

# 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.*

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Visit anytime at [lllumnae.org](http://lllumnae.org)

**Save the Date**

**April 15, 2017** send articles to Fran at [dereszyn@verizon.net](mailto:dereszyn@verizon.net)

**April 15, 2017** renew online at [lllumnae.org](http://lllumnae.org) or by postal mail. Use membership form on p. 12. Renew early to roll over your expiration date if you are busy or traveling.

**October 19-23, 2017** Alum Trip to San Diego, California USA. Alum members, former Leaders, and LLL members invited. Register in next *Continuum*. More on p. 2.

## *Long Distance Grandparenting Can Be Fun!*

Long distance grandparenting can present challenges, especially when communicating with young grandchildren. At present, I have six grandchildren ranging in age from five to ten years old. When they were one, two, or three, I often used the computer to stay connected. They lived in Chicago, Illinois USA; Ann Arbor, Michigan USA; and Basel, Switzerland. We often did not see them in person. But we could see each other and talk via SKYPE or FaceTime when I used puppets. My frog and dragon and puppy spoke to the little ones. When they were in pre-verbal stages, we played that way to have something to do. Cards, pictures, stickers, and photographs sent my postal mail and directly addressed to the grandchildren also helped us to keep in touch. Long distance grandparenting can be *fun!* ➤

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A retired teacher, Barbara is a hospice volunteer once a week and teaches an English as a Second Language (ESL) evening class to adults.

Barbara with grandchildren Max & Claire in Switzerland. →

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Where the fiesta lives forever, Old Town San Diego Fiesta de Reyes awaits Alum travelers.



LLL Alumnae Facebook page for daily posts  
<https://www.facebook.com/LLLAlumnaeAssociation>

# Explore San Diego

Save the Date! October 19 - 23, 2017: Alum Trip to San Diego, California

Experience San Diego's blue skies, ocean breezes, magnificent beaches, California history, and fun with friends! Rated as one of the top vacation destinations in North America, seaside San Diego is blessed with what many consider to be the nation's best weather. Seventy miles of breathtaking beaches await. As the oldest Spanish settlement in California, San Diego and its environs are full of historic sites. For more information, go to <http://www.sandiego.com/visitor-info> for the official San Diego travel resource or to request a copy by postal mail. Contracted trolley drivers take attendees to the various sites on this tentative itinerary. Alums will be busy visiting as many of San Diego's fascinating sites as we can squeeze in! Time will be set-aside for a "We Remember Ceremony," the reading of names of Leaders deceased since November 2015. Final itinerary will be in the May/June *Continuum*, mailed to LLL Alumnae members who renewed or joined by April 15, 2017.

## Trip Highlights

- ☆ Thursday, **October 19**. 4:00 p.m. PDT hotel check-in. Light refreshments served from 4:00 p.m. to 7:00 p.m. at the Welcome Reception. Join us in the hotel patio for the opportunity to greet old friends, meet new ones, and pick up your Registration Packet. Walk to nearby Old Town. Enjoy dinner on your own in the hotel or a nearby restaurant of your choice.
- ☆ Friday, **October 20**. Travel by trolley to Presidio Park, Mission San Diego de Alcalá, beautiful Torrey Pines, down the coast through La Jolla, and stop at the Birch Aquarium at Scripps to enjoy a pre-ordered group lunch provided by the French Gourmet Bakery. Without getting our feet wet, we will go inside the Aquarium to experience California sea life up close and personal. Next participate in a coastal tour of La Jolla, Mission Bay, and travel inland to Balboa Park. Return to the hotel by trolley. In the evening, walk to Old Town where we will enjoy a group buffet dinner (*included with trip registration*) at the historic Cosmopolitan Hotel, followed by time on your own to enjoy entertainment in Old Town Plaza or visit local shops.
- ☆ Saturday, **October 21**. The group begins the day with a short walking tour of nearby Old Town San Diego State Historic Park. Then travel by trolley to explore San Diego Bay, **Coronado Island**, and the legendary Victorian Hotel del Coronado. Enjoy lunch on your own at one of the island's restaurants or cafés. Leisurely shop or stroll on the beach. The trolley continues its journey through the highlights of San Diego Bay. Enjoy the **SEaAndLand** San Diego Bay tour via amphibious vehicle. After a short stop back at the hotel, board the trolley to **Little Italy**, an historic Italian neighborhood for dinner on your own. You will find many dining choices and shops to visit. The evening ends with a trolley ride back to the hotel.



Coronado Bridge

- ☆ Sunday, **October 22**. Options include attending the place of worship of your choice, strolling through Old Town, or visiting nearby Whaley House Museum. At your own pace and a short distance from the hotel, board the first stop for the San Diego Trolley Tour (*included with trip registration*). Enjoy the ten-stop narrated tour throughout the city. Hop-on or hop-off at any stop as you are ready. The last stop is **Balboa Park**, the nation's largest urban cultural park, home to 17 museums, botanical gardens, and the San Diego Zoo. Enjoy lunch on your own at one of the park eateries or at **The Prado at Balboa Park**, a renowned restaurant, complete with a wonderful ambience and absolutely delightful food. Catch the trolley for a short ride back to the hotel. In the evening, enjoy the celebratory group buffet dinner at the Best Western PLUS Hacienda Hotel Old Town, as the weekend concludes. Local Alums and LLL Leaders will be invited to join us.
- ☆ Monday, **October 23**. Hotel checkout time is 12:00 p.m. Bid your farewells 'til next time.
- ☆ **Old Town** is where California began. The Old Town State Historic Park houses the settlement's original ties to Mexico with buildings dating from the early 1800s. Old Town has many restaurants and shops to explore. Victorian Heritage Park is across the street from the hotel and displays nine Victorian Homes, a synagogue, and an operating coffee and tea house. The Mormon Battalion is nearby. At the end of the block is Whaley House Museum, known to be the most haunted building in the United States, so they say!
- ☆ Remember, trip registration is discounted for current members. Join or renew on the registration form.

(continued on p. 3)

## Explore San Diego (continued from p. 2)

### Hotel Information

A room block has been reserved for Alums at **Best Western PLUS Hacienda Hotel Old Town**, 4041 Harney Street, San Diego, CA 92110. Room rate includes a complimentary hot breakfast buffet in the onsite **Tequila Factory Restaurant**. The hotel overlooks 150 specialty shops and 30 eating establishments. Reserve rooms by "Individual Call In" directly to 619-298-4707. Use the group name, "La Leche League Alumnae Association." Rate: \$135.00/night plus a 10.5% Occupancy Tax, plus the 2% Tourism fee, and the \$7.00 Facility Fee per night, single or double occupancy. For 3-4 guests, there is a charge of \$10 per person per night. Last day to reserve rooms at this rate: September 16, 2017. For guests traveling by car, overnight parking is discounted at \$10.00 per day. For those planning to be in San Diego before or after trip dates, discounted rates are available from 10/16/2017 to 10/26/2017. Hotel Shuttle is free from 7:00 a.m. to 10:00 p.m. to and from the San Diego International Airport (SAN) and the Amtrak train station. Make plans to join other Alums and friends for a fun time together in sunny Southern California and experience San Diego's beauty, history, charm and sunshine! ☺

### Local Trip Committee

Sandy Patton, Long Beach, California USA

Gayle McLean, Fountain Valley, California USA

(on left in photo)



Old Town Trolley

### Online Resources

Best Western PLUS Hacienda Hotel Old Town  
 Birch Aquarium at Scripps  
 Coronado Island  
 Little Italy Restaurant Row  
 Old Town State Historic Park  
 San Diego Official Fall & Winter Vacation Guide  
 Tequila Factory Restaurant Old Town  
 The Prado at Balboa Park  
 Whaley House Museum

<http://haciendahotel-oldtown.com>  
<https://aquarium.ucsd.edu>  
<https://www.sandiego.org/explore/coastal/coronado.aspx>  
<http://www.littleitalysd.com/dine>  
<http://tourguidetim.com/old-town-san-diego-state-historic-park/>  
<https://www.sandiego.org/>  
<http://www.oldtownsandiegoguide.com/tequilafactory.html>  
<https://www.cohnrestaurants.com/theprado>  
<http://whaleyhouse.org>



### LLL Italia Stamp: Graphics Makes LLL Unique Worldwide

La Leche League Italia was pleased to announce the issue of a special postal stamp on Monday, October 17, 2016 commemorating the 60th anniversary of LLL, founded on October 17, 1956 in the USA. Printed: 600,000 stamps, about one for every child born in Italy in 2016. LLL Italia expressed its heartfelt thanks to the Italian Post Office, the Ministry for Economic Development and the Istituto Poligrafico della Zecca dello Stato for the beautiful stamp, whose graphics skillfully highlight the features that make LLL unique the world over. From October 17, letters and postcards were able to be sent from Italy to anywhere in the world and promote breastfeeding at the same time! ☺

### Submit Names of Deceased Leaders for "We Remember"



In 2016, 18 Leaders and one LLL co-Founder passed away. Their names are on the "We Remember" list maintained by the LLL Alumnae Association. The years are listed in chronological order, starting with the current year. Go to <http://lllalumnae.org/We-Remember> to check if a name has been listed. To submit a Leader's name not found the list, go to the link to submit the required information—Leader's name, state/country where she was active as a Leader, year of death, and obituary link if available. For more information about "We Remember" contact Fran at [dereszyn@verizon.net](mailto:dereszyn@verizon.net) ☺

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

## Joining Friends at the LLLI 60th Anniversary



Kate Ogilvie, Mary Gisch

As soon as I heard about LLLI's 60th Anniversary Celebration last October, I emailed Fran Dereszynski and asked if she was coming to Chicago. When she said yes, I invited her to stay at my house. Since it would be a half-day conference and an evening dinner, there was no need to stay at

the event hotel. On October 16, Fran, Mary Lofton, and I arrived an hour early to hear conference speakers. First, we checked in at the registration table. Then we visited with friends from the past, introduced ourselves to new ones, and shared memories with friends as well as LLL Alumnae members we knew from past LLL Alumnae trips. About 120 attendees were at the conference, held in one large room.

The afternoon began with a panel discussion about the LLL of the past and thoughts about the LLL of the future. One of the many changes announced was that the LLLI Office is under a different management company, IMI Association Executives, Inc., and will move to Raleigh, North Carolina USA. Also, the LLLI 800 Helpline service and LLLI Peer Counselor program were discontinued a few years ago. [In the fall of 2007, the LLL Breastfeeding Helpline-US was created and staffed by volunteer Leaders in the USA.]

Dr. James J. McKenna, paleontology professor and Director of Notre Dame University's Mother-Baby Behavioral Sleep Laboratory, spoke about current studies related to infant breathing. He mentioned that symptoms of colicky babies may be due to immature breathing and that babies outgrow this by age three months. No other mammals have problems with colic. The breathing mechanisms can be enhanced when mothers and babies co-sleep, promoting breathing patterns. He calls it breast-sleeping. Separating babies from mothers for sleep—as advocated by some—is a detriment to the baby. There are different kinds of breathing, for sleeping, talking, etc. I found it to be a very stimulating presentation. Linda J. Smith, MPH, IBCLC, LLL Leader, gave a slide presentation, *Continuing to Grow Our La Leche League Village of Support Around the World*, a most interesting history of breastfeeding and how artificial infant milk changed the way we handled breastfeeding and also caring for babies. ["In 1939, resistance to formula marketing begins in earnest."] Linda spoke about her work with non-governmental organizations (NGOs), International Lactation Consultant Association (ILCA), and her hope to influence the American Pediatric Society and the government to support breastfeeding. Linda was recently elected to the LLLI Board of Directors.

The Founders' Reception before dinner was especially lovely. LLL co-Founders Marian Tompson and Mary Ann Kerwin took time to graciously speak with different groups of people.



Kathy Lange, Marian Tompson



Mary Ann Kerwin, Cindy Garrison

My daughter, Kate Ogilvie, a Leader for several years and a lactation consultant, joined me at dinner. To my delight there were many of the Founders' children. It was especially touching to see families of deceased Founders, Mary Ann Cahill, Edwina Froehlich, Viola Lennon, and Mary White. At the delicious dinner that followed, we heard speeches from Marian and Mary Ann. They were honored for their extraordinary accomplishments as "role models and trailblazers for the future generation of Leaders." Photos from the past and comments from Leaders who shared what LLL means to them were shown on a large screen. Awards were given to those who accomplished much to promote breastfeeding. Seated at the table with me were Kate, Fran, Mary Lofton, Doris Schertz and daughter Deb Zetman, Susan Geil, Janet Jendron, and Sue Steilen.

Fran was able to turn the trip from California into an extended weekend. She took a historical tour of downtown Chicago's Macy's on State Street, formerly Marshall Field's, now listed on the National Register of Historic Places.

Fran joined Katy Lebbing at an interesting meeting with local lactation consultants. Fran and I boarded a shoreline boat for a beautiful *Architecture Tour of the Chicago River*, learning about the buildings, architecture, and engineering that made Chicago famous as the birthplace of the skyscraper. We later met with Alums Ginny Innocenti, Katy Lebbing, Charlotte Knopf, and Carol Huotari for dinner at a local restaurant followed by time to chat together at my home. Katy also took Fran to a blown glass pumpkin display at Morton's Arboretum. It was a wonderful weekend! ☺

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

***A Man Called Ove*** (2012) by Fredrik Backman, translated in 2014 by Henning Koch. This novel takes place in a small town in Sweden and could have been written in any small town, except for the men arguing about the best car in the world...a Saab or a Volvo! Ove, a recent widower who is retired, feels like he is surrounded by idiots. He cannot abide the foreigners who moved in next door. Parvenah, her husband and three children, were once a nuisance and now become his best friends. A quirky and charming story! It has been made into a delightful movie of the same name.

***In the Sanctuary of Outcasts*** (2010) by Neil White is a remarkable memoir of a former federal prisoner. Held at Carville, Louisiana USA, White was shocked to find out that there were severely deformed men and women in the same complex and that they had Hansen's disease, better known as leprosy! He decided to turn his *bad luck* into a journalism bonanza. He grabbed a tablet and pencil and began to interview prison inmates and patients of the sanctuary. Surprisingly, he began to change from a con man to a man with feelings. This last Leper colony in the U.S. is now an historical site. I found it a very moving memoir.



***Kill the Messenger*** (2004) by Tami Hoag is a mystery that takes place in the California cities of Los Angeles, Hollywood, and Chinatown. Men in bulletproof cars chase a bike messenger as they try to grab a packet of papers he delivers. The lawyer client is dead and the police figure the messenger may have killed him or had seen him be killed. Jace Damon has long ago learned to listen to his instincts, which helped keep him and his little brother safe. How will he elude a police investigation? Good character development and lots of suspense keep the pages turning.

***Winter Garden*** (2010) by Kristin Hannah is an historical novel in which Anya's two daughters feel unloved. They are in a quandary when the glue of the family, their father, dies. Meredith took over the family business. In desperation, she calls Nina, a world famous photographer. The three of them go on an Alaskan cruise to sort things out in a neutral place. Together they try to coax Anya to finish telling her special *fairy tales* that the girls loved as children. From these, they learn about Anya's life in Stalin's Leningrad in 1941, before Anya met their father Evan. This story of women, their relationships, their hidden stories, is filled with hope and love, which makes this a satisfying read. ~

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### *Continuum Gives Me Another Perspective in Life*



I really do love to receive *Continuum*. There always seems to be an article, which is particularly relevant to me—I guess it is just an "age" thing but it always feels like I get another perspective on something in my life. This time the article, *I Want to Do Nothing*, really spoke to me. I sat down to read it and the rest of the articles. It opened up some lovely recent memories for me. My daughter, married to an American, now lives in his hometown of Newport

Beach, California. I went to California for three weeks in March 2016. First, I did a two-week tour of California and part of Nevada. Then I went to Newport Beach for a week. I had a wonderful time. As I looked in *Continuum* I kept seeing places mentioned that I had visited—San Diego, the Star of India, Balboa Park, Coronado Island, Hotel del Coronado, and the Gaslamp Quarter among them. Then, as I read further, I saw an article written by someone from Newport Beach, too. ["Alums Stop to Smell the Roses" by Sharon Fairborn] ~

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### *Don't Miss an Issue! Renew by April 15, 2017 or Anytime*

To expedite processing of membership payments, a new date is on the last page. If your membership expires between January 1 and April 30, 2017, reminder is: LAST ISSUE Renew by 04/15/2017. Renew for one year or more and the expiration date rolls over from the last expiration date. For example, if the expiration date is May 20, 2017 and you renew for one year, then the new roll over date would be May 20, 2018. Renew online at [lalumnae.org](http://lalumnae.org) or by mail with the form on the back page. ~

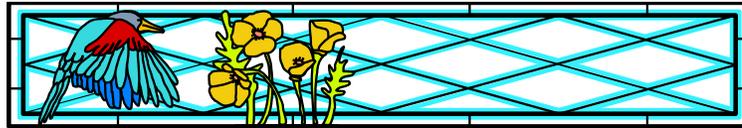
## Thank You for the Experience and Alum Support



When I was asked to assist the Alumnae in the "Alum Room" during the 2001 LLL International Conference, I had no idea of the journey that would begin that day. Through my involvement with the Alums, I received a continuum of support while raising teenagers, sending my sons to college, watching them become adults, becoming a grandmother, and experiencing the loss of one of my sisters, friend(s), my mother, and my husband. As I continued to travel on my circle of life, I gained skills to assist in my return to full time employment. I took on a different role with the Alums in 2007 when I joined the Alumnae Council and became Membership Coordinator. At that time, the LLL Alumnae Association became a separate entity when various LLLI programs were no longer connected to La Leche League International. The Alumnae Association developed its own membership database, began to send membership renewal notices, and collect membership payments. An LLL Alumnae website was developed and designed to receive membership payments, as well. There were a few bumps along the way. The friendships and support in the Alumnae Association thrived. I also have fond memories of the Alum trips to St. Augustine, Florida; Albuquerque, New Mexico; and Charleston, South Carolina. I hope to find the same experiences on the San Diego trip this year. Working with the Alums for nine years has been a pleasure. Now it is my delight to announce Anne Hutton as incoming Membership Coordinator. In this issue Anne shares her introduction. She has been a longtime supporter

of many LLL projects and will bring a refreshing look at membership procedures within the LLL Alumnae Association. This is an exciting change for the Alums and me! As you read Anne's bio, I think you will agree. I hope to see you in San Diego! ~

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## Thank You, Sue, for Your Dedication and Friendship

Sue was a gift to me as she managed the membership database and *Continuum* mailing lists, and handled glitches that invaded her computers. Energy on Alum trips was endless as well as attention to details, or making surprise blue and yellow beaded necklaces distributed at the 2015 Judy Torgus Memorial Event in Charleston, South Carolina USA. Her creativity and stick-to-it spirit is endless. Sue, I wish you well in all your future endeavors.

~ Fran Dereszynski, Alumnae Council, Continuum Editor

I remember the Founders bonding with Sue during the Alum trip to St. Augustine, Florida USA. They wanted someone young at heart, active, and fun-loving to tour with during our free time. They found that, and more, in Sue Steilen! On the next trip, to Albuquerque, New Mexico USA, the adventurous trio of Sue, Mary Ann Kerwin, and Patti Hope hiked down the rocky trail from the Acuma Pueblo plateau while the rest of us rode the bus. Keep on rockin' Sue Steilen!

~ Gail Moak, Alumnae Council, Online Communications

**Stay tuned** for more memories about Sue submitted after the holiday deadline. Send memories by April 15, 2017 to Fran at [dereszyn@verizon.net](mailto:dereszyn@verizon.net) Thank you!

I had the pleasure to work with Sue over many years in various LLL settings. Prior to her work with the Alumnae Council, she gave her excellent organizing talents and energy to many Illinois Area Conferences and International Conferences. Always a fun person to be around, she still gets the job done—whatever it might be! She is also great to encourage other people to be involved. Really, I think it is because of Sue that I have done many of the different jobs within LLL. From her asking me first to help with Area Conferences, then with the 50th Anniversary LLLI Conference, it led directly to my involvement with the Alumnae Council as Treasurer a few years ago, she has been encouraged me all the way. Now I say to Sue, "Thank you." Your commitment has been an inspiration to me.

~ Susan Geil, Alumnae Council, Treasurer (2007-2012)

Working with Sue has always been a joy! From the International Conference Alum Teas to Alumnae trips and everything in between, she always kept a positive, constructive approach and made time to connect with everyone. She's a gift to any organization lucky enough to have her.

~ Janet Jendron, Alumnae Council, Member-at-Large

## *Introducing Anne Hutton, Alumnae Membership Coordinator*



I am happy to be the new Membership Coordinator and Alumnae Council Member. I have been enriched by friendships made within La Leche League and look forward to supporting the mission of the LLL Alumnae Association and its members—current and former Leaders around the world. I met my husband Mark in Houston, Texas when we attended the same university. In 1995, following the birth of my son, Eric, I attended LLL meetings around part-time work at a management consulting firm. I enjoyed meeting other mothers and receiving support for nursing and co-sleeping. Keeping up with a high-need baby and a demanding job was difficult. When Mark accepted a job transfer to Boston, Massachusetts, I resigned and embraced full-time motherhood. Attending meetings with the local Newton/Wellesley LLL Group helped me feel settled. Months later, my second son, Craig, was born and I soon became a Leader Applicant. In 1999, I was proud to become an accredited Leader. That same month, our family moved back to Houston where I led LLL meetings with the LLL of Bellaire/West University Group. The Group was fabulous! The co-Leaders and I helped many mothers on the phone. During multiple meetings each month, we supported a large attendance and accredited many new Leaders, several of whom went on to lead Groups literally around the world.

Meanwhile, I was growing my own family, with the births of Ryan, Sarah, and David, each two years apart. Five children age ten and under made for lots of energy at our house! Giving back to LLL was important to me. I looked for ways to use my professional skills in LLL. I served as LLL of Texas Area Conference Coordinator for four years and later as Area Treasurer. I also briefly worked on projects for LLLI and LLL USA. All these positions introduced me to wonderful Leaders who inspired me. I am happy that many are members of the LLL Alumnae Association. I retired as a Leader in 2010 and focused my volunteer efforts in the Houston community. I look forward to the opportunity to serve as a member of the LLL Alumnae Council!

My husband accepted a job transfer in 2013—this time to Calgary, Alberta, Canada. Our family has enjoyed living the expatriate life in this beautiful city. Of course, as they do, my children are growing. Eric (21) is a senior at Carnegie Mellon University in Pittsburgh, Pennsylvania USA. Craig (18) graduated from high school in Calgary and is a freshman at Duke University in Durham, North Carolina USA. Our three “littles” are Ryan (15), Sarah (13), and David (11). They attend a wonderful school in Calgary with a very diverse student body. We manage a busy schedule as they each pursue multiple extra-curricular activities. In our spare time we love hiking, skiing, and travelling whenever possible. In January 2017, we returned from a post-holiday trip to Munich, Germany and Vienna, Austria. Wunderbar! Now I look forward to returning to my personal endeavors—reading and volunteer work. ~

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Photo from left to right: Eric (21); Sarah (13); Craig (18); David (11); Ryan (15); Anne's husband Mark; Anne. December 2016. Lake Louise, Alberta Canada.

*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 2017

## The Power of La Leche League: 60 Years Strong

The LLL Alumnae Association began its support of the LLLI 60th Anniversary by promoting and soliciting over \$4,500 for the LLLI 60th Anniversary DVD, *How They Built a Legacy —In Their Own Words*. Sue Steilen, Susan Geil, Fran Dereszynski and I were honored to represent the Alumnae Association as Educator Hosts in Chicago at the October 15, 2016 conference, reception, dinner, and gala. We had a table in the registration area to display pictures of Alumnae activities during past trips and sell the beautiful 60th anniversary pins, available at <http://lllalumnae.org>.

Throughout the day, the strength and love of our LLL family, past, present and future, was tangible. Memories, shared challenges and joys, and deep connections were felt in every hug, every conversation, and every encounter. I was thrilled to see so many former members of the LLLI Office Staff, who worked for so many years to support LLL's growth, and sustaining abilities to impact families, health professionals and the general public.



It was wonderful to sit beside former LLLI Board members Paulina Allen Smith and Judy Elder (*in photo above with Janet*). As we listened to panel speakers, we were full of appreciation for LLLI's growth and continued strength, reaching goals that were our dreams when we worked on the Board. Seeing so many members of the Founders' families reminded me of all the LLLI Conferences when they joined us for receptions and events, as well as the connections that deepened with the loss of the LLL co-Founders, staff members, and other LLL advocates.

During the conference, the first panel consisted of LLL Leaders Diana Cassar-Uhl, Cathy Watson Genna, Trevor MacDonald, Amy Shaw, and former Leader Linda J. Smith, as well as presenter Patricia Diaz Dennis. Together, they shared a heartwarming and inspiring history of how LLL began, what kept us going, and what we see on the horizon.

I was profoundly moved by the LLL influence that Diana Cassar-Uhl experienced while she was on active duty in the U.S. Army. Diana (*in photo with Janet*) shared that Karen Rotondi, the wife of her commander and an LLL Leader, provided the breastfeeding support she was looking for at



that time. It changed the course of Diana's breastfeeding experience. Diana became an accredited Leader in 2005 when her second child was a year old. Since then, Diana has been able to make a tremendous impact on the U.S. Department of Health and Human Services and the Office of the Surgeon General. Never doubt the power of one!

As the current Board President of Attachment Parenting International (API), I was gratified to learn that Diana began as an API Leader. This was a vivid reminder of the impetus LLLI has provided to other worldwide organizations with similar missions, increasing our collective impact. Years ago, I remembered hearing, "LLL won't be the only game in town" from some who sounded sad about that fact. Looking around today, it's thrilling to see so many others who promote our message.

It was reassuring to me to see how the lactation consultant profession has grown and become an integral part of health care. I remember vividly how this program began and some of the challenges we faced as we strived to delineate roles among organizations. Remembering their beginnings in the lactation consultant field, I was proud to see the influence that speakers Linda J. Smith and Catherine Watson Genna have had on clinical breastfeeding practices around the world.

The conference also provided a remarkable opportunity for us to hear Dr. Jim McKenna's latest research on Sudden Infant Death Syndrome (SIDS), colic, and sleep. I was reminded of Jim's early work, sometimes presented at LLL Conferences for the first time.

We have a strong heritage in support to and from research pioneers! The gala dinner continued to inform and inspire. LLLI Board Chair Anne Batterjee outlined opportunities ahead. Villy Kaltsa expanded on LLLI's world view, including how we help refugees in Greece. Cindy Garrison introduced awards to Mary Ann Kerwin and Marian Tompson.

*(continued on p. 9)*

## *The Power of La Leche League: 60 Years Strong* (continued from p. 8)

Photo: Alumnae members Carol Bollin & Sue Steilen



LLLI sends regular updates to active Leaders who may have learned there was concern about the World Health Organization (WHO) Code of Marketing of Breast-milk Substitutes and one of the sponsors for the 60th anniversary event. I remember the "old days" on the Board when Barbara Heiser and Marian Tompson first brought the WHO Code and advocacy as an LLL goal to the Board for discussion. It was controversial. Carole Wrede and I wrote a *Leaven* article\* that wasn't 100% well-received. I was encouraged to see that due diligence hasn't faded and that the WHO Code continues to be vitally important to our organization. I was also reassured by the transparency with which the current Board handled the situation--an honest mistake during and after the event. There will always be challenges and misunderstandings within organizations like ours, when

people are passionate and committed to positive change in the world through principles that aren't always culturally popular. It was an honor to be in the same space with so many different people who have remained dedicated to our mission for so many years, through thick and thin, pain and gain, despondency and joy. Our strength will always lie in who we are, individually and collectively, and our ability to work together with compassion, respect and understanding.

The LLLI 60th anniversary celebration will always be a positive memory to me--of humility, gratitude and inspiration. LLL brought me these gifts when I joined over 40 years ago. All of us who remain involved in LLL continue to reap these benefits. One way I continue to nourish my LLL connections is through the mission of the LLL Alumnae Association. For more information, visit <http://lllalumnae.org> Read more about the speakers, topics, and continuing 60th anniversary events at <http://www.llli.org/celebrate60>

Through 60 years, we owe our survival, success and strength to these connections. Experiencing the 60th anniversary celebration validated my belief that LLL will continue. ♪

*Janet Jendron*

*LLL Alumnae Association Council, Member-at-Large  
Columbia, South Carolina USA  
jjendron@usit.net*

\* Editorial Note: *Protecting Breastfeeding, Leaven*, Vol. 28 No.1, January-February 1992, pp. 5-6. Online at [www.llli.org/llleaderweb/lv/lvjanfeb92p5.html](http://www.llli.org/llleaderweb/lv/lvjanfeb92p5.html)



### *Order LLLI 60th Anniversary Pins*

A 3-millimeter clear stone is embedded in the Cloisonné pin with 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 online order form or order at <http://lllalumnae.org/content/leader-recognition-pins> Questions? Contact Susan at [susan4868@gmail.com](mailto:susan4868@gmail.com) ♪

### *Looking Forward to the San Diego Alum Trip*

An update about my article "Making Memories with My Grandchildren" in the May-August issue. My second granddaughter, Anna, was 12 years-old last fall and decided\* she, too, wants us to go to Hawaii, so that is where we will be headed this summer. When I received the last issue of *Continuum*, I read it from cover to cover immediately. I'm thrilled to know that our next trip will be to San Diego, a city I have wanted to see for a long time. I have put the information on my calendar already. I definitely plan to attend! I always look forward to seeing what books Mary Gisch will review and recommend; I have read many of her recommendations. Right now I am reading and enjoying the *Poldark* drama series by Winston Graham while watching the Public Broadcasting Service (PBS) *Masterpiece Theater Series*. ♪

\* When a grandchild turns 12 years old, we take a trip together to anywhere in the United States that the child has not yet visited, is willing to thoroughly research, and be the expert when we travel there.

*Andi LaMar*  
*Springfield, Ohio USA*  
[andilamar@aol.com](mailto:andilamar@aol.com)

## 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	<b>Edna Kelly</b> eekelly@swbell.net	Finance/Treasurer	<b>Patti Hope</b> pjbances@bellsouth.net
Continuum Editor	<b>Fran Dereszynski</b> dereszyn@verizon.net	Alumnae Rep Coordinator	<b>Pam Oselka</b> poselka1945@att.net
Membership Coordinator	<b>Anne Hutton</b> achutton1@gmail.com	Member-at-Large	<b>Janet Jendron</b> jjendron@usit.net
Online Communications	<b>Gail Moak</b> gmgesley@gmail.com		

*Thank You to the following Alums who Donated from 9/1/2016 to 12/31/2016 \**

#### LLLI 60th Anniversary DVD Donors

Charlotte Knopf  
Margaret Loffelman 12/26/2016  
Esther Schiedel  
Rae Schopp 11/28/2016  
Sue Steilen 12/31/2016

#### LLL Breastfeeding Helpline-US Donors

Carroll Beckham 12/2/2016  
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Margaret Campbell 10/29/2016  
Mary Campbell Hirsch 12/17/2016  
Charlotte Knopf  
Rebecca Sadler  
Esther Schiedel  
Paula Swain 12/12/2016  
\* December 2016 Financial Report

#### Breastfeeding Community-Unrestricted Donors

Anonymous (3)  
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Joan Crothers 11/29/2016  
Fran Dereszynski 12/15/2016  
Jacque Gates 12/29/2016  
Ellen Goodrich King 11/29/2016  
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Nancy Lau  
Gail Moak 12/21/2016  
Pam Oselka 12/27/2016  
Linda Parry 11/28/2016  
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Barbara Searing 12/16//2016  
Judith Smith 12/6/2016  
Mary Kay Smith 9/22/2016  
Judith Steele 1/29/2016  
Anne Tauber 12/31/2016  
Marian Tompson 11/29/2016  
Mary Wales 12/30/2016

*Thank  
You!*

### Tribute Membership: Another Choice

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. Go to <http://lllalumnae.org/join> and select "Add a Tribute to Your Membership" or use the form on p. 12.

The following Tribute Memberships were received during the last reporting period, 9/1/2016 to 12/31/2016:

12/29/2016 from **Janet Hilton**, Corpus Christi, Texas USA to honor **Dr. George Flood**, Corpus Christi, Texas USA.

"He encouraged and validated nursing babies and children."

12/31/2016 from **Anne Childress**, Lewisburg, Tennessee USA to honor **Cathy Godbey**, Lewisburg, Tennessee USA.

"In the late 1970s, Cathy brought LLL from Ohio to Lewisburg, Tennessee. That is when I learned I could breastfeed!" ~

### LLLI Offices Move to North Carolina

On December 1, 2016, Lee Claassen joined LLLI as Executive Director. Lee can be reached at [lee@llli.org](mailto:lee@llli.org) or 919-459-8686.

The LLLI new management company, IMI Association Executives, has moved their offices and therefore the address for LLLI has changed to La Leche League International, 110 Horizon Drive, Suite 210. Raleigh, North Carolina, USA 27615.

Phone: 1-800 525-3243. Email: [info@llli.org](mailto:info@llli.org) ~



**Pins for Leaders' Years of Service**

start at \$6 per pin (plus postage), reduced for bulk orders. Basic Leader pin (no years) and 5, 10, 15, 20, 25, 30, 35, 40, 45, and 50-year pins. View pins and place orders at [lllumnae.org/content/leader-recognition-pin](http://lllalumnae.org/content/leader-recognition-pin) Questions? Contact Susan at [susan4868@gmail.com](mailto:susan4868@gmail.com)

*Alum Pin Design Takes the Cakes!*

October 16, 2016—LLL Great Britain Conference 45th Anniversary and LLLI 60th Anniversary event, guest speakers Professor Helen Ball, Diane Wiessinger, Associate Professor Kerstin Hedberg Nyqvist, and Teresa Pitman admire celebratory cakes embellished with the Alum pin design. Photo by Lois Rowlands, published with permission. Thank you, Louise Moran, Director LLL GB, for sharing the photo. ~



*From the Mail Bag*

*Friendship isn't about whom you've known the longest. It's about who walked into your life and said, "I'm here for you" and proved it.*—Author unknown. A friendship theme is weaved through this issue. LLL friends from at least nine countries attended the fall 60th Anniversary Gala. A few Leaders and LLL friends opened their homes to guests. Those connections over the years are time to share stories and laugh together (see photos). Carol Bollin wrote: "How exciting that there will be a picture of Sue Steilen (p. 9) and me in *Continuum*! The Gala was a one-day gift I gave myself. I travelled to the dinner by train and stayed overnight with my brother before traveling home the next day. I enjoyed it very much. What a wonderful tribute it was!"

Stay connected. The *Alumnae Former-Current LLL Leaders and Members* Facebook page is an open group for anyone to like, join, or post at <https://www.facebook.com/group.php?gid=109172860448&ref=ts> Join the conversation.

From Brooke Unger, Columbus, Ohio USA. "There have been three generations of Leaders in my family: my grandmother Judy Good, my mother Jennifer Good Spires, and my aunt Joyce Good Henderson, and myself. I am very proud to share our story!" at <http://leadertoday.breastfeedingtoday-llli.org/three-generations-of-leaders/> View a photo of Brooke, Jennifer, Marian Tompson and Linda J. Smith.

Thank you, donors! Your support makes a difference! Alums generously contributed to 2016 appeals: LLLI 60th Anniversary DVD, *How They Built a Legacy: In Their Own Words*; LLL Breastfeeding Helpline—US; supporting the LLLI 60th Anniversary Gala; and contributions for an anticipated \$10,000 for a new streamlined Alum website. The current website has become outdated and no long suitable for updating. Your support helps us reach more people who want to further the LLL Alumnae mission. We could not do it without you! Anniversaries are truly a reason to celebrate! They matter to all of us. LLL Great Britain shows how they proudly celebrated their 45th anniversary in above photo.

Go with us to San Diego. Because they live in various parts of the U.S., two Alums who are sisters invited their mother to the 2015 trip. They treasured the concentrated moments together, sight-seeing, and meeting new friends. Think about attending the October trip to San Diego! Invite a friend or relative. Look for the registration brochure in the next issue.

Connect to LLL's past, present, and future. Your continued membership in the LLL Alumnae Association is important to us. The friendships built are priceless—whether in person at a local Alum gathering, Area event, via email or letters to long-time friends. The back page of each issue is the key to your membership renewal date. Don't miss *Continuum*. Busy? Traveling? Although you hold this issue in your hands, you can read *Continuum* online if the print version is at home or misplaced. Go to [lllumnae.org/Publications](http://lllumnae.org/Publications) to view titles in current/past issues. Download the color PDF—ready to read on a smart phone, tablet, desktop or laptop at your convenience. Send ideas for future topics and articles to me at [dereszyn@verizon.net](mailto:dereszyn@verizon.net) by April 15, 2017. ~

Until next time,  
*Fran*

*Continuum*  
Editor

—>>  
Mary Gisch and Fran at Chicago's Navy Pier on windy Lake Michigan.

*Chicago...Chicago...*  
my kind of town for the rich memories of time spent with LLL co-Founders, Alums, and friends!





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

Submit articles by April 15, 2017

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**Renew online at [lllumnae.org](http://lllalumnae.org) Use this form to Renew, Join or Donate.**

- \$  I prefer my donation to be unrestricted and anonymous to the LLL Alumnae Association.
- \$  Donation to LLL Breastfeeding Helpline-US will be sent to the Helpline. Name published in *Continuum* and website.  
My Helpline donation is:  \$25  \$50  \$75  \$100  \$\_\_\_\_\_ (write in amount)
- \$  **Total Donation. Check to: LLL Alumnae Association.** Mail to: Patti Hope, 2457 Vivian Circle, Decatur, GA 30030-1592.

Yes, I want to keep in touch, support the LLL Alumnae Association, and join: \$36/year US funds (\$44 **US dollars** 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 **one** person. \$56 for 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.* **Date check mailed:** \_\_\_\_\_

Mail to: Patti Hope, Treasurer, 2457 Vivian Circle, Decatur, GA 30030-1592. Questions? Contact [info@lllumnae.org](mailto:info@lllumnae.org)