittie remarked, "It was a magical day. All the Leaders were of the new younger generation and reminded me of my early days as a mother in LLL. I became a Leader in 1964 in Southern California. I so often see LLL functions where all the Leaders are my age or slightly younger so it was fantastic to see LLL nurturing the new generation to maintain the flame. Good for them! They inspired me."

I thought the Leader Day was amazing! I learned so much at all of Kittie's sessions. I have no doubt that everyone's questions were answered and that they enjoyed being with other Leaders. All the information I learned helps me to assist my daughter who is a new breastfeeding mother. She is also a registered nurse in a local Labor and Delivery/Couplet Care, the ward for new mothers and babies, in the same hospital where she was born. It was a most excellent day! Joan and I originally thought we would leave early to return to Tucson (115 miles) before dark. The sessions were too good to leave. We were on the road at 5:15 p.m. and still made it back to Tucson during the long twilight. ✩

Pam Bridgmon
Tucson, Arizona
pam.bridgmon@gmail.com

The **LLL Breastfeeding Helpline-US** is one of the ways the LLL Alumnae Association supports LLL's mission: Since 2007, the LLL Alumnae Association has donated $13,260.00 to the Helpline. During the 2012-2013 fiscal year the Alums donated a total of $3,000, which is about 10% of the Helpline budget. The LLL Alumnae Association also collects donations for the Helpline; 100% of donations you give via the LLL Alumnae Association will be sent to the Helpline, in addition to what has been budgeted. Thank you for renewing your Alum membership as well as opting to donate to the Helpline. ✩

Giving the Gift of Membership: Special Offer Begins February 1

Snow will melt and the yard will be ready for family gatherings on warmer days.

This winter many of us stayed warm indoors during cold snap temperatures. Break out of winter! The Alumnae Council announces that it's time to warm up your Alum spirit—an opportunity for renewing and new members to give a gift to a friend who is not a current LLL Alum member. If your membership expires now or anytime this year, you can renew ahead of time and the expiration rolls over from the last date. It could be a gift for a birthday, Mother's Day, a retiring Leader, "just because you're a friend," or a special occasion. Marian Tompson says, "Joining the LLL Alumnae Association is a great way to stay in touch with LLL Leaders who have been a part of your life." A friend will enjoy the variety of articles in each printed copy received in her mailbox. Add $15 gift to the renewal or new member price for a total of $35. This gift offer is available during a three month period—February 1 through April 30, 2013. Use the back page of this issue to join by mail or join online at lllalumnae.org/join If you have questions, contact Edna Kelly at edna0812@gmail.com

If you become a new member or renew your membership, you are eligible to give a gift to a friend. April 30 is the last day to take advantage of the gift offer for a friend who is not a current member! ✩

LLL ALUMNAE ASSOCIATION

Fran Dereszynski
5502 Maryport Drive
Huntington Beach, CA 92649-4821

RETURN SERVICE REQUESTED

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

Leader Years of 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 at lllalumnae.org/content/leader-recognition-pins ☆

Special request from Treasurer: Photocopy or use this entire page to renew memberships by mail.

Yes, I want to keep in touch, support the LLL Alumnae Association, and join for $20/year. Make checks payable to *LLL Alumnae Association*.

Send checks to:

Patti Hope Lewis, LLL Alumnae Treasurer
4303 Ashwoody Trail NE, Atlanta, GA 30319
Questions? Contact Patti at: pjbalances@bellsouth.net

- Join via credit card/PayPal at lllalumnae.org/join
- Join by mail. *Please submit this entire page to expedite processing. Thank you.*

Enclose:

☐ $____ Membership for __ years(s) $20/year
You may renew for multiple years.

☐ $ ___ Gift to a friend $15/year; offer ends 4/30/2013.
Total will be $35 with one-year gift membership.
Include friend's mailing address.

☐ $ _____ Donation
- ☐ to LLL Alumnae Association
- ☐ to LLL Breastfeeding Helpline-US

☐ Check to *LLL Alumnae Association*

Current LLL status:

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

List Skill/Talent/Resource to share with Alumnae:
_____

Name _____
Address _____
City _____
State/Province _____
*ZIP+4 Code _____ Country _____
**Used for the Post Office barcode*
Phone (_____) _____
Email: _____
Used for membership reminders