Members' Newsletter for Friends of La Leche League—A Lifelong Connection
(Formerly known as LLL Alumnae Association)

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 33, No. 1 Jan - Mar 2019

New Logo! New Look!

FRIENDS of LA LECHE LEAGUE

When LLL co-Founder Marian Tompson chatted with Ellen Goodrich (King) at the 1985 LLL of Texas Conference about an idea for an association for Leaders and retired Leaders to stay in contact with each other and with La Leche League, no one could have predicted how far this association would come and the success stories we have behind us.

Fast forward to 2019: In our rebranding process we've changed our name from LLL Alumnae Association to Friends of La Leche League, revised our mission, created a new tagline, and we are streamlining our website as the heart of our essence. We've gone all in! A new name gives us the opportunity to create a logo in sync with who we are and where we are going.

We'd like to take a moment to celebrate the old LLL Alumnae Association logo generously designed gratis by graphic designer Paul Torgus, son of Judy Torgus, former LLLI Executive Editor. That logo served our organization for a long time, and we're sad to see it go. But we are excited to welcome a new one at this time. Change is good, and necessary.

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la leche league international .org

New Logo! (continued)

To create our new logo, the Friends of LLL Board researched graphic designers, and then engaged Brad Stephens, a branding and design expert. Our new logo and branding will be a better match for our mission, values, and awesome community. It took us a couple of months to develop, using an in-depth questionnaire, back and forth dialogue, sketches, more discussion, and a variety of iterations to arrive at the final design. We are very proud of the final product.

Brad wrote, "This crown is made of connected figures, which imply friendship, connection and support. The negative space between the figures can be seen as a drop of breastmilk and evokes the root mission of the organization. The symbolism continues to work when paired with the La Leche League logo by becoming a literal crown atop the mother and child." The new logo is friendly, people-focused, and reflects our genuine personality. It speaks in a powerful way across languages and regions, reflecting our worldwide reach. The color palette is fresh, and the font is clean and modern, which makes it scalable for different uses in print and online. Finally, the logo celebrates the fun, vibrant relationships that Friends of LLL members have with one another.

FRIENDS of LA LECHE LEAGUE

Our next big move is coming soon – with a long-overdue upgrade of our website and migration to a new platform. Our old website had become difficult and expensive to maintain and update. Our new site will help us to update content and photos more frequently, while still providing the online store and other features on which we rely to keep members connected. Look for more information about the new website – along with online trip registration – in an upcoming issue on *Continuum* online!

New Friends of LLL Membership Program

Friends of LLL relies on memberships as a primary source of revenue, and our member list allows us to connect to one another. A robust membership program is critical to our organization.

Following our Fall 2017 Member Survey, last year we introduced a new membership type: online only members received their three issues of *Continuum* via email. We were thrilled by the interest in this option. With the retirement of long-time *Continuum* Editor Fran Dereszynski (see page 10) and addition of Sue Ann Kendall to the Friends of LLL Board (page 6), the timing is right to move to an exclusively online publications program for our members (page 7). Eliminating the printing and bulk mail process for *Continuum* lowers our costs and allows a quicker production cycle. Going online, we can keep in touch more frequently!

Effective immediately, Friends of LLL will offer a single membership program option. Membership is $30 per year. Members will receive at least **four** issues of online *Continuum* each year. Members are also eligible for discounts on Friends of LLL trips, including New Orleans in November (page 8).

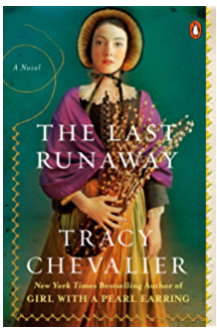
Our new program will continue to provide the benefits that our survey indicated as the most important reasons for becoming members:

- To stay connected to LLL and LLL friends
- To provide financial assistance to the organization, and
- To fund special projects that support our mission, like our mini-grants (page 4).

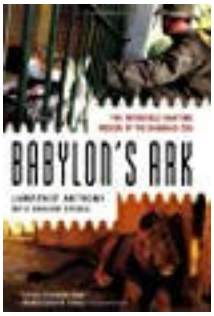
To renew your membership under the new program go to the "Join" page of the website or use the mail-in form at the back of this issue. We LOVE our members!

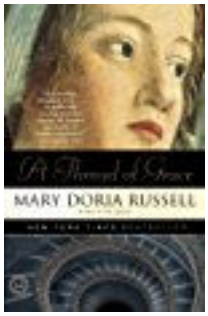
Book Reviews YOU MIGHT LIKE TO READ……Choose one or more

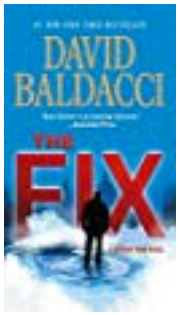
The Last Runaway by Tracy Chevalier (2013) is an historical novel of the 1850s about the life of an immigrant English Quaker woman crossing the Atlantic with her sister, who is soon to be married in Ohio. How does one cope with a horrendous sea voyage, the death of her sister upon arrival due to yellow fever, and then travel alone to a Quaker's village in Ohio? Shy Honor Bright is treated with kindness, slyness, and semi hostility. Through all this she grows resilience, as she makes a place for herself and her conscience. Her English sewing skills for beautiful quilting and tiny stitches for pretty bonnets help her fit in the community. The Underground Railroad becomes a vital part of her life. I especially loved her letters home. This novel is a delight to read, hard to put down!



Babylon's Ark: The Incredible Wartime Rescue of the Baghdad Zoo by Laurence Anthony and Graham Spencer (2007) is the true account of Laurence Anthony, a conservationist who used his own money to check on the fate of the Baghdad Zoo *during* the Afghanistan War. Two Kuwaiti zoo men helped him get there. Of the abandoned animals he found a Bengal tiger, boars, Saddams' lions, ostriches, and many more in terrible shape. He had to carry pails of water and forage for food for them. Eventually some of the Iraqi Zoo workers hazarded coming to help. All were dodging the crossfire of bombs in the heart of the city. This shows what one determined individual can do. Amazing! The authors also wrote **The Elephant Whisperer**, which I happily reviewed previously.







The Fix by David Baldacci (2017) is the third mystery novel in the Amos Decker series. Amos, an FBI consultant is somewhat autistic due to a brain injury. He has total recall but does not catch social clues. Amos sees a well dressed man shoot and kill a woman who had just walked past him in front of the FBI Hoover Building. Why was she murdered? Why there? Why in broad daylight? He follows the details with his buddy, Alex. They discover more than unusual circumstances regarding a young substitute teacher who volunteers at a nursing home. This is one for spy novel lovers.

Book reviews by: Mary Gisch, Westchester, IL, USA
giscmary2@gmail.com

A Thread of Grace by Mary Doria Russell (2005) is a fascinating historical novel in Northern Italy which was occupied by all three armies in World War II. Renzo Leoni matches wits with Huppenkothen from the Gestapo. The characters are vivid: Clara Blum-Hebrew Refugee, Iacopo Soncini-Rabbi, Don Osvaldo-Priest, Werner Schramm-Nazi deserter & medical officer. They touch each other's lives and give hope. Astoundingly, the Italian peasants hid 43 thousands of displaced Jews in the almost medieval villages, tiny churches, caves, and mountains, even though the Nazis were hunting them. The kindnesses given and received blossomed into friendships and sometimes love.

New Friends of LLL Mini-Grants Fund Worthwhile Projects Worldwide!

Friends of LLL is delighted to announce the awarding of a total of $6,850 in mini-grants to five unique and innovative projects. Awards were made for projects in British Columbia, California, Texas, South Africa, and Italy. Mini-grants were awarded based on the outreach potential of the projects and how the projects helped to further the mission of La Leche League. Some of the projects focused on creating resource materials, while other projects focused on increasing publicity and outreach. Resources created by the recipients will be shared widely.

LLL of Canada-Vernon British Columbia is producing an online Prenatal Initiative Kit for all Leaders to use to encourage moms to attend LLL meetings while pregnant. LLL of South Africa is placing copies of *The Womanly Art of Breastfeeding* in public libraries. The Santa Maria Hostel in Houston, TX USA serves women who are overcoming addiction, and now these mothers will have strong support and breastfeeding information from LLL. An LLL "Breastfeeding Tour of Southern Italy" will expand LLL within an historically underserved part of Italy. In Oakland, CA, USA, the Better Birth Foundation is producing a flyer representing the effects of enslavement on breastfeeding by African American mothers.

Congratulations to LLL Leaders **Laura Meikle**, **Paula Clay**, **Francesca Parisi**, and **Simela Petridou** as well as **Samsarah Morgan** of the Oakland Better Birth Foundation as recipients of the grants. Each winner will be reporting on the projects as they are completed.

The mini-grant committee was comprised of three members of the Alumnae Association who worked closely with the Friends of LLL President and Board members. A total of $6,850 was awarded this year through the mini-grant program. We hope that the Friends of LLL will be able to offer future mini-grants. Keep those great ideas coming!

Friends Mini-Grant Committee:
Carroll Beckham, Amy Shaw,
and Rebecca Magalhaes

The LLLI Legacy Society

by Keith Williams, LLLI Development Director

I am honored to be included in this edition of the Friends of La Leche League newsletter and have this opportunity to speak with you.

First, allow me to introduce myself. I am Keith Williams, the Development Director for La Leche League International. I have had this privilege for almost two years now. I have learned so much!

I am excited to share with you that La Leche League International is creating a **Legacy Society**. The Legacy Society has been organized to recognize individuals and couples who have made provisions in their estate plans to provide a gift to La Leche League International to continue their financial funding of mother-to-mother breastfeeding support and education.

These gifts can take the form of bequests by naming La Leche League International not only in a will or trust, but also in a charitable remainder trust, gifts of life insurance, or any other type of charitable planned gift.

For people who want to create a legacy beyond their lifetime, the La Leche League International Legacy Society ensures donors that their charitable dollars are used in the way they intended. If you have made arrangements in your will, trust, or other deferred gift mechanism to make a contribution to La Leche League International you are already eligible to be a member of the Legacy Society.

How does the La Leche League International Legacy Society work?

- **Establish** - Donors can include a gift to La Leche League International in their will or trust, establishing a bequest.
- **Notify** - Donors notify La Leche League International of their plans and automatically become members of the Legacy Society.
- **Join** - Donors join the network of other Legacy Society members and receive special recognition.

What are the benefits of joining the La Leche League International Legacy Society?
Being a member of the La Leche League International Legacy Society gives you the opportunity to belong to a select group of like-minded people who are committed to supporting the needs of breastfeeding mothers.

And by letting us know now - you will be one of the **50 members of the Founders' Circle** of the Legacy Society. Tell us you have or are planning to including La Leche League International in your estate planning. If you desire, we will recognize you in upcoming newsletters and send you a commemorative pin to mark this commitment.

Click here to read additional information on the La Leche League International website's planned giving page. La Leche League International urges all prospective donors to seek the assistance of their personal legal and financial advisors in matters relating to their gifts, including the resultant tax and estate planning outcomes. Independent consultation of a legal and financial perspective prior to making a gift is advisable.

Please contact me at keith@llli.org or by phone at 919.459.8588 for additional information or to have a conversation about your planned giving.

la leche league international llli.org

Introducing Sue Ann Kendall, New Friends of LLL Publications Director

Sue Ann (Suna) Kendall was a La Leche League Leader for 13 years, between 1993 and 2006, in Illinois and Texas. Most of her work in the organization focused on connecting Leaders on the internet. She created one of the first websites for a local Group (before there were pictures on the Web!), helped start and maintain The Leader Connection and its predecessor, the earliest email lists for Leaders, and eventually built the first LLLI website in 1995.

In her work for LLLI, she connected Leaders, who worked in virtual teams to share Group information online, answer mothers' questions via online "Help Forms," sponsored technology rooms at LLLI Conferences, where Leaders could get help with the strange new online world, and mentored many Leaders in become web designers in their own right. Later, she helped design and run an online community for Leaders, the Community Network. Most important, though, is that Sue Ann met hundreds of amazing women and men who have remained her lifelong friends.

All the leadership and technical skills she learned in LLL have come in handy as she has worked with software companies training users and developing training materials. She's even made a couple more online communities for other organizations. Currently, Sue Ann manages a team of technical writers and instructional designers at a fantastic software company in Austin, Texas. She also is Social Media Director at a real estate redevelopment company, Hermit Haus Redevelopment.

Sue Ann's two sons, Kynan and Declan, are 28 and 25 years old now. Kynan teaches high school and Declan plays in three indie rock bands. She and her husband of ten years, Lee Bruns, have a ranch near Cameron, Texas. Sue Ann splits her time between it and her "work house" in Austin.

In all her spare time, Sue Ann is a Texas Master Naturalist, and maintains a blog called The Hermits' Rest (Google it!). She is happy to be back among her many LLL friends, however, and looks forward to carving out the time to bring yet another online innovation to our community, the online *Continuum*.

Photos: Sue Ann Kendall and her sons Kynan and Declan

NEW!

Coming This Spring

CONTINUUM ONLINE

NEW!

The Friends of LLL are delighted to share that *Continuum* is moving to a quarterly online format starting with the next issue. You will find the same kind of content you've seen in past issues, in a lively format with lots of pictures and links to more information. We'll also be sharing some new ideas and types of articles that the new format allows us to create.

We will still focus on life after our little ones have gotten older, and will bring information for parents of older children, teens, and young adults, along with features on how we've taken our LLL knowledge and used it in our lives. We'll share friendships and families of everyone who cares about La Leche League. Your membership will provide you access to our new publication, which we hope will provide lots of new kinds of connections for us all.

Most importantly, we would love your contributions!

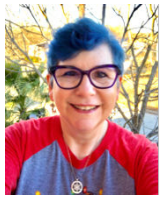
Contact our editor, Sue Ann Kendall, with ideas for stories, pictures of yourself and fellow Friends of LLL, and whatever you'd like to share. Our team would love to hear from all of you. Sue Ann can be reached on Facebook at https://www.facebook.com/suna.kendall or via email

Friends of LLL Board Members

Edna Kelly, President

Anne Hutton, Secretary

Janet Jendron, Vice President



Sue Ann Kendall, Member At-Large

Kathy Parkes, Treasurer

Gail Moak, Member At-Large

Friends of LLL Board Members serve three year terms to direct the organization. The Board can include up to nine members. The Board meets in person on our trips (next meeting – New Orleans!) and via monthly conference calls. Additional volunteers (many of whom have contributed to this issue) work on committees and special projects. We can use your talents! Friends of LLL members who are interested in volunteering specific skills to the organization or serving as a board member should contact info@lllalumnae.org for more information.

Are You Getting Excited for the Friends of LLL Trip to New Orleans?

Have you been on a city streetcar or mule drawn carriage lately? New Orleans, LA – or NOLA – is loved by all for its warm hospitality, authentic culture, and inspiring atmosphere. With its delectable cuisine, historic architecture, and general *joie de vivre*, New Orleans is famous for the unique experience it provides visitors. NOLA has been part of four kingdoms and nations, and has been enriched by those who left their imprints on the city's food, music, language, and architecture.

The Friends of La Leche League trip will offer time to reconnect with old friends and make new ones as we explore this wonderful city with group tours and meals. We will commune together and hold our unique **We Remember** ceremony to honor LLL Leaders and Friends who have died since our San Diego trip in 2017. We will also have an update on La Leche League. New for this trip will be an interfaith religious service for those who wish to participate.

Photo: Participants at the 2017 Trip to San Diego.

New Orleans Trip Information:

Dates: November 7 – 11, 2019
With option to arrive early or stay later at the group hotel rates

Hotel: Astor Crowne Plaza
in the French Quarter
739 Canal Street @ Bourbon Street

Trip Outings Will Include:

- City Sightseeing Tour (including cemeteries)
- Jazz Lunch at The Court of Two Sisters Historic French Quarter Restaurant
- Visit to the Historic New Orleans Collection Museum
- Mississippi River Steamboat Cruise with live Jazz
- Cooking Demonstration Class at the Cooking School of New Orleans
- And much more!

Look for more trip details in the spring issue of *Continuum* online!

More New Orleans Fun!

The New Orleans trip schedule also includes free time for you to see and do activities on your personal "bucket list" for travel and adventure.

Maybe you want to tour the world-class national World War II Museum.
www.nationalww2museum.org

NOLA also has many art museums and the unique Mardi Gras World exhibit.
www.mardigrasworld.com

In the French Quarter you can check out the Pharmacy Museum, Bourbon Street, St. Louis Cathedral, and the Old Ursuline Convent.
www.pharmacymuseum.org
www.oldursulinemuseum.com

Photo: Saint Louis Cathedral. [Wikimedia Commons]

Photo: Steamboat Natchez

Consider arriving early or staying an extra day or two to include some of these excursions.

Have you always wanted to meet an alligator up close?
www.cajunencounters.com

Or taste alligator bites? Or beignets from Café Du Monde? This is your opportunity!

Remember the classic movie "Hush Hush Sweet Charlotte" starring Bette Davis? It was filmed at Houmas House Plantation near NOLA.
www.HomasHouse.com

And just up the road is the National Hansen's Disease Museum.
www.hrsa.gov

Or maybe you'd like to get "down and dirty" on a Swamp Tour via canoe, kayak, or airboat!

Laissez le bon temps rouler!
Let the Good Times Roll!

Heartfelt Thanks to Fran Dereszynski

As we say goodbye to Fran Dereszynski as a member of the Friends of La Leche League Board, we're filled with sadness, as well as appreciation for all she has given us as Publications and *Continuum* Editor since 2007. For over ten years, Fran's contributions to the organization have been invaluable.

Fran's creativity and attention to detail were reflected in every issue of *Continuum*, every publication she created, and in every discussion, as we planned trips, decided on a name change, created website content, and everything we did as a group. Everyone remembers Fran as a spark plug on our trips, with her keen interest in new things, her flair for the unusual, and her commitment to LLL history and tradition.

Mary Gisch comments:
I met Fran in St. Augustine, Florida on my first Alum trip. I recall how enthusiastic she was. When we told of our current activities, I mentioned making a brief list of good books for friends. Shortly thereafter, she surprised me with a call to write for Continuum*! She made me feel at ease right away, encouraging me and providing her editing skills. As a result, I've loved writing my column,* You Might Like to Read…Choose one or more and enjoy! *She's made it fun to work together these past six years on 18 issues of Continuum.*

We also enjoyed each other's company at the Alum trips to Albuquerque, Charleston, and San Diego. I was delighted to have her come and stay at my home after the last LLLI Conference in Chicago. Of course, we chatted about our families. We did a bit of sightseeing as well. We spent an especially nice time with local Alum Leaders, ***Katy Lebbing****,* ***Carol Huotari****,* ***Virginia Innocenti****,* ***Carol Esposito****, and* ***Charlotte Knopf****. We all admired your kindness and effervescent personality.*

Our friendship means a great deal to me. We thank her for all she has done for LLLI and the Alums over the many years. We will miss her, her dedication and creative hand.

Katie Lebbing remembers Fran's quick response to emails, and Fran always being the go-to person on everything. The sightseeing trips when Fran visited Illinois are also powerful memories for Katie.

Marian Tompson sums up the lasting value of Fran's gift to Friends of LLL through the years as experienced by her and **Mary Ann Kerwin**:
As she would put together each issue of Continuum*, Fran would send an email to Mary Ann Kerwin and me that would say something like, "Would you like to share a short article about what you have been doing lately? Alums always love hearing from you." And of course, we would, because if anyone had her finger on the pulse of the Alums, it was Fran. Her love for LLL and enthusiasm for her job are reflected in the stories which are as diverse as staying in touch with grandchildren, to caring for aging loved ones, the LLL friendships that last a lifetime and more. When each issue arrived, I wanted to sit right down and read it all the way through, feeling surrounded by my LLL friends sharing the "rest of their lives." So, while supporting Fran's right to make a change, Mary Ann and I thank her for her commitment to providing the stories which remind us of our connections and the many ways, beyond breastfeeding, in which LLL has impacted our lives.*

Fran Dereszynski (continued)

Gail Moak describes Fran's gifts of friendship, support and mentoring:
*My son joined the Army and I knew no one in my situation. Through the connections of LLL conference folk, **Sue Garcia** put me in contact with Fran, whose son had been in the Army. Fran and I started talking and kept talking for a dozen years! We met in person (and kept talking) at conferences and USWD events, worked together (and kept talking) in various LLL departments, and finally Fran recommended me for the LLL Alumnae Association Council in 2010. Yes, we kept talking, planning, writing, editing, traveling, and working together. I visited Fran in her home many times, related to my daughter-in-law in veterinary school and found Fran and her husband Mike to be kind and generous hosts. We visited again when Fran and Mike came up north to see their daughter (a veterinarian!). When New Zealand Leader **Barbara Sturmfel**'s daughter attended UC Berkeley and stayed at my home for a semester, who did I send Leslie and her brother to while traveling down the coast? Fran and Mike, of course!*

Working with Fran for me was like getting a major in the English language (with a minor in publishing). I don't know how many thousands of words have passed between us with Fran always clarifying and sharpening my writing. This is my first piece of LLL writing in so many years that hasn't been edited by Fran and I'm really missing Fran's support. I do have one complaint: Under Fran's tutelage my eye has changed so now when I read, I see every typo and grammatical mistake. It seems fitting to end this appreciation of Fran with her own words, "New beginnings are usually preferred over endings yet every new beginning requires an ending." Thank you, Fran for everything.

At our last Friends of LLL Board call, Fran encouraged all of us to remember that this is not an end, but a beginning of a new and exciting focus for her. Fran, we will miss you on the team, but we are looking forward to seeing you in New Orleans!

Cherished Leader Pins from Friends of LLL

Honor LLL Leaders in your Group, Area or Network with a Leader Recognition Pin for 5, 10, 15, 20, 25, 30, 35, 40, 45, or 50 Years of service to La Leche League. Pins with no year are also available to give as gifts to new Leaders.

These intricate pins are Cloisonné in style in gold (silver for the no-year pin) and different colors for each anniversary year. Year pins are inscribed "DEDICATED LA LECHE LEAGUE LEADER" and show the number of years of service. Each pin is 7/8 inch in diameter and comes with a metal butterfly clutch and 8 mm post.

Pins start at $6 each, but if purchased in quantities of 26 or more (including mixed types), pins are only $4 each! To order pins, use the "Order Leader Pins" option on the Friends of LLL website. Leaders will appreciate the recognition of their contributions.

Friends of La Leche League
(Formerly LLL Alumnae Association)
Fran Dereszynski, Permit Holder
5502 Maryport Drive
Huntington Beach, CA 92649-4821
RETURN SERVICE REQUESTED

PRESORTED STD
U. S. Postage
Huntington Beach, CA
Permit # 810

Renew online via credit card at lllalumnae.org/Join. Or use this form to renew via postal mail.

Annual Membership is $30 per year. Membership includes at least four issues of online *Continuum,* helps to fund our operations, and continues our support of the LLL community.

I am ☐ New member ☐ Renewal
I am ☐ Active Leader ☐ Former Leader ☐ Other LLL Friend
☐ ____ $30 per year.
☐ $ ____ my additional donation to Friends of LLL.
☐ My donation is anonymous; do not publish my name.
☐ $ _____Total enclosed via check payable to "Friends of LLL."

Mail to: **Kathy Parkes, Treasurer**, **5851 Lost Creek St., San Antonio, TX 78247-1323.**

Name _____

Address _____

City _____

State/Province/Country _____ ZIP/Postal Code _____

Email _____

Land phone _____ Cell phone _____ Date check mailed _____

Questions? Payment Inquiries? Contact info@lllalumnae.org.

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Join our Friends of LLL public Facebook group @ https://www.facebook.com/groups/109172860448.