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 28, No. 3 September - December 2015

Requesting prayers and healing thoughts for Mary White, co-Founder of La Leche League

September 13, 2015: Mary suffered a stroke earlier this month. As many of you know, Mary's three sons are doctors. She is paralyzed on her right side and is bedridden. Currently she is at home with family members attending to her.

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Published September 22, 2015

Caring for Loved Ones: Part 2

Kim Moreno was thrilled to see her first article in print. Fran presented it to her in May when it was hot off the press at the So. California/ Nevada Network Conference. Kim presented a session, "Caring for Aging Parents and Adult Loved Ones."

Like a Bridge Over Troubled Waters: Uniting Your Village!

How strong is YOUR village?

We never know until we need it! You may remember I'm a registered nurse. What's more I actually teach nursing! Shouldn't I know how to be ready for troubled waters? I'm getting better, but I've learned some hard lessons over the last few years as my family and I navigated caring circumstances requiring "our village" to come together. The first came with the two-year illness of my Dad (90) and moved through to the end of his life. I lived 120 miles away, have five adult children (two with serious mental illness), five grandchildren, and a full time career. But I *am* blessed with six siblings. My sister, Rory, however was seriously ill with ovarian cancer, and I was deeply involved with her care. My sister Debbie is developmentally disabled, and under guardianship of my brother and sister. Not enough going yet? We had two weddings on the horizon! The point is that *most often* there are multiple simultaneous demands on "the village" both joyous and sad, competing for time, energy and resources!

When Dad became ill, at the end of a well-lived life, my two brothers appeared to be the natural caregivers because of proximity and availability. But they were unprepared by training or temperament to handle his demanding ways and complex needs. His care included a complicated medication regime, dressing changes, personal care, and daily doctors' appointments. Throw in general financial and household management like cooking, shopping, cleaning, and laundry! *(continued on p. 2)*

Like a Bridge Over Troubled Waters: Uniting Your Village *(continued from p. 1)*

My Dad, a 75-year resident of Los Angeles, California, had one wish––to die in his own home, the small rented apartment he had lived in for the past 27 years. But in the end my siblings and I and his 80 year-old "girlfriend," *forced* his move into a skilled nursing facility for the last chapter of his life. With the support of the hospice nurse and social worker, my sister and brother made arrangements for him to be moved to an acceptable facility without asking him. Together we confronted Dad with the news and the threat of abandonment of all who loved him if he didn't comply. It all occurred without warning on a single afternoon. I'm sure that Dad felt like he'd been arrested. To bear witness to suffering is always difficult but participating in stripping the last remnants of independence from such a vigorous man, our father who was both loved and sometimes hated, was unbearable. The toll on everyone was devastating. We thought he would die within days. He lived 12 more weeks.

In retrospect, if we been more proactive in exploring alternatives, then he would have been able to die at home as he wished. A year later, when my sister Rory's illness carried her rapidly into decline, my siblings and I stayed in close communication and coordination with each other and the support networks we had developed both inside and outside the family. Our goal was to ease her suffering, and share our grief while carrying the painful burden together. And we now knew how to plan for the inevitable. We had learned how much we wanted to maintain the cohesiveness in our relationships in the face of overwhelming difficulty. We recognized the physical and emotional stress on all who loved Rory, and the need to honor, with grace, our individual limitations. This enabled us to proactively seek help and support, and although painful, to communicate more directly with Rory about her needs and desires. She died at my home while I was at a Bible study meeting. I feel it was God working in my life! The lessons we have learned are helping us care for my mother, age 95.

Where we struggled

We did little anticipatory planning with my Dad, not even the recommended ones like advanced directives, power of attorneys, wills, and burial instructions. Why didn't he bring up the discussion? Yes, we talked about problems among ourselves but not solutions. We each established personal boundaries about our participation and adhered to them or collapsed trying. Like waiting for the knight in shining armor, everyone hoped someone else would step up. And we did not anticipate a period of grief tarnished with resentment about a lifetime of conflict. The physical and emotional exhaustion and the need for recovery were overwhelming. And we had different ideas about traditions and rituals following our loved one's death.

Communication strategies that work

Certainly having more resources to work with (money, insurance, people, places, social and spiritual support) adds to the options and can sometimes make things easier. For our part, we had little of the above but our greatest strength was the desire to protect our relationship with each other thorough difficult times, and spiritual strength to make it a priority. Communication was the cornerstone. As you enter your own "troubled waters," consider the following to strengthen "your village."

Family meetings have been shown to promote communication under stressful circumstances, such as end of life, especially when conducted proactively.

- Practice improving communication skills *during less stressful* times.
- Be a better listener.
- Encourage democratic approaches where all can have a voice, even the children and grandchildren.
- Reduce the potential for family members to become angry by mediating conflict before it impairs communications.
- Refrain from siding or blaming, learn to disagree without attacking, and agree to disagree.
- Examine consequences of behavior not intention behind it.
- Acknowledge your own contribution to misunderstandings.
- Use clear communication with words and non-verbal language match, for example, no "eye rolling."
- Try to see at least *some part* of the other person's viewpoint.
- Verbally express empathy.
- Learn to negotiate and make contracts, focusing on areas of agreement. *(continued on p. 3)*

Like a Bridge Over Troubled Waters: Uniting Your Village *(continued from p. 2)*

It's never too early to strengthen your village!

- Strive to think that everyone is doing all he or she can at this time.
- You are not the boss of them! You can't make others do what you want them to.
- Eat well. Get sleep. Exercise. Avoid reliance on alcohol or other drugs, and see to your own health.
- Laugh, yes laugh! Look for some pure fun even when others are desperately ill around you.
- Do your day job well.

Surprisingly, you can make your job be a place where you feel capable, useful, satisfied, and engrossed. This can be really helpful at a time when feelings of incompetence and futility dominate the other half of your life.

Lastly, broaden your support network. Don't expect your family to be your sole source of support. Sometimes it is harder to lift each other up than to find help elsewhere. Be open to assistance that comes from surprising places! There are angels everywhere.

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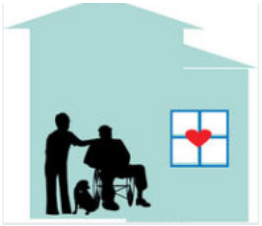

Recommended Reading
Can't We Talk About Something More Pleasant?: A Memoir (2014) by Roz Chast, cartoonist for *New Yorker* magazine and prolific author.

Tribute Membership: Another choice when joining the LLL Alumnae Association

In addition to basic Alumnae membership benefits, Tribute Membership offers a way to connect in a special way to **one individual**—an Alumnae member, colleague, family member, or cherished friend. Tributes are listed in *Continuum* and posted for one year on the Alumnae website. Become a Tribute Member any time; $5 of every Tribute Membership is donated directly to the LLL Breastfeeding Helpline-US. Both memberships help keep the LLL Alumnae Association moving ahead and will connect you to others who share a similar background in LLL. Copy or fill out the Tribute Membership Form in this issue and mail to Sue Steilen. Or go to http://lllalumnae.org/join and select "Add a Tribute to Your Membership," then enter the details.

The following Tribute Memberships were received from 5/1/2015 to 8/31/2015:

5/12/2015 **Barbara Gillentine**, Yorba Linda, California USA. One-year tribute to **Jody Nathanson**, Redondo Beach, California USA. I learned so much from her beautiful example of mothering and caring. Thank you!

6/30/2015 **Lana Carroll**, Eau Claire, Wisconsin USA. One-year tribute to **Mary White**, LLL co-Founder, River Forest, Illinois USA. In 1973, she helped me nurse my first baby through an illness. Mary set the stage for me to become an LLL Leader. Thank you!

"Like" the Alumnae Association Facebook Page

Go to https://www.facebook.com/LLLAlumnaeAssociation to receive receive daily posts, breastfeeding news, and links to the latest LLL journals: *Leader Today,* LLL USA *New Beginnings* blog, and *Breastfeeding Today*. The page is for current and former LLL Leaders, current and former LLL members, Alumnae members, and non-members to reconnect with friends.

Renew by December 31, 2015 to receive the first issue of Continuum in 2016!

Check the back page for your expiration date. Renew for multiple years or anytime before membership expires. **Moving? New email address?** Send changes to Membership Chair Sue Steilen at suesteilen@comcast.net Thank you!

La Leche League Alumnae Association
Annual Financial Year Report: April 2014 – March 2015

	A	B
1	**La Leche League Alumnae Association Profit & Loss**	
2		
3	**Cash Basis** **April 2014 through March 2015**	
4		**Apr '14 - Mar 15**
5	**Ordinary Income/Expense**	
6	**Contributions** **Fundraisers** **Helpline**	449.00 390.00
7	**Leader Pins**	1,563.73
8	**Total Fundraisers**	1,953.73
9	**Judy Torgus Memorial Fund**	1,414.00
10	**Memberships**	4,558.00
11	**Memberships -Multiple Years**	1,790.00
12	**Memberships -Special**	1,321.00
13	**Memberships Outside the US**	76.00
14	**Memberships Tribute** **Trip** **donations for Founder's expense**	984.00 20.00
15	**Total Trip**	20.00
16	**Total Income**	12,565.73
17	**Cost of Goods Sold, Fundraising costs, Leader pins**	415.48
18	**Total Fundraising costs**	415.48
19	**Total COGS**	415.48
20	**Gross Profit**	12,150.25
21	**Expense** **Bank charge**	194.85
22	**Continuum**	2,077.99
23	**Gift Expense**	130.40
24	**Paypal & CC fees**	160.56
25	**Postage**	70.21
26	**Printing** **Project support** **Helpline**	31.00 3,000.00
27	**Helpline - pass through**	340.00
28	**Tribute Passthrough**	120.00
29	**Total Project support**	3,460.00
30	**Trip expenses**	
31	**Postage**	21.45
32	**Trip - Founders' costs**	76.65
33	**Total 2013 Albuquerque**	98.10
34	**2015 Charleston**	500.00
35	**Total Trip expenses**	598.10
36	**Website**	554.98
37	**Total Expense**	7,278.09
38	**Net Ordinary Income**	4,872.16
39	**Other Income/Expense, Other Income, Interest**	5.34
40	**Total Other Income**	5.34
41	**Net Other Income**	5.34
42	**Net Income**	**4,877.50**
43		

Unrestricted Donations to LLL Alumnae Association

Fiscal Year March 2014 - March 2015
Total Donations Received: $449.00

Donors

Mary Ann Cahill
Barbara Dunlap
Sue Garcia
Jacque Gates
Gloria Glidewell
Edna Kelly
Rebecca Magalhaes
Rae Schopp
Monica Wade
Barbara Werbel

Thank you for your generosity!

LLL Alumnae Association 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

To reminisce is like looking in a mirror, reflecting and affirming our lives

"All of us need to leave knowing the things we have done, the things we have loved, the things we will leave behind with meaning, and the things we have believed in." Victor Frankl

Book Reviews

YOU MIGHT LIKE TO READ……Choose one or more and enjoy!

The Light Between Oceans, 2013, by M.L. Stedman, is a fascinating story from Western Australia, where the author was born and raised. Tom, fresh from World War I, wants solitude as a lighthouse keeper on Janus Rock. He is admired by young Isabel and swayed by her to marry. He worries that the loneliness will be too much for her. You come to know the characters and sense their feelings and those of the townspeople whom they see *every three years*! One evening they hear a baby's cry from a drifting rowboat. Is this the answer to their prayers?

Into the Wilderness, 1998, by Sarah Donati takes place in 1792, in a New York mountain village named Paradise (a bit presumptuous!). Elizabeth, a young educated English woman comes to join her father, the judge. She is independent and not afraid of hard work. She wants to start a school for both the village children and the Native children. Her father wants her to marry. As you may gather, there's a bit of strife here. Nathaniel, a rugged, handsome white man raised by the Mohicans, is willing to build her a school. She learns of the great love the Native Americans have for the wilderness. This interesting historical romance shows the challenges for both sets of courageous peoples. *Thank you to Debbie Collins, LLL Alumnae member, for recommending this book.*

Bel Canto, 2001, by Ann Patchett gives us a window into the mindset of being a hostage and dealing directly with your captors. Wanting the President of the country, the rebels instead found the Vice President and international guests at his lavish mansion. Surprisingly, the relationships that develop eventually make those on the outside become the enemy. This historical novel is based on the hostage situation in Lima, Peru in 1996-1997. Peruvian Jimmy Lopez is currently making it into an opera for the Lyric Opera of Chicago.

The Nightingale, 2015, by Krestin Hannah presents Vianne and Isabelle, two French sisters, with very different personalities; yet, each displays great courage in Vichy France. Vianne is quiet and trusting. When her husband goes to war she feels safe with her young daughter in her little village. However, that changes when a German Captain is billeted in her home. Eighteen-year-old Isabelle, Vianne's younger sister, joins the French Resistance. The Nazis search for downed pilots from the United States, England, and Canada. How are these men escaping over the Pyrenees Mountains from France to Spain? This gripping novel of World War II was very hard to put down!

Mary Gisch
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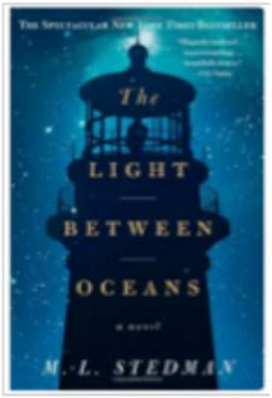
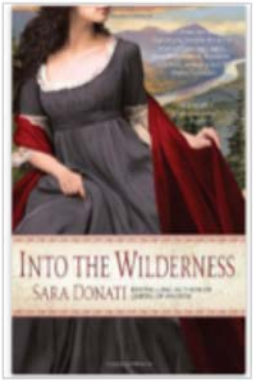
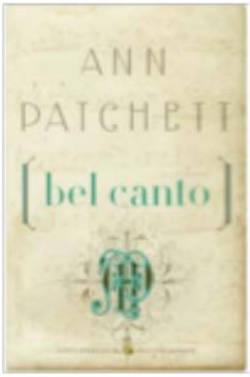
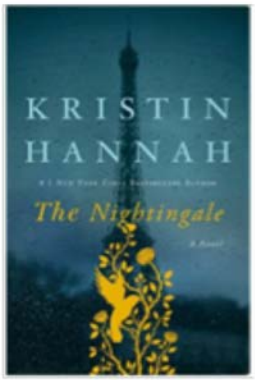
Correction: In the last issue on page 4, Welsh is misspelled in the review of *The Welsh Girl.* Thank you to Alumnae member Pam Bridgmon for reporting the error.









Margaret Kenda is the author of *Whole Foods for Babies and Toddlers* (La Leche League International, 2001). She has also written books for children—with creative, hands-on projects in science, math, geography, and cooking. Besides her son, she is the mother of two daughters, and grandmother of three. She holds a bachelor's degree from Northwestern University and a master's degree and PhD in English from the University of Iowa. Before turning full-time to writing, she was an English professor at the University of Maine and a documentary filmmaker.

Margaret lives in Sudbury, Massachusetts with her husband Bill. They recently celebrated their 53rd wedding anniversary.

As Leaders, you may have expectations that your daughters will grow up, breastfeed their own children, and follow the attachment parenting style. But how might our sons embody those values? Perhaps they grow up to be supportive husbands and loving fathers. Or sometimes our sons and daughters find other opportunities to provide love and support outside of family. That's what happened when a judge appointed Margaret's son guardian ad litem for a newborn baby. Margaret adds, "I'd like the idea of this being the first of a number of articles about how our grown sons and daughters go about caring for children, either as parents or not. Some Alumnae members may even have grown grandchildren."

Christmas Hope

Guardians are adults who are legally responsible for protecting the well-being and interests of their ward, who is usually a minor. Guardian ad litem is a guardian appointed by the court to represent the interests of infants, the unborn, or incompetent persons in legal actions.

My son is not a father. But it seems he took in his fair share of fatherly values as he grew up in a family where we did our best to model attachment parenting and La Leche League philosophy. He turns out to know more about nurturing a baby than either he or I quite realized. We discovered this hidden talent last December when a judge appointed him guardian ad litem for a newborn baby.

My son is the head of a human services agency. His job is to help clients with serious problems. These problems range wide—physical, mental, financial, moral, and spiritual.

Their stories are sad, bad, and distressing, with few happy endings. That's except for the one I'm about to tell you.

Names and details were changed to protect the privacy of a small child and her family. That's except for one name.

I view this as a Christmas story, since it unfolded last year just as Christians were celebrating the birth of another baby born long ago, also under unexpected circumstances. It's also a winter solstice story, darkness followed by light.

One of my son's clients had a developmental disability, was 15 years old, sometimes using drugs—and nine months' pregnant. The man in her life, father of her child, was an unstable, violent man making a sort of living as a minor league drug dealer. I'll call then Frankie and Johnny.

Frankie had sworn off drugs during her pregnancy. But in the last few days, Johnny had supplied her with a random mix of legal and illegal drugs, probably whatever he happened to have around. The confused Frankie told a social worker she took the drugs to hasten the birth. She had the idea that a mix of drugs would diminish the pain of labor. Then she told the social worker she had taken drugs because she intended to kill the baby. She said this more than once. She said if the drugs did not work, she would try another method. She made it clear that the baby would not be safe with her.

The social worker took action. She called the local police. Police officers arrested both Frankie and Johnny for various drug offenses—and for attempted murder of an infant (yet unborn but full term).

The baby was born soon after, a girl of normal weight and in fair condition but with drugs in her system. Frankie had not taken drugs until the very end of her pregnancy, and so the infant was able to develop normally. A doctor expressed "cautious optimism."

Within hours, a judge severed parental rights.

Within hours, my son was appointed guardian ad litem to this fragile newborn.

He was charged with directing her medical care and with finding adoptive parents. *(continued on p. 7)*

Christmas Hope

(continued from p. 6)

A hospital nutritionist ordered artificial baby milk formulated for babies born under drug duress. (How sad that there is need for such a product.) Meanwhile, my son called a human milk bank.

The nutritionist requested round-the-clock feedings. My son started showing up round the clock to give the feedings in person. Who knew my tough, no-nonsense son would become so attached?

My son gave the baby bottles of human milk, supplemented with artificial baby milk. He held her and talked to her.

He also chose a name. He named the baby Hope.

Soon the doctor had removed "cautious" from his assessment of "cautious optimism." Baby Hope now fit into the category of a healthy newborn.

The sadly unwanted child suddenly became very much wanted.

My son was overwhelmed with applications to adopt. As the news spread, he received applications from all over the United States, as well as Canada and Europe.

He went through them hour after hour. He interviewed prospective families by Skype. (This is actually a sad part of the process, as he would have to say no to all but one.)

Time was of the essence. He wanted baby Hope to stay in the hospital until the adoption. The alternative was a type of orphanage—overcrowded, understaffed, and not a good environment for a newborn.

He chose parents from another state. The family seemed perfect: both father and mother with stable employment, a big sister (also adopted), four living grandparents, and a solid extended family. The parents left their older daughter with grandparents, and began a long drive across the country. They drove night and day to get there as soon as possible.

Hope looked at her new mother as if to say, "Finally. I was waiting for you." Baby Hope fit perfectly into the arms of her new, love-smitten mother.

Before he finalized the custody that would lead to a full adoption, the judge issued a list of requirements. The new parents were required to meet with the doctor and make sure they understood all they might need to know about Hope's genetic and medical history.

The state gives a small stipend for adoptions. The parents swore in court that they would use the money to meet baby Hope's needs. For their long journey home, the judge required a properly installed infant car seat, with adequate supplies, along with a cooler of human and artificial baby milk. He told them no more day-and-night driving. They promised to stop frequently.

A social worker would visit the new family at their home and certify that all was well.

They reached home on Christmas Eve. Hope was home in time for Christmas with her new big sister.

The judge warned my son that not all adoption cases go that well. Then he appointed my son guardian ad litem for two abused infants and a homeless teenager.

What happened to Frankie and Johnny? My son had to be the one to tell Frankie that she would not be able to keep her baby. She wept in grief.

My son arranged a much needed postpartum hospitalization in a facility for juvenile offenders. Later, he and the judge agreed that Frankie would benefit from a minimum-security women's prison that offers drug-prevention and educational programs. In the somewhat antique phrase my son used, Frankie had been "led astray by an older man" and did not deserve harsh punishment. The conviction, reduced from attempted murder to child abuse, is officially hidden from other prisoners. Many of these incarcerated women also left children behind. They are quick to judge.

My son visits Frankie from time to time, to make sure she is doing as well as possible.

Johnny was recently arraigned on charges of felony child abuse—of another child born to another young woman. Along with multiple other charges, he faces a long prison sentence. He is a monster among men. But we might feel some sympathy for him. He was not born a monster, and he did not become a monster on his own.

The last we heard, baby Hope was prospering, happy, and healthy.

Wishing you a hopeful Christmas! Or if you celebrate another winter holiday, wishing you a season filled with hope!

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LLL Breastfeeding Helpline–US Update

The LLL Breastfeeding Helpline-US greatly appreciates *Continuum*'s ongoing support and publicity educating readers about the Helpline's services and continued need for donations. Thank you for the annual $3,000 donation and individual donations from Alumnae members this past year. This helps the LLL Breastfeeding Helpline-US continue to be available for mothers and babies who need the services. As always, more donors are needed.

This spring, the LLL Breastfeeding Helpline-US received a $5,000 donation from Motherlove® Herbal. This, along with the LLL Alumnae's generous support, means our services can continue for another six to eight months.

This year, the caller's greeting message was shortened. Doing so tripled the number of monthly callers. Laura Goodwin-Wright, Helpline Coordinator, has trained more volunteer Leaders to respond to this increase. This is important as we approach the upcoming holiday season when there are often more calls related to the use of medications and alcohol. We are thankful for the Helpline's telephone volunteers who so generously give their time to be there for callers.

How LLL Alumnae members can donate:

- Log on to the Alumnae website at http://lllalumnae.org/donate and choose the amount to donate. Your donation will be sent to the Helpline without deduction of any fees. For an end0of-the year donation, remember the Helpline.
- Another option is to use the form on the back page of this issue. Write in the amount for the Helpline. Mail to Alumnae Treasurer, Patti Hope.
- Encourage former Leaders and friends who support breastfeeding families to donate through the Helpline website at http://lllalumnae.org/donate

For more information about the Helpline, go to www.breastfeedinghelpline.com/

Pins for Leaders' 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, go to lllalumnae.org/content/leader-recognition-pin

How do I submit deceased Leaders' names for *We Remember*?

To view *We Remember* names, go to http://lllalumnae.org/We-Remember If you or a friend or relative finds an obituary mentioning that the deceased was an LLL Leader, select "We Remember" at lllalumnae.org and choose "send us the information." Another option is to contact Fran Dereszynski at dereszyn@verizon.net and include the obituary link, name, date of death, state/country. The name will then be added to the list. Thank you.

Continuum is published three times a year. Articles selected for publication are based on space available and may be edited for grammar, length, clarity, and adherence to LLL journalistic guidelines. © LLL 2015

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. Council Meetings are held at the time of an Alumnae Trip or as needed.

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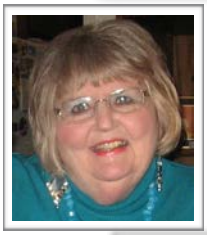

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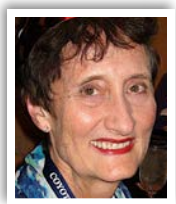

My Recent Visit to the Library

June 16, 2015 — As the Area Professional Liaison for LLL of Connecticut, I was in the library looking for breastfeeding research articles, when I came across an article in *Midwifery* about the death of Sheila Kitzinger (86) on April 11, 2015. Sheila was a featured speaker at a Connecticut Area Conference many years ago. A great deal of Area fundraising was done to afford her travel from England. What a lively down-to-earth speaker she was! She was keenly interested in educating everyone that women's bodies were quite able to provide for birth without an episiotomy, without medical intervention, or trying to push out babies whilst lying on one's back. Over the years, Sheila provided an alternative perspective to what became a mainstream view of birth. She was the author of many books on birth, labor, and women's sexuality. Her mother was a midwife and greatly influenced her work through lectures, media communications, and workshops. Sheila was also very keen to help marginalized women achieve their potential as strong individuals. Her work helped women and professionals reach a deeper understanding of the physiology of pregnancy, labor, birth, and life following childbirth. Many long-time Leaders and former Leaders may wish to know about her passing. I felt that *Continuum* might be a good way to pass on the word about her.

Recommended Reading

I have found author Mary Roach's writing to be very enjoyable. She has written several books on unappealing subjects with such wit and humor that one can't help but learn. I recently read *Gulp: Adventures on the Alimentary Canal*. I wish more folks would read this fascinating peek into the human gut since many have such convoluted and mistaken ideas about how the human gut works. Since human milk primes the gut to work in certain ways, I think it behooves us to learn how it comes out in the end. She does a great deal of excellent research on her books so you really get the inside story. Couldn't resist the puns. Other books she has written are equally fascinating. ❧

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From the Mail Bag

Connecting to each other, send your story to *Continuum,* some examples:

__A mother's breastfeeding relationship is personal and meaningful for both her and her child. As a grandmother, do you have thoughts to share about ways you accepted or came to terms with a daughter or daughter-in-law who chose not to breastfeed?
__Recently retired? New lifestyle? Future plans in your life? Travel? Downsize? Move to an adult retirement community?
__Share your comments with authors in this issue or past issues. Next deadlines: November 15, 2015 and March 15, 2016.

Just around the corner is October, the month that La Leche League was founded almost 60 years ago. Leaders continue to be available for today's generation of mothers who access social media, email and LLL Facebook conversations, and online meetings on mobile devices. Traditional in-person Group Meetings and telephone helping are still available as in the beginning. Printed newsletters have been replaced by electronic versions. In November, about 60 Alumnae members will attend the sightseeing trip to Charleston, South Carolina. There will be long-time active Leaders and former/retired Leaders sharing memories of their early days as new mothers who became LLL Leaders. Some are still part of the breastfeeding community as lactation consultants or volunteers with other organizations. Others are involved with daughters, sons, and relatives who had babies. I recently came across an article to share with you. I thought of Alumnae members when I read the closing sentence: "…the effect [your] kind words had years later, when a mother [you] helped reached out to support the next generation. Your words, too, will bear fruit in ways and times you can't imagine. Thank you—from the mothers of the future." You are like Barbara Berger carrying on LLL's legacy into the 21st century.

—Fran Dereszynski, *Continuum* Editor

One Leader's Legacy

by Ann Marie Lindquist

Adapted for *Continuum* from *Yankee WeLLLspring*, Area Leaders' Letter for Massachusetts/Rhode Island/Vermont, Spring 2008

LLL of Lexington was formed in 2003. At that time, the Leaders and Applicants in the Group had no idea that a Lexington Group had existed a generation before. What I have come to understand since then is that the first LLL of Lexington never really went away. This is the story of how one Leader's words and deeds, sown many years ago, continue to bear fruit.

Late one night I received a desperate call. A mother of a newborn had terribly sore nipples and simply could not bear to nurse her child that night. She breastfed his brother and wanted to make it work for this baby. The caller did not let me speak to the mother, but I could hear her, in the background in what sounded like a room full of people, speaking a different language. The caller told me firmly that the baby was getting a bottle that night. She begged me to make a home visit the next morning.

Unable to find a way to say no, I agreed to the home visit, but dreaded setting foot in the house. I worried that the mother herself might not want help and that language might prove a barrier. Nervous that the noise and frenzy I detected over the phone would persist and make it difficult to provide gentle support, I set off to visit the house the next morning. When I arrived, I was surprised to find a peaceful and welcoming environment. The mother told me that she did not give a bottle because another friend had come by to help. This got her through the night. Much to my relief, it turned out to be a relatively straightforward case of positioning. In fact, the baby seemed to be a champion nurser. At the end of the visit, the friend who had helped her through the night stepped into the room. She praised LLL Leaders, called us saints, and said that with each of her four children she had spent many hours on the phone with a wonderful local Leader. That Leader was Barbara Berger, who was active with LLL of Lexington from 1972 to 1985. Bearing fond memories of Barbara's warm support, this woman told her friend she needed to call a La Leche League Leader. As a result, the mother and her newborn received the help they needed and were able to nurse happily and comfortably.

Barbara's spirit loomed large at the pediatrician's office as well. Doctors and nurses, who practiced there the longest, would tell stories of her invaluable support to nursing mothers and babies. My co-Leaders and I are blessed that a wonderful Leader preceded us in LLL of Lexington and left us a legacy rich in appreciative mothers and medical professionals.

As Leaders, we give support and information to mothers who seek it. In many cases we don't hear how situations turn out. If we are lucky, the mother and baby will come to a meeting and we'll have the opportunity to watch the breastfeeding relationship grow. Sometimes a mother will approach us in public months later and surprise us with a smile and word of thanks. Another mother might refer a friend, which tells us we've provided a helpful service. But how many of us consider what happens more than a few weeks or months later? Barbara now knows the effect her kind words had years later, when a mother she helped reached out to support the next generation. Your words, too, will bear fruit in ways and times you can't imagine. Thank you—from the mothers of the future.

More Good Stuff You Should Know About

Alumnae volunteers go an extra mile to help the Alumnae Council

- Carroll Beckham, Note Taker for the Alumnae Council's monthly conference calls
- Susan Geil, fulfills Leader Recognition pin orders
- Mary Gisch, submits Book Reviews for each issue of *Continuum*
- Susan Thomas, records deceased Leaders' names in "We Remember" Book
- Carole Wrede, *Continuum* editorial review
- Alice Ziring, resource for factory manufacturing supply of Leader Recognition pins

Continuum Editor Fran Dereszynski donated a basket of *Continuum* issues from 2012 - 2015, along with a $10 Starbucks gift card, Cross pen and pencil set, note pad and pen pack. There were lots of tickets in the drawing bag for this prize! **—>>**

The Womanly Art of Breastfeeding (2010), "Baby, Baby, Oh Baby" DVD, Mother and Baby Art Sketch, LLLI Membership Activation Card in a basket donated by an anonymous Alumnae member. **—>>**

Alums at LLL Area Conferences and Leader Gatherings

May 2015 - So.California/Nevada Area Network Conference in Newport Beach, California USA. **In photo below:** Betty Crase, Fran Dereszynski, LLL co-Founder Marian Tompson, and Karima Khatib, Area Network Coordinator of Leaders.

Comments from attendees: "Marian was my favorite speaker." "I love hearing Marian and the early history of La Leche League plus knowing she is still an Active Leader today." "I loved seeing many women who have been with LLL for so long…hearing long-time Leaders' ideas on handling situations when life circumstances shift."

<<—July 2015 - Carroll Beckham and Joan Crothers at the LLL Alumnae Table at the Leader Development Seminar held at St. John's University Queens Campus, New York City, New York USA.

The Alumnae Association donated a basket containing a copy of *The Womanly Art of Breastfeeding* (signed by the LLL co-Founders), an Alumnae membership, a hat, and LLL logo fabric. This donation was a big success and very popular—lots of oohs and aahs over the vintage fabric.

LLL ALUMNAE ASSOCIATION

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Donation

Send all donations to Alumnae Treasurer.

$ ____ ☐ I prefer this donation to be for the LLL Alumnae Association, unrestricted and anonymous.

$ ____ ☐ Donation to *Judy Torgus Memorial Event* November 2015. Your name listed in *Continuum* and the Alum website.

$ ____ ☐ Donation to LLL Breastfeeding Helpline-US, sent to Helpline
My Helpline donation is: ☐ $25 ☐ $50 ☐ $75 ☐ $100 ☐ $_____ (write in amount)

$ ____ ☐ **My Total Donation.** Check payable to *LLL Alumnae Association.* Mail to Patti Hope, Alumnae Treasurer,

Membership

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

✦ My current LLL status: ☐ Active Leader ☐ Former Leader ☐ Current LLL Member ☐ Former LLL Member

✦ Gift membership for a: ☐ Friend/LLL supporter ☐ Friend of Alum

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

Address _____ City _____

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

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.

$ ____ ☐ **I want to join as a Tribute Member** $50 US dollars* per member (add $8 outside USA). See *page 11.*

I join as a Tribute Member _____ (insert your name, city & state/country)

My tribute to one individual _____(insert one person's name, city/state/country)

Indicate why you wish to honor the individual. *Content subject to final review by the LLL Alumnae Association.*

Add your tribute, up to 15 words: _____

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

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

Questions or to inquire about receipt of your check and Membership Form, contact Sue at: suesteilen@comcast.net

Send all memberships to Alumnae Membership Chair. *Form updated September 18,* 2015/ FD