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. 3 September - December 2016

Southern *California Dreamin'*

San Diego, California, October 19-23, 2017 is next Alum trip. Renew by 12/31/2016 to receive next issue.

January 1, 2017 is the next deadline. Send articles to dereszyn@verizon.net

Donate on p.11 to the production of LLLI's 60th Anniversary DVD! Your generosity is appreciated.

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Printed September 15, 2016

Turn Back Time: A *Continuum* Article from 2003

I Want to Do Nothing

Life too busy? It sure feels that way. Almost everyone reports: "I'm overwhelmed." "There's just too much to do." "How can the days be flying by so quickly?" "I never have any time to relax!" Sound familiar? Chances are, you've made some of these comments yourself. Whatever the season, the events ahead, the stages of your children or grandchildren, the work you do, the joys or challenges you face, STOP. Take a deep breath. Close your eyes. Count your blessings. Put your feet up. Take a minute, an hour, a day, a week, a month, a year. Relax, rejuvenate, restore, renew.

"Do nothing, nothing, nothing more." This is a sign my colleague and I printed out and tacked up on our office wall. I stuck a copy on the first page of my day planner, too. Of course, I bypass the wise counsel more days than not. (Just today I agreed to teach a course—"just two and a half hours, just one night a week, just six weeks long...") But I am beginning to make more conscious choices to purposefully do less.

It's hard! My first empty nest year flew by. I thought there would be plenty of time. Yet it always *felt* like there was no time. Looking back, there was sufficient time to pack in a thousand things. But how do you fit in nothing?

It's hard! So many things I want to do pull and tug at me. (Even things I *don't* want to do vie for attention.) I want to spend my time with family and friends. I want to get my body healthier, read good books, de-junk my old house. I want to plant more flowers, travel, and learn how to sail. I want to save the world! I want to do nothing. On the whole, it is a rather self-centered list. One that gives me pause. Clearly, my "giving" cup is just about empty. When I mentioned this list to a friend, she reminded me of the importance of the earth laying fallow a period of time for restoration. Do nothing. Do nothing.

It's hard! Guilty "I shoulds" constantly creep in. My "to do" lists at home, at work, and for La Leche League seem unending. I cross items off and add twice as many more. I think about Steven Covey's *The 7 Habits of Highly Effective People* "important/urgent" grid and know that too much that gets done from those lists falls in the "urgent, but not important" quadrant; too much that gets left out or never even makes it on the list—is "important, but not urgent." In fact, with a never-ending list of things to do, it's easy to lose sight of what's important—really important—to me. When I'm doing too much, time for reflection gets lost. I know I need to get back in balance—and one good way is by doing nothing. *(continued on p. 2)*

facebook

To receive daily posts, join over 900 members on the Alum Facebook Page
https://www.facebook.com/LLLAlumnaeAssociation

I Want to Do Nothing *(continued from p. 1)*

It's hard! How does life get so busy and complicated? It just does. Mom, wife, daughter, sibling, employee, volunteer, citizen—each role requires an investment of time. So many demands from the "outside," yet the inside calls, too. The *person* that I am—my primary role—also has need for nourishment. Do nothing, nothing, nothing more.

It's hard! What does "doing nothing" look like? I'm reminded of my youngest daughter's responses to her friends' telephone queries: "What are you doing?" "Nothing," she'd reply, even though from my perspective, she and I were just having a great conversation. My oldest daughter has her own take on doing nothing: "It's highly productive and—if you're doing it right—*very* time consuming."

For me, I'm learning that doing *nothing* means no brain engagement. It doesn't mean the escape of Mahjong solitaire on the computer or the complex "paint by numbers" puzzles that lately caught my fancy. It doesn't mean reading a magazine or watching television. It's simply—though not always so simple—letting *everything* float away.

Until recently, doing nothing wasn't even a consideration. It certainly never made its way on to any of my "to do" lists. Now, it is at the very top.

Sue Christensen
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Voice of *Mother Time*, pregnant with baby New Year and wife of Father Time: "Life goes by so very fast, my dears, and taking the time to reflect, even once a year, slows things down. We zoom past so many seconds, minutes, hours, killing them with the frantic way we live that it's important we take at least this one collective sigh and stop, take stock, and acknowledge our place in time before diving back into the melee. Midnight on New Year's Eve is a unique kind of magic where, just for a moment, the past and the future exist at once in the present. Whether we're aware of it or not, as we countdown together to it, we're sharing the burden of our history and committing to the promise of tomorrow."

— from *New Year's Thieve: A Comedy in One Act* by Hillary DePiano (2014)

Recent Unrestricted Donations to LLL Alumnae Association

Thank you **Marilyn (Joey) Latterman, Reeva Miller, and Judith Roepke** for your kind donations.

Donations to the LLL Breastfeeding Helpline–US

Thank you, Anonymous, Andi LaMar, Mary Ellen Leners, and Elaine Shirron, for your recent donations to the Helpline. The LLL Alumnae Association supports the 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 bit of Helpline trivia. That is my hand on the logo, a co-Leader's breast, her baby and a toy phone. In the early stages, the original logo idea was simply a phone with information on the screen. I wasn't part of the development. I worried that a phone alone would not catch mothers' attention. A picture of a baby might! So I created the current logo with the use of a filter to make a photograph look like a line drawing. It was embraced.

~ *Ellen Rubin, Pittsburgh, Pennsylvania USA*

I wish potential sponsors knew how many mothers call the Helpline to find immediate support and then contact an LLL Group. Some mothers do not live close to quality breastfeeding resources or live a prohibitive distance from an LLL Group. The Helpline is essential for meeting mothers where they are, in more ways than one, and for helping mothers discover what local LLL resources are available.

~ *Lee Shields, Leesburg, Virginia USA*

Your $25 donation sponsors 25 callers. A $50 donation supports 50 callers. *And 100% of your donation is sent directly to the Helpline*. Go to http://lllalumnae.org/donate or use the form on the back page.

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 2016

Announcing the 2017 LLL Alumnae Trip

You are invited to join us in San Diego, California from October 19-23, 2017 for the next LLL Alumnae Association Trip! San Diego is 6th on *TripAdvisor's* Top 10 US Destinations and is often referred to as "America's Finest City," a favorite destination of visitors across the globe. Come see and experience where the first European explorer, Juan Rodríguez Cabrillo, encountered San Diego Bay in 1542 and claimed the land for Spain. Another historic event occurred in 1769 when Padre (Father) Junípero Serra established the first California mission, San Diego de Alcala. Many travelers plan to stop at the California State Park in Old Town that features Mexican architecture, plazas, patios, and colorful gardens of the mid 1880s. History from the Wild West is waiting for you! There are many places to see including Old Town's 17 historic points of interest and the finest museums, artisans, galleries, restaurants and shops. Other attractions: free live entertainment, mariachis, dancers and period attire docents providing tours.

Known world wide as one of the finest tourist destinations, San Diego is the home of the US Naval Base with the USS Midway Museum and the Star of India windjammer ship. It is also home of Balboa Park, San Diego Zoo, Sea World, Coronado Island, Hotel Del Coronado, Little Italy, Seaside Village, the Gaslamp Quarter, harbor cruises, and beautiful sandy beaches. Balboa Park is the nation's largest urban cultural park, ranked as one of the best in the world with several gardens and a variety of wonderful museums covering a range of topics including early man, local history, cultures of the world, photography, art, space and science. Think about adding this trip to your 2017 plans. Plan a trip with LLL colleagues. Check out the website resources below. Come by car, train, or plane. San Diego International Airport (SAN) is the closest to our destination city. Past attendees say that meeting new women is like connecting with friends they knew for years. Come join old friends and make new ones in an atmosphere of beauty, history, sunshine, and charm.

- Read the January-April 2017 *Continuum* for the hotel location, tentative itinerary, and updates from the Local Alumnae Trip Committee.
- Read the May-August 2017 *Continuum* for full itinerary and registration form. Registration usually opens mid-June online and via postal mail.

Stay tuned! More information for this Alumnae adventure awaits you in the coming year!

Gayle McLean, Sandy Patton, and Tina Pulice
Local Alumnae Trip Committee

https://www.tripadvisor.com/Tourism-g60750-San_Diego_California-Vacations.html
http://www.sandiego.com/visitor-info
Download the Visitor Planning Guide (PDF) or request a free printed Visitor Planning Guide at
http://www.sandiego.org/plan-your-trip/travel-guides/vacation-planning.aspx#hjm70veF7fAqbh8c.97

The idea of going to a destination trip with over 50 women from all over the country and enjoying everyone and everything is rare and wonderful. I tell new friends, "I have never met you, but I feel like I have known you for years." We always start the Alum trips with a link through our LLL thread of connection. Returning home, I kept saying to my Alum friends, Lou Ellen MacDonald and Amy Shaw, "You should have been there." Next time . . . *~ Ann White, Scituate, Massachusetts*

Names of Deceased Leaders for "We Remember"

The LLL Alumnae Association maintains a list of deceased Leaders at http://lllalumnae.org/We-Remember. At past LLL International Conferences, names were updated and read at the Alumnae Tea. Help us keep the list up-to-date. Go to http://lllalumnae.org/We-Remember to view names already recorded. If a name needs to be added, click "send us the information." At http://lllalumnae.org/node/add/we-remember enter the required information: Leader's name, state/country where she was active as a Leader, year of death, and obituary link, if available. Thank you for your assistance.

"So as we live, they too shall live…for they are now a part of us, as we remember them."

Alums Stop to Smell the Roses

June 15, 2016 ~ What an enjoyable tour and lunch with LLL of Southern California/ Nevada Alumnae at Sherman Gardens and Library in Corona del Mar, California! Although I have a Sherman Gardens membership and have been there many times, this was the first time I joined a guided and very instructive tour. It was also a special gathering of dear friends from LLL. I've always enjoyed any LLL alumnae event because it's so much fun to catch up with friends and continue to feel connected with LLL. We shared great conversations with all ten of us at one table. Very special to me was seeing Kim Moreno again. She drove almost 100 miles—all the way from San Diego to join us. Kim and I go way back to the mid-1960s when we both attended LLL meetings with the Arcadia Group. I hope more LLL alumnae will take advantage get-togethers and enjoy the same benefits I have.
Jacque Gates, Orange, California USA

I enjoyed this special time with the Alum group in the beautiful garden atmosphere. A visit to the gift shop was delightful before the tour started. The walking tour with volunteer docent John Winthrop was exceptional. The following day, he was due to retire from his full time horticulture job but will continue as a docent. We gleaned so much valuable and interesting information with his expertise, such as what types of roses do best in our Pacific Coast climate. John said that the fewer the petals, the better for our dry summers. After the walk, we gathered in the patio for a delicious lunch. Some of the food served was grown in the gardens. Several of the Alums were retired; many still lead LLL meetings and help breastfeeding mothers in local communities. All were eager to share family news and, of course, updates about grandchildren and even great grandchildren. Being part of the Alumnae Association helps answer the question we all have about what an LLL Leader does after her children are grown.
Karima Khatib, Huntington Beach, California USA

The guide gave a magical and informative garden tour. We strolled by many varieties of plants, displayed amidst a setting of immaculate garden patios and conservatories linked together by wide brick walkways, beds blooming with gorgeous roses and orchids, as well as other flowers, many bubbling fountains, and a impressive succulent garden. It was a nice stroll on a beautiful day. At lunch, we chatted about our lives and how much La Leche League has influenced our lives and how fortunate we are to get together. We all had a chance to stop and smell the roses.
Sharon Fairborn, Newport Beach, California USA

Jacque Gates, Carole Miller, Sharon Fairborn

Karima Khatib, Tina Pulice, Sandy Patton

Sue Garcia
Val Diekmann

Fran Dereszynski
Kim Moreno

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

The Boys in the Boat: Nine Americans and Their Epic Quest for Gold at the 1936 Berlin Olympics (2013) by Daniel James Brown. This is a fascinating account of an outstanding achievement by the Olympic Rowing Team from the University of Washington, USA. The nine working class, mostly poor boys are followed from 1899 to 1936 through the Great Depression and the upheaval in Europe. The Rowing Team out of Seattle stunned everyone when they won the Gold Medal! Brown interviewed participants and used documents to describe this stunning event. Their life stories are touched upon, but the main focus is on Joe Rantz, who had been abandoned as a child. Talk about courage…a must read! *The Boys of 1936* video may be available online in some locations at http://www.pbs.org/wgbh/americanexperience/films/boys36/ on the Public Broadcasting Service (PBS) American Experience.

Traces of Mercy: A Novel (2013) by Michael Landon, Jr., and Cindy Kelley. This is a Civil War tale of a "Reb" sharp shooter girl who spares a life. Because of an accident the sharp-shooter suffers amnesia as well as other trauma. The Union doctor takes the girl to be cared for in an orphanage run by nuns. As she tries desperately to remember who she is, Mother Helena names her "Mercy." Mercy wants to go home, if only she knew where home was. She finds that she can soothe a high-strung horse. Maybe she lives on a ranch? A couple of postulants resent her coming. A rich merchant who donates supplies to the orphanage has his eye on Mercy. Charming, and light hearted!

The English Spy (2015) by Daniel Silva is a novel that takes current events and weaves a thrilling international spy story. Gabriel Allon, Israeli spymaster, receives a call from MI6 (Secret intelligence Service, United Kingdom) for help in finding who bombed a ship with British Royals on it. Allon involves Keller, the former British Commando, thought to be dead, now a gun for hire, a friendly rival. Allon keeps in mind two coming events at home. His wife is awaiting the birth of twins, and he has been "selected" to become the chief of "The Office." Crisscrossing the continents with Libyan and Russian agents plus a rogue Irish Republican Army (IRA) agent is intriguing. Terrific!

The Pillars of the Earth (1989) by Ken Follett: is historical fiction during feudal England. Over the years this novel has been a favorite. Recently, I reread this book. It was just as engaging this time. There was upheaval in the land due to the fight for the English throne. The earls and knights, even the peasants wondered whom to support. Due to warring factions, a noblewoman has been thrown out of her father's castle. An honest strong leader, Prior Philip comes to the broken down Priory of Kingsbridge. A mason in search of building a cathedral has to feed his family. A dweller of the nearby forest stepped into their lives. Faith and desire for beauty plus greed and vengeance enter the village. A great winter read.

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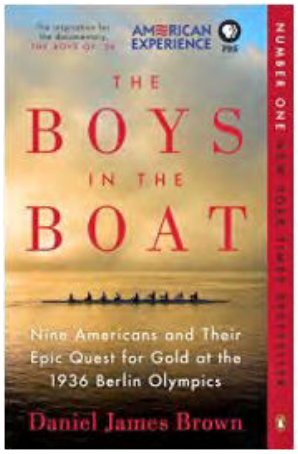

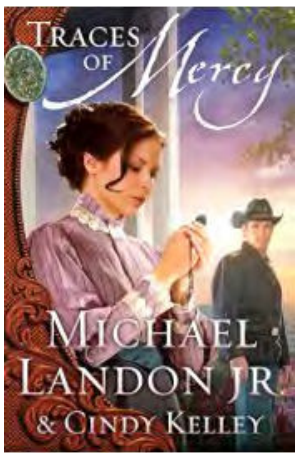

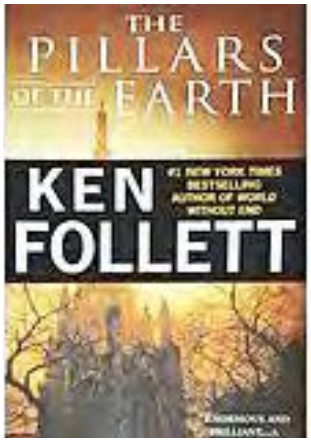

Pins for Leaders' Years of Service

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 at susan4868@gmail.com

We Remember Mary White

Excerpt by Diana West, Teresa Pitman, and Diane Wiessinger from *Breastfeeding Today,* printed with permission. The article is online at http://breastfeedingtoday-llli.org/tribute-to-llli-co-founder-mary-white/

Mary White was the mother of 11 children, the wife of a busy family doctor, Dr. Gregory White (who passed away in 2003) and a devoted member of her church. Despite all those responsibilities, Mary saw the need for support for breastfeeding mothers, and joined her friend Marian Tompson and five other local women in founding La Leche League International (LLLI). She has not only nurtured her large family but provided insights into mothering and breastfeeding that have helped and encouraged mothers all around the world. Mary passed away on June 2, 2016.

Mary's first responsibility in the organization was to share medical information related to breastfeeding. She wrote articles for the newsletter [*LLLI News*] that they sent out and also edited the inserts from local areas. Mary was on the Board of Directors of LLLI for many years, and spoke at conferences for many years as well. At one conference session, she talked about the fact that when she was a young mother, her home was rather untidy. But she said she didn't worry too much about it—after all, she had 11 children! What could you expect? Then her children grew up and moved out, and she looked around and saw the house was still rather untidy. "I realized that it was me!" she told the audience, laughing. She often reminded us that "people are more important than things." There is a warmly funny story that Mary related included in *The LLLove Story* how, after a home birth, when her boys came in, "I was waiting back in the rocking chair again, proudly holding the new little sister. But the boys had been promised a birthday party for the baby, so with scarcely a glance at her, they headed for the kitchen—'Where's the cake?' " Mary White's contributions to LLLI helped it become an organization that has inspired parents around the world. We hope it is a comfort to her family to know that she has left this powerful legacy, and that she will be missed by all of us in LLLI.

Photo of Mary White

Memory of Mary White

When two of my children were younger, they attended Seton Montessori Academy, started in a Chicago suburb by several of Mary's adult children. Mary was a grandmother volunteer at the school. My children referred to her as "the Grandma Mrs. White" because there was another Mrs. White there, too. They did not realize how famous Mary White was when she worked with them at the school.

Years later my daughter, Susan, became a La Leche League Leader. Susan, with her baby Katey Rose in a sling, led the new *Leader Parade* at the 2001 LLL International Conference. She was chosen because she was the newest Leader, having been accredited that morning! Who should introduce the newest Leader to the large audience in the LLLI Conference Hall? The Grandma Mrs. White, of course! Mary said, "I remember Susan when she was in school!" Friends of mine took a video of that historic moment as new Leaders walked into the 2001 LLLI Conference Hall and when Mary introduced the newest Leader. I just watched that video and yes, I have tears in my eyes…again!

~ Katy Lebbing, Villa Park, Illinois

Guiding Light for LLL Publications

Mary White was the guiding light for La Leche League publications. As the former LLLI Education Director and a member of the LLLI Office staff, we waited for Mary's red pen to edit articles in *Leaven* and *New Beginnings,* as well as letters sent to LLLI. She was a master of the written word. Her knowledge of breastfeeding in the early years assured that materials produced by LLLI were backed by the knowledge of the medical community. From the beginning, LLLI was fortunate to have physicians provide anecdotal knowledge backed by science. We knew mother's instinct felt right. It also supported and taught the science world what was so right about breastfeeding. In the early years, when Marian Tompson and I planned LLLI Physician Seminars, Mary's husband, Dr. Gregory White, and their sons played key roles as speakers and advisors. Mary was always fun to work with; she loved to be part of the many Pizzazz activities planned by Faye Young, later by Gwen Gotsch, and then by Helene Scheff in the last years of LLLI Conferences. Families of Leaders and the co-Founders would work on LLLI conferences. Mary's children were involved. Not only did the children get to know one another but they all also loved being part of a large extended LLLI family. Mary's family was a strong example of breastfeeding as the beginning of family life and how it extends to others. She taught us the importance of family and how to enjoy our families working together and supporting one another. She left a legacy not only for breastfeeding but also the value of family life.

~ Carol Kolar, Valparaiso, Indiana USA

Mary White, A Woman in High Esteem

Mary White was not only esteemed by those of us who knew her but also when *The Wall Street Journal* published her obituary and included the classic photo of six of La Leche League's Founding Mothers and their little ones. It was a beautiful write up and gave one a sense of some of her accomplishments. I remember Mary at the first LLLI International Conference where the major discussion was about when to start solids. Hmm—still a question for many mothers! I recall the sad time when Mary's daughter died of cancer at age 18. So many people came to the wake; we were in a line around the block. Not too long after that, I sat at a table with Mary during an LLL Illinois State Conference. With sadness in her eyes, she told the story of what happened with her daughter and how the family handled it. She was practical, kind, and subdued. We knew Mary had accepted the fact, though it was very tough. Her strong faith helped her.

Mary was very caring and straightforward. As she often said, "Babies *really need* their mothers." She had a sage understanding of the psyche of every precious baby as well as an understanding of each baby's profound physical needs. Mary and Greg were powerful witnesses for the dignity of each human life. Mary invited me and others to a support group for pregnant women in crisis. She said her home was on Thatcher Drive, "the big white frame house with the red door. You can't miss it." I could not help but notice the mounted animal heads on the walls. Mary responded, "Oh those…Greg likes to hunt. I send him off with "good luck," hoping he will come home safely and that he *doesn't* bring home anything. When he does bring home the meat, it sits in the freezer. We do eat some, but oh, you know. I hope he misses!" Mary and I had a good laugh.

Dr. Greg became my doctor with my third and fourth babies, both born at home. When I called their home to speak with him, Mary often answered and took the message. We also chatted a bit. Mary had a way of lifting me up when I was worried. Her smile came through the phone.

Mary's son-in-law, Kevin Thornton worked for LLLI and developed the beautiful magazine styles for *Leaven* and *New Beginnings*. I was often at the LLLI office then. Since I never wrote on medical topics, I never had Mary's *famous red pencil* markings. She worked very hard to be accurate and to find the latest information for us. Her degree in English from Rosary College came shining through in letters and LLLI publications.

At the LLL International Conferences, I recall that along with the other co-Founders, Mary was willing to go on stage with the rest of us for funny skits and dance routines, which Faye Young delightfully devised. When I would see Mary at meetings, conferences or funerals, we spoke of books, life, and how she loved mothers and babies. Her large family attested to that. She told a group of us that she knew each of her grandchildren's names and great-grandchildren's names, too. She and Greg felt that their children and those who followed were their legacy.

When Dr. Greg died, once again the lines were around the block. Many of us were at his beautiful funeral Mass. Mary later moved to a condo. No need for the house with the red door any more. Mary came to my husband Frank's funeral Mass, all by herself, five-and-a half years ago. I deeply appreciated her gift of being there and her condolences. Mary's death deeply saddened me. I was unable to attend the wake or the funeral Mass because I was out of the country. My daughter Kate let me know immediately, as did my son-in-law Mike. Kate went to the very well-attended two-night wake to represent our family and me.

I am happy to say Kate is an LLL Leader and a lactation consultant, as well. She loves helping mothers who want to breastfeed their babies. The La Leche League tradition carries on. Thanks, Mary White, for sharing your loving husband Greg with all of us. Thank you for your legacy. Especially, thank you for your integral part in this wonderful organization. Bless you and yours, and La Leche League! ~ *Mary Gisch, Westchester, Illinois USA*

Stood by Her Convictions

Mary was one of the strongest women I have ever been privileged to know. She never hesitated to speak her mind and state her opinion—in no uncertain terms! Slight of physical stature, perhaps even appearing frail in the last 20 years, the force of her personality buoyed by intellect and deep faith always commanded a room! She stood by her convictions. I have nearly every edition of the *Womanly Art of Breastfeeding.* Most were signed by all the Founders—but there is one without Mary's signature. An amazing person! ~ *Carole Wrede, Greeley, Nebraska USA*

Mothering Instincts

Mary White was a true mentor. She was not afraid to stand up for her beliefs in a culture that was stuck in "following the man-made rules." She taught us how to trust our own instincts and listen to the baby's needs. What a concept! What an impact the co-Founders had on all of us. I know they changed my life and my children's lives. They opened the door to truly understanding the power of loving actions and behavior. ~ *Mary Strack, Tustin, California USA*

An Impactful Life

Mary's death is still an occasion of great loss. Another strong voice for "good mothering through breastfeeding" has been lost. We all mourn her passing and celebrate her impactful life. *~ Ann White, Scituate, Massachusetts, USA*

Mary White's Phone Call

Over 40 years ago, I was a newly accredited LLL Leader. I had a three-year-old daughter and a newborn daughter. I led Series Meetings with two experienced co-Leaders. In 1973, a mother attended meetings and shared that she experienced difficulty with milk production. The Leaders shared many suggestions including more frequent nursing and even the use of a supplemental nursing system (SNS). Her baby continued to need artificial baby milk. I am not sure if my co-Leader and I sent a letter to LLLI or if we left a phone message for the LLLI Office staff. Later I was surprised to receive a call from Mary White. I was nervous to hear from an LLL Founder! Was I really talking to Mary White? Did she actually call *me*? I knew of the *royalty status* of the seven co-Founders because I attended the 1971 LLLI Conference in Chicago, Illinois. Once I settled down, Mary and I had a wonderful conversation. I do not remember much of what Mary said. I recall that she was down to earth, patient, and encouraging. By the end of the conversation, I realized that my co-Leaders and I had given accurate suggestions and support. I believe the mother continued to attend meetings. Even though she was not able to establish an adequate milk supply, she became involved with the LLL Group. *~ Pam Oselka, Bridgman, Michigan USA*

Mary Was Very Organized

Excerpt from http://www.wsj.com/articles/mary-white-breastfeeding-advocate-created-la-leche-league-1465579805
"They couldn't say 'breast,' " said Clare Daly, one of Mrs. White's daughters. Newspapers, they were sure, wouldn't publish notices about meetings involving such a crude term. Looking for something more discreet, they settled on La Leche League, derived from the name of a Roman Catholic shrine in Florida. "Mary was the first woman I ever saw breastfeed in public," Mrs. Tompson said. Mrs. White, known for wearing spotless white sweaters and coats despite the exertions of raising 11 children, was self-assured and had the prestige of being a doctor's wife. "If Mary did it, we figured it was safe," Mrs. Tompson said. Though these suburban housewives were defying medical authority, they didn't flaunt their rebellion. Infants were swaddled in blankets during public feedings. "We would practically smother our babies trying to be discreet," Mrs. Kerwin recalled. Her family has multiplied prodigiously. Mrs. White is survived by 10 of her 11 children, 61 grandchildren and 109 great-grandchildren, said Mrs. Daly. She kept track of all those birthdays on a calendar. "She was very organized," Mrs. Daly said.

~ The Wall Street Journal, June 10, 2016

New Management Team for LLLI

September 2016. The LLLI Board has changed to IMI Association Executives, Inc., a new management team. IMI currently manages International Lactation Consultant Association (ILCA) and International Childbirth Education Association (ICEA). The change gives LLLI a great opportunity to leverage operational synergies. Transition is in place, with IMI staff assisting and taking on core program tasks. Hannah Abernathy will be LLLI's Administrative Coordinator. A search is underway for two full-time positions: Executive Director and Development Director. Postal mail sent to the former Chicago office will be forwarded to the new headquarters: IMI Association Executives, 2501 Aerial Center Parkway, Ste. 103, Morrisville, North Carolina USA 27560-7655. Phone: 919-459-2167. Email: info@llli.org

Order Your LLLI 60th Anniversary Pin

The LLL Alumnae Association designed this new LLLI 60th anniversary pin. Many thanks to Alum member Alice Ziring for coordinating orders with the overseas factory. The pin is of similar quality and size as the Leader recognition pins. Note the 3 millimeter clear stone embedded in the Cloisonné pin and the 60th anniversary logo colors. Price is $6 each plus postage. Price is reduced for bulk orders. Plan ahead. Order for 60th Anniversary celebrations in your Area or country. Access the order form or order online at http://lllalumnae.org/content/leader-recognition-pins Questions? Contact Susan at susan4868@gmail.com

Announcing LLLI 60th Anniversary Event

LLLI will host a 60th Anniversary event on October 15, 2016 in Chicago, Illinois USA. Reconnect with old friends, celebrate our accomplishments, and look forward to pioneering new frontiers together. The day begins with a panel of representatives from the past 60 years and a talk on the long-term benefits of mother-infant bonding. Next will be a reception followed by a gala dinner. Mary Ann Kerwin and Marian Tompson will attend. Contributions of all seven Founders will be recognized. Visit LLLI60.eventbrite.com for the schedule of speakers and ticket options. You may also contact events@LLLI.org or call 646-598-6768 for more information. Join us as we honor LLL's past and toast to a bright future!

~ Jessica Coppola, Special Events Manager, LLLI 60th Anniversary Events Committee

LLL Western Pennsylvania Enrichment Day

(Alum display table in photo.) LLL of Western Pennsylvania Leader Enrichment Day began on Friday at the annual Alumnae dinner. We call it "LLLadies' Night with the MiLLLky Way Ladies." At dinner, our spirits were fed as we reunited heart-to-heart with 25 women and 7 children and babies. One Leader has joined us every year for the past five years with her children and grandmother. This year, she shared that her grandmother's gift for her birthday was attending conferences as well as Leader Enrichment Day. Such a great gift! This 2016 gathering was in the middle of April. It snowed the entire day. Although, the weather kept some people away and attendance was low, all in all it was a wonderful, warm and cozy time. A smaller gathering allowed for learning and sharing on a more personal level. Many of us enjoyed the chance to re-connect with longtime friends and Leaders. A former Leader proudly showed us her copy of *The Womanly Art of Breastfeeding* with the co-Founders' signatures. She mentioned that her book was signed when all seven women were last together at an LLL International Conference. On the last day, she planned to go home early, but decided to stay later to get her booked signed and was so very glad that she did!

At an afternoon session about Leader and Group development, I took time to speak about the LLL Alumnae Association, its history, and how important it is to me as well as to the other seasoned Leaders. A few Leaders mentioned that they thought the Alums were all retired Leaders and were surprised to learn that many Alumnae members are very active Leaders. In fact, one Leader who was accredited a few years ago mentioned how much she appreciates and values the knowledge and experiences of the Alumnae as an important resource when she helps mothers. After lunch, a ceremony for newly accredited Leaders was held to welcome them into the "foLLLd." The Leader Accreditation Department (LAD) representative introduced and welcomed each one.

As they stood together, an Alumnae member gave each Leader a card with the following poem:

> *"You are like a pebble cast into a pond causing ripples that spread in all directions. Be confident that its ever-widening circle will reach around the world touching the hearts of others."*

We also celebrated the anniversaries of Leaders' milestones in their journey to inspire mothers. Leader Anniversary pins were presented to:

Harriet Northy for 40 years
Mary Lou Zeravia for 35 years

Many thanks to the LLL Alumnae Association for donating two silent auction items: a complementary one-year LLL Alumnae Association membership and a small LLL logo necklace. Two Leaders were thrilled to be winners.

~ Janet Burtt, LLL Alumnae Rep, Pittsburgh, Pennsylvania USA

"I attended the event with my daughter Carrie and grandson. I enjoyed it immensely. Especially nice was the ceremony for Leaders' anniversaries when I received my 35-year anniversary pin. Many other Leaders received anniversary pins. It was nice to connect with Leaders I have known for many years and meet new Leaders starting their journey with LLL. I had some wonderful conversations and won some nice gifts. My grandson was thrilled to win the superhero cape and mask that he proudly wears. Carrie led a children's session and it was a success. I really enjoyed the sessions I attended and led. LLL has been in my life for over 38 years and will continue. It has helped me live the life that was in my heart and has always encouraged me to follow my motherly instincts. I feel that my four children were the lucky recipients of loving guidance. Now my grandchildren are feeling the effects of unconditional love from our whole family. It is all I could have hoped for! LLL is ingrained in our lives forever." ~ Mary Lou Zeravica

"I walked away from the day with my treasure box full! I renewed old friendships, found laughter, enjoyment and mystery in the new things I learned, and took home three silent auction items. All-in-all it was a lovely day that I would come back to every year if offered." ~ Justine Adams

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Renew Membership Before the Busy Holiday Season

Look at the back page for your expiration date. Don't let the end of the year slip by without renewing by 12/31/2016 to be on the 2017 mailing list. Think about renewing early any time—roll over the date for 1 or more years. It's easy to renew online or by mail!

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

A Tribute Membership connects you in a special way to **one individual**—an Alumnae member, Leader, former Leader, colleague, family member, or cherished friend. Tributes are published in *Continuum* and posted on the Alumnae website for one year; $5 of each 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."

The following Tribute Membership was received during the last reporting period, 5/1/2016 to 8/31/2016:

7/12/2016 from **Madrey Swenson**, West Lebanon, New Hampshire USA.

One-year tribute to honor **Kathy Baker**, Illinois USA. She inspired me to greater heights.

From the Mail Bag: Next Deadline Is January 1, 2017

Dotti Savoy wrote, "I always like the articles about books. In the last issue, the article on grief, "In This Season of Partings," and the book reviews were very interesting. I certainly looked forward to that issue. It was almost as good as being able to go on the last Alum trip!

Barbara Parker clarified in her article, "Retirement Years: Summer Jobs in Yellowstone National Park," that during the two summers they worked at Fishing Bridge, they were as paid employees of Xanterra, rather than as volunteer hosts. She and her husband were unpaid volunteers at Canyon Campground during the 2013-2015 summers.

I sent a sympathy card to an Alumnae member on the passing of her step-father. She responded that there was no funeral. She felt a bit lost without a standard way to mourn. She mailed notes to her mother and step-father's family members, "but I didn't realize how much I needed someone to mark my grieving until I got your card. Thank you."

Thank you, Alumnae members, who took time to write articles during the past year. Your stories enrich and inform readers. You are the foundation for *Continuum* now and in years to come. Readers, there is space for your stories in upcoming issues. Share how you met a challenge, e.g., adult children living with you; the joys/challenges of grand-parenting; being a caregiver for a family member; how you take time for yourself; getting together with local active and former Leaders, etc. Choose your own topic. If you don't have a budding article, send feedback about this issue. Authors love to hear your input, too.

Until next time,

Fran

Continuum Editor
dereszyn@verizon.net

When we get and receive hugs, there is a surge in oxytocin, the "mothering" hormone that brings relaxation. Contact with others through social media or a loved one's phone call also releases oxytocin. Phone users are in continual awareness of an incoming call or if the battery needs recharging. Cradled in the palms of two hands, the phone reminds us of Klaus and Kennell's observation of a mother's intense eye-to-eye contact as she cradles her baby. It is not that the baby looks like a smartphone. Bursts of the bonding hormone during connection are similar whether we carry and connect with a baby or a socially connected smartphone or electronic device. To read more of Kim Allsup's interesting article on "Smartphones and Parenting," go to http://attachmentparenting.org/blog/2015/09/01/smartphones-and-parenting/

Recognizing LLLI Commemorative DVD Donors

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

In conjunction with the 60th anniversary 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 LLL Founders sharing unique insights into their collective journey that changed infant feeding practices around the world. The video will be available during the April 3 - 7, 2017 online International Conference.

During the anniversary year, it will be available for screening, at no cost, at LLL events and Conferences around the world, and available for viewing at other events for years to come. As the DVD executive producer, Lisa donated her time and personal resources towards production.

To complete the project, $3,700 is still needed. The LLL Alumnae Association has made a donation and now asks Alumnae members and friends to partner with us with individual donations.

Gifts at all levels are appreciated and **100% of your donations to the video via the LLL Alumnae Association will be sent to LLLI.**

As of July 29, 2016, a total of $1,015 was donated by the following Alumnae members: **Jo Brockhaus, Paula Clay, Lorelei de la Reza, Fran Dereszynski, Judith Gilbert, Mary Gisch, Edna Kelly, La Leche League of Illinois, Valerie Moses, Anne Sanger, Judith C. Smith, and Kathleen Van Blargan.** Lorelei, LLL Leader for 43 years, commented: "With love and appreciation to Marian Tompson and Mary Ann Kerwin, two cherished Founders—60 years each multiplied by 2 for my $120 donation. With deepest gratitude." *Due to software/ computer problems, some donors were not listed here. An updated total and donor list will be published in the next issue.*

Donate online or by postal mail. **Gifts in all amounts are still needed.** 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: January 1, 2017

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

Donation

Send all donations to Patti Hope.

$ ____ ☐ 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: Patti Hope, Treasurer, 2457 Vivian Circle, Decatur, GA 30030-1592.
Questions or to inquire about a membership payment, contact Patti at: pjbalances@bellsouth.net

Send all memberships and donations to Patti Hope. *Form updated September 10,* 2016/FD