

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 30, No. 3

lllumnae.org

September - December 2017

**Date to Remember
December 15, 2017:**

- Deadline for articles, your stories.
- Renew membership if "LAST ISSUE" is on address area of the back page. Renew early any time!

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Next deadline: December 15, 2017

facebook

You are invited to join the Alum Facebook page for interesting daily posts and breastfeeding news. You will like it! Join at <https://www.facebook.com/LLLAlumnaeAssociation>

Margaret Kenda is a retired LLL Leader and a retired author. She will soon be celebrating 55 years of marriage with her husband Bill. They have three children and three grandchildren. If you wish to discuss the intricacies of downsizing or share your stories on this subject, get in touch with margaretkenda@aol.com and/or send comments to Fran at dereszyn@verizon.net



Downsizing

As we grow old, many of us want to move to a small place. Our poor old knees demand one-level living. We cry out for low maintenance. But small quarters also mean less storage—perhaps no basement or attic, fewer closets, no space for extra shelves or drawers. It's time to downsize, time to live simply and cleanly. How did we get so much stuff? I'm not a hoarder. I've done at least minor cleanouts before. I've held yard sales. I've taken hauls to the dump.

I've hired a man with a pickup truck to haul stuff away. Still, stuff remains. Why? And how can we deal with stuff? Here's what I've learned.

Gird for battle—Human Versus Stuff!

My mother understood the battle. My sweet, kind-hearted mother once informed me that she was never going to clean out her basement. She was going to wait until she died and then I could clean it out. I did. Within that basement, I dealt with everything from a vast collection of plastic bags, to soda cans stored so long that they exploded upon touch, to a souvenir piece of wedding cake still frozen as the long-ago newlyweds became grandparents. I took in the loveliest of my mother's stuff, not to mention practical items such as boxes full of tools for each of the young adults in the family. Where did all this stuff come from? My mother had taken in her mother's possessions. Her mother had taken in her own older sister's possessions. Add in a strong inclination to save. I found a purpose-made, handcrafted, needlepoint coupon saving box, filled with grocery store coupons decades past their expiration dates.

One primary reason to downsize is that you get to decide what happens to your stuff.

Imagine what your own children and grandchildren will do if they inherit your stuff. Will they keep and treasure your possessions? Will they argue over who gets what? Imagine what your own children and grandchildren will do if they inherit your stuff. Will they keep and treasure your possessions? Will they argue over who gets what? Or will they toss things, more or less at random, into a large receptacle, soon to be hauled away forever?

(continued on p. 2)

Downsizing *(continued from p. 1)*

If you do your own downsizing, you decide who gets what. You can find good homes for at least some possessions. You may—as they say—“trade your clutter for cash.” Your descendants probably won’t have the time or inclination. But, beware:

Stuff defies the laws of physics.

I once cleaned out a closet. I removed about a third of the stuff. Then I attempted to put the rest of the stuff back. It wouldn’t fit. Apparently, 100% minus 33% = 200%.

Read up on downsizing methods, if only for a good laugh.

One whimsical method, popular in magazines, is to divide up the downsizing job. For example, remove five objects per week (or per day). Make a game of it by taking a random approach. Walk around the house, and target whatever catches your eye.

Or take a logical approach by downsizing one category of objects. For example, clean out cosmetics one week. Clean out medications the next week (and dispose of them carefully). The following week, move on to another of the never-ending categories. Or take the Japanese approach. A book about Japanese downsizing spent months on the best-seller list.* The idea is to eliminate possessions that fail to “spark joy.” For instance, put your entire wardrobe in the middle of the floor. Put back only the clothes that are joyful to you. Get rid of the others. Or do the same with books. I’d end up with no clothes and a big pile of books, all in the middle of the floor.

If you get bogged down, consider hiring professional help.

A professional organizer will advise you on what you can do without. She (more rarely, he) will help you decide what to do with objects, how to determine value, where to sell or donate. She can counsel you on your relationships with adult children or other family, especially when they are less than enthusiastic about taking in your possessions. Most important, in my opinion, an organizer will keep you going. It’s all too easy to get bogged down with downsizing.

“We don’t want the contents of your grandmother’s hutch.”

That’s a statement on the website of a local consignment shop. I fear I am that grandmother. They don’t want wedding gifts of our past. They don’t want our once valuable silver. They don’t want those collectables we’ve been dusting all these years. The baby boomer generation is into downsizing. The market is flooded with the contents of the hutches of grandmothers. The younger generation, meanwhile, has given up formal dining rooms and treasure-filled parlors. My own daughter remodeled her dining room into a home office—at which she has done wonderful and valuable work. How

Interesting definitions

Anthropomorphism: Attributing, at least in the imagination, human characteristics, feelings, and features to animals or inanimate objects. (Thank your stuff for its service.)

Resistentialism: The humorous theory that inanimate objects hate us and wish to do us harm. (Fear your stuff.)

can I fault her? What would she want, for instance, with my two silver well-and-tree platters? The specter has already been raised of melting them down for the silver alone. I haven’t dared ask if anyone wants the giant cabinet known as “the breakfront.” Besides its size, the name alone tells of its fate to leave this family. But what other family will want it? It’s a sad truth. Many of the possessions we once treasured are no longer of value.

Harden your heart.

Downsizing work is a difficult combination of drudgery and stress—with just a few bright moments of nostalgia and sentiment. In the velvet tarnish-proof bag containing a silver plate, I found an affectionate handwritten note from my grandmother. That now means more to me than the silver. Sometimes a small (non embarrassing!) ritual helps, perhaps just a quiet touch. The Japanese method* suggests that as you get rid of objects, you thank them for their service. For example, instead of merely tossing old socks, you thank them for the comfort they once provided.

Practice creativity in downsizing.

Did you think the work of downsizing was all dull, entirely boring? Well, of course, it is mostly. But there is the occasional creative breakthrough, however minor. I had emotional difficulties with downsizing my doctoral dissertation. It was typed onto fragile sheets of paper inside a collapsing cardboard box. It was turning to dust. Its subject was out of date. But I couldn’t just throw away all that work. My husband did the creative thinking. He suggested I get in touch with my alma mater where long-ago dissertations were originally stored in microfiche format. Within minutes, a student intern had electronically transferred and plopped the entire 300 pages into my email box. I took the sting out of parting with my collection of cookbooks by donating them to the Langone Culinary Archive at the University of Michigan. The curators made my day by requesting to include a few of my own books in the collection. Then, at Fran Dereszynski’s suggestion, I happily gave my books on breastfeeding and motherhood to Karima Khatib, for use by La Leche League mothers in Southern California. All I need now is a creative way to downsize and preserve thousands upon thousands of family photographs. And then there’s the basement to tackle.

*Marie Kondo, *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing* (2014) Also, see Gail Steketee and Randy Frost, *Stuff: Compulsive Hoarding and the Meaning of Things* (2011). ♪

Margaret Kenda
Sudbury, Massachusetts USA
margaretkenda@aol.com

*LLL Alumnae Association**Annual Financial Report*

4-1-2016 to 3-31-2017

By Patti Hope, LLL Alumnae Association Treasurer,
pibalances@bellsouth.net*The Art of Tidying
Up the Alum Website*

The LLL Alumnae Association website was created in 2011. It was our first website and we were so excited! Over the years, we've seen parts of the website get lots of use and grow, and others get little or no use. We've made more pages and added more text and photos to many pages. You might recognize this situation in your own home! Lots of things accumulate; items related to new interests fight for a place with your old favorites. Some

of us can tidy up as we go; others of us need to do periodic purges of our living space. That's what we're doing now with the LLL Alumnae Association website. Our periodic evaluation was inspired because the website was originally built in Drupal 6 [platform] which is no longer being supported. We considered migrating the entire website to the newest version, Drupal 8. Taking a hard look at each page, we realized our first task was to de-clutter and focus the new website on what's important to Alum members now. We followed a two-pronged approach in the first half of 2017: consulting with developers about best meeting our technical needs (e.g., WordPress vs. Drupal) and streamlining the current website which has led to many Alumnae Council discussions about the mission and goals of the LLL Alumnae Association

Thank you to the donors who supported the website project in 2016. As this project will cost many thousands of dollars, we also appreciate your 2017 gifts that can be made online at <http://lllalumnae.org/donate> or by a check to "LLL Alumnae Association," mailed to: Patti Hope, Treasurer, 2457 Vivian Circle, Decatur, GA 30030-1592. Equally as important as a financial contribution, you can help us with this "house-cleaning" through your feedback. **Please jot down your feedback next to these questions and reply by December 15, 2017.** Email us at info@lllalumnae.org or contact a Council member listed on p.7.

1. Why you are a member of the LLL Alumnae Association?

2. What are the most important aspects of our work for you?

3. In what ways do you use the website?

4. How would you like to see the LLL Alumnae Association grow?

We're planning a survey, too. So keep an eye out for that. We'd love to hear your ideas and vision for our future. ☺

Gail Moak
Oakland, California USA
LLL Alumnae Association Website Coordinator
gmglesley@gmail.com

Ordinary Income/Expense			
	Income		
	Contributions		1,879.40
	Fundraisers		
	60th Anniversary DVD		1,668.00
	Helpline		1,537.00
	Leader Pins		6,112.89
	Website		710.00
	Total Fundraisers		10,027.89
	Memberships		6,428.00
	Memberships -Multiple Years		2,234.00
	Memberships -Special		1,350.00
	Memberships Outside the US		434.00
	Memberships Tribute		722.00
	Total Income		23,075.29
	Cost of Goods Sold		
	Fundraising costs		
	Leader pins		3,743.12
	Total Fundraising costs		3,743.12
	Total COGS		3,743.12
	Gross Profit		19,332.17
	Expense		
	LLLI Video Fund		3,000.00
	Bank charge		40.00
	Continuum		1,924.93
	Paypal & CC fees		358.98
	Postage		30.15
	Project support		
	Helpline - pass through		1,537.00
	LLLI Video Fund		1,698.00
	Total Project support		3,235.00
	Trip expenses		
	2013 Albuquerque		
	Airfare		197.80
	Total 2013 Albuquerque		197.80
	2015 Charleston		
	Judy Torgus Pens		100.33
	Total 2015 Charleston		100.33
	Total Trip expenses		298.13
	Website		811.78
	Total Expense		9,698.97
	Net Ordinary Income		9,633.20
	Net Income		9,633.20

Pat Young has five children (ages 48-58 yrs.), 15 grandchildren, (ages 12-36 yrs.), nine great-grandchildren (ages 2-10 yrs.), and one more expected this fall. She plans to travel to Uganda in December to be with four of her great-grandchildren.



Celebrating 50 Years as an LLL Leader



Pat Young
"La Leche League—
Raising a Healthy Foundation"
imprinted on her t-shirt

I just finished reading the May-August issue of *Continuum*. It got me thinking. I can't believe I've been a Leader for 50 years; I have the gold recognition pin to prove it. I was 26 years old when I was "certified" as a Leader and it seems like yesterday. Of course, my baby boy is a 50-year-old man. I just don't know where the years have gone... How many mothers and babies were helped? How many

meetings, conferences, home visits? How many LLL jobs—Area Professional Liaison, Area Council member, Conference work groups? Who knew how La Leche League (LLL) would change my life? It fit right into my mother-baby fixation. I realized how important childbirth

experiences are. I became a childbirth educator. I decided I wanted/needed to be a registered nurse and went to college, worked in labor and delivery, heard about the new [lactation consultant] exam and became an International Board Certified Lactation Consultant (IBCLC) in 1985, worked as a lactation consultant at a hospital, realized I needed to be an Advanced Practice Nurse, went back to college, have worked as a Pediatric Nurse Practitioner/IBCLC for over 20 years, still take calls from mothers, see mothers with breastfeeding challenges, still lead two LLL meetings a month...probably worked with at least a dozen co-Leaders, and presently work with five co-Leaders.

It has been a long, winding path. I've enjoyed almost every part of it—the many joys and friendships along the way. I see LLL meetings as a vital way to meet mothers' needs in today's technology world, person-to-person, mother-to-mother. ♪

Pat Young (formerly Zee)
Director, Center for Breastfeeding Information Research Library
Pitman, New Jersey USA
patyoungz@verizon.net

Historical Note from Carole Wrede, former *Leaven* Managing Editor: In LLL's early days, a Leader was *just* called a leader. "Certified LLL Leader" came later. Current term used is "accredited LLL Leader."

"I think each of us must find our own particular solutions to things, and these will not always be the same. But recognizing that the needs of babies and very young children are often very immediate and urgent, and being willing to make some adjustments and sacrifices to satisfy these needs, will go a long way toward making secure and happy individuals who will make us proud parents as they grow up." ~ Mary White, LLL co-Founder, 1983

Submit Leaders' Names for "We Remember"

I am preparing the list of names for the "We Remember" ceremony to be held during the San Diego Alum Trip in October. If no obituary link was available for names posted many years ago, I did an online search, sometimes yielding mention of the Leader's involvement with La Leche League (LLL). Finding LLL in the obituary or memorial verifies she was an LLL Leader, too.

I encourage Leaders and their families to think about including La Leche League in an obituary when the time comes. Just as the family submits involvement with a local garden club, parent-teacher support group, homeschooling, scouting group, or quilting club, etc., remember to note volunteer time in LLL, your time helping mothers and babies in the community. This goes a step further if you find La Leche League in an obituary in an old/current out of town newspaper or online page and it mentions LLL. That is probably when a retired or active Leader would take time to see if the name was recorded on the Alum website. If not on the list, she can then submit the name and necessary details—year of death, state/country she was active as a Leader, and obituary link, if available.

Visit <http://lllalumnae.org/We-Remember> to view names listed alphabetically by year. Submit a name for a past or current year along with the required information and obituary link, if available. For more information about "We Remember" contact Fran at dereszyn@verizon.net or call Fran at 714-840-1136. ♪

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

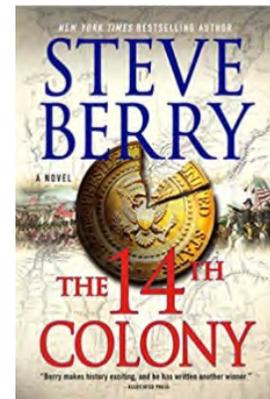
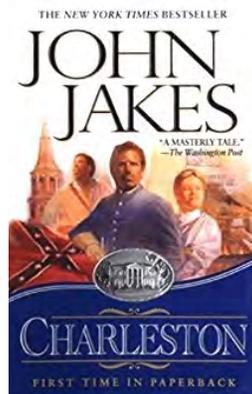
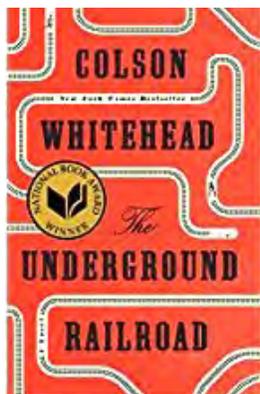
The Underground Railroad by Colson Whitehead (2016) has won the *Pulitzer Prize*, the *National Book Award* and *Oprah's Award*. This novel starts before the Civil War begins. Cora, a slave whose mother ran away, is an outcast even among the slaves. After trying to fit in, she decides to leave with a new slave, Caesar, who sees bravery in her. As they run from Ridgeway, the slave hunter, heading north, they encounter different levels of racism in each town. They use the hidden *Underground Railroad*. The author has chosen to make the railroads "real" with engines and tracks, thus combining some fantasy with the graphic degradation and depravity of slavery. The author gives us heart wrenching...memorable characters.

Charleston by John Jakes (2002) is an excellent historical novel taking *Charles Town* from the early scrabble years of 1720s to aristocratic city of *Charleston* in the 1860s. British dominated the town in the beginning. The bells of St. Michael's Church are synonymous with Charleston, South Carolina USA. They play an important part throughout. Ocean shipping and fertile plantations of indigo and cotton fuel the growth of rich aristocracy and slavery. This epic focuses on three families, the Bells, the Larks and the Poorly/Strong's who work, feud, and tolerate each other from the beginnings of the Revolutionary War to the end of the Civil War. The places that I visited on the LLL Alum Charleston trip come alive in this narrative. Thanks to Alumnae member Pam Oselka for suggesting this engrossing novel.

The Girl Who Wrote in Silk by Kelli Estes (2015) is a novel inspired by true events in San Jason Islands around Seattle, Washington USA. In the 1880s Mei Lein wove the story of her life and love in a beautiful silk cloth her husband purchased for her. In the present day, Inara inherits a home on Orcas Island. While renovating the home she finds a silk cloth with beautiful embroidery and discovers the love story. Inara also learns the tragic story of her ancestor's treatment of the Chinese, who were no longer tolerated after finishing the railroads. This look at the early years of the Northwest was very interesting. I was especially touched that women could connect over more than 100 years through a woman's artistic skills!

The 14th Colony by Steve Berry (2016) is a *Cotton Malone* mystery that weaves an upcoming inauguration with the oldest fraternal organization, the *Society of Cincinnati*, led by the spymaster for George Washington. In 1881, U.S. soldiers fought the British for the 14th colony, Canada. How does that figure in with the current day? Malone has to figure out why Zorin, an ex-officer for the KGB [Russian intelligence agency], has an interest in the U.S. now. His hatred of the U.S. is still potent. He and a sleeper KGB agent, have come up with an interesting plan. They hope to throw the U.S. into the same misery they are experiencing due to the fall of the Soviet Union. They journey from Russia to get into the White House. A page turner! ☺

Mary Gisch
Westchester, Illinois USA
giscmary2@att.net



Don't Miss an Issue! Renew by December 15, 2017—One Year or More!

Help expedite membership payments. If your membership expires between August 16 and December 15, 2017, the back page shows "LAST ISSUE Renew by Dec. 15, 2017." Note the date on a calendar or electronic device. Renew at llalumnae.org or by mail with the form on the back page. If you renew by mail, you may receive an automatic renewal notice generated by the Alum web store. You may renew by postal mail even though the notice was generated by the web store. Thank you! ☺



I had the recent Continuum on my desk meaning to respond to the request for topics for future issues. When I finally got around to send the suggestion about the potential topic of death and dying, I just sat down and wrote what I wanted to say.

Hospice Care: Midwifery in Reverse

Birth and death do happen to all of us.

A wide variety of experiences in birthing children have been central to La Leche League (LLL) approaches to parenting.

Understanding the value of time, good information, options, and choices remains crucial to a woman beginning life as a mother. For many, this happened through the work of a midwife with the mother-to-be. That experience was not to be for me.

Although I attended childbirth classes in 1971 at a hospital in Dallas, Texas USA and I began to attend LLL

..., we can find the last months, weeks, or days of our lives in a loving, caring environment with people helping to say, "You matter and we will care for you."

meetings, my first vaginal birth was more medical and doctor oriented than I planned. My second birth resulted in the intervention of a cesarean birth and the doctors said my third child *must* be a repeat cesarean delivery. But I have been blessed over the years as an LLL Leader and a Human Relations Enrichment Instructor [now called Communication Skills Instructor]. I knew midwives who shared their experiences and knew women who gave birth at home. I believe central to midwifery is "understanding the value of time, good information, options, and choices." I would say the same thing about the end-of-life choice, known as hospice care. My younger sister, Diane (49 years old at her

death when I was 51), spent six months under hospice care after she battled breast cancer for several years. My mother, LaVerne, at the age of 92 spent the last two months of her life as a hospice patient. I volunteer weekly for Houston Hospice, the only non-profit hospice in Houston, Texas USA. Terminally ill patients whether in their homes or the in-patient unit (IPU) are medically and emotionally cared for to minimize the pain and discomfort that might accompany the dying process. A team of people—doctor, nurses, social worker, chaplain, volunteers—work to provide the support needed to allow the patient and family to make the best choices for their last days of life.

Much like the midwife cares for the mother-to-be with information, suggestions about good nutrition, multiple "check-ups" and presence at the birthing, the hospice personnel provide special information about the dying process, the need to encourage the patient to make choices they are best happy about, and to be there as needed when the body finally says good-bye. The "hello—we are happy you are alive" at the beginning becomes the "good-bye—may you find peace as you leave family and friends."

I truly believe babies can enter this world in a loving, caring way to parents that love and adore them. In the same way, we can find the last months, weeks, or days of our lives in a loving, caring environment with people helping to say, "You matter and we will care for you." ~

*Barbara Rozek
Sugar Land, Texas USA
bjwadzuk@gmail.com*

The Passing of Dr. Marshall H. Klaus



Internationally known neonatologist and researcher, Dr. Klaus passed away peacefully at his home near San Francisco, California, on August 15, 2017 at the age of 90. He had a profound influence on everyone involved in maternal infant care—parents themselves and their babies. He was often a speaker at LLLI and Area Conferences. Author and childbirth educator Peggy Simpkin wrote: "This brilliant, kind, humble, empathetic soul taught us all to preserve and protect the precious bond within the newborn family. He and his close friend and colleague, the late Dr. John Kennell, withstood adversity, disbelief, and disagreement but never gave ground in their mission. By this time, their work captured the admiration and affection of people all over the world. They helped to view a mother and baby as an inseparable unit that thrives when they are together. I had the privilege of visiting Marshall and his wife Phyllis to celebrate his 90th birthday in June, and was able to pay tribute with a video available at <https://vimeo.com/229796596> . . . His legacy lives on in the numerous books and articles that he and John published, many with his wife Phyllis Klaus as a co-author. He will also live on in the memories of those of us who were touched so deeply by this inspiring human being!" ~

Order the LLLI 60th Anniversary DVD



Filming the DVD, producer Lisa Manning with Mary Ann Kerwin and Marian Tompson, LLL co-Founders. Order the DVD. Watch it and learn a lot. You will see the LLL Alumnae Association in the credits!

Sixty years ago, seven women decided to work together to help other women do something they had all struggled with—breastfeeding their children. The result has been revolutionary! Over the years, the organization grew and reached breastfeeding families in all corners of the globe. The many achievements of LLLI and its mission have inspired the creation of several similar organizations, yet it remains at the forefront of breastfeeding support. There are now more than 6,000 LLL Leaders in over 70 countries around the world. Although many of the questions and problems that breastfeeding families have are still the same, many have also changed. La Leche League has changed with them to meet their needs, yet it still retains that core of parent-to-parent support that drew so many to it in the first place.

The commemorative DVD, produced by Lisa Manning of LLL New Zealand, focuses on the rich history of LLLI and features interviews with a few co-Founders. This DVD is available for \$6.00 (US dollars) in the LLLI store at <https://sotre.llli.org/public/profile/9-3> or contact hannah@llli.org

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, an email discussion group, and Annual Council Meetings held as needed.

Council Members' Contact Information



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



Still Time to 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. Questions? Contact Susan at susan4868@gmail.com
 Access the online order form or order at <http://lllialumnae.org/content/leader-recognition-pins>

A Grandmothers' Guide to (Bad) Language

My dear friend, Nancy Poydar, was writing and illustrating the latest of her many delightful books for children. The plot called for her child protagonist to become angry and frustrated. Of course, what angry and frustrated adults do is swear. Nancy debated how to depict a child swearing. She decided to show rather than tell. Her clever illustration shows the expression on the child's face, and that's all we need to know. My three grandchildren are learning how to swear from their father. What he says in times of frustration is a dramatic "Man, oh, man." The children have learned to vocalize a perfect imitation, thus sparing us foul language from the mouths of little darlings. But the real genius of swearing in front of children is the classic Scottish author, Robert Louis Stevenson. He just couldn't depict Long John Silver and the other pirates of *Treasure Island* without cussing. Pirates must swear. They must curse. So, at the suggestion of his brilliant and devoted wife Fanny, Stevenson invented a language appropriate even for children of a bygone era.

(*Treasure Island* appeared in 1883. Stevenson set the story in the 1750's.)

I can't imagine that even the most straight-laced of Victorian grandmothers would have objected to cursing in the form of "By gar!" or "By thunder!" or "By the living thunder!"

How do pirates insult someone? They call him—and it's always a "him," as these Victorian era pirates would never insult a woman or child—"confounded son of a Dutchman." Where there is a need for doubling down on insults, it's "sons of double Dutchmen."

An ironic compliment is that the pirate enemy is "smart as paint."

And then there's my favorite, "Shiver my timbers!" It's a phrase more ancient than Stevenson's pirates. The wooden timbers of a sailing ship sometimes shook and shivered in wind, enough to worry the sailors into swearing. (The phrase is sometimes "Shiver me timbers." That's how pirate Muppets say it. But Stevenson, bless him, used correct English, even for pirates.)

There's also "Shiver my sides" and "Shiver my soul."

Even Long John Silver's famous parrot swears "blue fire." Her oft repeated cry? "Pieces of Eight! Pieces of Eight!"

As he grows older, my grandson has picked up swearing. That's bound to happen, but not necessarily in the way I might have expected. His fifth grade class is remarkably diverse. When he told me all the countries from which his classmates originate, I was smiling, pleased to hear of all this global friendship.

Then he capped it off. "I know how to swear in Korean," he said.

He then demonstrated, along with full translations. It's enough to make a Nana turn to (pirate) cussing:

"Dash my buttons!" ~

Margaret Kenda
Sudbury, Massachusetts USA
margaretkenda@aol.com

Normal day, let me be aware of the treasure you are.
Let me learn from you, love you, bless you before you
depart. Let me not pass you by in the quest of some
rare and perfect tomorrow. —Mary Jean Irion



*I asked Mary Ann Kerwin to share a current update with Continuum readers.
Her response, received on September 6, 2017, is below. Fran Dereszynski, Continuum Editor*

Update from LLL Co-Founder Mary Ann Kerwin

Mary Ann Kerwin replied. She is very disappointed that she will be unable to attend the Alumnae Trip to San Diego in October. She is experiencing persistent back pain caused by spinal fractures due to osteoporosis. Earlier this year, one of her daughters and a son-in-law, Mary and Dan Wilkerson, invited her to live with them in their nearby home in Denver, Colorado. So she is delighted to now be living with the Wilkersons. She also feels very fortunate because most of her children and their families also live in the Denver metro area and all are giving her strong support. ~

Celebrating LLL's 60th Anniversary in Wilder Park

On August 5, 2017 my co-Leaders in the LLL of Lombard Group celebrated LLL's 60th Anniversary with a picnic at the famous Wilder Park where LLL began. The Lombard Group was the closest to the park. Over 100 happy attendees were present! LLL helps families with breastfeeding all over the world. But it is more than that. It's a beautiful connection of friends and families working together and having a great time. We gathered at the picnic tables behind the Wilder Mansion. Attendees were invited to bring their family and friends and their own picnic lunch. Activities were included as well as cake. LLL of Lombard Leaders and Marian Tompson are pictured by the Wilder Park sign. That day, we made Marian Tompson an official LLL of Lombard Leader and gave her one of our matching blue Leader t-shirts. —*Kay Lebbing, Villa Park, Illinois. Active Leader, 39 years.*

Below is a collection of photos and comments from Marian's, Katy's, and Gabi's Facebook pages.



LLL of Lombard co-Leaders: Megan Nunziato, Katy Lebbing, Gabi Reczek, Emily Smelzer and Denise King. "I am grateful to these pioneers who knew that breast milk is designed for babies and nursing is more than nutrition." —*Gabi Reczek, Wheaton, Illinois, Active Leader, 11 years.*



(Photo—>) "A wonderful day in Wilder Park where the idea that became LLL began. This is the tree my children gifted to me for LLL's 50th Anniversary. It is thriving next to the playground. What could be better? Carolyn Hayes and my daughter, Melanie Kandler, are by tree." —*Marian Tompson, Evanston, IL. Active Leader, 61 years, and an Alumnae Association member.*



1956-2017 Historical Note

Mary Ann Cahill, Edwina Froehlich, Mary Ann Kerwin, Viola Lennon, Marian Tompson, Betty Wagner, and Mary White were together in Wilder Park over 60 years ago when LLL was founded. They co-authored the first edition of *The Womanly Art of Breastfeeding*, the informative resource for breastfeeding families around the world. Over the years, it has been translated into various languages and is available in many countries.

->>"My daughter, Melanie was at that first picnic in Wilder Park 60 years ago. Melanie's close friend, Carolyn, turned stacks of research papers and books into LLL's library when she came to work at the LLLI Office, during summer vacation from college where she studied library science." —*Marian Tompson, LLL co-Founder*



Melanie Kandler, Marian Tompson, and Carolyn Hayes

[The tree is] "a lovely symbol for the growth of many branches of La Leche League and the roots beneath to give strong foundations placed there by the seven co-Founders and the many Leaders who came before us." —*Renee DiGregorio, North Hollywood, California USA, Active Leader, 32 years.*

LLL Meeting: The Past Meets the Present

"I recently brought a first time pregnant woman to a local La Leche League Group that was actually one of the first Groups I attended in 1961. It was both lively with babies and relaxed with ten mothers, including the expectant mother and me. In addition, there were five babies and two toddlers. The pregnant friend of mine had many questions answered. I was so impressed on how knowledgeable the mothers were and what they had learned from the Leader. Of course, there were breastfeeding uncertainties and concerns expressed which were handled so well by both the Leader and the mothers." —*Mary Lofton, Riverside, Illinois, Active Leader, 48 years.*

Thank You to All Donors

Donors as of 8/31/2017

Donors for LLL Co-Founders to attend the 2017 Alumnae Trip



Carroll Beckham	Susan Giroux	Gayle McLean
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Thank you for your generous donations!

LLL Breastfeeding Helpline-US

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LLL Alumnae Association (Unrestricted)

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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; \$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> to choose a Tribute Membership or use the form on p. 12. Tribute Membership received during the last reporting period, 4/16/2016 to 8/31/2017:

8/25/2017 One-year tribute from **Jennifer Good Spires**, Mansfield, Ohio USA, to honor **Dr. Jim Good and Judy Good**, Columbus, Ohio USA, "A tribute to my parents who helped countless families with breastfeeding and gentle parenting." ~

Turn Back Time

What Is the LLL Alumnae Association?

By Carol Meredith, Alumnae Member

From *Lantern*, Spring 2003, Area Leaders' Letter for Maryland, Delaware and District of Columbia

If you are a young mother with small children, you are probably wondering why you would have an interest in the LLL Alumnae Association. After all, isn't it just for older women whose children have left home and who have the time, money, and energy to take on one more thing? Well, not so. The Alums are women of all ages and stages of life, including current Leaders who have a variety of reasons for being involved. ~

Editorial Note: As a current Alum member, you receive *Continuum*, the Alumnae newsletter that focuses on stories written by members. The topics build on the philosophies of LLL as children grow, become teens, and adults. Becoming a grandparent may be a new role for you. Encourage active and former Leaders to become new members. I am thrilled you are an Alum member. You are part of this Alum network. Thank you for your support, continuing to renew your membership, and giving us a reason to cheer!

—Fran Dereszynski, *Continuum* Editor

From the Mail Bag

It's fall! Autumn leaves are falling in my backyard.

The fall equinox is an ideal time to cultivate mental, emotional and physical balance. It is a day for internal focus as we adjust from summer to fall and align ourselves with the autumnal equinox—a day of almost equal light and darkness.

It is a time to balance and enjoy the coming months leading to next season's winter holidays. Alum members in other countries celebrate their customs and traditions, as well.

For new and renewal members, you are encouraged to send your thoughts to authors. Don't be shy. They will love it! For future issues: create your own idea for an article or jot down a few sentences to spark an article on a topic below.

Adult children living at home
 Challenges of grown children, grandchildren, aging years
 Changing/surprising phases and stages of your life
 Create Alum group: Lunch/Dinner/Email/Hobby Group, etc.
 Dealing with breast cancer
 Decluttering
 Enjoying the different seasons of life
 Family traditions
 Grandparenting
 Hobbies, e.g., knitting, photography, scrapbooking, etc.
 How LLL philosophy/experiences apply throughout life
 How retired Leaders support breastfeeding
 Humorous family stories
 Life after divorce—*My New Life*
 Life after retiring as an active LLL Leader
 Relating to teens and young adults
 Spouse or family member's caregiver
 Surprising phases/stages in later years
 Ways you connect with local Alums and LLL friends
 What you do when overwhelmed
 What LLL philosophy looks like as your family grows
 ...Or choose your own topic

After receiving the last issue, Louise Cox wrote, "I love all the possible topics. Andi LaMar's article on her pen pal was



My granddaughter (4) creates her first pizza!

amazing! What a gift of friendship across the miles." Louise suggests these books: *First Light* by Sue Monk Kidd; *Take Me with You* by Catherine Ryan Hyde; and *Letters to a Young Therapist* by Mary Pipher.

Traveling? Did you know you can download *Continuum* online when at home or away from home? Current/past issues are at <http://lllumnae.org/Publications>. The next issue will have a San Diego trip summary—and new stories you submit! Send to me at the return address on the back page or via email by December 15, 2017. ~

Until next time,

Fran

Continuum Editor
 dereszyn@verizon.net



"Writing a story can be cathartic...Getting lost in a good story helps a reader understand what's going on in other people's minds, a useful skill for women....Reading a story can be cathartic...[and] help those with whom the author's experiences resonate. Storytelling and reading stories help us make sense of the world around us. Sharing stories...is particularly important in the arena of mother support...Reading stories may help people become more human, compassionate, and better able to understand from the inside...and that has to be good for everyone's health."

—“The Psychology of Reading and Why Our Stories Matter,” blog by Barbara Higham, *Women's Health Today* Editor, 9/18/2017.



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 Questions? Contact Susan at susan4868@gmail.com ~



Fran Dereszynski, *Continuum* Editor
5502 Maryport Drive
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Submit articles by December 15, 2017

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Renew online at [lllumnae.org](http://lllalumnae.org) Use this form to renew, join or donate.

- \$ _____ Donation unrestricted and anonymous to the LLL Alumnae Association.
- \$ _____ Donation toward creating the new LLL Alumnae website.
- \$ _____ Donation to LLL Breastfeeding Helpline-US. Indicate amount \$ _____.
- \$ _____ **Total Donation. Check payable 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)

- ◆ Your current LLL status: Active Leader Former Leader Current LLL Member Former LLL Member
 Friend/LLL supporter Friend of Alum

◆ My gift membership to a Leader or friend.

Gift for _____ Home phone (____) _____ Cell phone (____) _____

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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 your self 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 individual _____ (insert one name only, 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

Form updated September 15, 2017/FD