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 29, No. 2 May - August 2016

Next Alum trip: October 2017. Exact date to be announced in next issue. Renew by 8/31/2016 for next mailing!
Think (Southern) "*California Dreamin"*

Next *Continuum* deadline: August 1, 2016. Send articles to dereszyn@verizon.net

Be as generous as you can, p.11. Your help needed for production of LLLI 60th Anniversary DVD!

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Making Memories with My Grandchildren

My former husband was an only child. My two older sisters never had children. So I have no nieces or nephews and my two sons have no first cousins. You can imagine how important it is to me that my grandchildren get together with their cousins as much as possible. To that end, I try to schedule a family dinner about once a month at my home that is a ten-minute walk from one son's home and a 45-minute drive from the other son's home. How lucky I am to have both of them living nearby.

The idea of taking vacations with my children and grandchildren became very appealing. One October, I took my grandchildren to Indianapolis for a weekend for a test run. My train-loving grandson really enjoyed staying at the Crown Plaza Hotel Indianapolis Downtown Union Station and sleeping on the train car. We all had fun at the Children's Museum and Indianapolis Zoo. The following October, we spent a long weekend at Walt Disney World in Florida and made many happy memories. As the children now range in age from seven to twelve and have more extracurricular activities, it may not be possible to arrange future vacations that include everyone.

Now I have started a new family tradition for 12-year-olds and grandma. We will take a trip together to anywhere in the United States that the child has not yet visited and is willing to thoroughly research, so she or he can be the expert when we travel there. The oldest granddaughter and I will go to the Hawaiian Islands for a seven-day cruise in June. She chose to go to the big island of Hawaii before I suggested she could see all four major islands during a cruise, if she preferred. I made the cruise and flight reservations; she chose the excursions. I don't know which of us is more excited!

December 2013
I ordered the hats for the kids for Christmas and wanted to get a photo of all of them wearing them to include in my following year's Christmas newsletter.

(continued on p. 2)

Making Memories with My Grandchildren *(continued from p. 1)*

Wedding and birthday weekend 2014

Back row left to right: Heather (son Nathan's wife); Andi LaMar; son Jason (groom); his wife Hollie (bride); son Nathan. Jason and Hollie were in school together in grades 6-12 and very good friends. They reconnected after their divorces and seem to be right for each other.

In front of Andi is Savannah, my oldest granddaughter, who is Nate's stepdaughter.

Front row: Nate's stepson Tug; Jason's sons Grant and Drake; and Anna (Hollie's daughter). Tug's dad died before he was born and Savannah was only 1-1/2 yrs. old, so Nate is the only dad they know.

My other granddaughter, Savannah, will be 12 in September this year, followed in the next two years by the two oldest grandsons. I will take these trips for three or four years in a row since the trips have to be completed before they each become a teen-ager. I should have a one or two year hiatus before the youngest turns twelve in July 2020. I am so eager to see what our destinations will be and wonder if there will be any repeats or if my five grandchildren will choose unique destinations. No matter where we go I will be making wonderful memories with my grandchildren! ☙

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Future Topic Ideas

Share your story grandparenting story and ways you get together with family and relatives throughout the year. How about your story for "Life after LLL" or downsizing to a smaller home/condominium/retirement community? Next deadline is August 1, 2016. Send to *Continuum* editor at dereszyn@verizon.net

Suggested Books for Alumnae Members to Ponder in Life's Journey

Ginny Innocenti suggested ***The Gift of Years: Growing Older Gracefully*** by Joan Chittister. It gives inspiring ideas on how to live regardless of chronological age. Sherry Day recommended ***Being* Mortal**: ***Medicine and What Matters in the End*** by Atul Gawande, which focuses on the medical procedures, decisions, and management during the later times of life. "Mike" Rotter enjoyed ***Slowing Time: Seeing the Sacred Outside Your Kitchen Door*** by Barbara Mahany, a set of reflections on the seasons of nature. Thank you, Ginny, Sherry, and "Mike," for your suggestions. *M. Gisch*

New Website for Dr. Mendelsohn's Past Newsletters

Marian Tompson shared news: The many fans of the late Robert Mendelsohn, MD, will be pleased to know thepeoplesdoctor.net is a new website created by his family "to bring his wisdom to a new generation." Twelve years of his newsletter, *The People's Doctor*, are included. (My column, "AnotherLook" is on the back page.) You'll enjoy the anecdotes from family and friends and might respond to the invitation to contribute your own story. Bob was one of a kind with views that were ahead of his time. He is missed! ☙

Passing of Dr. Dana Raphael, Author of *The Tender Gift: Breastfeeding*

The New York Times' announcement of her death on February 2, 2016 caught my eye. Dr. Raphael was hot news when I was a new Leader in the late 1970s. She came to an LLL of Connecticut Conference ages ago. LLL of Rocky Hill, of which I have been a Leader for 36 years, still has a copy of her book. I have kept the copy as I considered it seminal to our work as Leaders. Perhaps some of our older sister Leaders will remember this valiant woman. ☙

-- Judie Gubala Associate Area Professional Liaison, Connecticut

Life after LLL

Retirement Years: Summer Jobs in Yellowstone National Park

Ah, the joys of summer in Yellowstone National Park and for more than a few days' visit! Does it sound like fun? That's what my husband George and I thought when we visited Yellowstone National Park (YNP), Wyoming USA for the umpteenth time in the years before our retirement. We noticed that employees in YNP were in two demographics—young adults of college-age and older adults/retirees. So we began to ask questions of the older employees. Why did you choose to work there? What is your job description? What are your hours? How did you get your job? How long is your season? Those conversations helped us decide this was what we wanted to do after retirement.

Barbara and George Parker

So we searched online for "Yellowstone Jobs" and found ourselves at the Xanterra Parks and Resorts site, the largest concessionaire in the park. Xanterra hires for all kinds of jobs in the park: housekeeping, dining, kitchen, gift shop, leading tours, maintenance, lodging, etc. But since we had a recreational vehicle (RV), we were routed to campgrounds and Xanterra that manages the five largest campgrounds in the park. They are open anywhere from about three months (late June to late September) to six months (early May to late October). We were hired as mid-season replacements, to be part of Xanterra's plan to replace campground employees who left unexpectedly during the season.

So it was that in July 2006 we found ourselves at Fishing Bridge (FB) RV Park, the only full hook-up campground in the park. Being a volunteer host was a wonderful experience. Of course, it was a job with duties, responsibilities, supervisors, work hours, time cards, etc. There were a variety of things to do. If volunteer hosts were bored with one responsibility, another soon took that place. If hosts were out of sorts with traffic control, cleaning bathrooms, or litter pick-up, we knew that we could direct them to computer registration just ahead at the front desk. It was also a chance for new friendships (some of which we still maintain), hiking on the many trails in the park, visiting *all* the attractions and falling in love with our favorites, taking advantage of employee discounts for early Christmas shopping, getting early information about animal carcasses that were attracting the apex predators (bears, wolves), driving to the nearby towns on our days off (Cody for a Balloon Festival, Jackson for arts and farmers' market, Chico Hot Springs north of the park for relaxing), and photographing the gorgeous scenery. My favorite part of working in YNP was the weather—a hot day was 80° F. with 50% humidity, my kind of summer! George's favorite thing was fishing at the shore of Yellowstone Lake in blue ribbon trout streams with a like-minded colleague. Our colleague's weekend overlapped with ours so one day every week both men went fishing from 6 a.m. to 6 p.m. For our two days off each week, the manager usually scheduled our two days off to include the preceding afternoon and the following morning—giving us more time to enjoy the park. Our manager that summer was the best boss either of us ever worked for and we have fond memories of those two months working at FB.

The next time we had a free summer was in 2010. As fate would have it, we returned to Fishing Bridge, again as mid-season replacements. During this summer we had the good fortune to host several family members who visited us. While they were there, we had the thrill to see several wolves loping along the riverbank, two unexpected viewings of a grizzly sow and her cubs, and another exciting sight—an elk cow trapped in the Lamar River by a lone wolf. (The elk was safe as long as she was in the river because it was too deep for the wolf to gain traction for an attack.) That summer's work experience wasn't as satisfying due to a set of circumstances beyond our control. So we decided since we didn't need the money, we would no longer seek employment in the park but rather look for a volunteer position.

As luck would have it, while visiting the park in 2012 and touching base with former colleagues, we learned that a host in Canyon Campground was not returning the next season. We immediately went to the ranger station to find out whom we might talk to about that position. Luck was with us again when the ranger on duty said he would interview us then and there. After half an hour, we knew we were in and the next summer we arrived for the season: late May to mid September. It was wonderful to be back in our favorite park again, but this time in a very different capacity. We were responsible for walking around half the campground twice a day on our duty days (3-10 p.m.) to make sure campers were following rules and to answer questions. Another host was on duty for the other half. *(continued on p. 4)*

Retirement Years: Summer Jobs in Yellowstone National Park *(continued from p. 3)*

We were not paid, but as hosts our hook-ups were provided. We learned that hosts in other campgrounds had slightly different responsibilities depending on the supervising ranger's ideas. Expectations of hosts in national, state, county, forest service parks, etc., can vary according to the location's needs. Part of our equipment was a park service radio--my favorite part of our job! It was fascinating and exciting to listen to the chatter among law enforcement rangers. Once a black bear wandered into the campsite opposite our place and George called it in on our radio. The rangers were there in two minutes! We heard of carcass sightings before the news was announced. We helped with emergencies, such as, encourag-ing a bull elk grazing in the campground to leave, marking off another part of the campground when a bison lay down to rest, helping evacuate an injured visitor after he fell off a horse, and helping control traffic at animal jams. The next two summers, we returned to Canyon Campground as hosts, once job-sharing with another host so we each had half our summer for other travels. One of the perks of being part of the Park Service in Canyon Campground was the weekly potluck dinners at Park Service housing. Each week featured a different theme—Mexican, soups, pasta, bacon, salad, etc. George and I eat plant-based whole foods so it was a challenge to make and eat food within our chosen parameters, but we made it work. After three years, we decided to free our summers for other adventures, so we won't be back at Canyon as hosts in 2016. We don't rule out doing something similar in the future. Maybe we will meet LLL Alums in someplace wonderful! I kept journals of our experiences during all three summers. If you are interested, contact me at parker.barbara@yahoo.com and I'll send them to you.

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Donate to the LLL Breastfeeding Helpline–US

Thank you, Judie Ellison, for your generous donation to the Helpline. The LLL Alumnae Association supports the Helpline, a 24-hour toll-free service providing information, education and support for women who want to breastfeed and to healthcare providers and others. Volunteer LLL Leaders respond to hundreds of call per month. A $25 donation sponsors this service and supports 25 callers. A $50 donation supports 50 callers. Remember 100% of your donation is sent directly to the Helpline. Donate online at http://lllalumnae.org/donate or use the form on the back page to donate by postal mail.

Alumnae Table at

Connecting…Supporting…Promoting—a sneak peek at this Alumnae Display.

In the next issue, look for Janet Burtt's article about the Western Pennsylvania Leader Enrichment Day in early April. What a visual display of the flowery table highlighting the LLL Founders, *The Revolutionaries Wore Pearls*, Membership Forms, page from Alumnae trip "We Remember" Ceremony with three co-Founders, "Welcome" sign to newly accredited Leaders, magnets, and tree stand with Alumnae business cards on the branches. Janet shared "the history of the Alumnae Association and how important it is to Leaders. A few Leaders thought that the Alums were all retired Leaders and were surprised to learn that they are/we are very active (Leaders)."

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

The Kitchen House (2010) by Kathleen Grissom is a pre-Civil War novel on a Virginia plantation. Lavinia, orphaned on the voyage from Ireland, is a very young indentured child. She is given to teenage Belle as her charge. Belle is the unacknowledged daughter of the master and Mama Mae, a kind hearted, very smart, cook of the big house. Mama Mae takes the orphaned, traumatized Lavinia into her arms "*Rocking back, she breathed deeply, pulling me into herself, and as she rocked forward, she exhaled in deep guttural moans the sorrow I was holding."* Where does this young white servant child fit, the house or the quarters? Their intertwining lives make for an absorbing novel. Thanks to Alum Katy Lebbing for this recommendation.

Thomas Jefferson and the Tripoli Pirates: The Forgotten War that Changed American History (2015) by Brian Kilmeade and Don Yaeger writes of the forgotten war that changed American history. Because our new country was deeply in debt, we were sending goods on merchant ships overseas. Pirates ruled the Mediterranean Sea. All the countries had to pay exorbitant "taxes" to prevent looting and taking sailors as slaves, a regular custom! The merchants were upset at the loss of their products and their sailors. President Jefferson loathed that American citizens were slaves because of these pirates, but he could not afford to pay. His attempts at diplomacy failed. He refused to pay the extortion money and wanted to free the American citizens. So, President Jefferson sent the Marines and the newly made Navy warships. "…to the shores of Tripoli"…for history buffs!

A Star for Mrs. Blake (2014) by April Smith takes you to an island off the coast of Maine and to France. Due to United States congressional action, women whose sons or husbands died in World War I were invited to visit the graves in France at the expense of the USUS Government. Of the 17,389 who were eligible, 6,693 women made the pilgrimage. Cora, a Gold Star Mother, was asked to lead Group A, consisting of six others. Each woman's background, faith, and story were different. However their aching hearts were the same and they were willing to take on this voyage to a strange land. This historical novel is an uplifting piece of American heritage that I, for one, did not know about.

The Forgotten Seamstress (2014) by Liz Tremon is a novel about an orphaned Italian girl in England. At the orphanage Maria becomes an excellent seamstress. She and her friend Nora were selected to sew garments for the royals at Buckingham Palace. Maria caught the eye of the Prince of Wales and fell in love. When she became pregnant, Maria was sent to an *insane asylum* and her baby was taken from her at birth! She stitched her life, dreams, and heartaches in a beautiful quilt, using bits of silk, *Mae Silk*, to be exact. One hundred years later, this particular silk brought Maria's story to her granddaughter. Hard to put down, even for non-quilters!

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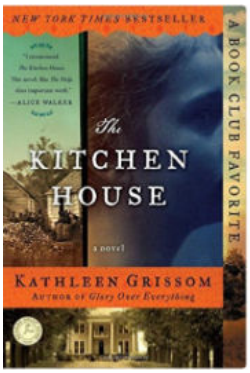

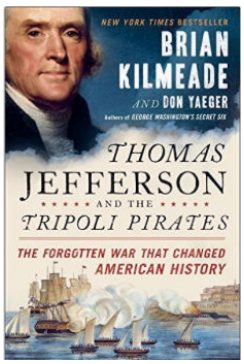

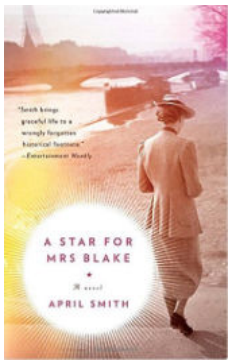

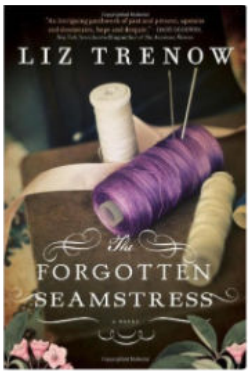

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Humorous Anecdote at an Area Conference

I volunteered to help behind the scenes at the North Carolina Area Conference. When LLL co-Founder Marian Tompson arrived to receive her packet, I was at the Registration Desk. Printed on her name tag under her name was "Founders." We told her that the person who typed it must have thought she had multiple personality syndrome! Marian did not miss a beat, quipping, "Which one of the Founders do you want me to channel today?"

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In This Season of Partings

The Muppet Christmas Carol is one of my very favorite holiday movies. In one poignant scene Kermit the Frog, as Bob Cratchit, offers words of wisdom to his family. "It's all right, children. Life is made up of meetings and partings. That is the way of it. I am sure that we will never forget Tiny Tim or this first parting that there was among us." I am in my own season of "partings." You too?

I initially proposed a series of articles about the challenges of caring for aging and ill loved ones. I planned to conclude this last and final article by writing about "end of life" issues. I was recovering from multiple family deaths and finding paths for coping with the changing health and independence of my 95-year-old mother and aging siblings. Preoccupied with the challenges of the present, I was allowing the future to reveal itself without worrying.

But on November 6, 2015, I was stunned and confused by the late night call from the manager of the residential home where my daughter, Jamie, had moved into two weeks earlier. The distraught voice on the phone relayed that Jamie's roommate found her unresponsive in her bed. She was not breathing, was cold, and her heartbeat was undetectable. At this very moment the paramedics were attempting to resuscitate her. How long she had been unconscious without breathing was unknown.

> But through it all I was continuously reminded I was not alone in my walk. The support of others through phone calls, emails, cards (opened or not), personal notes, books, casseroles, entire meals, flowers, plants and prayers, and Facebook messages meant more than I ever knew.

Jamie (47) suffered from serious mental illness since she was 21. While she had a long period of recovery, had been productive and independent, and was a vital loving participant in our family life, over the past six years she had seriously declined. What is more, she had developed ongoing medical problems that worsened with age. She had just been released from ten months in jail for shoplifting $200 worth of Christmas gifts and had spent most of the time in an acute psychiatric unit. Since her release, we had spent the previous two weeks running her from place to place trying to obtain the medication she depended on to remain mentally stable, find housing, and reinstate her medical care. I had made a thousand futile phone calls to assist her to reintegrate into the community. Worn out and overwhelmed by the many bureaucratic barriers, and fearing a relapse, we were, nonetheless, hopeful that Jamie would find her way back to health.

In shock, my husband, son, and I bounded into the car and raced the 18 miles to her residence. We arrived expecting to see fire trucks and ambulances, but all was eerily silent until the manager and roommates ran out shouting to us that the paramedics had been able to detect a heartbeat and Jamie has been taken to the hospital. At the hospital emergency room, we were told her heart had once again stopped and she was then on a ventilator, unconscious, and unresponsive. As a nurse and as a mother, I am familiar with this scenario. Over the years all three of my sons have been in traumatic crashes rendering them unconscious and requiring ventilator support. When my oldest son Chris was nine-years-old, he was wearing his helmet while riding his bike in rural Hawaii and was hit by a car. He was transported by helicopter and plane from one island to another where he lay in a coma for six days and was in the hospital for over a month. When my son David was 24, he was found unconscious under a truck after a motorcycle crash that involved alcohol. I traveled 1,000 miles to be by his side—without knowing if he was alive. He, too, was in the hospital over a month. On my son Adam's 16th birthday, he had to be airlifted to a trauma center after being pulled out of a car that had been wrapped around a tree. It took the Jaws of Life (hydraulic rescue tools) to extricate him. A friend drove the car and Adam was a passenger (they both had been drinking). By God's grace, they all survived. So, with those experiences behind me, even though I recognized the seriousness of Jamie's condition, I had faith in the commitment and expertise of first responders and emergency/trauma personnel. My faith, my knowledge, and my experience all told me it is only a matter of time until Jamie would regain consciousness. You can't rush the process of healing. The medical and nursing professionals will do their utmost and I will be kept informed. My job was to stay calm, care for myself, be a rock for my family, and attempt to instill patience in all who love her. She was in God's hand and He will deliver.

But despite excellent medical care and the intense outpouring of love at her bedside, the next 36 hours showed a profound worsening of her condition. It became increasingly apparent Jamie had been without oxygen for far too long, sustaining irreversible brain anoxia. Finally, surrounded by loving family, in faith and prayer, we approved the order to "withdraw care" (cease ventilator support). Raising our voices in prayer and expressions of love and comfort, we stroked her hair, held her hands, and held onto each other as she slipped away. Through these last months, we have come to trust the uplifting support of families, friends, neighbors, and co-workers as we walked through the holidays and on toward a March celebration of Jamie's life. I prayed that the four months' time would be long enough to feel the healing force of this mourning ritual, but there were times I didn't think four months would be long enough. You know those boxes of pictures you have still not found time to look after a long time? It becomes a moral imperative. *(continued on p. 7)*

In This Season of Partings *(continued from p. 6)*

But through it all I was continuously reminded I was not alone in my walk. The support of others through phone calls, emails, cards (opened or not), personal notes, books, casseroles, entire meals, flowers, plants and prayers, and Facebook messages meant more than I ever knew. Every single small gesture was received with gratitude and appreciation. And the comforting presence of friends and family who can tolerate bearing witness to a mother's grief continues to console me in person, in writing, and over the phone.

The end of life comes in many ways, but it comes. I have taken comfort in the words of one of my wise and pragmatic life-long friends, that despite the popular belief that parents are not supposed to outlive their children, there is no order. And I realize every day how my perspective has been altered. Now, when I drive by a national cemetery with its forest of white crosses, I think of the mothers.

I will always remember being in Denver, Colorado USA at the 1968 LLLI Conference where LLL co-Founder Mary White stood at the podium and told of us of the loss of Peggy, her 18-year-old daughter, who passed away from cancer only months before. We were devastated for her, and every mother in the room felt her anguish. The sobs in the room were palpable. Since that time I have put myself to sleep many nights recounting the mothers I personally know who have lost children of any age, counting my blessings that, despite issues or disappointments, my children still walked this earth with me. That list keeps getting longer and now I am on it! I have also received the power of love that went out to Mary many times over the past months. And the loving sisterhood of mothers who have lost children of any age at any time has enabled me to keep on keeping on when I didn't think I could, offering uplifting strength and courage, and yes, sometimes laughter.

But in this "season of partings," the losses, like the contractions of labor, now seem to come so frequently I have little time to recover. I fear losing resiliency along with my joy. In recent months I have had two friends lose adult children. Three friends lost their husbands of many years and one friend lost her brother. Each week, I acknowledge the birthday or anniversary of the deaths of children or husbands or siblings (not to mention parents) by illness, by accident, by suicide, by "natural" if premature causes.

When we are together, we cling like refugees fearing the next phone call bringing bad news. Our conversation moves from "how are you doing," to sharing specific suggestions for increasing our comfort and coping, and suggestions making each day better, and words of encouragement that things *will* be better, or at least different. And we make conscious efforts to keep complaints about health problems at bay.

But a beautiful note is that we are digging deep into friendships and relationships with new intimacy, sharing the lessons we are learning about, recognizing and acknowledging our blessings, and embracing joy everyday in the face of our losses. And we are learning that helping others navigate their own season of partings helps ourselves. Thank you for letting me share my own story. Your loving and listening ears are a gift. It helps.

Worthwhile reading:
Being Mortal: Medicine and What Matters in the End by Atul Gawande (2014)
Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart by Alan D. Wolfelt (2003)

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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. To view photos of pins or to place an order, go to lllalumnae.org/content/leader-recognition-pin For questions about an order, contact Susan Geil at susan4868@gmail.com

Submit Deceased Leaders' Names for We Remember List

To view *We Remember* names, go to http://lllalumnae.org/We-Remember and if you or a friend finds an obituary mentioning a deceased LLL Leader, select "We Remember" at lllalumnae.org and choose "send us the information." Or you may contact Fran at dereszyn@verizon.net and include the deceased Leader's name, date of death, state/country, and obituary link (if available). The name will then be added to the list. Thank you.

Always Ways to Volunteer as a Leader in La Leche League

I have been an active Leader for more than 30 years. As my life has changed, I continue to stay involved with La Leche League, but in different ways. When my children were young, I led meetings and volunteered for the county LLL helpline. After about eight to ten years, co-Leader Jan Hann and I, along with our husbands, started Couples Meetings in my home. After a while, my husband, Rich, became sick and was no longer able to work. As his health improved, I decided to go back to work. I remember coming home from work on a Friday night before a meeting. Rich had cleaned up the house and brought out the box of toys for the kids. I ate dinner and started the bread maker so it would be done before the meeting ended, and we could have it with refreshments. When my work shift changed to Monday through Friday, I modified my helpline shift to weekends. I still continue with that schedule.

I worked at a medical lab in San Juan Capistrano in south Orange County, California, a 37-mile drive each way. After working there for 11 years, we decided to move to Mission Viejo to be closer to the lab. Due to the move, we no longer lead the Couples Meetings. I still volunteer for the phone helpline as well as helping with past Conferences. My husband was better then and now able to work. Three years ago he had a stroke. I stayed home from work for four months until he recovered.

I continued with the county helpline on weekends. Calls are less now since mothers access the Internet and there are lactation consultants at local hospitals.

Almost two years ago, when I was 65, I retired from work in order to take care of my husband and I would be eligible for Medicare healthcare benefits. That was when there was an opening for Membership Database Administrator for the Area Network. Since I could do this from home on my computer, I said, "Yes." It was new task for me to learn and continue to be involved with La Leche League.

Recently the Jewish Community Center in Irvine called to ask about using their new parenting center at the preschool for LLL meetings. Irvine was not far for me, so I volunteered to lead meetings there along with a co-Leader, who lives in Fountain Valley. That was a year ago when we started this new Irvine Group.

So life and volunteering with LLL has come full circle for me. It feels good to be able to help out as needed and as I can fit it into my life.

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"Celebrate 60: Building a Legacy"

That is the theme for LLLI's 60th anniversary celebration. An online International Conference will be held April 3-7, 2017 and available for download for a month. No matter where you are on the planet, you will be filled with new inspiration, while being in your own home! LLLI is gearing up for a wonderful future! The online conference will have a wide variety in speakers and languages and La Leche League entities around the world. Numerous ideas on speakers and topics have been suggested. We hope to be able to offer sessions around the 10 concepts, the LLL mission, and Leader responsibilities. We are working on offering sessions to interest and inform mothers, families and health care providers. Stay tuned and get updates on the Facebook page, "LLLI 60th Anniversary," at https://www.facebook.com/groups/1675504529385749/ to join. Because it is a closed group, Leaders and Alumnae need to ask to join by sending your name and email address. Check out the LLLI website, too, at http://www.llli.org/celebrate60 Read more on page 11, about donating to the commemorative DVD.

New! 60th Anniversary Pins Coming This Summer!

The LLL Alumnae Association is excited to create LLLI 60th anniversary pins. They are of similar quality and size to the Leader recognition pins. The colors reflect those used in the 60th anniversary logo (shown here) and will include a 3 millimeter clear stone embedded in the Cloisonné pin. Pricing is the same as the Leader recognition pins. Bulk pricing is available for mixing more than one style of pin. Stay tuned to the website! Delivery is expected around mid-July when a photo of the pin will be online at http://lllalumnae.org/content/leader-recognition-pins Wear your pin with pride to celebrate our legacy!

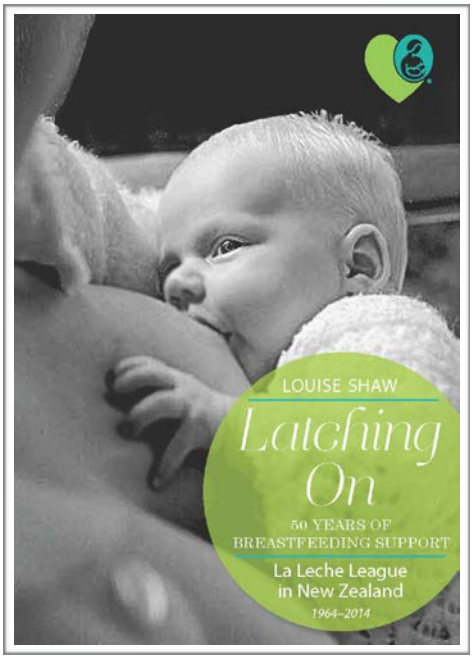
LLL Alumnae Association Financial Report
April 2014 - March 2015
Submitted by Patti Hope, Treasurer

La Leche League Alumnae Association
Profit & Loss
April 2014 through March 2015

	Apr '14 - Mar 15
Ordinary Income/Expense	
Income	
Contributions	449.00
Fundraisers	
Helpline	390.00
Leader Pins	1,870.73
Total Fundraisers	2,260.73
Judy Torgus Memorial Fund	1,107.00
Memberships	4,558.00
Memberships -Multiple Years	1,790.00
Memberships -Special	1,321.00
Memberships Outside the US	76.00
Memberships Tribute	984.00
Trip	
donations for Founder's expense	20.00
Total Trip	20.00
Total Income	12,565.73
Cost of Goods Sold	
Fundraising costs	
Leader pins	415.48
Total Fundraising costs	415.48
Total COGS	415.48
Gross Profit	12,150.25
Expense	
Bank charge	194.85
Continuum	2,077.99
Gift Expense	130.40
Paypal & CC fees	160.56
Postage	70.21
Printing	31.00
Project support	
Helpline	3,000.00
Helpline - pass through	340.00
Tribute Passthrough	120.00
Total Project support	3,460.00
Trip expenses	
2013 Albuquerque	
Postage	21.45
Trip - Founders' costs	76.65
Total 2013 Albuquerque	98.10
2015 Charleston	
Tours,Transportation,Tips	500.00
Total 2015 Charleston	500.00
Total Trip expenses	598.10
Website	554.98
Total Expense	7,278.09
Net Ordinary Income	4,872.16

La Leche League Alumnae Association
Profit & Loss
April 2014 through March 2015

	Apr '14 - Mar 15
Other Income/Expense	
Other Income	
Interest	5.34
Total Other Income	5.34
Net Other Income	5.34
Net Income	**4,877.50**



Interested in the History of La Leche League?

Latching On: *50 Years of Breastfeeding Support—LLL New Zealand 1964-2014*
Submitted by Jo Mansfield,
Administrator LLL New Zealand

Have you wondered how the Founders' message spread around the world? Then this New Zealand history is a must for you! The book is available from the LLL NZ online store at http://lllnzshop.org.nz/miscellaneous/latching-on-lllnz-history

During the 1960s, as breastfeeding rates plummeted, a group of mothers began a quiet revolution that was to change the way New Zealand babies were fed. Following the lead of the remarkable LLL co-Founders in the United States, the women set up a mother-to-mother support group, which met for the first time in 1964 in the Auckland suburb of Mt Albert. La Leche League had officially arrived in New Zealand.

Latching On documents the rapid growth of the organization in a fascinating account of what followed over the next 50 years. The impact of the organization's work was far reaching. Not only did New Zealand's breastfeeding rates soar but, in making breastfeeding a more public and, at times, controversial issue, so began the important role of advocacy to support and protect a woman's right to breastfeed. Order: $45 (US dollars), includes international shipping cost. For more information or questions, contact Jo at administrator@lalecheleague.org.nz This is much more than a "who said what, where and when" account of the country's leading breastfeeding support organization. It is a valuable insight into the history of breastfeeding in New Zealand and the societal context of the growth of La Leche League.

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.

The **LLL Alumnae Association Council** is the decision-making body for the organization, its projects, and activities. Council members stay up-to-date via monthly conference calls and an email discussion group. Annual Council Meetings are held as needed.

Council Members' Contact Information

Alumnae Association Coordinator	**Edna Kelly** eekelly@swbell.net	*Online Communications*	**Gail Moak** gmgesley@gmail.com
Finance/Treasurer	**Patti Hope** pjbalances@bellsouth.net	*Alumnae Rep Coordinator*	**Pam Oselka** poselka1945@att.net
Continuum Editor	**Fran Dereszynski** dereszyn@verizon.net	*Member-at-Large*	**Janet Jendron** jjendron@usit.net
Membership/Secretary	**Sue Steilen** suesteilen@comcast.net		

Tribute Membership: Another Choice When Joining the LLL Alumnae Association

Tribute membership is a way to connect in a special way to **one individual**—an Alumnae member, co-Leader, former Leader, colleague, family member, or cherished friend. Tributes are published in *Continuum* and posted on the Alumnae website for each one year tribute; $5 of every Tribute Membership is donated to the LLL Breastfeeding Helpline-US. Both basic and Tribute memberships keep the LLL Alumnae Association growing. Use the back page or go to http://lllalumnae.org/join and select "Add a Tribute to Your Membership." Tribute Memberships received during the last reporting period, 1/1/2016 to 4/30/2016:

2/24/2016 from **Sandy Moore-Furneaux**, Norman, Oklahoma USA. One-year tribute to **Debbi Heffern**, St. Louis, Missouri USA, for her tireless work for LLL at multiple levels and her patient education and support of Leaders.

4/9/2016 from **Constance Pond**, New York, New York USA. One-year tribute to **LLL co-Founders** in appreciation for all you have done to make La Leche League a presence for breastfeeding mothers and babies.

4/10/2016 from **Barbara Sasser,** Galveston, Texas USA. Five-year Tribute to **Kathy Grossman**, Moab, Utah. She has given much to LLLI as a Leader and editor of many LLL publications.

From the Mail Bag

With the season's time clock, the annual blossoming ritual of jacaranda trees confirms that spring has truly sprung in my neighborhood. These trees display canopies of purple color covering the local parks and streets. Legend has it that if the jacaranda flower falls on your head, you will be blessed with good fortune.

I received several responses from readers from the last issue. LLL co-Founder Mary Ann Kerwin: "You did it again! I received the print copy of the latest edition of *Continuum* and practically grabbed it out of the hands of the mailman. I always am very eager to read it." There were many online comments about LLLI Board Member Constance Pond's article and the passion she shared in her article. A hand-written note from Louise Cox: "I have just finished reading the latest issue of *Continuum* and was so glad that I had no interruptions so I could absorb and enjoy it cover-to-cover. The book reviews, the topics, Charleston summary were thoroughly enjoyed. I appreciate the time, patience, compassion, and care you gave to "A Special Needs Baby" that I wrote. Again, thank you so much!"

Mark your calendar for mid-July, when the special 60th anniversary pins (p.8) sold by the Alums are expected to be in stock. Orders are available online to Alumnae, Leaders, and those interested at http://lllalumnae.org/content/leader-recognition-pins. Pins are $6.00 (US Funds) for 1-9 pins. Order 10 or more for the bulk rate. For mail orders, download the order form on the Alumnae website. If you need the order form, contact me and I will email it to you.

Next deadline is August 1, 2016. Renew by August 31, 2016 to be on the mailing list for the next issue.

Until next time,
dereszyn@verizon.net
Phone: 714-840-1136
Continuum Editor

Fran

Important Message from LLL Alumnae Council Members

Photo, left to right: Fran Dereszynski, Gail Moak, Pam Oselka, Janet Jendron, Coordinator Edna Kelly, Sue Steilen, Patti Hope

Lisa Manning, LLL co-Founder Marian Tompson, and LLLI Director of Media Relations Diana West filming footage for 60th Anniversary DVD

La Leche League International is turning 60 this year! In conjunction with this celebration, a commemorative video is being professionally produced by LLL Leader Lisa Manning who is also an experienced television reporter, presenter, and executive producer. The DVD will feature interviews with La Leche League Founders who share unique insights into their collective journey that changed infant feeding practices around the world. The video will be available during the online International Conference planned for April 3 - 7, 2017.

During LLLI's anniversary year, starting October 1, 2016 to September 30, 2017, it will be available for screening, at no cost, at LLL events and Conferences around the world. This historical video will also be available to show at other events for years to come. As the DVD executive producer, Lisa is donating her time and personal resources toward a portion of the DVD production. However, donations are needed to complete the project, in the amount of $3,700. The LLL Alumnae Association is happy to make a donation to help support these production costs. We ask Alumnae members and friends to join with us to consider supporting the project with your individual donations. Gifts at all levels are appreciated; **100% of your donation to the video via the LLL Alumnae Association will be sent to LLLI.** Donate online or by postal mail. Gifts at all amounts are appreciated. Spread the word to LLL friends about donating to the Anniversary DVD! Thank you for your support of this important, global project!

- **Donate** at http://lllalumnae.org/donate Select *"LLLI DVD Donation."* Choose the amount you wish to donate and follow the prompts to complete the process.
- **Donate by mail.** Use the form below. Send your donation to Patti Hope, Treasurer, 2457 Vivian Circle, Decatur, GA 30030-1592.

Your donation matters! When you support this historical DVD project, you are building LLL's legacy!

Name _____ Email _____

Address _____City, state, ZIP code _____

Home phone _____ Cell phone _____ Today's date _____

Amount enclosed $_____. Add notation for "LLLI DVD." Make check payable to "LLL Alumnae Association."

Send with check to Patti Hope, Treasurer, 2457 Vivian Circle, Decatur, GA 30030-1592. Thank you!

LLL Alumnae Association

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

Next deadline: August 1, 2016

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To keep the newsletter intact, scan/copy this form before mailing.

Donation

Send all donations to Alumnae Treasurer.

$ ____ ☐ I prefer my donation to be for the LLL Alumnae Association, unrestricted and anonymous.
$ ____ ☐ Donation to help fund the LLLI 60th Anniversary DVD, p. 11. Write in your amount. Be as generous as you can.
$ ____ ☐ Donation to LLL Breastfeeding Helpline-US, Your donation will be sent to the 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, 2457 Vivian Circle, Decatur, GA 30030-1592. Questions? Contact Patti at: pjbalances@bellsouth.net

Membership

Yes, I want to keep in touch, support the LLL Alumnae Association, and join for $36/year US funds ($44 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 needed for membership reminders

$ ____ ☐ **Renewal** for __ year(s) $36/year in USA. Outside USA: $44/year, US dollars*
$ ____ ☐ **New member** for __ year(s) $36/year in USA. $44/year US dollars* outside USA. You may join/renew for multiple years.
$ ____ ☐ **Gift membership** for __ year(s) $36/year in USA. $44/year US dollars* outside USA.
$ ____ ☐ **Tribute Membership** for myself and add a tribute to a friend. $56 per one member ($64 US dollars* outside USA).
Your name _____ (add 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.* Name published in *Continuum* and on Alumnae website. Insert tribute (up to 15 words) for one person: _____
$ ____ **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 May 1,* 2016/FD