

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 25, No. 3

September - December 2012

Save the date!

October 24-28, 2013



Alum Trip to Albuquerque
and
Santa Fe, New Mexico
Hotel Albuquerque at Old Town
www.hotelabq.com
Information on p. 4.

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I asked Mary Ann Cahill, Mary Ann Kerwin, Marian Tompson, and Mary White to write updates for Continuum. I invite your comments on this idea. ~ Fran Dereszynski

Mary Ann Cahill (85) has 21 grandchildren and 13 great-grandchildren.

A Year to Remember

There was much to celebrate in the past year, going back to July 2011 when, after 17 years as a single parent, my second youngest daughter, Charlie, married a former classmate from grade school days. On the day of the wedding, the expressways leading into Chicago were flooded due to a torrential rain, but we all managed to come together and, as the sun came out, congratulate and cheer on the happy couple. I am still involved with La Leche League, serving on the LLLI Board of Directors, which has brought me into contact with members of the Board from far flung parts of the world. Board members care deeply about LLL's mission and want what is best for mothers, babies, and their families. It has been a most rewarding and reassuring experience.

Given the generosity of the donors who funded costs to cover the Founders' expenses, I was privileged to attend the November 2011 Alumnae trip to the shrine of Our Lady of Happy Delivery and Plentiful Milk in St. Augustine, Florida. Celebrating LLL's 55th anniversary while there was truly a memorable time, along with reconnecting with old acquaintances and making new, exploring the quaint, old city of St. Augustine and, of course, visiting the shrine that figured so prominently in the choice of our name. A trip I will never forget!

I traveled to two LLL Area Conferences in the spring. The Garden State Area Network Conference in New Jersey, their very first as an Area Network, was one to be proud of in every way. The LLL of Massachusetts/Rhode Island/Vermont Area Conference was a tribute to a small group of Leaders who are determined to keep the tradition of mother-to-mother support strong. Being at these gatherings, seeing the dedicated, enthusiastic Leaders and beautiful young mothers, all so devoted to their babies and families, never fails to inspire me. Area Conferences remain one of my favorite things in LLL!

The New Year of 2012 brought changes that have significantly impacted my life in ways I could not have imagined at the time. Another daughter, my youngest, Frannie, and her 10-year-old son David, plus their two dogs, came to live with me. You should know that I had been "on my own" for many years, which suited me fine but was a cause for concern for some of my dear children. They worried that "something might happen to Mom." Well, something did happen in July, and but for the quick thinking of my dear Frannie, who was promptly joined by her sister, Charlie, I don't know where I'd be today. When my heart went into atrial fibrillation or "A-fib," I was taken to the emergency room at a local hospital. My poor heart then wanted to "flat line." A pacemaker was inserted to keep things going and it's working fine. I went home, only to be back in the hospital that night with the first signs of a stroke. The little Flight for Life emergency medical helicopter that I had often seen flying over my house (I live near the hospital) took me to the nearest stroke center. The excellent care I received there and at the first hospital, along with many prayers brought me to where I am now, looking and feeling well. I cannot thank my many LLL friends enough for their loving get-well wishes. What a treasure La Leche League is! ✨

Mary Ann Cahill, McHenry, Illinois USA

(Founders' stories continued on p. 3 and 4)

From the Mail Bag

Opportunities are easy to define but not always easy to identify, especially if they are buried in a challenge or setback. For the Alums, 2012 has been full of opportunities to:

- Conduct a special 5-month \$15 membership drive. Result: 30 first-time members. Welcome!
- Gather the Council for an annual meeting in June and elect members to fill all open positions
- Renew support to the LLL Breastfeeding Helpline-US
- Set the date and location for an Alum trip in October 2013
- Meet Leaders and Alums for a dinner at the Texas Area Network Conference—a splendid opportunity to also present an Alumnae session, encourage memberships, and sell pins
- Join Leaders at the Leader Day lunch prior to the conference
- Donate two baskets to the Texas Conference Silent Auction table
- Set-up the Alum conference exhibit table with photos, membership forms, and memorabilia
- Consider future Council meetings at the time of an Area Conference
- Begin a new Alum Facebook page and encourage more participation
- Present a regular book column in *Continuum*

To read more articles, ideas and book reviews beyond space available in *Continuum*, go to www.lllalumnae.org/Publications for “What Alums Are Reading.” Book suggestions include: *Beyond the Sling*; *Calling Invisible Women*; *Crashing Through*; *Fortune Is in the Follow-Up*; *Horse Boy*; *How Eskimos Keep Their Babies Warm: And Other Adventures in Parenting*; *Just Alice*; *Off Balance: Getting Back Up When Life Knocks You Down*; and *The Irresistible Henry House*.

Thank you to Brenda Glover for coordinating the July eBay auction for two batches of LLL logo fabric. Income: \$82.95!

Wondering who is an Alum member? Planning a get-together? The *Member Directory* at lllumnae.org/Who-We-Are is based on mailings in January, May, and September. Membership lists are alphabetical and by location. Contact suesteilen@comcast.net to request members’ information for Alum activities.

Upcoming fall conferences: Eastern Pennsylvania, North Carolina, and Wisconsin. Check with local Leaders for details at www.llli.org/webus.html.

When memberships expire, reminders via the website, email, and postcard are sent. Elaine Shirron wrote: “I received the postcard and renewed online. I truly appreciate the postcard. There have been many things happening here that this item got away from me. Without that reminder, I would have missed renewing all together! Thank you very much.” We want to increase memberships and encourage you to spread the word to LLL friends about supporting the Alums and our mission. On Facebook: www.facebook.com/LLLAlumnaeAssociation.

Thank you to everyone who contributed articles for this issue. Readers, what was your favorite article in this issue? Send your ideas about life after LLL, transitioning to retirement for yourself or a spouse, articles about teens, or other topics. I love opportunities for your feedback. ☆

May you enjoy the coming fall and winter holidays,

Fran

Continuum is published three times a year. Articles selected for publication are based on space available and may be edited for length, clarity, and adherence to LLL journalistic guidelines. Send articles by November 15, 2012 to dereszyn@verizon.net

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LLL Alumnae 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



Alumnae Council, June 2012
Fran Dereszynski, Judy Torgus, Gail Gesley, Patti Lewis,
Sue Steilen, Edna Kelly, Pam Oselka

LLL Alumnae Council

The LLL Alumnae Association Council is the decision-making body for the organization, its projects and activities. An annual Council Meeting is held, usually in the fall or spring. The Council stays up-to-date through regular reports and conference calls held monthly and as needed.

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Mary Ann Kerwin (80) has 20 grandchildren.

La Leche League Continues to Enrich My Life

As we all discover, the older we get, the faster time goes. I keep hoping life will slow down a bit but that seems to be wishful thinking. Looking back at what I have been doing relative to La Leche League in 2012, the first thought that comes to mind is my appreciation for the recovery of Mary Ann Cahill from several very serious health setbacks that occurred in July 2012. Mary Ann, now 85 and still mentally and physically very proficient, surprised herself, her family, and her friends by needing to have a pacemaker inserted surgically after which she suffered a minor stroke. Fortunately she has had no permanent negative physical or mental after effects and intends to resume all her previous activities.

Like Mary Ann Cahill, the rest of the Founders still around seem to be blessed with unusually good health. We range in age now from 89 to 80. Mary White had hip replacement surgery last fall but seems to be fully recovered. Marian Tompson amazingly continues to maintain the full schedule she has kept for many decades. All of us are especially fortunate in that our families watch over us—and seem to be ever ready to provide any assistance needed. In my case, six of my eight children, their spouses, and families reside near me here in the Denver metropolitan area.

My husband gave me a bike for my 30th birthday in 1961. At that time, no women rode bikes in Denver. Nevertheless, with my husband having given it to me, I went ahead and rode my bike. We put a child's seat on the back so I was able to include my toddlers on some of my rides. During all these intervening years, his insightful gift has proved to be a wonderful way for me to refresh myself both mentally and physically. I remain very grateful to my husband for his perceptiveness. I have had four replacement bikes since then. My family surprised me with the gift of my most recent bike for my 79th birthday!

La Leche League continues to enrich my life. Since 2009, Mary Ann Cahill (also known as MAC) and I again have been working closely together on the LLLI Board of Directors. We are trying to help work through some challenging times. The Founders always have hoped that LLLI will be available to help future generations of mothers breastfeed and mother their babies and thereby enhance their families.

I rarely participate in LLL gatherings now, although I always enjoyed them tremendously. For example, wonderful memories of the November 2011 55th anniversary Alumnae trip to St. Augustine, Florida, to visit the Shrine of Our Lady of La Leche still linger.

Nevertheless, earlier this year I did accept an invitation in April from LLL Garden State Area Network for a 50th year celebration in New Jersey. I was motivated to depart from my usual practice when the request initially came from New Jersey Leader and LLLI Board Member, Linda Anderson. Linda generously assists the Board with her time and talents so I felt I could not say "no" to her. That 50th anniversary conference proved to be a memorable and enriching experience for me as I again saw many extraordinary Leaders in action and many mothers happily breastfeeding and parenting their babies and children (with many of the mothers ably assisted by devoted fathers).

This gives you some impressions of my current involvement with LLL. As I have said hundreds if not thousands of times, whatever I might have done to help others has been returned to me a thousand-fold. I am forever grateful that La Leche League became and remains an important part of my life. I send my heartfelt thanks to each and every one of you who have helped and are helping bring LLL to future generations and thereby making the dream that seven of us shared come true! ✨

*Mary Ann Kerwin
Denver, Colorado USA*

Marian Tompson (82) has 17 grandchildren and 10 great-grandchildren.

An Exciting Year of Changes and Challenges

I've already attended Area Conferences in Illinois, Western Pennsylvania, and Texas. This gave me opportunities to meet up with long time LLL friends and make new ones. At each conference I've been invited to do a session on my book, *Passionate Journey: My Unexpected Life* along with a book signing, which is always fun. In August, I was in Washington, D.C., as part of a unique task force committed to implementing Action 3, "Create and maintain a sustainable infrastructure for mother-to-mother support groups in hospital and community health care settings," from the US Surgeon General's *The Call to Action to Support Breastfeeding*. Earlier in the year AnotherLook closed its doors as a not-for-profit organization—after 11 successful

years spent raising critical questions and stimulating needed research about breastfeeding in the context of human immunodeficiency virus and acquired immunodeficiency syndrome. The website and private chat list continue. This means I now have glorious free time for getting together with family and friends and to work at much needed decluttering and cleaning in my apartment. (See article on page 8.)

Still ahead is speaking at a Bradley Childbirth Teacher Training, and the Florida LLL Area Conference as well as doing something entirely new—giving the keynote via Skype for the LLL South Africa Area Conference!

There might be another book coming out about conversations my friend Marti and I are having on how to be real. The effects on all of us when we don't live an authentic life are mind-boggling.

My main challenge at this time seems to be either finding a job or giving up my apartment. I am trying not to lose sleep over this because I have been so blessed with family and friends that I can be nothing but grateful for the life I have had and truly believe that whatever changes come into my life will make it just as good or even better. ✨

*Marian Tompson
Evanston, Illinois USA*

Mary White (89) has 60 grandchildren and 64 great-grandchildren. Mary's update focuses on her daughters Katie, Jeannie, Anne, Elizabeth, Molly, Mary, and Clare; and sons Joe, Bill, and Mike.

Spending Time with My Family

Generally, I am feeling fine. The hip is not giving me any trouble at all, thank goodness. As I write this on July 12, 2012, **Katie** and I leave soon for Marysfield, Michigan. It's the best place for me to see and get to know my family. There is really a swarm of little ones in my family, so it's great to be able to see them a few at a time.

My oldest son **Joe** and wife Susan visited with me in Michigan, along with my grandson Greg, his wife Isabel, and their six children, who live in Texas. It was the first time I was able to be with their youngest Natalie (2). Isabel is a great mother and a good cook to boot. (I keep wondering why so many of my children and their spouses are good cooks –more inventive than I ever was.) They all wait on me hand and foot. Lovely!

Bill and wife Cathy have a cottage next door to mine. While I was there, their son Michael, his wife, and children visited. We all had a fine time. Everyone goes to

the beach often. It's 63 steps down the bluff to the beach. I don't go down anymore. I enjoy looking at the lake from the house and deck, through the trees. When I go to Michigan, **Jeannie**, from Texas, will be at the cottage with her two youngest who are teenagers. Her husband died of lung cancer eight years ago. **Anne** works for a bank in New York. She loves living there, walks everywhere, and comes home for short visits about once a month. **Elizabeth**, my youngest, lives in Massachusetts and has five daughters and one son. Her oldest is in college. At 41, Elizabeth expects her seventh baby (my 61st grandchild) in a few weeks.

Molly also lives in Massachusetts, not far from Elizabeth and her family. Molly has eight children. Her oldest daughter and husband Tim live in South Bend, Indiana, where Tim attends law school at Notre Dame. They have one baby. Bill and his family live in Oak Park, Illinois. I see them frequently. Whenever I am at home,

I have a standing invitation to their house for Sunday dinner, along with one or two of their children and their families. Their oldest, Paul, is a vascular surgeon in the Army Medical Corps. Paul has already done a tour of duty in Iraq, where he was awarded the Bronze Star. He and his wife Meg have four children. Bill and Joe are both family doctors who practice in Franklin Park in their Dad's old offices. **Mike** is a family doctor in Wisconsin. He and his wife Deb have eight children. **Mary**, her husband Greg, and three children also live in Wisconsin near Mike. **Clare**, her husband, and four children live close to me. Clare is a teacher at a local private school where Katie is the principal. Lots of my great-grandchildren attend that school, as did their parents.

It is always good to read about all the great alums. God bless you all. ☆

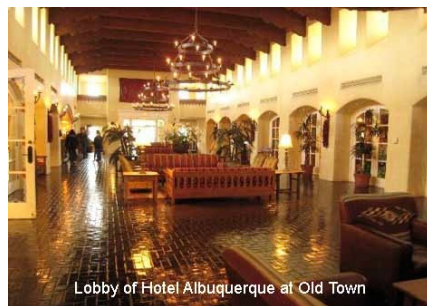
*Mary White
River Forest, Illinois USA*

Save the Date: Albuquerque/Santa Fe Alum Trip

Alums requested a year or more advance notice of trips. The last *Continuum* announced that the 2013 Alum trip would take place in 18 months. This spring, the Alumnae Council contacted Alums in three popular cities recommended on past trip evaluations. Alice Edwards shared input on Denver and Parker, Colorado. Faye Young was the contact for St. Louis, Missouri. Judy Torgus visited Albuquerque, New Mexico, this spring and was the contact for that location. Thank you, Alice, Faye and Judy, for your time and the exciting information you shared. Travel to any of these cities in the fall of 2013 would be exciting and fun! It made decision-making a challenge. At the June Alumnae Council meeting in Dallas, Texas, all the proposed sites were given consideration based on the criteria for trips. After much discussion, Albuquerque, New Mexico, with a day trip to Santa Fe, was the final choice.

The sunny Land of Enchantment will be our destination. In August the hotel contract was signed. Alum members and non-members are invited to absorb the rich

Hispanic and Native American culture and unique heritage of centuries-old Albuquerque and Santa Fe! Be amazed at the sunsets, ranging from deep indigos to pinks to reds and every color in between.



Have fun and good times with old and new friends! Stay at the Hotel Albuquerque at Old Town at the reduced rate of \$99 (plus tax) per night, double occupancy. Hotel information is at www.hotelabq.com. The February/ March issue will have more information. The May/June issue will include final itinerary and registration materials.

Full itinerary for each day will be confirmed early next year. Here is a tentative overview of what is being planned for the four days.

October 24, Thursday, 3:00 pm City Trolley Tour, welcome, dinner together in the evening

October 25, Friday, Albuquerque Museum visit with the group, lunch on your own, free time to visit shops and art galleries

October 26, Saturday, Option 1, 9 a.m. board Rail Runner Express for day trip to Santa Fe. Historic Plaza, Governor's Palace, Loretto Chapel, restaurants, galleries, shops. Return via rail in the late afternoon. Alum gathering after dinner.

October 26, Saturday, Option 2, visit Albuquerque BioPark and Gardens. Alum gathering after dinner.

October 27, Sunday, Brunch and brainstorming with Alums, lunch on your own. Group visits Indian Pueblo Cultural Center and afternoon sightseeing, optional wine tasting and evening dinner.

October 28, Monday, hotel checkout and good-byes. ☆

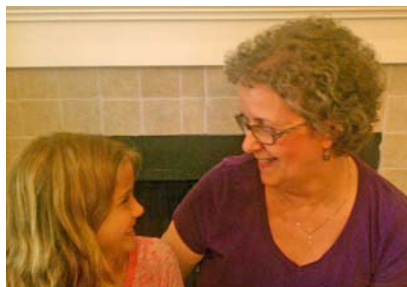
When she attended her first La Leche League meeting in 1971, Kathy Zambie Hughes Doody was four months pregnant and living in Carmichael, California. Her husband was stationed at a nearby military base. In 1974 her husband was transferred to San Diego, California, where Kathy and her two sons joined him. Around that time, Kathy became a Leader. After several moves within the United States, her husband's next transfer was to Suffolk, England, where her daughter was born in 1979. The last move in 1983 was to Fayetteville, North Carolina, where she now lives. LLL involvement included being an Area Council member, presenting sessions at workshops/conferences, and leading meetings. Kathy retired as a Leader in 1984 when her children's activities and other interests took more of her time. She taught elementary school music for 15 years in North Carolina. Along with visiting her three adult children and two grandchildren, her interests include singing solo, in choirs, and in small groups, as well as teaching private voice, piano, and guitar lessons. In December 2011, Kathy tried to locate former LLL friends. The www.llli.org site was where she connected to the Alumnae Association, decided to become a member, and joined the ALLLumnae Yahoo group for current members. Welcome to the Alums, Kathy!

My Life Moments with a Founder

When I read the news that LLL Founder Mary Ann Kerwin was one of ten women to be inducted into the Colorado Women's Hall of Fame in March 2012, memories of Mary Ann came back to me and I had to share this story. Information about the award is at www.cogreatwomen.org/

While living in England between 1979 and 1983, I had contact with American Leaders like myself. Our husbands were stationed at one of the nearby Royal Air Force bases. An LLL meeting was planned to discuss British Leaders' desires to have their own organization and how staying affiliated with LLLI would offer many advantages. I wanted to attend even though other Leaders who lived nearby were not able to get away that day. On the morning of the meeting, my sons, Scot and Andrew, went off to school. Then I packed what my daughter Megan (5 months) and I needed for the day, left our village, and drove 50 miles to a home near Cambridge. When we arrived, there were eight or ten women present with their children along with Mary Ann Kerwin,

the representative from LLL International (LLLI). The meeting was strained, but pleasant. I do not recall coming to any consensus. Of course, Mary Ann was an excellent listener. Leaders felt that their concerns were heard and would be relayed to LLLI.



Kathy and granddaughter Kaela (8)

After we ate and the meeting drew to a close, I realized Mary Ann was left on her own. I asked if she had a place to stay. She replied that she did not. She graciously accepted my offer to spend the night in my home.

Off I drove with Megan and my new friend Mary Ann. We had all that time in the car to talk one-on-one, but it went all too quickly. Mary Ann was glad to have a friendly place to lay her head that night, even if it was on my sofa. The next morning we left the house early. We drove 15 miles so Mary Ann could catch the train to Heathrow airport.

Before she left, Mary Ann gave me an LLL necklace, a simple silver chain with a logo pendant. She told me these were special ordered to give to people who helped LLLI in their mission. We hugged, exchanged letters for a while, and then lost touch as we continued on with our lives as they were before we met. This was one of those life moments that changed a small place inside myself that needed a nudge to grow. Mary Ann's being in the news made me finally write it down as part of my history. Thank you, Mary Ann, for allowing me into your life. ✨

*Kathy Zambie Hughes-Doody
Fayetteville, North Carolina USA
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Life After La Leche League

The title makes me smile, because my sister is always asking me when I'm going to wean. Where has La Leche League led me? First to become a Leader, then to want to teach childbirth classes, then to be a registered nurse, then an International Board Certified Lactation Consultant, serve as a hospital lactation consultant for five years, become a pediatric nurse practitioner, then to an inner city practice.

All the while LLL has been woven through my life, meetings monthly or more, conferences, and now the files from the Center for Breastfeeding Information in my basement. I've watched my daughters and daughter-in-laws breastfeed and now I am watching my great-grandsons being breastfed. I don't suppose I'll ever not be an LLL Leader. They'll probably have to have a meeting at my wake!

I don't think I would have gone down this path if I had not been influenced by La Leche League. So thank you to all my co-Leaders, family, and friends who have helped me along this journey for so long. ✨

*Pat Young
Sewell, New Jersey USA*

Editorial Note: Pat has been an active LLL Leader for over 44 years!

Parents' Time with Teens Boosts Social Skills and Confidence

According to a study published in *Child Development*, Professor Susan Hale feels that one-on-one time with parents is important to a teen's well being. Teens often tend to be more independent, spending more time with relatives or friends. She adds that self-worth and social skills were strong if they spent more time alone with their dads, tending to be involved in fun activities and joking around as well interacting with parents to finish school projects/homework and time together in or out of the home. Read more at <http://tinyurl.com/8uq364c>

La Leche League Candy

When I was the Manager of the Center for Breastfeeding Information (CBI) at La Leche League International (LLLI), many international visitors came to the Schaumburg office on Meacham Road at the time. One visitor was an economist and lactation consultant from Australia who received a grant to do research on the economics of breastfeeding, publish the research, and travel to major universities around the world presenting the research.

Someone told her that when she was at Northwestern University in Evanston, Illinois, she should also visit the LLLI office because it was close to the university as well as the location of the CBI, the resource center and library for the LLLI Office.

The economist called me one afternoon. We arranged to have dinner together that night. When she came to the office, I was finishing some emails and phone calls. I asked her to take a self-guided tour. I thought she would

enjoy looking at the beautiful breastfeeding art and sculptures throughout the rooms and hallways. When she finished her tour and came back to my office, she was eating some of the candy found on the lobby table where visitors enter.



She said, “These breast candies are delicious!” I was shocked. I asked her to repeat her comment thinking I had not heard her correctly. She repeated, “These breast candies are delicious!” It was October in Illinois—the fall season. A popular candy in

the fall is a small orange pumpkin-shaped candy with a green stem. That is what she was eating. I asked if they had pumpkins in Australia. She had heard of them but said they were not common there.

Then it occurred to me that if a person was from another country, and was not familiar with local customs, and pumpkins were not real common where she was from, and she was a lactation consultant, and she was standing in a building known worldwide for breastfeeding—she may think that the round candy with the nipple-like tip was a breast!

I told her about fall candies in this part of the world, more about pumpkins, and I gave her a lot of “breast” pumpkin candies to take back to Australia with her to share with other lactation consultants there! She did mention that it did seem odd that the breasts were orange and the nipples were green! ✨

*Katy Lebbing
Villa Park, Illinois USA*

LLL Breastfeeding Helpline-US Update

August 2012 - The La Leche League Helpline-US has been very busy these past few months! We have a new phone service provider that reduces monthly phone bills and improves service! The most exciting change is the ability to route calls in Spanish directly to a Spanish-speaking Leader. In the past, Spanish-speaking mothers had to leave messages for Leaders to return calls. Summer months are very slow. Many mothers are busy with their children, vacations, and other family events. We usually receive between 1,000-1,200 calls each month. The 25 dedicated Leaders take either “live” shifts or return voicemails during summer months. Mothers continue to be grateful for the help that we provide and tell us over and over that this service is very needed.

Every donated penny directly benefits mothers who call. Our mission is to help the breastfeeding community through the telephone. All of our resources go toward that sole mission.

As we move into the fall and winter months we need more volunteers for live shifts. The Helpline program is online for easy access from a volunteer’s home computer. Training and technical support are available. If you know of active Leaders who would like to volunteer, please contact me. Current reports are at breastfeedinghelpline.com Promotional products at www.cafepress.com/lllbhus will benefit the

Helpline. We strive to use online resources that save paper. Online communication saves postage. The new phone service is ideal and cost saving. Every donated penny directly benefits mothers who call. Our mission is to help the breastfeeding community by phone. All of our resources go toward that sole mission. The secure donation site is <http://donate2lll.org/helpline/> Or mail checks to Pam Dunne, Helpline Treasurer, 7295 Highland Estates Place Falls Church, VA 22043. ✨

*Sue Prado, Co-Director of LLL Breastfeeding Helpline-US
Lombard, Illinois
sueprado@gmail.com*

The LLL Breastfeeding Helpline-US is one of the ways the LLL Alumnae Association supports LLL's mission: Since 2007, the LLL Alumnae Association has donated \$11,760.00 to the Helpline. The 2012-2013 budget includes a \$3,000 donation, which is about 10% of the Helpline budget. The LLL Alumnae Association also collects donations for the Helpline; 100% of donations you make via the LLL Alumnae Association will be sent to the Helpline, in addition to what has been budgeted.

The We Remember list of deceased Leaders, has been posted on the Alum website since 2011. Submit names at www.lllalumnae.org. Select “Memories and Stories.” On the next screen, hover over and select “online form” to submit information. You also may choose the email method by sending the name, date of death, state or country, and obituary link to Fran Dereszynski at dereszyn@verizon.net

Breastfeeding in the News

Peggy O'Mara, editor and publisher of *Mothering Magazine* from 1980-2011 and founder of *Mothering.com* in 1995 highlighted the LLL Founders as *Living Treasures who are Breastfeeding Champions*. Peggy wrote:

*Where else to begin but with the organization that started it all:
La Leche League.*

This photo is online with the full text of Peggy's tributes to the Founders at lallumnae.org/News or mothering.com/peggyomara/breastfeeding-2/breastfeeding-champion-la-leche-league ☆



Left to right: Mary Ann Cahill, Betty Wagner, Mary Ann Kerwin, Mary White, Marian Tompkins, Edwina Froelich. Inset: Viola Lennon

BOOK REVIEWS by Mary Gisch

You Might Like to Read...Choose one or more and enjoy!

Suite Francaise, by Irene Nemirovsky and Sandra Smith, (1942/2007) takes place in France during the Nazi occupation of a Paris village. This novel was written by a then well-known outstanding Russian Jew who lived most of her life in Paris. She was executed in Auschwitz in 1942. Her novel was later found and published. Several families who are sometimes connected are followed through these complex times. Despite the common and difficult experience of billeting a German officer in a French woman's home, one woman finds that she is falling in love with the officer. Their fear, anger, follies, compromises, and their hopes are poignant but uplifting. It is beautifully written with much character depth stressing the deeper qualities within one.

The Persian Pickle Club by Sandra Dallas, (1995) takes place in a farming community in Kansas, USA, in the 1930s. The wives meet regularly as the Persian Pickle Club to quilt and share their lives by helping and caring for each other. Queenie Bean narrates the story of Rita, a city girl

married to a former native farm boy, who enters their Club as a reluctant quilter. Queenie Bean welcomes Rita and the excitement of a new person in town, who "loves the high life." Rita wants to be a newspaper reporter and is determined to solve the town's homicide. Delightful, interesting story even for a non-quilter like me!

The Master Butchers Singing Club, by Louise Erdrich, (2003) is about a World War I German veteran, Fidelis Waldvogel, who comes to the United States selling sausages out of his suitcase from New York to North Dakota, where he ran out of sausages! He sets up a butcher shop with the help of his wife and sons. His harmony-singing club with the men of the village stirs up competition. Interesting people visit the town... such as a balancing act with Delphine, a former native, whose stomach becomes a "table" on which Cyprian's chairs pile high. Many secrets, betrayals, interesting characters make for an intriguing story, with a combination of fact and fiction. North Dakota was remarkable!

The Innocent Man: Murder and Injustice in a Small Town by John Grisham, (2006) his first non-fiction is complete with photos. It takes place in Ada, Oklahoma, in the 1980s. Two women were brutally killed and evidence was scarce. Four men were found and charged: two for each murder. Grisham follows the flimsy evidence, the brutal interrogations, the denials, poor representations, and the convictions. One of the innocent men Grisham focused on is Ron Williamson, hopeful baseball superstar, suffering from drugs and mental illness. He was finally found not guilty after years on death row. How could this happen in relatively recent DNA times? Gritty and compelling. ☆

Mary Gisch
Westchester, Illinois USA
giscmary2@att.net

If you enjoy Mary's book column or feel inspired to read one of these books, Mary would love to hear from you. ♥

Addendum to *Continuum* May-August 2012, page 3, "Breastfeeding in the News." The following credit was omitted from the page and is printed here: "Reprinted with permission from LLL Alliance for Breastfeeding Education as published in *Leader's Digest* #2012-3, March 2012, a newsletter presented by Judie Gubala, LLL of Connecticut Associate Area Professional Liaison and Melissa Vickers, LLL Alliance Professional Liaison Department Administrator."

Cleaning Out My Storage Space

When my daughter Laurel phoned to tell me that she and her husband Jim would be coming to see me in a few days, she suggested I make a list of things they could do to help me. I immediately thought of my basement storage locker. It was 20 years ago when I moved into the apartment building and could remember only one occasion during that time when it was straightened up—again with the help of Laurel and Jim—after they bought shelves to put my boxes on.

So they made the two-hour drive to Evanston. Together we pulled everything out of the locker. There was so much stuff; it covered most of the basement floor. While Laurel washed shelves, I started

sorting things with a pile to keep, a pile to throw out, and a pile to donate to the Salvation Army.

Jim took the gallon cans of old paint to drop off at a recycling center, carried stuff off to the dumpster, and did the heavy lifting. That was when I found the plaque that says, “In Appreciation to Marian Tompson for Initiating the La Leche League International Alumnae Association.” I had been wondering where it was! A job that would have taken me days was completed in hours with Laurel and Jim’s help. To top it off, we ended the day with dinner outside at St. Germaine Creperie, a couple of blocks from my apartment, while Maggie, their Labradoodle, lay contentedly at our feet.

A footnote I have to include: Laurel is our fourth daughter but was the first of our children to marry. She was only 18, and Jim was 19. They met at the end of their junior year in high school and Jim was going away to college. But he wouldn’t leave without marrying Laurel so she could go with him. You can imagine the concern with which both sets of parents greeted this situation. So I’m happy to report that today Jim is a clinical therapist with a successful practice. He and Laurel have been happily married for 38 years and still enjoy doing things together. Their 30-year old son, Austin, like many young people today, is single. ☆

*Marian Tompson
Evanston, Illinois USA*

Joining the LLL Alumnae Association is a great way to stay in touch with LLL Leaders who have been part of your life. ~ Marian Tompson, LLL Founder

Alumnae Council: Connecting, Supporting, and Promoting



Beverly Morgan, Kathleen Kendall-Tackett, Marian Tompson, Judy Torgus at conference session. Kathleen commented, “This session was so enjoyable. It’s been a while since I’ve had a chance to be with LLL friends. Definitely feeling the love that day.”



Alum Dinner in Dallas, 2012

As the Council focuses on connecting, increasing memberships, and meeting Alums and Leaders, the Texas Area Network Conference in Dallas, Texas, was selected as the opportunity to accomplish those goals. The Council presented the session, “LLL Alumnae: A Lifelong Connection,” attended by Leaders, Alum members, and several toddlers. Alum member Beverly Morgan won a one-year Alum membership. For the Silent Auction, the Alums donated two baskets with LLL logo fabric and a copy of the blue LLL manual (photos p. 9). An Alum dinner was held at a local restaurant where 23 Alums gathered, including Founder Marian Tompson and women from Nevada, Oklahoma, Oregon, South Carolina, Tennessee, and Texas. It was a fun evening to reminisce and renew friendships.

At the Annual Council meeting held in Dallas in June, the annual budget was reviewed and approved. The 2011 trip evaluations were discussed. Albuquerque, New Mexico, with a day trip to Santa Fe, was decided as the destination for the fall 2013 trip. Activity reports and updates were presented. Gail Gesley resigned as Alumnae Representative Coordinator (ARC) and was elected as the Online Communications Coordinator. Pam Oselka was elected as ARC Coordinator and will continue her duties as Member-at-Large. Council members, Edna Kelly, Fran Dereszynski, Patti Hope Lewis, Sue Steilen, and Judy Torgus will remain in their Council positions. Terms of office were reviewed and updated. ☆



Cecily Harkins adds her heart note to the LLL Timeline at the conference session presented by the Alums, Texas 2012

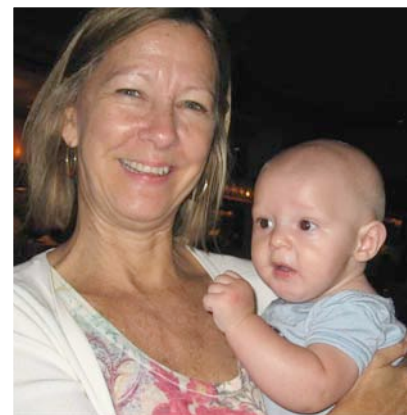
Moving or changing your address? Send your address, ZIP+4, and email to susteilen@comcast.net for the current database and membership reminders. Thank you.



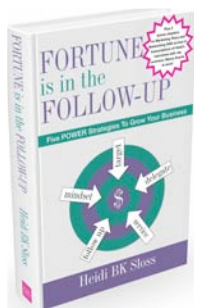
Janet Jendron, Marisa Dukowitz, and Boone visit with Alums. Marisa and her friend Savannah attended the Texas Conference.



Charlie, Savannah Welch, & Barbara Nicholson visit with Alums. Savannah is a member of "The Trishas" band.



Patti Hope Lewis enjoys time with Charlie while at dinner with friends in Texas, 2012



Fortune Is in the Follow-Up: Five Power Strategies to Grow Your Business

Author Heidi BK Sloss feeds the need for information, encouragement, and actual how-tos. Heidi is an active LLL Leader in Northern California, an Alumnae member, and former LLLI Board Member. Her 180-page book is easy to read yet full of ideas that work. Her words of wisdom for women can be useful at home, in LLL work, and in your business. Heidi shows you how to set up a target market, then go for it. Acquire knowledge and methods for how to network and make networking really work.



Diana Gifford, Rebecca Keepers, and Kelley Tucker
Winners of silent auction baskets at Texas Conference

She does not forget that one has to have a life beyond the business and explains how to balance—delegating is one important way. Many tools for how to focus on your follow-up are included. Her suggestions will help bring in new customers and keep the current ones happy. A fountain of knowledge with tips, templates, and videos are at www.heidisloss.com. Heidi's book is available online in electronic and paperback formats. If you are thinking about a business, the book will show you how to do it! Enjoy being your own boss! ☆
Reviewed by *Mary Gisch, Westchester, Illinois USA*

Financial Report 2011-2012 Fiscal Year		Apr '11 - Mar 12
Ordinary Income/Expense		
Income		
Contributions		295.00
Fundraisers		1,345.56
In-kind donations		1,037.61
Interest		113.21
Memberships		3,015.00
Memberships—Multiple Years		1,410.00
St. Augustine Trip Revenue		5,699.85
Total Income		12,916.23
Expense		
Bank charge		6.00
Continuum		2,241.07
Council meeting & St. Augustine costs for members		3,384.40
PayPal & credit card fees		135.26
Postage		122.10
Printing		12.57
Project support LLL Breastfeeding Helpline-US		1,570.00
Supplies		60.99
St. Augustine Trip Expenses		5,551.62
Website Development		1,843.33
Total Expense		14,927.34
Net Ordinary Income		-2,011.11
Net Income		-2,011.11

Alumnae Annual Financial Report 2011-1012

The Alumnae council hosted the Founders during the 2011 St. Augustine trip, executed the daily activities for all of the participants, recruited two new council members and conducted their annual business meeting. The St. Augustine trip had enough revenue to cover the costs of the Founders' expenses and the costs of the planned activities. Website development was necessary for continued growth and to keep up with the times.

Memberships waiver from year to year because of the multiple year memberships purchased. 2012/2013 should see in increase in memberships because of the expiration of two-year memberships purchased in 2010/2011. ☆

Patti Hope Lewis
Alumnae Treasurer
Atlanta, Georgia USA

FYI

Total memberships at end of 2011/2012 fiscal year: 302
Members in USA: 287
Members in Canada and Europe: 15

MiLLLky Way LLLadies of Western Pennsylvania

Every year at the LLL of Pennsylvania-West Area Conference, there is an Alumnae table with flyers about the LLL Alumnae Association and information about the local “MiLLLky Way LLLadies” group for active Leaders, retired Leaders, Alumnae members and LLL members in Western Pennsylvania. We meet on the last Friday of each month from January to October at a different location since members are spread throughout the state. We also light an electric candle to remember departed Leaders. LLL has played an important role in my life. I carry an abiding respect for the Leaders who came before me and I believe that they deserve to be acknowledged. ☆

Janet Burt
Upper St. Clair, Pennsylvania USA

An Evening with Marian Tompson

Adapted for *Continuum* from an article by Janet Burt,
from *PennsyLLL Points West*, Summer 2012, Area Leaders’ Letter for LLL of Pennsylvania-West

In April 2012, LLL of Pennsylvania-West “MiLLLky Way LLLadies” held an evening get-together to kick off the Area Conference. LLL co-Founder Marian Tompson took time away from her busy schedule to join the gathering and to speak about *Passionate Journey: My Unexpected Life*, the book she wrote with Melissa Clark Vickers.

After dinner, friends gathered together with Marian for a relaxing evening and she shared that she really had not given much thought to writing a book about her life. Although she has done many interesting things, she felt her life was too busy, and she didn’t know how she would find time to write. After LLL Leader and LLL Alliance Professional Liaison Department Administrator Melissa Clark Vickers, and Dr. Thomas Hale of Hale Publishing, independently approached her about writing a book, she decided to do it. In 2011 *Passionate Journey: My Unexpected Life* was published.



Marian commented that it turned out to be much harder than she thought. Since some chapters were so personal, Marian wrote them entirely herself. With other chapters, Melissa wrote the

first draft then sent it to Marian to “Marianize” it. If ever a disagreement arose, Melissa graciously went along with Marian reminding her, “It’s your book.”

Marian advised anyone writing their memoirs and needing to use a photo to “Be sure to get a form signed with their permission because the publisher won’t use the photo without written permission of the photographer as well as the people in the picture!”

Recently Marian discovered that there are some people who think that there is a larger use for the book—viewing it from a totally different perspective beyond La Leche League. She sent a note about her book to the editor of *Make It Better*, a Chicago magazine. The editor not only responded but she requested an interview with Marian. Afterward she commented, “The book is so inspiring! Women are looking for someone who can tell them, yes—you can do what you really believe in. Step up, go ahead and take the risk to do what speaks to your heart.” As a result of that meeting, Marian was asked to be a part of a Senior Living Advisory Panel for the magazine.

Marian also mentioned how Dr. Gregory White and Dr. Herbert Ratner helped tremendously to give credibility to La Leche League. They checked LLL materials for accuracy and gave the Founders a foot in the door with the medical community. They also were instrumental in creating the LLL Professional Advisory Board.

In closing Marian read a passage from the book about her participation on a panel at a Maternal and Child Health

meeting where she simply told her story about why she chose to give birth to her last three children at home. “The effect was explosive... It even made headlines in the local newspaper the next day: a full page spread with photos and a story on how a mother put the professionals in their place.”



Later Marian was available to sign books and the evening ended on a high note as many heartfelt stories were shared. Nellie Wiancko, an active Leader who was at the gathering, commented, “It was so good to meet Marian and other friends. I finally finished the book and know more about why I chose the ways of parenting that I did. LLL was such a great influence because of Marian’s experiences.” ☆

Janet Burt
Upper St. Clair, Pennsylvania USA
Alumnae Representative,
Western Pennsylvania

Photography by
www.MelissaBulfonePhotography.com
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Beyond the Sling: A Real-Life Guide to Raising Confident, Loving Children the Attachment Parenting Way (2012)

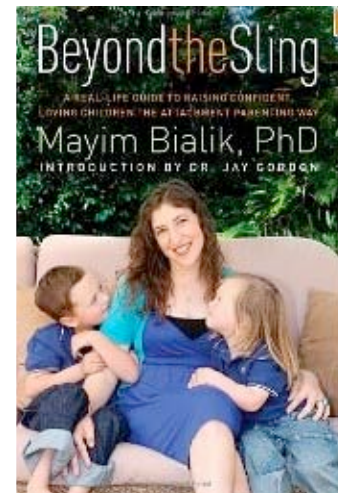
I thoroughly enjoyed reading this parenting book by Mayim Bialik. Her views are very much in tune with what we in LLL believe to be important. With a PhD in neuroscience, she has an understanding of the science behind many of her parenting choices, yet she presents her views in a conversational and non-judgmental style which is totally refreshing. She unabashedly supports breastfeeding and gives much credit to La Leche League for bringing this womanly art back into the forefront. She is a strong advocate for attachment parenting, carrying your baby in a sling or other type of carrier, sleeping with your baby, home birth, and gentle discipline. She talks about all the things that babies don't need, like fancy nurseries, electronic monitors, unnecessary medical interventions, and pressure to conform to societal expectations of appropriate behavior. Despite her career as a popular television actress, it seems that she and her husband are raising their sons in a very simple environment. Her husband is the primary stay-at-home parent, and her

TV schedule is flexible enough for her to be available to her sons as much as possible, especially when they were infants. Her chapter "Balancing Work and Family" includes stories of families who have had different experiences than hers, but have still managed to raise their children according to the principles of attachment parenting. She goes into some practices that may seem "radical," such as Elimination Communication (EC) in which babies develop their potty habits with no diapers. She does not believe at all in early education of babies and toddlers and does not believe toddlers should be taught to "share" their toys! But these ideas are presented in a way that allows the reader to disagree with her views and yet learn more about why she has made these choices.

According to Mayim, her book is not about being a perfect parent, it is about being a sensitive, loving, and confident parent who is satisfied that she is able to make the right choices for her own family and enjoys living with the results of those decisions. I would definitely

recommend this book to young mothers who may not be ready for a standard breastfeeding or attachment parenting book. It would be appealing to many of them to hear these ideas expressed by a "celebrity mom" and have them presented in a non-threatening way. ✨

*Judy Torgus
River Grove, Illinois USA*



Editorial Note: *Beyond the Sling* is at <http://viewer.zmags.com/publication/5c632362#/5c632362/1> in the latest "LLLI Breastfeeding Guide, Tips and Products." It is available online and in bookstores and in audio CD, Kindle, hardcover, and paperback.

When It Is Time to Retire

When I retired five years ago, I knew it was time for a variety of reasons, but I thought I would miss the work and "held on" to a few volunteer things so I could still be part of it. But, to my surprise, when the people I had agreed to be available to called me, I felt exasperated—not grateful to be asked to help. Then I knew *for sure* retiring was the right thing for me to do. Since my husband and I travel, I had to pick things to do that didn't require an extended commitment. I had plans for three things to "fill" my time:

- Taking a dance class
- Learning conversational Spanish
- Volunteering to read in an elementary school classroom

Well, I tried all those things; none of them worked out the way I thought. The dance class was okay but didn't "ring my chime" as I had thought it would. However, I discovered yoga. It turns out it provided me with some of what I had hoped for from the dance class so that was fine. I signed up for a Spanish class having "vetted" it to be sure it would meet my needs—not be a regular

book learning-homework class. It turned out to be a book learning-homework class so I bowed out. I thought of the language learning software program Rosetta Stone® but thought it was too expensive. I have recently discovered a similar program available at a local wholesale membership warehouse and think I will try that. I would prefer an immersion class, but the only thing I can find is to go south, outside the US, for a few months and I don't want to do that.

My third choice, to read to kids, was surprisingly hard. Nowadays in our community mostly teachers want people to tutor, not just read. I asked at three elementary schools and was turned down, even for the afterschool program. One 5th grade teacher and I struck a deal: I would just read one week and help two of her students the next week, alternating. I did it for a year, but really would prefer to just read. So the long and short of it is my plans haven't worked out the way I had hoped and I am in the process of finding other worthwhile things to do with my time. (For

four of those years my mother-in-law lived nearby so that really was my priority. Now it's time for other priorities.)

I worried for a while that being together so much with my husband would be hard and frustrating, but it has gone more smoothly than I thought. Keep in mind we travel in a 24-foot motor home (200 square feet) about six months a year (not all at once) so that is really close quarters! The new surroundings and people keep things interesting for us both. Over time we have learned what will make each of us happy on the road and make sure both our needs are met. The Internet and phone calls keep us in touch with friends and family at home. Retiring really is like the transition from employment to mothering. Plan and be prepared to make adjustments, and you'll do fine! ✨

*Barbara Parker
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brparker@nc.rr.com*



In Celtic cultures, the young maiden was seen as the flower; the mother, the fruit; the elder woman, the seed. The seed is the part that contains the knowledge and potential of all the other parts within it. The role of the postmenopausal woman is to go forth and reseed the community with her concentrated kernel of truth and wisdom. ~ Dr. Christiane Northrup



Leader Years of Service Pins Available from Alums

Pins for years of service in LLL can be ordered from the Alums! Prices start at \$5 per pin with reduced prices for bulk orders. Available are 5, 10, 15, 20, 25, 30 and 35-year pins as well as a basic LLL Leader pin. Contact Susan Geil srgeil@yahoo.com to place an order or download the order form at l3lalumnae.org/content/leader-recognition-pins ☆

Special request from Treasurer: Photocopy or use this entire page to renew memberships by mail.

Yes, I want to keep in touch and support the LLL Alumnae Association. Dues are \$20/year. Make checks payable to *LLL Alumnae Association*.

You may renew for multiple years. Send checks to:

Patti Hope Lewis, LLL Alumnae Treasurer
4303 Ashwoody Trail NE, Atlanta, GA 30319

Questions? Contact Patti at: pjbalances@bellsouth.net

- Join via credit card/PayPal at l3lalumnae.org/join
- Join by mail. *Please submit this entire page to expedite processing. Thank you.*

Enclose

- \$ ___ Membership for ___ years(s) \$20/year
- \$ ___ Gift to a friend \$20/year
- \$ ___ Donation
 - to LLL Alumnae Association
 - to LLL Breastfeeding Helpline-US
- Check to *LLL Alumnae Association*

Current LLL status:

- Active Leader Retired Leader
- Current Member Former Member

List Skill/Talent/Resource to share with Alumnae:

Name _____

Address _____

City _____

State/Province _____

*ZIP+4 Code _____ Country _____

**Used for the Post Office barcode*

Phone (_____) _____

Email: _____

Used for membership reminders