Continuum

The mission of Friends of La Leche League—A Lifelong Connection is to support La Leche League as a resource and inspiration for future generations, encourage lifelong connections with the LLL community, and share the insights and wisdom that began with the breastfeeding relationship.

Volume 31, No. 2 May - August 2018

LLL of Massachusetts 40th Campout

September 2017

La Leche League families in Massachusetts enjoyed their 40th campout over the 2017 Labor Day weekend. This time, we camped at Seven Maples Campground in Hancock, NH. Over the years, we have held campouts in Charlemont, MA; Gunstock in Gilford, NH; Groton, CT; Plymouth, MA; and other New England locations. Nursing babies and chocolate marshmallow s'mores around the campfire make for fond memories and close bonds. As children have grown and are off to college or jobs, many families dropped out. However, many college kids made good friends over the years and still come, sometimes driving a distance to spend a day. Last September, we welcomed a granddaughter of one of the Leaders--she is the first next generation breastfeeding baby for the group. The Hickeys are the only family represented for the entire forty years, but many others count 20 and 30 years. There have been times a family was unable to attend because of a wedding, but others attended, brought their wedding clothes, went to the wedding, and returned to camp.

One grandmother likes to run. She participates in a nearby race while there. Mary Jeanne, the matriarch of the group stays in a nearby inn at night and joins campers by day. The first evening Mary Jeanne was at Seven Maples, she joined a family walking to the restroom. The family left first. When Mary Jeanne started back, she couldn't remember where the campsite was. She tried a few different directions but nothing seemed familiar. Thinking that another League family would come to the restroom sooner or later, she waited nearby. Very soon, a man came out of the restroom. Mary Jeanne asked if, by chance, he was with La Leche League. He was, so she followed him back to the camp area, just as someone wondered where she was. *(continued on p. 3)*

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

Pharaoh's Midwives: A Retelling of the Nurse Midwives in Exodus (2013) by Mark Darby, Registered Nurse. The author takes us to Egypt in the time of Moses. When Puah, the young wife of Pharaoh's Chief Stone Carver, gave birth to her first baby, he died. Puah had honored the idol, *Bes*, a tiny hippo, as prescribed by the Egyptian midwife. Why did the baby die? Puah was sure she had heard her baby's muffled cry. To keep her husband, Enkut, she must have a living child. Could a successful *slave* midwife help her? Could the Hebrew slaves know more than the Egyptians? If she seeks Shipporah, midwife made to serve lowly slaves, then her husband might lose his high position. It is a touching novel. Thanks to Charlene Burnett, LLL Alum, for recommending this historical eBook.

When Books Went to War: The Stories That Helped Us Win World War II (2014) by Molly Guptill Manning is fascinating research about a little known effort to help US soldiers in World War II. People were urged to donate books to build camp libraries. Also, books were needed that could be carried easily by soldiers on the battlefields. A new idea was born! Which books shall they turn into *pocket* books? What would they want to read? Committees were formed; publishers were contacted. It was wildly successful! The popular paperback pocket size books were considered prize worthy and shared by soldiers. These helped morale not only in the battlefields but also in the hospitals during the long times of healing. Books!

I, Eliza Hamilton: A Novel (2017) by Susan Holloway Scott makes lively history! The diary format helps you feel that you know this woman. She starts in 1777. Twenty-year-old Elizabeth Schuyler meets Colonel Alexander Hamilton at her father's home. Her father and she were entertaining President Washington and his aides. Alexander was a brilliant young man who came from a very different background, which was holding him back in society. Eliza supports him in every way. She recognizes his genius will help the new country. Their letters to each other are poignant. The research is deep and helps you get to know both Alexander and Eliza, but also other pivotal figures of the time, such as difficult Thomas Jefferson. I especially enjoyed Eliza's visits with Martha Washington. I didn't want this book to end.

Accused (2013) by Lisa Scottoline is an unusual mystery because it follows the hunch of Allegra, a very smart and recently rich 13-year-old. Allegra is a loner who has her own bees. She hires a detective to find the real killer of her sister Fiona. Mary Di Nunzino, new partner at her law firm, is intrigued and follows her instinct. Her Italian family listens to her theories. Allegra's parents strongly disagree with their daughter. Thus, they thwart the investigation by placing Allegra in a mental hospital! The caterer who *confessed* to the murder is innocent, but is a man of faith and accepts his fate. However the circumstances appear, secrets tell a different story. One is never quite sure; it keeps you guessing!

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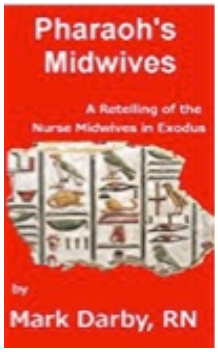
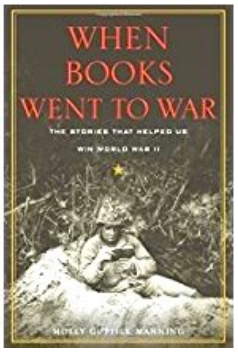
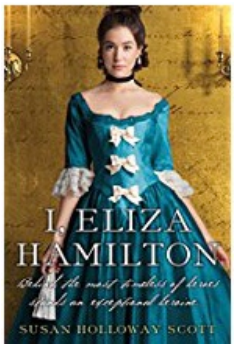
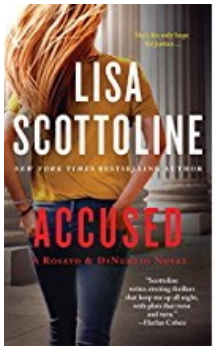




A book is a gift you can open again and again.
— Garrison Keller





Comment on Book Review Column

Mary, I have been meaning to tell you that after reading your review in the last issue of *Continuum,* I chose *The Elephant Whisperer* as my pick for discussion at my Book Club recently. Ordinarily we discuss fiction but other members enjoyed the book, too. To my surprise, one of the members, a retired lawyer, came up to me as I was leaving and thanked me for picking that book. It was a surprise to her to learn that elephants could have such "human" traits and emotions. Just wanted you to know.
——Marian Tompson, LLL co-Founder

LLL of Massachusetts 40th Campout *(continued from p. 1)*

Over the years we stayed in many different campgrounds. Now, we settle at Seven Maples in New Hampshire. We have our own section with no traffic going through the area. We participated in many adventures together, including climbing Mt. Monadnock, bicycling along the Cape Cod Canal, and building a very large campfire from retired picnic tables. One year, a teen arrived on Saturday with a guitar and a song, "I love breast milk." Some remember phrases: "You can't buy it in a shopping store; it's always there when you ask for more." And "move over Mrs. Cow, I don't care for you when it's time to chow." Activities include scavenger hunts, water balloons fights, flashlight candy hunts, tie-dyeing [t-shirts], and swimming. For the mothers, we learned to make soap, face cream, and lip balm. This year, a paint party produced some lovely camp memories. The traditional game, for all ages, is our Pass the Pigs Tournament. Teams play other teams. Winners advance to play other winners until there is one top team—the ultimate winner of the tournament. In one early year, someone created a large banner that we hung near the entrance to our sites. On one Monday Labor Day morning, we had a potluck breakfast and a closing ceremony. We announced winners of various competitive events, especially Pass the Pigs Tournament, passed the banner to the next year's organizers (we take turns), and sang our "LLL Song" which a camper wrote for us in 1991. The chorus is "La La La Leche League, La La La Leche League, La Leche League…Got us through those years. La La La Leche League, La La La Leche League. La Leche League…calmed all our fears." We all look forward to the next Labor Day weekend, our 41st Campout. Care to join us? ➳

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Marian Tompson Resigns from LLLI Board

From *LLLI News*, distributed to LLL Leaders on January 25, 2018. Marian Tompson had recently taken a leave of absence and has since determined that it is time for her to step down from the Board. Marian's message to the Board and a parting sentiment that touches us all follows and is reprinted here with Marian's permission.

Dear Sister Board Members,

It has become quite clear during my "leave of absence" that it was time for me to step down from the Board. While I will miss being with you, I trust that your decisions will continue to ensure LLL's presence for breastfeeding babies the world over. We live in complicated times and being a Board member is not easy. Thank you all for all you have done and continue to do.

The Voice
There is a voice inside of you
That whispers all day long
"I feel that this is right for me.
I know that this is wrong."
No teacher, preacher, parent, friend
Or wise man can decide
What's right for you – just listen to
The voice that speaks inside. —*Shel Silverstein*

With love and prayers,
Marian

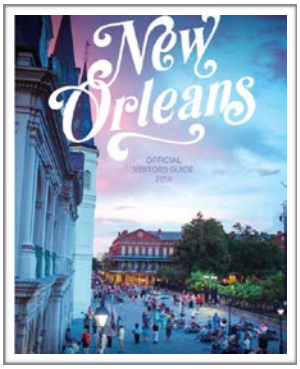
Note: Marian and Founder Mary Ann Kerwin are still actively involved with LLL. Marian remains active on several Board Committees. She and Mary Ann Kerwin recently sent a Founders Advisory Council report to the LLLI Board.

Option to Honor Someone with a Tribute No Longer Connected to Membership

No longer connected to membership, a tribute ($20/person for one year) is available anytime to honor an inspiring individual—active or retired Leader, supportive colleague, family member or cherished friend. It contains **one** individual's name, address, city, state/country* and up to 15 words describing why you honor the person. Content is subject to final review by the LLL Alumnae Council. *A note is sent to the person to notify them of this honor. The tribute is then published in *Continuum* and on the website for one year. You may use the Tribute section on the Membership Form on the back page and mail $20 US dollars to Patti Hope. Or submit the name/information and payment online at lllalumnae.org ➳

Next Trip: November 2019

Early planning has started for the next trip to New Orleans, Louisiana in November 2019. Specific dates and more information will be in the January-April 2019 issue. The Registration Form is planned for the May-August 2019 issue. ➳



Our New Name: Friends of La Leche League…A Lifelong Connection

The mission of Friends of La Leche League…A Lifelong Connection is to support La Leche League as a resource and inspiration for future generations, encourage lifelong connections with the LLL community, and share the insights and wisdom that began with the breastfeeding relationship.

At the October 2017 bi-annual Council meeting, the organization's bylaws were updated to also reflect this change. The Board of Directors is now the decision-making body for the organization. Officers shall be: Board President; Director of Finance/Treasurer; Director of Publications/ *Continuum*; Director of Membership; Director of Online Communications; and Director/Member-at-Large.

For a long time, some of us have thought that "Alumnae" was not the most descriptive name for the organization. A number of Alumnae members are still Active Leaders, so of course they are not yet "alumnae." While alumnae are often the organization/college/school supporters, I am not sure we fit easily fit into that definition. In addition, we also would love to more openly welcome supporters who may not have become LLL Leaders. The LLL Alumnae Council has settled on "Friends of La Leche League…A Lifelong Connection," the new name for the organization. The concept is that the organization is open to anyone who wants to support LLL or to be a part of something bigger than "just" being an LLL Leader.

We hope this will expand our family of supporters of mothers and babies beyond mother-to-mother. Edna Kelly, Friends of La Leche League Board President, sought the input of co-Founders Marian Tompson and Mary Ann Kerwin about the name that more clearly describes who we are. They were thankful to be included in the conversation.

Marian's response: As soon as I realized you asked for suggestions on renaming the LLL Alumnae Association, my mind went back to a conversation several of us had with Dr. Ratner, many years ago. At the time we hoped to come up with a way to acknowledge fathers who were not only supporting their breastfeeding wives but in many ways supporting LLL during conferences, meetings, and just by being there to help out when needed. What could we name this special group? How about "Friends of La Leche League" was Dr. Ratner's suggestion. That idea never got off the ground. I agree that keeping the Alumnae name would be confusing given the fact that you don't have to be retired or even a Leader to join. Thanks for including us in the conversation.

Mary Ann's response: I also agree that "Friends of La Leche League…A Lifelong Connection" is the best alternative and assume that the various relationships included under that umbrella will be outlined in conjunction with this.

2018 Friends of La Leche League Board Members

The Board is the decision-making body for the organization, its projects and activities. Board Members stay up-to-date via monthly conference calls, an email discussion group, and biennial Board Meetings, held as needed.

Edna Kelly, Board President	eekelly@swbell.net
Patti Hope, Director of Finance/Treasurer	pjbalances@bellsouth.net
Fran Dereszynski, Director of Publications/*Continuum*	dereszyn@verizon.net
Anne Hutton, Director of Membership	achutton1@gmail.com
Gail Moak, Director of Online Communications	gmgesley@gmail.com
Janet Jendron, Director/Member-at-Large	jjendron@usit.net

Grant Opportunity from Friends of La Leche League…A Lifelong Connection

(formerly LLL Alumnae Association)

Copy of message to be sent to active Leaders in *LLLI News*, the LLLI Board Newsletter

Dear LLL Leaders,

Do you have an idea for a project to support La Leche League as a resource and inspiration for future generations, to encourage lifelong connections with the LLL community and share the insights and wisdom that began with the breastfeeding relationship? Up to $500 is available to fund YOUR innovative project!

The Guidelines and Application Form are available at LLLAlumnae.org. **Applications are due August 15, 2018.**

"Breastfeeding Connects Everything"

The Ohio Lactation Consultant Association (OLCA) holds an annual breastfeeding conference known as Breastfest every spring. This year was the 26th conference and the most spectacular mainly because the special guest was Marian Tompson. At the two-day conference were over 250 attendees —lactation consultants, registered nurses, LLL Leaders, and those looking to improve their breastfeeding knowledge and earn continuing education credits. On Friday there were several clinical skills workshops for participants to choose. Dr. E. Stephen Buescher, pediatrician, spoke on "Human Milk as Immunological Support." His knowledge and enthusiasm were energizing. Pediatrician Dr. Jenny Thompson presented "Breastfeeding the Hypotonic Infant: Academy of Breastfeeding Medicine (ABM) Clinical Protocol." Dr. Thompson's knowledge, energy and enthusiasm were astounding. Both speakers received standing ovations. The conference highlight was "Surprises Along the Way," the Friday night keynote address presented by Marian. She told of the picnic where La Leche League was "born." How they never intended to start a group outside their own community, much less an international organization now known as a world authority on breastfeeding. Marian said she wanted Founder Edwina Froehlich to be the first president because she was the oldest but the group decided Marian was better suited for the job. Marian received a standing ovation. Marian stayed late on Friday night and graciously signed her book, *Passionate Journey, My Unexpected Life*. Oh, the places she as been and the things she has done to change the world! Marian also led a workshop titled "What We 'Know' Isn't Always So." No one knew exactly what that meant but many signed up for the unknown. She spoke about human immunodeficiency virus (HIV), acquired immunodeficiency syndrome (AIDS) and breastfeeding as well the work she has done in that field to encourage research instead of just saying "NO" to breastfeeding.

Genevieve Carnahan
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Photo from Breastfed 2018 conference, taken the night of the Keynote Address with all the LLL Leaders present (better known as "Marian groupies") and included Terri Baumer, Pat Bucknell, Allyson Wessells, Barbara Greenfield, Terri Hazen, Marian Tompson, Georgette Howard Hall, Geneva Carnahan, Linda Barrett, and Sylvia Ann Ellison. Marian sits in front of those standing in the back row. Geneva is in the back row, third from the right and behind Marian.

Bonus Book Reviews

I enjoyed the latest issue of *Continuum*, especially book reviews. I want to share a few more. An excellent page-turner is *The Code Girls: The Untold Story of the American Code Breakers in World War II* by Liza Mundy. The author tells of recruitment of hundreds of women who liked puzzles, math, and languages. It followed: a few top standouts were recruited at college to be code breakers. [Cryptography, the use of coces and ciphers to protect secrets] has existed since medieval times but was not given much attention until the United States (US) entered World War II. We had a lot to learn! The story also covers the way women were viewed in terms of work, race, feminism, job opportunities, equal rights, and college opportunities. There is also some unfortunate rivalry between some branches of the military regarding code breaking which somewhat impacted the US war effort.

This book reminds me a lot of the movie *Hidden Figures* and its portrayal of women. It also features women doing work in professions that were viewed as a man's arena at a time that speaks of racism, women working, equal pay and educational opportunities. The story follows actresses who portrayed real women Katherine Johnson, Dorothy Vaugh, and Mary Jackson who aided the National Aeronautics and Space Administration (NASA) in higher math calculations for space travel. [My husband and] I saw this film at our local public library that offers several free new movies per month.

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When I talked to Sande Malinich and Ginny Wilkinson at the farewell dinner at the 2017 Alumnae San Diego trip, they mentioned how much they enjoyed taking river cruises with Tauck® Tours. I asked for an article for *Continuum*. They did not disappoint. A few months later, they submitted their story to share with readers. —Fran Dereszynski, *Continuum* Editor

Cruising: Unpack Once

Ginny took her first cruise to Nassau, Bahamas when she was ten-years-old. Sande took her first cruise to Greece with her sister and daughter in 2005. Both of our next cruises were to Alaska. Sande's was on a ship with friends and family. Ginny's was with her parents and a friend on one of the first ships to cruise Alaska in 1962. In 2010 after taking several land trips together including the 2006 LLL Alumnae trip to San Antonio, Texas, we embarked on our first cruise together. This four-day cruise on the Nile was part of a ten-day trip to Egypt with several friends. This ship was very small, with about 100 passengers from many countries. From the ship we could see and visit many of temples and monuments of ancient Egypt. The next cruise was on the luxurious 380-passenger Silver Whisper on the Baltic Sea. Sande's daughter realized that the bow tie icon on the brochure meant that there would be gentlemen hosts on this cruise. Ginny and Sande enjoyed their company for dinner, dancing, shows and conversation. In St. Petersburg we saw the Swan Lake ballet, the Hermitage, the Catherine Palace with the Amber Room, and the Peterhof Palace. Other places of interest on that cruise were Copenhagen, Stockholm, Helsinki, and Tallinn, Estonia.

We discover river cruising.

Sande's daughter and son-in-law had taken a cruise on the Danube River for their honeymoon. So Sande looked up river cruises and discovered that Tauck® Cruises met our needs best. Ginny's parents took one of their cruises and always raved about their trips. So we booked a river cruise on the Danube from Prague to Budapest. It was a small cabin but who needs a big one when all you do is sleep there? Cruising on the Danube was very relaxing. All our needs were met. There were several land tours included at each port. At the end of each tour, a little treat —cookies, candy or wine—was arranged for us. Local entertainment was brought on board along with tour guides to help us understand the culture. The river tour, tips, all land tours and alcohol were pre-paid. As an added bonus there were over 60 canal locks on that trip. Ginny enjoyed supervising the passage through each one. We shared one lock with a freight barge where the captain and his family lived with their two dogs. Clothes were drying on the clothesline; children played with toys on the deck where their car was stowed.

A canal lock is a stretch of water enclosed by gates, one at each end, built into a canal or river to raise or lower a vessel from one water level to another. The lock is like a big chamber with gates at each end.

Sande and Ginny's next river tour was the Tulip Tour in the Netherlands and Belgium. It was the first tour of the season. The weather was a bit cold. Our tour guide, who grew up in the Netherlands, said, "There is no such thing as bad weather, just poor clothing choices." On the first morning in Amsterdam, we awoke very early and went to the international flower market where 20 million flowers are traded each day. We then went to Keukenhof Gardens, the tulip plantation. Since it had been a cold spring, the tulips had not yet bloomed. What a disappointment! We then cruised the canals of the Netherlands. After the cruise ended we took a bus to Brussels with a stop in picturesque Bruges. Our hotel in Brussels was once a prison. How interesting! Our most recent cruise was from Bucharest to Budapest. On the first night we had dinner in The People's Palace, built by Ceausescu. After touring Bucharest, we boarded the riverboat in Constanta a few miles inland from the Black Sea. This cruise was through the former Eastern bloc countries. The tour directors were natives of these countries and shared their experiences under communist rule. One director said that when she was two-months-old, her mother returned to work and left her in the state-run "nursery" from Monday morning to Friday evening. What we saw and did on this cruise was not as romantic and much grittier than our previous cruises because of the years of communist oppression there.

(continued on p. 7)

Cruising: Unpack Once *(continued from p. 6)*

September 2018 will be our next cruise on the Rhine and Moselle. It will include sailing through the Lorelei and a day trip to Luxembourg. We start in Basel, Switzerland and end in Amsterdam. Because we previously sailed with the company, they gave us a complimentary extra day, which we will take in Amsterdam.

10 things we like about cruising with Tauck®

1. Unpack and repack once
2. All inclusive, no options sold
3. Wonderful food and open seating
4. Small ship, 120 passengers
5. Single rooms with no supplement (solo travelers not required to pay double-occupancy rate)
6. Native tour guides
7. Local entertainment
8. Small groups (15 people) for land tours
9. Exclusive cultural experiences not available to other travelers
10. Relaxing on the top deck after dinner with a few friends, have a drink, feel the breeze in our hair, and watch the sunset as we sail off to the next port.

Sande and Ginny "putting our toes in the cold Black Sea."

If you have questions, please contact us. We would love to have you sail with us!

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Retired Leaders Asked, "What's Happening in LLL USA?"

Occasionally a retired Leader misses her connections for LLL news and updates. She may wonder what is happening today in LLL. In January I asked Debbi Heffern, outgoing LLL USA Council member, for guidance on this topic. Debbie replied that "anyone—anywhere—is welcome to sign up to receive LLL USA's *New Beginnings* blog" and current breastfeeding topics at https://www.lllusa.org/blog/

- Visitors can subscribe at https://www.lllusa.org/about-us/
- On the "About Us" page, readers can find the LLL USA strategic path in the drop-down navigation.
- For those retired Leaders who may work with breastfeeding mothers or as an International Board Certified Lactation Consultant (IBCLC) or might be having grandchildren, LLL USA has a Leader/Group locator. It's a map-based system to find LLL support at https://www.lllusa.org/locator/
- Other news! The former LLL Breastfeeding Helpline-US is discontinued. A new "USA Helpline" will be up and running soon and returning voicemails on the new remodeled USA warm line.
- Upcoming Area/Area Network and Continuing Education events in the USA are on the site. These conferences and workshops for parents and health care professionals are excellent opportunities to gather the latest breastfeeding information.

Fran Dereszynski
Continuum Editor

Continuum is published three times a year and distributed to current members. Articles selected for publication are based on space available and may be edited for length, clarity, and adherence to LLL journalistic guidelines. © LLL 2018

Correction In the article "Downsizing Mailbox" on page 8, January-April 2018 issue, the correct information is that Lorelie de la Reza is currently an Active Leader. Apologies for publishing "she was a retired Leader."

La Leche League in Manistique, Michigan

I recently received a hand written note from Phyllis Burge along with a photocopy of a typed story. She wrote:

> I enjoy *Continuum* very much—it is a "sisterhood." Our small* town's senior center has a Senior Writing Group, doing memory stories and publishing books when we have enough stories written. I recently wrote this story of my LLL Group as part of our town's history. Reading the articles in *Continuum*, it occurred to me to send it to you for possible use in whole or in part. As you can read, it *really* changed my life. Keep up the good work!

Below are excerpts from Phyllis' story for the Senior Writing Group. Phyllis does not do email. Special thanks to her husband Tom who uses a computer and kindly emailed a photo of Phyllis to accompany the article! —Fran Dereszynski, *Continuum* Editor

I had my first child in 1961 in Oak Park, Illinois, a suburb of Chicago. I was employed as a registered nurse in the newborn nursery when my son Tommy was born. Mothers were given typewritten sheets of chapters of the first [LLLI] book that we used to help breastfeeding mothers. It would be published as *The Womanly Art of Breastfeeding.* Through past generations women were cared for by their mothers, grandmothers, aunts, and sisters. They passed on the "art of breastfeeding." When the majority of women did not breastfeed, the link was broken. It was becoming a lost art. I had only seen one mother nurse her baby while I was growing up. The medical community took over childbirth. Women were hospitalized and feedings became scientific, arranged around formula, which was digested differently than breast milk. The combination of early solids and scheduled feedings (every four hours) sabotaged a mothers' milk supply. At that time, I felt I was losing my milk supply. I contacted LLL. They told me to nurse, nurse, and nurse for two to three days and I would increase my milk supply. It worked great! I began to attend LLL meetings and learned so much. I enjoyed the companionship of others who mothered in the way I was comfortable. By then, there were local LLL Groups worldwide.

In 1972, we moved to Manistique. Most mothers I met were bottle feeding. I was an oddity to be nursing a toddler. I started to attend an active LLL Group and was encouraged to become a Leader. I was so shy that I said I could only do phone help because I could not speak in front of a group. Accreditation took a long time because it was done by mail. My daughter Nancy was born in 1973. Cindi was born in 1975. I became a Leader two months later. At my first meeting, only one person showed up. After that, our Group grew and grew. Our largest meeting had 17 mothers and 19 children! It became difficult to find homes big enough so we sometimes used other facilities—churches, conference rooms, and of course, picnics every August to celebrate World Breastfeeding Month. More and more benefits to both mothers and babies were recognized. Breastfeeding rates grew to 50%, compared to 18% in 1963. In the 1980s, more and more women joined the work force and chose to bottle feed because they did not realize they could both work and nurse. Better breast pumps were developed and more and more work places provided facilities to pump. Employers found that mothers who breastfed took fewer sick days because immunities in breast milk kept their children healthy. In the 1990s our first grandchild was born.

Thoughts of retiring from LLL faded. I renewed enthusiasm while helping my children and their generation to nurse their babies. Rates of breastfeeding reached 70%. We even had grandmothers nursing their babies along with their adult daughters who nursed their own babies. Needless to say, my reluctance to lead meetings disappeared as I grew in knowledge and experience. I enjoyed it so much and felt comfortable in my role. Our tenth grandchild was born in 2002.

In 2007, I applied for a scholarship to attend the 50th Anniversary LLL International Conference in Chicago. I had never attended one. Six scholarships were available worldwide in my category. I receive one. What excitement! Three days were spent with the original seven Founding mothers, about 3,000 attendees, many I corresponded with or spoke to on the phone, and met at other meetings throughout the years. It was very emotional for me and is a highlight of my life. I retired in 2008 after 33 years. La Leche League babies graduated in every high school class since 1991 and will continue through 2026 when the babies I knew at meetings graduate at age 18. I feel much pride as I read the list of graduates in our local paper each year.

Phyllis Burge
Manistique, Michigan USA

* Editorial note: According to the 2010 census, Manistique's unique town covers 3.51 square miles and the population was 3,097.

Family Memories from World War II

When I was a child at the age five or six, my parents shared a home with my maternal grandparents. I recall that my mother, her mother, a neighbor, my sister, and myself walked to the local tiny branch library. In a basement room, we all folded gauze squares into bandages for the war effort. Many other village women were there also. This was in the village of Yalesville, part of Wallingford, Connecticut USA. At that time, around 1945, the village was still literally a two-horse town that consisted of a library branch, post office, general store, three small churches, and a school.

A farmer who had an orchard would come down a hill into "town" with his horse and buggy. He came to sell vegetables and fruit. Once he came to town in his Model-A Ford, which required him to start the car by winding up the handle near the front bumper. The handle whirled backward and caught him unawares, breaking his arm, and making his work even harder. There was another man who made rounds with a decrepit truck, collecting rags, fat, and other metal objects such as worn out saucepans for the war effort. He would call out his spiel in a heavy accent as he drove slowly past the homes so we never knew exactly what he said. Fat was used to make explosives.

Metal was used to make other war-related metal objects. In the neighboring city of Meriden, my dad worked for New Departure, a factory that made ball bearings, an essential part of yesteryear's motors. My sister and I had several ball bearings and brought them to grade school to play marbles at recess. They were the envy of several boys since the bearings were large and silver. Meriden was referred to as the "Silver City of the World " because it had about five silver factories, which made eating utensils, coffee pots, teapots, jewelry, etc. This was the headquarters of International Silver Co., Wallace Silver Co., and a few others, which no longer exist. Silver went out of fashion after stainless steel utensils became popular for everyday use. At wartime, the factories were converted to making other war-related items for soldiers, such as mess kits. The roofs of all the factories and the "tank farms" were painted with camouflage since Meriden was a manufacturing city fairly near the coast of Connecticut. One coastal city, New London, made and still is famous for building submarines.

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Memories of Princess Grace of Monaco at 1971 LLLI Conference

In 1971, many LLL Group attendees brought their babies and children with them to the 1971 LLLI Conference. Some are now mothers and Leaders with their own children. Princess Grace of Monaco was the Guest Speaker. From YouTube, her opening remark: "I would like to have nursed my babies for a longer period of time. In the beginning when they needed me and I them, there were no compromises. State (princess' duties) had to wait for mother."

LLLI Board Member **Sandy Moore-Furneaux** posted on Facebook a request for Leaders to share memories for publishing in *Continuum*. Below are a few memories. Send your memory and ask friends to send what they recall for a future issue of *Continuum*.

Marian Tompson reflected, "All the LLL Founders were there. My 'job' was to (jokingly grump, grump) accompany Princess Grace since her sister cancelled at the last minute. I was with Princess Grace from morning to night and not free to pay too much attention to whom else was there. It was wonderful. We developed a friendship, giving us other opportunities to get together."

Katy Niemczak Lebbing remembers, "Cynthia Cuevas walked Princess Grace to the podium when she was slated to speak. Cynthia worked with me to become a Leader and lives in Elmhurst, Illinois USA, the home of Wilder Park famous for LLL picnics and gatherings. Over the years, the park has been a vital place for LLL history."

Johanna Meyer Horton wrote**,** "It was my first LLLI Conference. My husband was with me as well as two co-Leaders and one other husband. Princess Grace was marvelous. When we heard that she would give a press conference, we planted ourselves outside her room and patiently waited in the hallway until she emerged. Her security guards wore earpieces. I remember attending sessions presented by authors Adele Davis and Ashley Montague."

Kathleen Salisbury wrote, "My mother, LLL Leader Judy Sanders, was there."

Carol Kolar recalls, "I was a Leader in Minnesota and attended with my fourth child, almost a year old. I remember Princess Grace stopped at our banquet table and rubbed his head. I was so thrilled!"

Elizabeth Cabral Coverdale shared, "I attended LLLI's 50th anniversary 2007 conference and remember when Marian Tompson told the hilarious story of picking up Princess Grace at the airport."

Send memories to Fran Dereszynski at dereszyn@verizon.net or by postal mail to 5502 Maryport Drive, Huntington Beach, CA 92649. Please include your name and email or postal address.

Top 10 Important Updates

1. Please look at the address section on the back page if you received a printed copy. "LAST ISSUE Renew by August 15, 2018" is your alert to renew online at http://lllalumnae.org/join or use the form on the back page. Renew early to roll over the date for another year. If your expiration date is near the end of the year, mark your calendar or mobile device in case you are busy with holidays, celebrations, vacations, etc. Last year a few members let expiration dates go by without renewing. They missed an issue and caught up with a late renewal.
2. Planning has started on the next trip scheduled for November 2019 in New Orleans, Louisiana USA. Stay tuned! The exact dates and more information will be on the website at lllalumnae.org More details will be in the January-April 2019 issue of *Continuum.* The Registration Form is slated for the May-August 2019 issue.
3. Recent Tributes received and donor lists from August 15, 2017 to July 1, 2018 will be published in a future issue.
4. Thank you to Carroll Beckham, Phyllis Burge, Geneva Carnahan, Mary Gisch, Judie Gubala, Mary-Jeanne Hickey, Mary Ann Kerwin, Sande Malinich, Marian Tompson, and Ginny Wilkinson who contributed to this issue.
5. "We Remember" list of deceased Leaders is maintained online by Friends of La Leche League. Go to http://lllalumnae.org/We-Remember to submit a Leader's name or to find a name. If using a mobile device, screen size varies. Scroll from right to left to look for names already posted. For a more accurate view of the page, a larger screen device, laptop or desktop computer is recommended.
6. Check out the selection of pins for Leaders' Years of Service at http://lllalumnae.org/content/leader-recognition-60th-anniversary-pins Prices start at $6 per pin (plus postage) and are reduced for bulk orders. Basic Leader pin (no years) and 5, 10, 15, 20, 25, 30, 35, 40, 45, and 50-year pins are in stock.
7. Thank you to **Susan Geil** who fulfilled orders for Leaders' years of service pins throughout the USA and many overseas countries throughout the year. During LLLI's 60th anniversary year, she fulfilled orders for 1,400 60th anniversary pins! There are a few left if you wish to place an order. Susan worked her one-woman magic to mail large quantities or one at a time in a timely way. Thank you, Susan! You are the key to the successful sales!
8. Some members who live in colder climates often travel to warmer areas during the winter or to visit family out of town. Usually only first-class mail is held or forwarded. If you use "Vacation Hold" or "Forward" your bulk mail copy of Continuum is returned to the sender, Fran, *Continuum* Editor. There is a postal fee to cover this return postage. To continue receiving *Continuum*, please send your replacement address to Anne Hutton, Membership Chair at achutton1@gmail.com or write Anne at 6436 Brompton Rd, Houston, TX 77005-3902. Send the temporary address or request an electronic copy to assure you don't miss an issue. Let Anne know the dates you are out of town so she can work around planned postal mailings and preparing bulk mail labels.
9. Become more acquainted with our website. Download past *Continuum* issues in color at http://lllalumnae.org/Publications Save the PDF to read on a mobile device for when you travel, wait for an appointment, etc. While online, take some time to learn more about the site's other web pages, too!
10. Your stories and articles are always welcome. *Continuum*'s legacy is built on peer-to-peer support. We learn we are not alone after our breastfeeding years. Stories bring strength and knowledge to readers. Pick your own topic. I have requests for articles for parenting teens and young adults (at home or in school/college), deciding to retire from a career job, as well as what you do now as an active Leader—lead meetings? Facebook meetings? texting/emailing parents who need help? How you deal with helping babies and mothers via social media, etc. **Next deadline is August 1, 2018** for the September-December issue. I look forward to your stories. Bring 'em on!

"I treasured the stories my mother had told me of having given birth to my brothers and me without anesthesia and how she felt an outpouring of love when her newborn was placed in her arms. It was only years later that I realized the importance of women passing on these good memories from one generation to the next."

—LLL co-Founder Mary Ann Cahill, *The Revolutionaries Wore Pearls*, La Leche League International, 2007

From the Mail Bag

This issue has a variety of topics submitted by members. It is a way to connect with each other. In addition is the announcement on page 4 about our new name change: *Friends of La Leche League…A Lifelong Connection.* What are your thoughts about this change? Send your comments to me or to any member listed on page 4. Based on the 2017 Membership Survey, members suggested these topics: parenting teens; parenting college age and young adults; adult children living at home; getting a second opinion after a diagnosis; ways you connect with local alums/LLL friends; writing a personal history or family history; ways to keep a positive relationship when adult children's parenting style differs from yours; challenges for grandparents when millennial daughter and son-in-law choose a different parenting style; deciding on your financial plan—assets and property after you pass away. One Alum group recently had a financial planner give a presentation about preparing a will, dealing with house, property, and financial assets after they pass away. The next issue will share what they learned from the speaker. Have you made your financial plan? What suggestions can you share?

After posting a reminder on Leader Facebook pages about sending names for "We Remember," I received this message from Hannah Perch in the United Kingdom: "Thank you, Fran, for posting the "We Remember" reminder on Facebook. I am a recently accredited Leader and found that an old friends' mum was an LLL Leader in South Africa. She passed away some time ago. He spoke very fondly of growing up and being surrounded by LLL. I have just found her name on the "We Remember" list with a lovely piece about her in *Leaven*." For more about "We Remember," see page 10, #5.

Welcome to new members who opted to receive an electronic dopy of *Continuum*. Don't be shy! Jump in and write an article or story to share. We would love to hear from you! **Deadline for articles is August 1, 2018.** My family recently gave me lots of photos from past years to put into photo albums and memory books—my favorite hobby that is now my priority. "Family is first" in LLL. I am resigning as *Continuum* Editor on November 30, 2018. This will be after the next issue is published.

Until next time,
Fran
Continuum Editor
dereszyn@verizon.net

Suggested Reading

The Science of Mother-Infant Sleep and *Current Findings on Bedsharing, Breastfeeding, Sleep Training, and Normal Infant Sleep, edited by Wendy Middlemiss, PhD and Kathleen Kendall-Tackett, Phd, IBCLC, FAPA*
http://stores.praeclaruspress.com/the-science-of-mother-infant-sleep/

For daily posts and breastfeeding news. Join our Facebook page at https://www.facebook.com/LLLAlumnaeAssociation

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Yesterday's Reflections

A child is like a flower, here today, gone tomorrow,
Reach out and touch him before he is gone
Today nursing quietly in your arms,
Tomorrow running away in the park.
Today missing you for an hour,
Tomorrow off to school for the day.
Today holding your hand,
Tomorrow holding his own child.
A child is like a flower, here today, gone tomorrow,
Reach out and touch him before he is gone.

Beth Wrigley
1979 LLLI Calendar

LLL ALUMNAE ASSOCIATION
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Next deadline: August 1, 2018

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Supporting the LLL community . . .
for active Leaders, former Leaders & LLL friends!
Members of all ages, sharing the bond of LLL's beginnings.

Our Mission: To support La Leche League as a resource and inspiration for future generations, encourage lifelong connections with the LLL community, and share the insights and wisdom that began with the breastfeeding relationship.

Membership Form

Continuum

Membership includes 3 issues of *Continuum,* helps fund our operations, and supports the LLL community.
Full Annual Membership: $36/yr in USA; $44/yr US dollars outside USA, 3 issues via postal mail.
Electronic-only Membership: $24/year world-wide, 3 issues via email.
Join/renew for one-year via credit card at lllalumnae.org/join or use this form to join/renew via postal mail.
I am ☐ New member ☐ Renewal ☐ Active Leader ☐ Former Leader ☐ Former LLL member ☐ LLL Friend
☐ ____ $36 in USA ☐ ____$44 outside USA
☐ ____ $24 electronic-only membership in USA or outside USA
☐ ____ I wish to donate $_____ to LLL Alumnae Association
☐ My donation is anonymous. My name not published online or in Alumnae newsletter
☐ _____Total check enclosed, US funds only, payable to "LLL Alumnae Association."
Mail to: **Patti Hope, Treasurer**, **2457 Vivian Circle**, **Decatur, GA 30030-1592. Please print clearly.**

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Date check mailed _____ Questions/Payment inquiries? Contact info@lllalumnae.org

Option: honor someone with a Tribute

Your name _____
Honoree's (Leader, friend, or supporter) name, city/state: _____
_____
Write up to 15 words, why you honor this person _____
_____
☐ ____ Enclose $20 check, US funds, payable to "LLL Alumnae Association."
Mail to Patti Hope. Content subject to final review by LLL Alumnae Association.
Name published in *Continuum and* posted on the Alumnae website for one year.

Thank you for joining the LLL Alumnae Association!

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Form updated 3/14/2018/FD