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 27, No. 2 May - August 2014

Renew before 8/31/2014 to be on *Continuum* mailing list. Invite a friend to join. More details on back page of this issue.

Next Alum Trip Fall 2015!

Location to be announced in September - December 2014 issue and online at lllalumnae.org and at https://www.facebook.com/LLLAlumnaeAssociation

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Sometimes It's Not What You See, But What You Don't

By Laura Maxson, from *Grapevine*, Area Leaders' Letter for LLL of Northern California/Hawaii, Fall 1993, adapted by Fran Dereszynski for *Continuum*

My parents are moving. Now, this might not seem like a big deal to you, but for me it is. They have lived in the same house since I was four years old. Even though I haven't lived there since I was 18, I still think of it as home. I was upset to think this house, so full of memories, would be lost to me. I brought my video camera along to the last family gathering at my house. My plan was to capture on tape what this house meant to me. I began taping with a feeling of anticipation. I would have a wonderful record of my childhood. As taping progressed, I found that while I was capturing the house, I couldn't capture on film the memories that replayed in my mind as each room appeared in the viewfinder. I came to the slow realization that the memories were inside me and would be with me even after the house was gone. I suppose that "going home" will now take place in my mind. There is a new home waiting to be filled with memories of grandmothers, grandfathers, and grandchildren!

The frustration I felt about trying to capture my feelings on videotape is often the way I feel about explaining my involvement with La Leche League. When I try to explain it to those not involved with LLL, all they see is breastfeeding, not the intangibles that make up much of what I receive. They don't see the respect for my mothering choices, support for my day-to-day parenting, an ongoing personal growth emerging from the confidence of others, and the satisfaction of knowing that the work we do can have a huge impact on both the families we help and the Leaders we work with every day [or used to work with before retiring as a Leader].

I used to wish that La Leche League had a "better" name for what we do, something more accurate like "Breastfeeding Counselors," but now I see that this would not be accurate at all! The name "La Leche League" does not limit us to breastfeeding only. To a new mother La Leche League means help with breastfeeding. To an experienced mother it may mean support and continuing education, coupled with encouragement to pursue different avenues within the organization. La Leche League is like a family home. It means something different to each one of us. While it is primarily breastfeeding, there is much more that can't be captured on videotape.

From the Mail Bag

In early January, furniture in our living room was moved when painting was done. In the ensuing weeks of this makeover, I revisited family vacation albums and children's memorabilia in the cabinets, along with a 1957 8 mm movie reel of my husband's sisters in Detroit, Michigan. We viewed the movie years ago when we had access to a projector. "Sometimes it's not what you see, but what you don't," reminded me those memories are there but can't be seen today without a projector. The reel needed to be in today's digital medium. So the local camera shop converted it to a DVD so family members can view that time in our family history. This led to several weeks of decluttering items we "stashed" away to decide "later" what to do with them. It's been cleansing in many ways to decide what to keep, give circulate to family, or save for a garage sale. Thank you to readers who sent comments about the last issue.

- *"I thought I needed to email you and say how much I enjoyed the latest issue. Maybe some issues have more meaning for particular people, but I really enjoyed this one. Read from cover to cover."*
  Dotti Savoy, Lees Summit, Missouri, USA
- *"I found the article about falls and dehydration particularly relevant as I know my partner and I do not drink enough water."*
  Yvonne Foreman, Hamilton, New Zealand
- One member wrote, *"I especially love the book reviews and have ordered several good books that way."*
- *"Thank you for my latest copy of Continuum. I loved the item on 'Decluttering' and read it right away as I stood at my front door. I am in a continual state of decluttering over the past three years or so. I get so far, then I relapse and buy stuff again!"*
  Anna Burbidge, Public Relations/Media Director, LLL Great Britain

LLL Alum Charlene Burnett in the News!

From Sherry Pane, MSN, RN, CNE, IBCLC, Executive Director of Uzazi Village, from *Lactation Matters*, blog for the International Lactation Consultant Association, April 17, 2014

> *Charlene Burnett, BSN, RN, IBCLC, has been my primary mentor in lactation. She mentored me when I was a labor and delivery nurse…at a different hospital. She received special permission from her hospital to mentor me 500 hours in a year. I could not do this without her. She is one of my lactation consultant volunteers and the Director of Lactation Services at Uzazi Village. In her honor, the* ***Charlene L. M. Burnett IBCLC Scholarship*** *has been named and set aside for a candidate of color in the greater metropolitan area of Kansas, Missouri, and who has met all the requirements to sit for the IBLCE exam. It is a small way to thank her for all she has invested in Uzazi Village.*

Send comments and articles of interest to Alum members by August 15, 2014 to dereszyn@verizon.net

Until next time,

Fran *Continuum* Editor

The LLL Alumnae Association Facebook page is for current and former LLL Leaders, Alum members, and non-members to share their experience, reconnect with friends and network together. Tell your friends to "like" our page at https://www.facebook.com/LLLAlumnaeAssociation

❤ You'll love the daily items about Alumnae news, new issues of *Leaven* and *New Beginnings*, or breastfeeding in the news!

Pins for Leader's Years of Service

Prices start at $6 per pin (plus postage) with reduced prices for bulk orders. Available: Basic Leader pin (without years) and 5, 10, 15, 20, 25, 30, 35, 40, 45, and 50-year pins. Questions about an order? Contact Susan Geil at: susan4868@gmail.com

To view photos of pins or to place an order online, go to lllalumnae.org/content/leader-recognition-pin

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

LLL Alumnae Council

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

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Ideas for sharing *Continuum* after you read it:

1. Donate issues to an Alum gathering or Area Conference.
2. Share them at gatherings of active and former Leaders.
3. Mention membership when chatting with long-time friends.
4. Current LLL members, former members, or a friend who would enjoy being a member are included in the invitation to join. They don't necessarily have to have been an LLL Leader or LLL member. The welcome mat includes friends, sisters, mother, aunts, daughters, daughters-in-law––some of whom have joined us on Alum trips!
5. Of course, some members keep issues and may opt to donate them later.

Bonding Session with Forgiving iPad Leads to Instant Love

By Denise Irvine, from *Kaleidoscop*e, March 2014, LLL New Zealand's Journal for Retired LLL Leaders, reprinted with permission, adapted for *Continuum* by Fran Dereszynski

I spent a few days in bed recently with my new iPad.* It's been good company, the one bright spot during the second bout of a winter virus. I bought the iPad just before I became sick again. My son set it up and showed me a few things in a brisk/savvy manner that one's children adopt in these situations, always assuming one's mother has a greater grasp on technology than she actually has. I remained attentive, did a lot of nodding, saying quietly to myself that I would figure it out later. I could not help thinking that once upon a time it was the parents who took the lead teaching role here, but things change. Anyway, we stepped through the basics without incident. Then I gingerly tapped around (the screen) on my own. [As with most electronic devices today], there is no helpful iPad instruction book, just a card that tells you how to turn it on and off, and then follow onscreen instructions to set it up. You can, of course, download a manual or learn more from the website if you have the inclination.

I have always been a little behind to adopt new technology. My biggest push inevitably came from when I was working. We regularly updated to new systems. I am highly motivated by my fear of being left in the wilderness. That is what really prompted the iPad. I know it [having a tablet or electronic device] is old hat for many people. The iPad manufacturer, Apple, Inc., is up to version three. I thought if I don't get one soon, I will never catch up. So I took a deep breath and treated myself. What I have learned and want to share with anyone in a similar situation is that you do learn to navigate the device. You just have to put in the time.

The enforced bed rest provided brilliant bonding for my iPad and me. I maneuvered my way around various apps and settings, made mistakes, failed to figure out some tasks, started again, and miraculously made progress. The best thing is that it doesn't bite. It is very forgiving. If I got myself in a tangle or at an unplanned screen, I could start over with one click. I now read newspapers, magazines, and books on it, store photos, check social media sites, use it as a cookbook [useful size for the kitchen counter], and it is very handy for Skype and emails. Some parts still elude me and I need further consultation from my adult children. Maybe I really should download the manual? I have not half-tapped its potential but I have done enough to know I love it. It is now an extension of my right arm.

You do learn to navigate the device. You just have to put in the time.

Buying it was hard work, though, due to cavalier treatment by the sales assistant who dealt with me. To me, he looked like he was 15 years old. I think he thought I was 115 years old. It was not a match made in retail heaven. His manner suggested he wanted to take my money, get rid of me quickly before I did something silly--and I obviously did. I asked him about an external keyboard that I thought might be useful for writing stories when I am away from home, using it like a laptop computer. The assistant said I should get an iPad cover that had a built-in keyboard. He produced a sealed box that contained one. But because of the complicated packaging, I could not understand how to set it up with the tablet. There was no demonstration model. I asked if he could take it out of the box for closer examination. The assistant said that would be too difficult. So I politely pointed out that I was about to spend a large sum of money in the store. I wanted to get my fingers on the keyboard before I committed. He reluctantly undid the packaging. After I had time to try it, it seemed like a good idea. I produced my credit card. He bundled it all in a bag.

In hindsight, I probably could have gone elsewhere. But I guess I was geared for my big splash and reluctant to start all over again. This experience took the shine off something I'd been looking forward to for a while. It's always beneficial when a salesperson makes a difference. So it is a reminder to retailers that we baby boomers are sharp shoppers and we are of a generation that is loyal to good service. We go back to places where we've had a decent experience. We don't like to be written off or made to feel invisible. My next technological target is a smart phone. I've just been sent a voucher for one by a company as a reward for such aforementioned loyalty. There is no end to the learning curve.

* Customers have the option to purchase electronic tablets made by other manufacturers. Some distributors operate stores in large cities and offer a display of products, demonstrations, more sales staff, and classes to help tablet owners learn more about the features of these devices.

Thank You from the LLL Breastfeeding Helpline–US

As one of the most generous contributors to the LLL Breastfeeding Helpline-US, we would like to thank the LLL Alumnae Association for your continuing support. From the Helpline Administrative Council, the Helpline Director, and all the Leaders who contribute their time and talents to answer calls or return voicemails, it certainly takes your financial support to keep the Helpline active and responsive. Our newest Helpline volunteer, Patti Guzman, is an LLL Leader from West Nyack, New York USA. Patti answers live calls and returns voicemail calls from both English and Spanish language callers. She was kind enough to participate in the following interview:

Why did you decide to volunteer with the Helpline? I decided to volunteer because it's a practical and easy way to be active as a Leader supporting many mothers and babies.
What part of this work do you find most fulfilling? The most fulfilling part of this work is being available to a mother at a time of urgent need. These are often the most critical "make it or break it" moments for breastfeeding mothers.
What part of this work do you find most challenging? I find the most challenging part of this work to be when a mother truly needs hands-on help. I wish I could reach out over the phone!
What would you tell a Leader considering to volunteer with the Helpline? I would tell her that it's an easy and effective way to make a difference. The Helpline is fully automated and so well managed. As a Leader, you can set the parameters that best suit your needs, i.e., day, timeframe, privacy, etc. It is a sophisticated service!
If you could be granted one wish for the Helpline, what would it be? It would be more Public Service Announcements so mothers, family, and friends would know that La Leche League is just a phone call away.
Is there anything you would like to share with the LLL Alumnae Association? The LLL Alumnae Association has set a wonderful model and, with their financial support, leaves a strong legacy of continued service to breastfeeding mothers and babies.

Helpline February 2014 Balance Sheet

Beginning Balance:	$10,745.82
Helpline Subtotal:	$ 499.92
Ending Balance:	$11,245.74

Deposits to BB & T			$ 1,913.33
LLL Alumnae Donation	$	1,500.00	
In Memory	$	100.00	
In Memory Parry Fund	$	50.00	
Individual Donation	$	256.70	
Power of Seven	$	6.55	
Money Market Interest	$	0.08	
Debits			$ (1,413.41)
Stipends - Coordinators	$	(900.00)	
Stipends - Operators	$	(378.00)	
Vonage Business Solutions	$	(135.41)	

Laura Goodwin-Wright, Helpline Coordinator
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In Defense of Grandmothering

By Annie Horrocks, from "Growing Together," Northern California/Hawaii Insert for *LLLI News*, 1979

As we become mothers, our relationships with our own mothers undergo changes, and at times these growing processes can be painful. I am a mother, a daughter, and a grandmother. Each of these relationships is unique and special. Grandmothers really care about their daughters and their grandchildren. They, too, need help growing into this new relationship and the new relationships formed with adult children and their spouses. When we marry and have a baby, grandma loves to visit and be helpful.

"Don't you want me to give her a bottle so you can get some rest?"

"Won't it spoil him if you hold him so much?" A mother might feel attacked. What the grandmother meant was, "I'd love to hold my grandchild" or "I'm afraid you are getting overtired" or "Will I ever get to be alone with the baby?"

They, too, need help growing into this new relationship and the new relationships formed with adult children and their spouses.

"I love you and I'm concerned." Please try to look beyond the words used and see the caring. As we need to be educated as to how breastfeeding works, so do our families. Your mother (or in-laws) may not know that breasts do not work like bottles. A father or father-in-law may not know that breasts are not just sex objects and you are not breastfeeding to embarrass him. Many people do not know that babies grow well on exclusive breast milk, that loving a baby will not spoil him, but will grow into person who cares about all mankind. It is up to us to help them understand these things. Try to help your parents (and relatives) understand. But if you cannot, it doesn't mean that love should be withheld. A loving, extended family is of great value in our society today, and grandparents are important for our children.

Unraveling the Mystery: Membership Expirations in Web Store

There was a recent glitch for memberships in the Alumnae web store. Some members received duplicate renewal reminders even after submitting payment.

This update explains how this occurred. The situation is being addressed so the process is smoother for you. Minor malfunctions may be expected from time to time. Your patience is appreciated as we try to correct future discrepancies.

Q: How is an expiration date calculated?
A: Unless you renewed in the previous 30 days, current date of expiration is imprinted above your name on the back page of *Continuum*.

- For example, the back page indicates "LAST ISSUE" or "EXP DATE: 9/20/2014." LAST ISSUE means membership expires before December 31, April 30, or August 31, for the next mailing cycle. The previous issue would have the exact calendar expiration date. Some members opt to mark the date on a calendar to alert them when paying monthly bills.
- Renewals need to be received before or by above dates, before *Continuum*'s next mailing cycle in January, May, and September, to assure you receive that issue.
- If you renew early, the new expiration date is effective from the last expiration date.
- If you renew late, then *a new expiration date* will be created for one year *from when payment is received online or by postal mail.* Or if you renew for multiple years, the date is based on the number of years pre-paid.

Q: How does the renewal process work if I renew through the web store?
A: If you renewed through the store in the past, your transaction is in the online system, automatically sending an email reminder 30 days before the expiration date.

Q: Why did I receive a notice that my membership was about to expire if I already renewed?
A: There are several reasons.

- If you previously purchased a membership through the web store and later decided to renew by check, the web store may still send a renewal notice if an Alumnae volunteer has not manually updated the store records. Sometimes the time lag cannot be avoided.

Minor malfunctions may be expected from time to time. If you have questions contact Sue Steilen, Membership Coordinator.

- If you change your email address or use an email address different from one used for an original or previous purchase, then you will have more than one account in the web store system. A "previous purchase" might be a membership, a donation, trip registration, or an order for Leader recognition pins.
- A conflicting renewal notice may be generated from the account with both the original or other email address. Steps are being taken to correct this glitch.
- Payment may have been received after December 31, April 30, or August 31, the deadline for the next *Continuum* mailing cycle. After these dates, the mailing list for that issue is created.
- The renewal notice and your check may have crossed in the mail and not in time for when the new mailing list is compiled.

Q: Are there other methods used for reminders?
A: Yes. Sue Steilen, Membership Chair, uses this routine:

- She sends an email reminder.
- If there is no response to the email, then she sends a post card reminder.
- If you renew early, then your expiration date is effective from the last expiration date. If a member wants to pay bills early, due to holidays or being out of town, then her file will be adjusted. For example, if she renews in June 2014 but the expiration is in September 2014, then September 2015 will be the new expiration date.

Q: How will I know if membership payment was received?
A: It depends if you renewed through the web store or via postal mail.

- If you renew by credit card through the web store, the store emails a receipt.
- If the web transaction is pending receipt of your check arriving in the mail, the store is not able to send a receipt until the Alumnae volunteer manually updates store records.
- If you renew by mail and have an email address, receipt of payment is usually confirmed within approximately 7-10 days.

If you have membership questions, concerns, or receive reminders even if you renewed, contact Sue Steilen anytime at Suesteilen@comcast.net or call 708-301-0890.

Alum Leader Ginny Wilkinson Honored

The local newspaper, *Press Enterprise*, published this photo and report. "Ginny Wilkinson sits in the chair that Leaders and mothers of the Danville, Pennsylvania, LLL Group purchased and presented to her in February 2014, at the last meeting she attended before moving. They put her name on the chair and said in that way, 'Ginny will be at our meetings.' Ginny longtime member of a local church in Danville, and active LLL Leader was given a rocking chair in her honor. She devoted 36 years to encouragement and support for breastfeeding mothers. The rocking chair that Ginny received in her honor is in the church nursery." Ginny wrote, "At my farewell party, one of the Leaders made a heart-shaped cake with 'Thanks, Ginny' written on the top. I decided to move about two hours away to an adult community so I would be closer to my adult children and grandchildren. I am hoping to start a new LLL Group in my new community, north of Philadelphia."

Ginny Wilkinson
Schwenksville, Pennsylvania USA
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Cape Girardeau, Missouri, Retired Leaders' 40-Year Reunion

Back row: Brenda, Judy Fredrickson, Mary Meyer, Dodie, Liz, and Lee. Seated Carol Stoverink (had fractured ankle). Carol Balsman holds computer with Katy Williams on Skype.

I am a retired Leader and former Area Coordinator of Leader Accreditation. On March 15, 2014, I held a 40-year reunion for retired Leaders from cities near my home in Cape Girardeau (or Cape). Eight Leaders came from Cape, Jackson, Daisy, Perryville, Puxico, and Marble Hill. We Skyped with retired Leader Kathy Williams (founder of Childbirth Preparation Classes in Cape) and had photos from three Leaders who could not attend: Linda Hatlan, Chris Ludwig, and Kathy Wishnie. Those present had a total of 43 children, 84 grandchildren, and one great grandchild! Lee Stewart, wife of David Stewart, founder of the International Association of Parents and Professionals for Safe Alternatives in Childbirth (NAPSAC), had the great grandchild and Liz Froemsdorf had the most children (9) and grandchildren (36)! Dodie Eisenhauer was our founding Leader in this area and served as a District Advisor and Assistant Area Coordinator of Leaders. We shared news articles and photos from the past and relived some of "the most rewarding years of our lives," as Dodie said. Everyone caught up on our lives. Some of us are still working; some have retired from a job. Others are volunteering in the community. Our association with La Leche League and each other enriched our lives. Each woman left with information on joining the LLL Alumnae Association and a list of names and info to stay in contact with each other. Thank you La Leche League!

Brenda Seyer, Cape Girardeau, Missouri USA
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Western Pennsylvania's Alum Dinner & AreaConference: A Harmonious Day!

Nine women attended the Alum dinner held in March, the evening before the Conference. Usually there are more attendees. As you can see in the photo, the age range makes for lively conversations and a most enjoyable evening. While we ate, we listened to Celtic music, got to know each other a little better, and shared some giggles. Mary Lou Zeravica, active LLL Leader, was there with her daughter Carrie and her grandson Brody, loving the third generation breastfed baby. Mary Lou and Carrie (in photo) presented a conference session, "Mommy, Grandma, and Baby." They shared their experiences as a family breastfeeding through the generations and the importance of LLL's presence through the years. The Western Pennsylvania Area Conference was a success! As the Area Conference Supervisor, the day always flies by too quickly for me, though, since I love being with people in La Leche League!

Some highlights of the day
One of the exhibitors retired as a Leader 15 years ago and was a former Area Conference Supervisor. She commented,

> "I had a wonderful time at the Conference. I can't believe how connected I still am to La Leche League. There was a flow of emotion that I didn't expect when I went into the boutique area. First, there was the sad realization that my children are now older, and many of the baskets and other gifts no longer applied to me. Second, the tribute to the LLL Founders was just beautiful. I cried when I saw it. I had the realization that, because of these women, I am the woman and mother that I am today. We will definitely be back to exhibit next year."

The tribute was a display poster of photos of Founders Edwina Froehlich, Vi Lennon, and Betty Wagner who have passed. A candle and a string of pearls was on the table with a video of the Founders' photos running continuously on a laptop. Information about the Alumnae's latest trip, past issues of *Continuum,* and Membership Forms were available for attendees to take home.

A personal highlight for me was when I received a lovely gift from new Leader, Cass Aho, who was thrilled to win the Alumnae Basket at the 2013 silent auction. She and the mothers in her LLL Group made beautiful necklaces using the vintage LLL logo fabric. I felt fortunate that she gave one to me.

Thoughts from Cathy DeRaleau, Area Coordinator of Leaders:

> "The overall feel of the Area Conference really solidified this year's theme of "La Leche League: A Harmony of Concepts." It started with the Alumnae dinner, where we were able to share about ourselves in a more intimate setting. Conference Day brought with it a flurry of activity. There were so many wonderful people there, sharing information and experiences that the busyness of the day was not overwhelming. A retired LLL Leader, who still works with breastfeeding mothers, was the guest speaker. It was great to hear her perspective on a Leader's place in the world of a new mother. The exhibitors were personable and easy to talk to. One exhibitor, a retired Leader, was reminded of how La Leche League helped her when she was a young mother and is eager to come back again next year. Area Conference Coordinator Janet and the Conference Committee really pulled together a fantastic and informative event. It really was a 'harmonious' day!"

Janice Burtt
Pittsburgh, Pennsylvania USA
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BOOK REVIEWS

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

Wild Swans: Three Daughters of China, 1991, by Jung Chang is a terrific generational memoir from the early 1900s through 1976. Jung Chang's grandmother was a warlord's concubine; her mother was an early leader in the Communist party. The author served in the Red Guard at the age of 14. Their middle class family lived through Imperial China, the Japanese occupation, the civil war, the Communist regime, and Mao's many reversals of policies. The family did their best to survive and stay together. The author received a rare scholarship to study in Great Britain. How they survived is very moving.

Deadline**,** 2013**,** by Sandra Brown presents a complex mystery, fast moving, with likable characters. Dawson Scott, magazine investigative reporter, recently returned from Afghanistan, agrees to help his godfather, a retired FBI agent check out a hunch. He suspects long wanted husband and wife killers are involved in a recent murder. Carl and Flora are socio-paths, very smart and manipu-lative. However, they are getting old and she keeps a diary… need I say more?

And the Mountains Echoed, 2013, by Khaled Hosseini tells of a destitute family in a tiny village in Afghanistan in the 1950s. The children, Abdullah and Pari are motherless. Their father Saboor remarries and has a child. With too many mouths to feed, he regretfully decides to sell Pari (4) to a wealthy childless family. Pari moves with her stepmother to France. As an adult in San Francisco, Pari seeks her roots, barely remembering a brother named Abdullah. Lives touched with hope.

Major Pettigrew's Last Stand, 2010, by Helen Simonson takes place in the English countryside in the present day. I found this to be a delightful story about love in later years and across ethnic backgrounds. Major, a stuffy widower, falls in love with Mrs. Ali, a widow, much to the consternation of the village and his family. A secondary love story involves two young Pakistanis who are related to Mrs. Ali. Lots of character development to give you a chuckle!

Mary Gisch
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Recent Tribute Memberships

Tribute Membership offers the opportunity for a member to connect in a special way with other Alumnae members, colleagues, or cherished friends. The latest Tribute Memberships received for publication in *Continuum*:

2/25/2014 **Agnes Leistico, Lake Oswego, Oregon USA,** two years: "For LuLunn Sexton, Newberry, South Carolina, USA: Thanks for sharing your wisdom when I was a new Leader in South Carolina."

2/24/2014 **Barbara Sobey**, **Lynbrook, New York USA,** one year: "For Valerie Akner, Bradford Woods, Pennsylvania USA. In 1967, she was the LLL Leader who introduced me to a wonderful way to nurture my children."

3/3/2014 **Carol Meredith, Trappe, Maryland USA**, one year. No name listed.

3/10/2014 **Joan Crothers, Wakefield, Rhode Island USA,** two years: "Thank you, Martine Chazelle, L'Etang la Ville, France, for all you have done for mothers and babies everywhere."

3/16/2014 **Sandy Erickson, Englewood, Colorado USA,** one year. To Jody Nathanson, Redondo Beach, California USA: Thanks for being there for the many many times over these 50 plus years."

3/23/2014 **Barbara Werbel, Warren, New Jersey USA,** one year. No name listed.

4/10/2014 **Margaret Loffelman, Corunna, Michigan USA,** one year: "To Scottie Pritchard, Elk Creek, Virginia: saluting your energy during our years together in Germany and your energy actively leading in LLL now."

4/11/2014 **Susan Giroux, Chelmsford, Massachusetts USA**, one year: "In loving memory of Nana, Nicole Giroux, Chelmsford, Massachusetts USA for being a wonderful mother and grandmother."

4/11/2014 **Virginia Navarro, Glendale, Missouri USA,** two years: "From Grandma Virginia, to my breastfeeding daughter and two daughters-in-laws: Jess, St. Louis, Missouri; Tara, Cary, North Carolina USA; and Mary Beth in Charlotte, North Carolina USA."

4/12/2014 **Amy Clift, Austin, Texas USA** for one year: "In memory of Sandy Kugelman (deceased 12/6/2013) treasured friend and co-Leader. Your love endures."

4/18/2014 **Marti Miller, Raleigh, North Carolina USA,** one year: "For Margaret Campbell, Euclid, Ohio USA for her dedication to family, friends, faith, LLL, and lifelong learning."

4/22/2014 **Mary Jeanne Hickey, Weymouth, Massachusetts USA,** one year: "With love to my late husband, Charles V. Hickey, a La Leche League follower for nearly 50 years. Weymouth, Massachusetts USA."

4/23/2014 **Pat Stadler, Boone, Iowa USA,** three years: "To my daughter and two daughters-in-law who all nursed their babies, my grandchildren: Betsy Colvin, Boone, Illinois USA; Virginia Stadler, Boone, Illinois USA; and Darlene Stadler, Hoffman Estates, Illinois USA."

Thank you for these tributes to cherished friends.

Breastfeeding in the News

Review of journal articles, presented by Judie Gubala, LLL of Connecticut Associate Area Professional Liaison and Melissa Vickers LLL Leader, LLL of Kentucky/Tennessee, from *Leader's Digest* #2014-2: February 2014, © 2014 LLL Alliance for Breastfeeding Education, reprinted in *Continuum* with permission

Whose Choice? Advocating Birthing Practices According to Baby's Biological Needs.
Bergman J, Bergman NJ. *J Perinat Educ* 2013 Winter; 22(1):8-13.

Wife and husband Jill and Nils Bergman team up for this essay advocating that a baby's biological needs be the driving force for birthing practices. Most modern practices are based on convenience—often for the doctor, a determination to place quantitative parameters on the event—something measurable, and well-intentioned concern for the survival of the infant. Most of these routine practices and interventions are "often based on false assumptions not supported by the latest neuroscience nor tested in randomized trials." The Bergmans make a strong case for the importance of the birth process as a potentially life-altering event that has lasting impact on both mother and baby. As such, they argue that the *biological* needs of the infant be taken into account at this critical juncture.

What ARE the Baby's Biological Needs?

The transition from womb, where all of baby's needs are taken care of automatically in a warm, dark, muted environment, to the outside world, where he is dependent on someone recognizing and fulfilling those needs, and the environment is no longer warm, dark, or muted, can be a rude awakening for the newborn! What the newborn *expects*, in the most basic way, is that his mother will continue to meet those needs. She can provide the warmth and safe haven, and through breastfeeding can continue to nourish and protect him. The baby is biologically expecting to hear the mother's familiar voice and heartbeat, the mother's smell, the taste of breast milk, and warmth from her body. With these sensations, the baby will have a more stable heart rate, blood pressure, and breathing. All of these sensory signals from the mother's body help the baby to find healthy set points for all aspects of physiological function, which may last the baby's entire life.

Translating those needs into practice, the Bergmans recommend the following as routine practices:

- Placing the naked newborn directly on his mother's bare chest immediately after birth, drying him, and covering them both with a warm blanket.
- Recreating the womb environment as much as possible—dim light, warmth, and quiet.
- Keeping the baby skin-to-skin with the mother for the first two hours at least, and remaining in skin-to-skin contact for the first 24 hours "to keep uninterrupted access to the breast." Fathers or other family members can help with the skin-to-skin during this critical period.
- Minimizing any separation—eliminating it if possible—to prevent added stress to the baby. "Stress hormones rise rapidly in the baby and destabilize the baby. Stress hormones remain high during separation; 30-60 minutes of skin-to-skin contact is required to return the baby to healthy baseline."

Breastfeeding! Even if the mother has chosen *not* to breastfeed, "the baby's right to this immune booster [colostrum] should be honored and take preference."

A Voice for the Baby: The Kangaroula

Jill Bergman, a doula (among other areas of expertise) coined the word "Kangaroula" as an extension of the doula role:

> This could be seen as an expanded role of the doula, being support for the mother but emphasizing the infant, based on current neuroscience. So in addition to supporting the mother during labor, I am a voice for the baby's needs before and after birth, an advocate for the baby's birthright.

Translating Birthing Practices into Baby's Birthright Mode

Changes need to be made during labor and birth to accommodate the baby's biological needs that extend beyond just "survival," and need to include his right to bonding with his mother:

- Inductions with synthetic oxytocin—all too commonplace—interfere with the natural processes and the baby's hormonal coordination.
- Demerol for pain makes the baby floppy and unresponsive at birth.
- Lying in bed with a leg-numbing epidural that can also block the natural oxytocin stimulation of the mother's brain affects the "quality of the mothering experience."
- Health care professionals typically perform routine practical care of the baby rather than mentoring the parents to learn these skills.

What Does This Mean for Leaders?

La Leche League Leaders have been kangaroulas for more than 50 years. We speak for the baby and his needs, perhaps more so after birth than before or during, but we have the potential to help mothers learn what their newborns will expect on the most basic, biological level. We can empower mothers to understand these needs and plan births accordingly. Of course, not all births go as planned, and we need to help the mothers understand that some interventions are truly necessary to ensure survival of the baby. The mother who is "armed" with knowledge can be better equipped to go through labor and delivery with as few of the typical "routine" interventions as medically possible, and be better prepared to soften the effects afterward. Read the entire article at http:www.ncbi.nlm.nih.gov/pmc/articles/PMC3647724/

Marian Tompson Reactivates as a La Leche League Leader

Effective July 25, 2010 Marian resigned as an LLL Leader, stating that she "will be happy to return when and if LLLI returns to the principles on which it was founded and the mission it will serve." The details of her resignation were in "Marian Tompson's Resignation," in the September-December 2010 issue of *Continuum*.

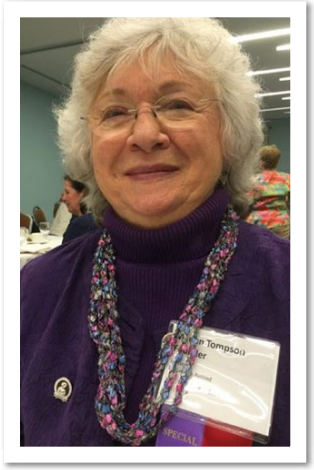
At the LLLI Board of Directors meeting held March 14-19, 2014, a report of the actions from the meeting was sent on April 16, 2014 to the LLLI Community and contained this statement, "Marian Tompson (co-Founder) was welcomed back as a Board member at the end of the Annual Session." Marian gave permission to share with *Continuum* readers what she wrote on her Facebook page:

> "To all my LLL friends I am thrilled to announce that with the ending of the LLLI Annual Meeting of the Board, minutes ago, I am now officially a member of the LLLI Board!"

On April 12, Marian attended the the Massachusetts/Rhode Island/ Vermont Area Conference. Marian gave permission to share this from her Facebook page:

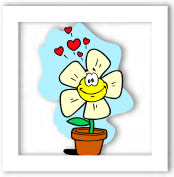
> "I truly believe that time has come [to return to LLLI]! I am thrilled beyond thrilled to be reinstated as an LLL Leader. Thanks to former LLLI Board member, Joan Crothers who figured out that it could happen right there at the MA/RI/VT LLL Area conference, to Amy Shaw for vouching for me, and to Darlene Utzinger, Associate Coordinator of Leader Accreditation, for signing my Statement of Commitment!"

Marian signs her Leader Commitment Letter to become a La Leche League Leader again!



Marian wears her very first (ever) New Leader pin

To all our Valued Alumnae Members



Thank you new and renewal members. We appreciate your support and donations! **Renew before August 31, 2014** if LAST ISSUE is above your mailing address on the back page. Don't miss an issue. You may renew for one or more years before the expiration date.

Alum Leader Recommends Book

Last fall when I retired, my sister-in-law gave me a book, *Younger Next Year for Women* by Chris Crowley. I have learned a lot while reading it. The author recommends exercising aerobically six days a week and doing weights at least two days a week. Putting this into practice is a challenge for me. But now that I have retired, we have been going to the gym three times/week. That is a start. I highly recommend this book.

Pat Purdy
Mission Viejo, California USA

Where Do I Send Names for We Remember?

We Remember is a tradition that the LLL Alumnae Association initiated at the 2001 LLLI Conference. You may submit names online at http://lllalumnae.org/node/add/we-remember or send the name, date of death, state or country, and obituary link to Fran at dereszyn@verizon.net

Texting and Walking: Affects Balance, Posture, Risks Injury

If you heard the expression, "let your fingers do the walking," it's a carry over from pre-cell phone days when people used big telephone books to look up a friend or business number. According to a study (from January 14, 2014 http://abcnews.go.com/blogs/health/2014/01/22/omg-dnt-wlk-n-txt/), texting or reading email messages while walking can throw off your balance and posture and increase the risk of injury.

The University of Queensland, Australia, research studied people as they walked *normally* and as well as when they walked with eyes fixed on the screen of smart phones.

- When texting, walkers ambled more slowly, moved their necks less, their heads more, hunched their shoulders forward, and deviated from a straight path, as if they were "elderly robots." They thought they walked straight but that was not the case. Their arms were locked, and their trunk and head were stiffly together in order to steady the phone in their line of vision. For older individuals, this rigid posture puts them at a greater risk of falling.
- Even if they used their eyes to scan the screen, they could easily wander off in the wrong direction compared to people who stroll hands free.
- An Ohio State University study revealed that in 2012, more than 1,500 people were treated in emergency rooms for cell phone-related incidents, compared to 559 incidents in 2004.
- For those who had accidents while texting, there were trips, falls, collisions with others, and walking into an obstacle. When in a heavy traffic area or near train tracks or intersections, it was more dangerous.
- If you do need to text, they recommend that you stop, move to one side, and then text. When done texting or looking at messages, it is safe to resume walking. Be safe. Other pedestrians are sure to thank you for it! It sounds like the jingle these days needs to be, "Stop walking and let your fingers do the walking or texting onscreen." ☙

Fran Dereszynski
Continuum Editor

"Learn to exhale. The inhale will take care of itself." Author unknown

Gratitude Can Keep Caregivers from Despair and Guilt

Adapted by Fran Dereszynski for *Continuum*, from February 2014 caregiver.com

I recently read tips on Caregiver.com and want to share them with you. I found strength and support on that site when I was a caregiver for my parents.

If you are a caregiver for a family member, it can be easy to find yourself in the clutches of caregiver guilt. You may know someone who is a caregiver at a distance, in a facility or at home. You are still a responsible caregiver directly or indirectly regardless of the illness or disease your loved one may be dealing with. At the same time, a caregiver's guilt can give way to another surprising feeling—gratitude. Upon reflection, the caregiver may say, "I am glad I had the chance to do this. Yet, I am sad that it wasn't until the caregiving was over at the end of their life. Gratitude kept me from sinking into the depths of despair over the guilt. It also helped me put things into perspective." Other points that can reduce guilt:

- Recognize your guilt feelings.
- Validate that it is normal to feel that way. Share your feelings without feeling ashamed.
- Be aware of family dynamics that can exacerbate or reduce guilt
- Be sure to let yourself appreciate all you do as a caregiver
- Finally take time to care for yourself in a way special for you. Take a break. Moments of silence are there when you let them come your way. ☙

News from LLLI: Our First in a Series of Apps

Many mothers today access information via their electronic devices. LLLI is close to finishing our first in a series of apps, which will provide access to key breastfeeding topics, mother-to-mother forums, and the location of local La Leche League Leaders. ––– May 10, 2014 from the landing page at llli.org

LLL Alumnae Association

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Membership Form

(updated 5/1/2014)

Moving? Address changes or vacation hold does not forward bulk mail. Send changes early to suesteilen@comcast.net Thank you.

Yes, I want to keep in touch, support the LLL Alumnae Association, and join for $30/year US funds (add $8 outside USA)

- ✦ Join by postal mail or via credit card/PayPal at lllalumnae.org/join
- ✦ My current LLL status: ☐ Active Leader ☐ Former Leader ☐ Current LLL Member ☐ Former LLL Member
- ✦ Gift membership for a: ☐ Friend/LLL supporter ☐ Friend of Alum
- ✦ I would like to share a skill/talent/interest with Alumnae: _____

See page 5 if you have questions about membership expiration dates.

Name _____ Home phone (____) _____ Cell phone (____) _____

Address _____ City _____

Today's date _____Email _____ State/Province _____ZIP+4 _____Country _____

Email is used for membership reminders

☐ $ ____ ☐ **Renewal** for __ year(s) $30/year US dollars (add $8 outside USA)

☐ $ ____☐ **New member** for __ year(s) $30/year US dollars* (add $8 outside USA) You may join/renew for multiple years.

☐ $ ____☐ **Gift membership** for __ year(s) $30/year US dollars* (add $8 outside USA) as checked above.

☐ $ ____☐ **Tribute Membership** $50 US dollars* (add $8 outside USA).

from _____ to _____

(your name, city & state) (name of person, city & state)

_____

(Insert tribute, up to 15 words, why you wish to honor this person. Content subject to final review by the LLL Alumnae Association)

☐ $ ____ Donation to LLL Alumnae Association, unrestricted.

☐ $ ____ Donation to LLL Breastfeeding Helpline-US ☐ $25 ☐ $50 ☐ $75 ☐ $100 ☐ $_____ (write in amount)

☐ ___ List my name as a donor in *Continuum* and on the LLL Alumnae Association website, without amount of donation.

☐ ___ I prefer for my donation to be anonymous.

☐ $ ____ **Total.** Check payable to *LLL Alumnae Association.*

☐ Mail to: Sue Steilen, LLL Alumnae Membership Chair, 13958 Grenelefe Lane, Homer Glen, IL 60491-5922.