

# Continuum

*Our Mission:*

*To provide an opportunity for current and former LLL Leaders and members to continue a lifelong connection with one another, extend LLL values and wisdom into all stages of life, and support the mission of La Leche League.*

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## Council Members Appointed!

New Alumnae Coordinator: Edna Kelly  
New Finance Coordinator: Patti Hope Lewis  
Details on p. 10.

## Save the date!

June is busting out with an Alumnae gathering for active and retired Leaders on June 23 in Dallas, Texas! Hope y'all can come to the *DoubleTree by Hilton Dallas Near the Galleria*. Contact Edna at [eeekelly@swbell.net](mailto:eeekelly@swbell.net) for details. The Alumnae Council will also conduct its annual meeting while in Dallas.

The Texas Area Conference will be June 22-24, 2012. Interested in attending? Log on to <http://texaslll.org/events/area-conference-2012> for program and registration information.

## THE LONG ARM OF LA LECHE LEAGUE

### A Huge Family Undertaking: College Student Moving Across the Country

When my 23-year-old son Michael decided to move to Boston, Massachusetts, to study piano technology at the North Bennet Street School, it was a huge endeavor in our family. Michael would be the first of my three children to move out and all the way across the continent at that! He was raised in rural northern California with goats, sheep, chickens, and a pony along with the family dogs. The big city of Boston was a formidable prospect for us all.

The school alerted us that housing is costly and challenging to locate in the Boston area. Everyone we spoke with agreed. We tried looking at a variety of housing sites provided by the school. It was overwhelming to try to figure it out from so far away. We needed guidance from a source I could trust. So I turned to my La Leche League (LLL) resources and posted on the LLL Alumnae Yahoo! group list and LLL Leader online discussions. Within a short period of time, we were connected with Cynthia Paine, a retired LLL Leader in Massachusetts. Her daughter Morgan just had a housemate move out of her flat in Cambridge. It seemed like a good fit. It would be a short subway commute to Michael's school, close to shopping, and all kinds of fun activities for young people.

In September 2011, I returned from Boston after traveling with Michael to get settled. I was there for the earthquake, but left before the hurricane. While in Boston, Cynthia and Morgan toured the city with us, helped us become oriented to the city, and obtain new supplies that Michael needed—including a new refrigerator for his room. Then they took us sightseeing. We went to Salem and up the coast to Rockport for a lobster dinner—a first for me. When we went to the historic Old Sturbridge Village (historians in costume depict early New England life from 1790-1840), Mike was in heaven. He loves historical re-enactments. Finding the countryside was very important for us; the sights and sounds of the city quickly get overwhelming!

I've always read in *Continuum* about Alumnae trips and wondered wistfully what it would be like to attend. Yet with three children in college, there are no resources for that. Well, I received my own Alumnae trip to historic New England. I enjoyed my time with the Paine family and getting to know Mike's housemate all at the same time. It was wonderful to have that Leader connection with Cynthia. It was a fun weekend!

When I left Boston in September to return home, I had a feeling of sadness, of course. Yet I was greatly relieved after this trip. I know now that Michael began to settle in. That makes it easier for all of us. *(continued on p. 2)*

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## Moving a College Student Across the Country *(continued from p. 1)*



Michael and Morgan visit  
Rockefeller Center, New York City, NY, January 2012

Michael started to take sailing lessons on the Charles River while he waited for his classes to begin. He also knows how to take the train out of the city when he is in need of the peace and quiet of the countryside! In September, Michael helped the Paine family move their younger daughter into her dorm in Boston. It feels great to have someone for him there. I know that LLL Leaders are a remarkable group of women. I was quite sure that this network of Leaders would give us connections that would be helpful for my family's huge. Once again, LLL has had a big impact on my family. Thank you to Cynthia and the entire Paine family. ☆

Margaret Turano  
Windsor, California USA

Send your story about the "Long Arm of La Leche League" to:  
dereszyn@verizon.net

*Lynne Stone has been an LLL Leader for over 43 years. She's had 6 children and has 16 grandchildren.*

## Waiting to Say Goodbye

There are three generations living in my home: several of my children as well as three of my grandchildren. One son, Baruch, was raising his teenage son. He was also helping his brother and me raise Amber who is a blind and brain-damaged survivor of shaken baby syndrome. (My story about Amber, "Eight Words That Changed My Life," *Continuum*, Vol. 22, No. 2, pp. 10-11 is at <http://lllalumnae.org/Publications>.) Baruch took me to appointments before and after my two separate hip replacement surgeries. He did countless other daily good deeds, all while he held down several intense jobs. Also, he always remained deeply involved in religious activities. In early March 2011, Baruch had a major heart attack followed by quadruple bypass surgery. He finally came home from the hospital. We had five perfect days. On the fifth night, he unexpectedly went into cardiac arrest. Eventually he

was resuscitated using cardio-pulmonary measures, electric shock to the heart, and medications. However too much time passed without oxygen to his brain. Once again, Baruch was hospitalized. This time he was in a coma and on life support. Medical professionals worked feverishly to no avail to overcome complications. As both his mother and a registered nurse, I had to heartbreakingly accept that we were *waiting to say "goodbye."* Seven weeks later, on May 14, 2011, Baruch was finally at peace.

After his death, we observed the Jewish seven-day period called *shivah*. This is a time during which one pays respect to the family of the deceased. There were over 300 visitors. We talked and exchanged stories. It was like *the calm before the storm*. You see, I knew this all too well because twenty-three years before, my husband, at the age of 50, died from a

massive heart attack. Now it was my 45 year-old-son. I tried but could not prevent the health issues. In privacy, my tears have continued. I know it takes time to grieve and learn to cope. I am grateful for so many wonderful experiences, including attending all but three LLL International Conferences, most with my children. Now extra special is my memory of the last one held in Washington, D.C, because it was with both Baruch and my grandson.

As a La Leche League Leader, I've had 44 years of education and encouragement, giving and receiving support, as well as understanding and accepting the realities of life. I truly appreciate the caring and sharing given to me, especially at this emotional time. ☆

Lynne Stone  
Staten Island, New York USA

## Thank You to Donors

LLL Co-Founders Mary Ann Cahill, Mary Ann Kerwin, and Marian Tompson were able to attend the Alumnae trip to St. Augustine, tour the Shrine of Our Lady of La Leche, and enjoy sightseeing thanks to the generosity of the following donors.

Carroll Beckham  
Margaret Campbell  
Geneva Carnahan  
Debbie Collins  
Fran Dereszynski  
Leanne Feuerborn  
Gail Gesley

Marguerite Gravlee  
Mary Gisch  
Julie Griffith  
Mickey Hardert  
Mary Jeanne Hickey  
Anne Hutton  
Edna Kelly

Phoebe Kerness  
Charlotte Knopf  
Nancy Lau  
Katy Lebbing  
Patti Hope Lewis  
Twink Lester  
Sally Murphy

Pam Oselka  
Carol Roberts  
Barbara Sasser  
Rae Schopp  
Susan Switzer ☆

## ✧ DePaul University Reception and Exhibit ✧



Paul Froehlich, Janet Jendron,  
Sharon and Dave Froehlich

LLLI Board members, Founders, Executive Management and staff, University personnel, family members of Founders, and other guests attended a reception in Chicago at the DePaul University Richardson Library, Special Collection and Archives Room on Thursday, November 3, 2011. The occasion celebrated the grand opening of the exhibit "Mother's Milk: The Story of La Leche League."



Mary Hurt, Carol Esposito and  
Katy Lebbing at DePaul Exhibit

Founders Mary Ann Cahill, Mary Ann Kerwin, and Marian Tompson reminisced about their experiences in LLL and expressed delight that the archives are available now and protected for future generations. Founder Mary White was unable to attend. Family members of Founder Edwina Froehlich were present. A small portion of the collection of historical LLLI documents and

memorabilia that are stored in the university's archives were displayed in three cases.



Princess Grace at 1971 LLLI Conference  
Photo at DePaul Exhibit

As the Founders and several other guests toured the archives already accessible by students, they were able to appreciate the labor involved in cataloging and organizing the history of LLLI. Susan Geil, Alumnae Treasurer, shares a report of her visit at the reception.



Pam Oselka, Sue Christensen,  
Judy Torgus at DePaul Exhibit

DePaul University is a couple of miles from my house. When I saw the invitation to a reception for the "Mother's Milk: The Story of La Leche League" exhibit there, I made plans to attend. The archives are in a third floor room of the Richardson Library at DePaul. When you enter the room you see the glass exhibition cases full of LLL memorabilia — early conference programs, booklets,



photo albums, correspondence, postcards, signed pictures of celebrities, etc. Beyond this is a larger reading room area that was set up for the reception with snacks, beverages, and chairs around of the room. From the front desk I could see back into the actual archives where all the LLL materials are kept. For this reception the black notebook listing all these materials was put out for viewing. This list, the "finding aid," is available online at <http://library.depaul.edu/Collection/s/spcaPDF/LaLecheLeagueFA.pdf>

One highlight of attending the reception for me was getting to meet people I hadn't met before but whose names were familiar to me. This included LLLI Board Members and Alumnae Association members. One LLLI Board Member, Villy Kaltsa, gave me her Alumnae membership when she found out I was the Alumnae Treasurer.

Another person I was glad to meet was Jule DeJager Ward, author of *La Leche League: At the crossroads of medicine, feminism, and religion*. I found it rather enlightening when published in 2000. Jule was also the Leader who started the Chicago Lincoln Park Group in the 1970s. I attended their meetings and became a Leader with the Group in 1994. ☆

Susan Geil  
Chicago, Illinois USA

## Recent Books Written by Alumnae

Book reviews are planned for future issues of *Continuum*.

- Kay Lindahl's new book is *Women, Spirituality, and Transformative Leadership: Where Grace Meets Power* (November 2011). Kay is co-editor of this work that contains the voices of 26 diverse women as they explore what it means to be a woman leader today.
- Heidi Sloss' book *Fortune Is in the Follow-Up: Five POWER Strategies to Grow Your Business* (September 2011) teaches entrepreneurs how to connect with their inner sales person.



*Travel makes one modest, you see what a tiny place you occupy in the world.* ~ Gustave Flaubert

## Reminiscing: Before and After St. Augustine

There were 44 Alumnae (excludes two who cancelled due to last-minute health issues) who registered for the trip plus five Florida Leaders who joined us for Friday's shrine tour and group dinner. That was a total of 49 participants who traveled by car, train and air across the United States. This number tied with the attendance at the 2004 trip to Savannah, Georgia. Attendees ranged in age from 10 months (Alum Carol Roberts' grand-daughter) to 80+ years. Two Alums from the East coast flew to Florida to visit with Alums and then drove together to St. Augustine. What was unique about this trip was that three Co-Founders joined us thanks to the generosity of donors who helped cover their costs to attend. The donor list is on page 2. At the brainstorming meeting on the last day, there were 22 women at the two-hour discussion. Comments and ideas were listed and posted for all to see.

### Alumnae are happy when...

At the group dinner, many described what makes them happy: ballroom dancing, Zydeco Cajun dancing, yoga, nature classes, being on or under water, a passion for history, tai chi, breast cancer research advocate, recreational vehicle (RV) travel across the United States, photography, scrapbooking, world-wide travel, book clubs, quilting, women's choral group, water skiing, editing/creating newsletters in several languages, traveling by train, aquatic classes, motor biking, city docent, spiritual counseling, knitting, crocheting, kayaking, art, playing the trombone, bicycling, art, lunches with friends and retired Leaders, creating jewelry, family support organization, involvement with an LLL Group or Area position, riding a dirt bike, self-taught Medicare expert, breastfeeding coalitions, breastfeeding research, running a daycare center, sailing, baby-sitting grandchildren, and being a member of a senior orchestra.

Mary Ann Kerwin said she rides her bike 300 days a year and "Anyone can drive her car but not her bike!" Several women had recently downsized to a smaller home. Dotti Savoy commented, "The new neighbors are friendly. After we moved, I can't find anything because it's wherever a family member put it six weeks ago." Many comments were similar to Barbara Norman's remark: "I enjoy being with retired Leaders and women I can count on on a regular basis." Leanne Feuerborn summarized it well, "Volunteerism is in our blood. It brings us joy to help others."

### Connecting with memories of my pre-teen years.

Like several other Alums, I took pre-trip time to visit my cousin Nancy who lives

about an hour from St. Augustine. We talked about our younger days when we were together with relatives in Cape Cod, Massachusetts—boating on the bay, wading near sand bars, collecting sea shells, digging for clams, and enjoying lobster dinners. Now that we are adults, we realize how we love to live near the ocean. For Nancy, it has to be in a warm climate and not on the Cape! I felt at home to see these Nancy's family connections from our past: quilts made by my grandmother, as well as dolls and handmade crafts created by her mother. In her kitchen is a vintage country wall phone (that had a 12-party line) from my grandparents' homestead.

I was curious about the geography of the 3,000-mile Intracoastal Waterway along the Atlantic coast with its many saltwater rivers, inlets and bays. For a close-up view of intracoastal drawbridges and causeways, Nancy surprised me with a drive to nearby New Smyrna Beach. Later in St. Augustine, I took a scenic harbor cruise on Matanzas Bay around the barrier islands and past the site of the Shrine of Our Lady of La Leche. Blue heron, eagles, shore birds, hawks, seagulls and dolphins are highlights of this cruise. I imagine it was a scene similar to what the early explorers found in 1565. Several Alumnae also took this harbor cruise.

Another Florida experience was when Nancy took me for a drive *on the sand* at the beach. It opened a whole new world of wonder when a mother jogged next to the shoreline with her baby in a stroller. Seagulls scampered out of our way as we drove by. Beachgoers can park on the beach, spread out a blanket, relax, picnic, and enjoy the seashore. How convenient is that! I truly enjoyed walking by the clusters of tall beach grass where wind-blown sand collected to create dunes in shifting shapes. Breathtaking beauty!

### Support behind-the-scenes

Nancy was my behind-the-scenes resource when it was time to shop for Alumnae supplies, snacks, sodas and wine for the Meet and Greet, cake celebration, and the Alumnae Council meeting held after the trip. We spent part of a day shopping for bargain prices followed by loading purchases into her van. On the way to the hotel the next day, we picked up perishables, fruit, a cheese plate, and vegetable tray. She helped me deliver the items to the hotel room before we said our goodbyes and she headed back home. Julia Griffith who drove in from Osprey, Florida, picked up the pre-ordered cake for Saturday's anniversary celebration. These tasks were done happily and contributed to the trip's success!

### Her mother is a retired Leader!

When the Co-Founders visited the Castillo de San Marcos, a National Park, the park ranger heard they were with LLL. The ranger was familiar with LLL. Her mother, currently a retired Leader in Pennsylvania, had breastfed her nine children. The park ranger never thought she would meet the Co-Founders in person in St. Augustine! Read about the Leader's story in the next issue.

### You had lunch in an empty pool?

On the last day in St. Augustine, the Alumnae Council took a meeting break for lunch at Café Alcazar. We were seated in what was once the world's largest indoor bathing pool—120 feet by 50 feet—in the former Alcazar Hotel. The pool is now drained. The Lightner Museum now replaces the hotel site. The area is open to the public and has been converted and renovated for City Hall offices, a gift shop, boutique/antique shops, and the café. Needless to say, Alumnae Council members have fond memories of the delicious lunch in that former historical pool. More about the lunch will be in the next issue.

### We Remember Ceremony

Since the trip was a time when Alums gathered together, it seemed fitting to hold a *We Remember Ceremony* with the Co-Founders in the Chapel of Our Lady of La Leche. The last time names were read was at the 2007 LLLI Conference. The history of this ten-year old Alumnae custom was read, followed by the Co-Founders reading the names of Leaders who passed away from 2008-2011. It ended with *We Remember Them*, a responsorial poem, led by Pam Oselka. The content of the ceremony is available online at <http://llalumnae.org/We-Remember>. Look for this link [we\\_remember\\_ceremony\\_web\\_site2011.pdf](http://llalumnae.org/node/add/other-memory) that is beneath the word "Attachment." It includes all names submitted to the Alumnae files over the years. You may share the link, download the file, or print out copies for current or retired Leaders or family members of deceased Leaders.

### The Alumnae Web site is for you.

#### Visit. Share your stories.

If you have a memory about an Alum trip, a past LLLI Conference or wish to share what you are doing, log on to <http://llalumnae.org/node/add/other-memory>. Submit a story. Select "Save." Later it will be posted online. A password is not needed. If you don't have Internet access, send your story to [dereszyn@verizon.net](mailto:dereszyn@verizon.net). ☆

Fran Dereszynski  
Continuum Editor

Continuing below are memories that Alums shared about the trip. More will be included in future issues.

## Worth Every Minute

Alumnae member Marti Miller and I have known each other for over 40 years. We attended the 2004 Alumnae trip to Savannah, Georgia, where I became acquainted with several retired Leaders from North Carolina. Going to St. Augustine was a tiny *maybe* until Marti called and encouraged me to go. Marti said she was not able to go due to family obligations. She said, “Fly down to Raleigh, North Carolina. Stay at my house. Then drive to St. Augustine with Barbara Parker, Cyd Reynolds, and Barbara Norman.” They are North Carolina Alums who call their group the *Breast Friends*.

I thought about it and realized I did not want to miss the highlight of the 55th anniversary celebration and a chance to be with the Founders who I worked when I was an LLLI Board Member in the 1980s. Thanks to Marti cheering me on, I finally decided to go! I flew to Raleigh and spent time with Marti and her husband, Tom, before and after the trip. It included a side trip to the Raleigh Art Museum. The four of us rode together to Florida and roomed together in a cozy hotel room. On the return trip back to Raleigh, we made it in time for the Sunday dinner with *Breast Friends*, who get together every month as they have

done for the past 30 years. The ten-hour car ride back and forth from Raleigh to St. Augustine was longer than the plane ride from Ohio! It was worth every minute of it to be with these women and travel with the Alums. ☆

*Margaret Walsh Campbell  
Euclid, Ohio USA*

*Editorial note: This article is based on my interview with Margaret. We used the old-fashioned pre-technology style of interviewing—a phone call that was convenient for both of us.  
—Fran Dereszynski, Continuum Editor*

## LLL Friends and a Pin for a Friend

The Alumnae Trip to St. Augustine was a wonderful trip to me for so many reasons. I was able to visit with LLL friends from near and far. I celebrated my birthday on 11-11-11, a very special day. My roommate was my dear LLL Leader friend, Charlotte Knopf. It was a life-long dream to be able to visit the Shrine of Our Lady of La Leche. I was now able to visit that sacred place. I was thinking about my daughter and saying a little prayer for her as I entered the Shrine chapel during my visit. Right at that moment, my daughter called on my cell phone to

wish me a Happy Birthday. I knew my prayer was heard!

When on vacation we often pick up gifts to take back to family and friends. I work as a lactation consultant. One of my friends at work is also a lactation consultant. She loves to collect pins related to breastfeeding and wears them on the lapels of her lab coat when at work. The Co-Founders who traveled with us presented each of us attending the group dinner with a lovely silver LLL 55th Anniversary pin. I knew that my friend at work

would love one of those pins. I asked Mary Ann Cahill if she had another pin that I could give to my friend. She told me the LLLI Office only gave the Founders just enough pins for the number of Alumnae members on the trip. Then she reached up on her sweater, took off her own pin, and gave it to me for my friend at work. I have tears in my eyes as I type this. My friend had tears in her eyes when I told her how I got the pin for her. ☆

*Katy Lebbing  
Villa Park, Illinois USA*

## Renewing Friendships

Twink Lester and I drove from North Carolina to Savannah, Georgia, where we stayed with Phoebe Kerness. Twink, Phoebe, her husband Jules, and I attended a wonderful concert with actress/singer Audra McDonald, Broadway star of *Porgie and Bess* and cast member of the television show *Private Practice*. After the show we went to the train station to pick up Evy Simon who traveled by train from Philadelphia, Pennsylvania. Our drive further on to St. Augustine began the next morning. On the way back home we enjoyed touring

Savannah with Phoebe as our guide. We visited the Cathedral of St. John the Baptist, the Congregation Mickve Israel synagogue, the River Front, and many small parks in the town squares. Evy departed for home on the train the next day when Twink and I also set off for North Carolina with lots of happy memories. The four of us roomed together in St. Augustine and enjoyed renewing friendships with each other. We learned that each of us had been trained as LLL Communication Skills (CS) Instructors, originally called Human

Relations Enrichment Instructors (HREIs). Phoebe and Evy are still active in the CS department. It was fun to be at Phoebe's home when she received a helping call from a new mother. Some things never change! My favorite memory of the trip was the bedtime story Phoebe read to the group every night before we went to bed. We had a wonderful time! ☆

*Carroll Beckham  
Pine Knoll Shores, North Carolina USA*

*Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home ~ Dame Edith Sitwell (1887-1964) British poet*

## I Drove About 1,000 Miles

Friday's agenda in St. Augustine was semi-structured. A private trolley ride took us to the Shrine of Our Lady of La Leche, followed by the regular loop to various points of interest to explore on our own. Lunch and shopping was on our own in the historic shopping district of St. George Street. Several of us ate at the Columbia restaurant that featured Cuban cuisine. It was very good. On Friday night, we met at the Raintree restaurant for a group banquet and interesting get-acquainted activities led by Alumnae Council members, Judy Torgus and Pam Oselka. We came up with some fascinating group numbers by raising our hands to specific questions. Collectively we had breastfed over 500 years and have been active Leaders for over 1,000 years.

Then we were asked to introduce ourselves and share what we were doing now and what made us happy *without* talking about our families!

A lasting thought to share after being with the Alums is, "I have never met you, but I know you." Going on a destination trip with almost 50 women from all over the country and enjoying everyone and everything is rare and wonderful. We always start the Alum trips with the LLL thread of connect-ion. Returning home, I kept saying to

Spending time with the Founders was really special. When I had met them all before, I did not have a chance to spend so much time with them. I did have time on the trip. What an inspiration they are! I went home and told the mothers at our LLL Group meeting all about it and shared a little of the history of La

My roommate Carroll Beckham and I saw lots of sights, enjoyed great meals, and had a ball. Our room-

As we left the restaurant, the Co-Founders gave each of us a silver LLLI 55th anniversary pin. Saturday's touring agenda was entirely up to what each person and groups developed according to their interests. I went with friends to tour the Memorial Presbyterian Church (built by Henry Flagler in memory of his daughter who died young), the beautiful interior of Flagler College, the Lightner Museum of collections, and the Whetstone Chocolate Factory. Dinner Saturday night was on our own. Then we gathered back at the hotel for cake and LLLI's 55th anniversary celebration. There were warm goodbyes for those who were leaving early in the morning. Our carload from North Carolina left on Sunday morning since we wanted to get back to Raleigh for the monthly Sunday evening dinner with a group of retired Leaders. This core group has been active for 30 years. Attendance varies and depends on Leaders' moving, employment, and personal challenges, etc. I drove

## It Was So Magical!

local Alumnae Lou Ellen MacDonald and Amy Shaw, "You should have been there. Next time..." It was so magical in the chapel at the shrine of Our Lady of La Leche with the Co-Founders, knowing it was the first time they had actually seen the location origin of the name, La Leche League. They are still so humble—almost

## Inspiring!

Leche League with them. We can't forget our history. Probably my strongest memory was at the dinner when everyone stood up and told what they are passionate about now. What a lot of womanpower in that room! The training in leadership that we received from our years as LLL Leaders has been

## Bedtime Stories Every Night

mates, Phoebe Kerness and Evy Simon, had fun, too. Phoebe read us a bedtime story every night. LLL get-togethers are amazing, especially

about 1,000 miles, just under 500 miles each way. I was amazed to have done *all* the driving. Having three passengers who are good conversationalists (Barbara Norman and Cyd Reynolds from North Carolina, and Margaret Campbell from Ohio) helped. All four of us shared a room during the trip. Those traveling with me especially wanted Margaret to be able to meet everyone at the Raleigh monthly dinner, particularly Marti Miller, who had been on the Savannah, Georgia, and the Philadelphia, Pennsylvania, trips. Marti was an early member of Margaret's LLL Group in Cleveland, Ohio. After Marti moved to North Carolina, they kept in contact over the years and this was a chance to get together again. St. Augustine was a great gathering, one that will motivate any who attended to be sure not to miss one in the future! ☆

*Barbara Parker*  
Raleigh, North Carolina USA

surprised—that the little band of seven women friends could accomplish something so lasting and important to the well being of mothers and babies all over the world. ☆

*Ann White,*  
Scituate, Massachusetts USA

put to good use in many different fields—paid and volunteer, including, of course, those who are still volunteering with La Leche League in different capacities. Thanks again for all who made the weekend such a success! ☆

*Julia Griffith*  
Osprey, Florida USA

hearing about what is happening in everyone's present life. ☆

*Twink Lester*  
Chapel Hill, North Carolina USA

## A Feeling of Kinship, Passing the Torch

While in St. Augustine with the Alums, the most important feeling I had was that of kinship. I already knew Dotti Savoy who was my roommate. We are both from Missouri. Besides Dotti, I knew a few women from LLL gatherings in other parts of the United States. I did not know many others. I assured myself that I *did know* we had an LLL thread in common. I know what they did with their time, how they raised their children, what cookbook they used at home with their families, and how important family and LLL are to them. We all knew the three Co-Founders as our friends! What a wonderful chance to share memories with them once again! The fact that some of the Co-Founders are no longer with us is very sobering. Thank you to the Alumnae Council and everyone for this opportunity to share LLL experiences again.

For me, one interesting thing happened one morning at breakfast when someone at my table happened to mention that

she had been to Kansas City. Her daughter had been accredited in Kansas City, Missouri. *Well*, of course I knew her daughter! Small LLL world!

The *We Remember Ceremony* at the Shrine was the highlight of the trip for me. So many women have given to LLL and now their job was over. It is up to us to be there to carry on LLL's mission. It doesn't matter what the administrative structure of LLL is or will evolve into, mothers and breast-feeding babies is the goal. We will pass on the torch when we are no longer here.



My world began when I became a mother. I read the old blue cover edition of *The Womanly Art of Breastfeeding* while in the hospital when my baby was born! I attended my first LLL meeting in North Carolina six weeks later! It was

great to learn at the trip that one

of the other Group mothers I knew in North Carolina was still with LLL! Small world! I am a registered nurse. In 1993 I became an International Board Certified Lactation Consultant (IBCLC) and work at a Kansas City, Missouri, hospital. I am a founding member and a past chair of the Missouri Breastfeeding Coalition and Mountain/Plains Regional Representative to the United States Breastfeeding Committee (USBC). In January 2012, I attended the USBC meetings in Washington, D.C. Gosh, all these fancy folks and government agencies have discovered what LLL Leaders have always known—that babies should be breastfed. I love it!

I am so proud to say I have been a Leader since 1975 and that is where I come from to this breastfeeding role! I thank the Alumnae for everything and I look forward to seeing some of you again! ☆

*Charlene Burnett  
Kansas City, Missouri USA*

## LLL Is Richer for All of Us

I have many great memories of St. Augustine. I recently sent photos to the Area Publications Coordinator for LLL of Florida and the Caribbean Islands for the next issue of *TaLLk*, the Area newsletter. When I was at the Shrine of Our Lady of La Leche, I bought cards of Our Lady of La Leche. I am the Coordinator of Leader Accreditation for the Area and I keep up correspondence with Leader Applicants throughout the year. At the time of the New Year, I sent a card to each Leader Applicant I write to. I mentioned that I had been to St. Augustine with the Alumnae Association and the LLL Co-Founders for the 55th anniversary of LLL. The Co-Founders named their organization after Our Lady of La Leche because the word “breast-feeding” couldn't be spoken in public back in 1956. One Applicant wrote back to me to say she put it

in her wallet so she will always remember the Co-Founders and LLL. She also finally scheduled her Preview so she can become a Leader. I was touched by what that card meant to her.

I treasure the time I spent with Fran Dereszynski, Judy Torgus, and Rebecca Magalhaes when I drove them to a local drug store to print out photos for the Co-Founders' trip memento of their shrine visit. Judy and Rebecca have given so much to LLL. To have the opportunity to talk with them about their ideas about LLL is precious. When we were in the car driving back to the hotel, I mentioned a document about the mother-to-mother support network in Central America. I used it for a talk I presented to Women, Infants, and Children (WIC) in Orlando a few years ago. Rebecca said she

worked on a grant to be able to publish the study and she wrote the document. It's a small world because I had no idea it was her project when I mentioned it.

Being at the group dinner with so many women who had contributed so much to LLL through the years was especially exciting. To hear person after person tell what she does now and to realize it's that same energy and life force now that she brought to leadership. LLL is all the richer for all of us together contributing individual talents to help mothers. This is the strength of LLL and the only thing that really makes the organization successful in our mission. We are nothing without the Leaders, and each one should be valued. ☆

*Joan Peloso  
Tallahassee, Florida USA*

*In every era, mothering skills have spread like ripples of a pond, mother to mother to mother. Someone's ripple touches your life, you learn, and you send out ripples of your own. It's a method of sharing as old as humankind.  
The Womanly Art of Breastfeeding (2010), p. xxiv.*



Photo by Rae Schoop

We Remember Ceremony  
Fran Dereszynski, Mary Ann Cahill, Mary Ann Kerwin,  
Marian Tompson. (Pam Oselka not in view)



Photo by Rae Schoop

Founders in Chapel at Shrine of Our Lady of La Leche  
November 11, 2011



Photo by Sara Roberts

Alumnae outside Shrine



Photo by Rae Schoop

Carol Roberts, Marian Tompson, Sara Roberts,  
Katelyn Roberts (10 mos.), Mary Ann Kerwin, Mary Ann Cahill



Sightseeing on the Trolley



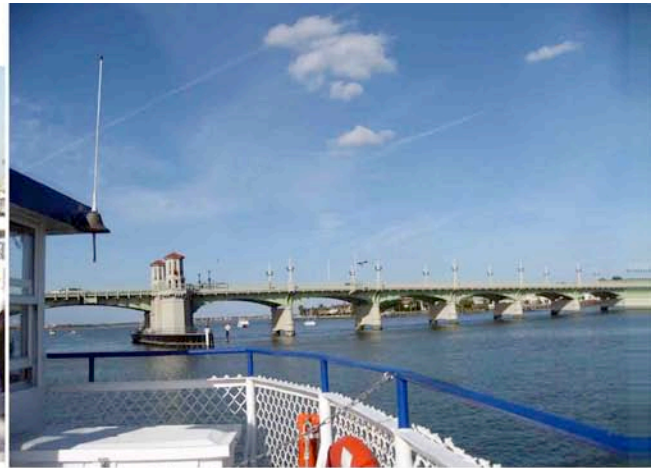
Former 1891 swimming pool, remodeled as Cafe Alcazar  
Lunch time for Alumnae Council: Gail Gesley, Sue Steilen,  
Judy Torgus, Pam Oselka, Fran Dereszynski

**Good News!** The e-book version, iPad, iPod, Nook and Kindle, of *Passionate Journey: My Unexpected Life* by Marian Tompson is now available from Hale Publishing for \$9.95. (Note: Amazon charges \$15.95 for the Kindle version).



Photo by Edna Kelly

Judy Torgus, Sue Christensen, Patti Hope Lewis & Edna Kelly  
Dolphins were seen on Matanzas Bay cruise.



Bridge of Lions over to Anastasia Island.  
Drawbridge opens for tall vessels to enter the bay



Getting to know what makes Alums happy at group dinner: highlighted by everyone's interests, jobs, and fun activities.

Founders give 55-yr pins



Mary Ann Kerwin, Mary Ann Cahill, & Marian Tompson present an LLLI silver 55-year anniversary pin to each Alum at the dinner



Alums celebrated with a special anniversary cake.

## Meet Alumnae Association Coordinator Edna Kelly

I feel honored to serve as the Coordinator of the LLL Alumnae Association. I've always considered being a La Leche League Leader one of my most significant life accomplishments. I know I'm not alone when I say that LLL has had a profound and positive impact on every phase of my life—personal, marriage, employment, and as a mother. Evan and Joanna, our two children, are who they are partly because of LLL. Thank you, La Leche League.

I became a Leader in 1977, a year after Joanna was born. Evan, born in 1972, was nursed with the help of the blue-covered *Womanly Art of Breastfeeding*, sent to me by my mother. She read about the book in an old magazine at a doctor's office. Side story: For the next 25 years until her death, my mother responded to LLL funding appeals by sending \$10 a year to LLL. *The Womanly Art of Breastfeeding* is still such a gift for mothers, one that I often give.



A friend recently emailed me that while in California, she and her daughter found it to be a lifesaver with the new grandchild. While I no longer lead meetings with a Group, I remain an active Leader, taking on small responsibilities with the Texas Area Network. I've served in various Area positions, including Area Coordinator of Leaders. LLL women are wonderful to know and work with.

I was employed for 13 years as a school librarian until our children were out of college. I loved the work and I loved when mothers would remind me that I first met them and their child at an LLL meeting. Now I volunteer at a public library and a local church. I've taken up duplicate bridge and play often. I'm currently evaluating how much joy it brings me—a topic we addressed during the St. Augustine trip! My husband Larry is semi-retired and indulges my love of travel. In March, we're off to Buenos Aires, Argentina.

We LLL Leaders have a strong bond. I'm delighted to be part of the LLL Alumnae Association as we maintain our lifelong connection as well as support the mission of La Leche League. Please email me with any personal comments or suggestions. I look forward to hearing from you! ☆

*Edna Kelly*  
Houston, Texas USA  
eekelly@swbell.net

## Thank You, Susan Geil



During the past four and a half years, Susan completed her term on the Alumnae Council as Finance Coordinator/Treasurer, attending Council meetings, providing timely financial reports, coordinating income and donations, preparing the annual budget and participating in Council planning and decisions. We are thankful for the time and service you have given to the Alumnae Association. Susan, we wish you well in all your future endeavors.

## Meet Finance Coordinator/Treasurer Patti Hope Lewis

In November 2011, Patti was appointed to a three-year term as the new Alumnae Finance Coordinator/Treasurer. Patti wrote: "I have been with the Buckhead/Sandy Springs LLL Group for over 22 years and have three sons: Nicholas (25); Kevin (22) and Harrison (16). I work at my own business, PJ Balances, a bookkeeping service. Gardening and traveling are activities I enjoy, as well as riding my dirt bike. In early 2012 my husband Gary and I celebrated our fourth anniversary. I look forward to this new position with the Alumnae Association." ☆

*Patti Hope Lewis*  
Atlanta, Georgia USA  
pjbbalances@bellsouth.net



## LLL Breastfeeding Helpline-US Update

**January 2012 update:** Each month the Helpline receives from 1,000 to 1,600 calls from mothers, fathers, grandmothers, doctors and other medical professionals. It is funded entirely by donations and is very grateful for the wonderful

generosity of the Alumnae as well as other LLL groups and individuals. The average cost is about \$1 to fund each call received. We are always looking for donors as well as Leaders to help take shifts for helping calls. For more information and updated

financial information, visit [www.breastfeedinghelpline.com](http://www.breastfeedinghelpline.com) to see up-to-date financial information as well as for other important updates! If you have any questions, please contact Sue Prado at [sueprado@gmail.com](mailto:sueprado@gmail.com). ☆

## Co-Founders: Memories and News Items

Dear Fran, Susan, Gail, Pam, Sue, and Judy, (Alumnae Council)

My heartfelt thanks to each one of you for your very gracious and kind invitation to attend the 55th anniversary LLL Alumnae Trip to St. Augustine as your guest! You anticipated every possible need and wish any of the Founders might have and kindly and generously proceeded to address them beforehand. As a result of your excellent and thoughtful planning, this trip proved to one of my most memorable. In fact, I enjoyed every minute. It has been fun to share my many memories with my family. Throughout those special days, it

was delightful to again have many opportunities to spend time with each one of you except Susan Geil whom I'm sorry could not be with us. Also I very much enjoyed spending time with other Leaders who have served and guided La Leche League for many decades and, in some cases, like you held key positions.

Additionally it was thrilling to at last visit the Shrine of Our Lady of La Leche and to receive the beautifully framed photo commemorating our visit to this very special landmark. I also found every one of the places I visited very interesting. I know I cannot begin to adequately thank you for your thoughtfulness,

kindness, and generosity but I hope you know I am deeply grateful to each one of you and to your families. Thank you also for your innumerable and significant contributions to La Leche League throughout many, many decades! My very best wishes as well as deep appreciation remain with you. With the relatively long car trips to and from the airport plus being with each other during various meals, on shuttles, and touring together, the three of us were able to spend more time together than we had in many years. That also was a treat! ☆

*With love always, Mary Ann Kerwin  
Denver, Colorado USA*

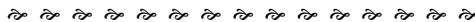


I loved the trip to St. Augustine for many reasons. It was so easy to get around on the trolleys to the sites we were interested in. First, it was wonderful, after all these years, to actually visit the shrine and enjoy the grounds on which it

is built. Second was the opportunity to spend time with Leader-friends I rarely see now that we don't have LLLI Conferences, and this includes the other Founders. In fact, I don't remember Mary Ann Kerwin, Mary Ann Cahill, and

I having such an extended time to chat since our children were small and we were working together on various LLL projects. ☆

*Marian Tompson  
Evanston, Illinois USA*



Where else can you meet up with people from years past and end up having three of the best days of your life? Where else but with the LLL Alums. The trip to St. Augustine last November was an experience I will never forget, from hobnobbing as of yore with Marian Tompson, Mary Ann Kerwin, Judy Torgus, and Rebecca Magalhaes, to catching up on the lives of other dear Illinois Leaders. I enjoyed talking with Mary Gisch, ever-heedful Katy Lebbing, and Margaret Campbell still with that

twinkle in her eye and sense of humor to match. Mary Jeanne Hickey was constant good company. Sue Steilen was a wonderful tour-going companion who thoughtfully gave this Grannie a helping hand to get on the trolley. It was a treat to see Sue Christensen looking fit and healthy following her cancer treatments. Pam Oselka is as gracious as ever. Lovely Sue Switzer had us all agog with her account of her latest new interest—ballroom dancing. There were so many great women with whom I was able to

reconnect and really get to know for the first time, especially techie-smart Patti Hope Lewis who patiently spent time to show me how to navigate my new iPhone. What a gift! How I wish all of you could have been there to enjoy the sights, the food, the laughter, the wonderful camaraderie—all made possible, of course, because of the wonderful planning of the Alumnae Council! ☆

*Mary Ann Cahill  
McHenry, Illinois USA*



I did want to say thank you so very much for all you did to make the Alumnae adventure such a great one. Judy Torgus came over (in December), told me all about the trip, and gave me a copy of the program from the *We Remember*

*Ceremony*, as well as the card signed by all who attended. It's a real keepsake. I am so glad to have it. I really wish I could have been there, but it just wasn't possible. I am much improved now (after hip replacement surgery last fall), but still

hobbling about a bit. I know that a trip like that would have done me in! ☆

*Mary White  
River Forest, Illinois USA*

## Colorado Women's Hall of Fame to Induct Mary Ann Kerwin

Mary Ann is to be inducted at a gala ceremony on March 8, 2012 in Denver, Colorado. Ten women were selected by an independent panel of community members from nominations that were submitted from across the state. The Hall of Fame ensures that their splendid accomplishments will not be

forgotten. Ruby Mayeda, Hall of Fame chair says the women “exemplify the best qualities of the people who have built and sustained Colorado.” Mary Ann is a Co-Founder of La Leche League International, advocating for infant nutrition and maternal health by supporting women to breastfeed their

infants. She also worked on drafting and testifying for the two breastfeeding bills in Colorado: “Breastfeeding in Public” in 2004 and “Nursing Mothers’ Act for Workplace Accommodation” in 2008. Congratulations, Mary Ann! Visit [www.cogreatwomen.org](http://www.cogreatwomen.org) for more information. ☆

## Seventh Alum Reunion Dinner in Pennsylvania



Photo by Kay Hoover

Judy Polley, Susan Raimondo, Dottie Schell, Kay Hoover, Colleen Cavalier, Mary Ann Albert, Bernadette Warman, Joan MdGuigan, Mary Jane Wahl and Evy Simon

In October 2011, the Alumnae group in LLL of Pennsylvania-East gathered with ten active and retired Leaders for the 7th reunion and dinner at an Italian restaurant. Attendees were encouraged to bring family photos. Mary Ann Albert reported, “that it was very simple to plan. I have all the names, addresses, and email information in my computer. I send out several dates and asked members to select one. The restaurant selected is near where I live, the turnpike, and close to most attendees. We began with the routine I started at the first reunion—everyone takes a turn to give an introduction while we ate. They shared updates on what they were doing, their families, job, retirement, volunteer work, etc. Then nobody gets lost in the shuffle. It’s a journey down memory lane, remembering our children who used to play together. Now they are parents themselves. There is something special about this. It is good to be with old friends. We can be ourselves and share feelings. Isn’t that what LLL is all about?”

*Mary Ann Albert  
Oreland, Pennsylvania USA*

## Sacramento Alumnae Tea in December 2011

It is so wonderful to connect with former and current LLL Leaders and share our memories of the Founders, and our first LLL meetings. Gail Gesley shared stories and photos from the St. Augustine trip and visit to the Shrine of Our Lady of La Leche. Log on to <http://lllalumnae.org/Local-Alumnae> to download a slideshow created by Fran Dereszynski. You’ll enjoy viewing the attendees, the delightful table of treats, and the memorabilia table. —*Karen Evon, Sacramento, California USA*

## Newspaper Interview with Indiana Alum

A local newspaper interviewed Valparaiso, Indiana, Alumnae member, **Wendy Masters**, and a video was included. It was around the time of December 7, 2011, the 70<sup>th</sup> Anniversary of Pearl Harbor. Wendy wrote an article about her memories of Pearl Harbor when she was a young child and it is in Continuum Volume 24, No. 3. Newspaper link: [http://www.nwitimes.com/news/local/lake/local-pearl-harbor-survivors-recall-infamous-day/article\\_0a6ad85f-1fb7-5b56-afe7-9c6266a6edfa.html](http://www.nwitimes.com/news/local/lake/local-pearl-harbor-survivors-recall-infamous-day/article_0a6ad85f-1fb7-5b56-afe7-9c6266a6edfa.html) The video is at [http://www.nwitimes.com/news/local/lake/local-pearl-harbor-survivors-recall-infamous-day/article\\_0a6ad85f-1fb7-5b56-afe7-9c6266a6edfa.html?mode=video](http://www.nwitimes.com/news/local/lake/local-pearl-harbor-survivors-recall-infamous-day/article_0a6ad85f-1fb7-5b56-afe7-9c6266a6edfa.html?mode=video)

## St. Augustine Travelers to Present Session at Area Conference

Susan Giroux, Mary Jeanne Hickey, and Ann White will be speaking at the March 3, 2012 Leader Day at the LLL of Massachusetts/Rhode Island/Vermont Area Conference in Danvers, Massachusetts. Ann writes: At the session, “Alumnae Get Together” we plan to discuss our recent trip to St. Augustine and the Shrine of Our Lady of La Leche as well as fun Alumnae happenings here and elsewhere. We are always happy to spread the word about the Alums!

## Chicago Tribune Interviews Marian Tompson

In mid-November, sometime after the reception at De Paul University, a reporter contacted Marian Tompson about arranging an interview about La Leche League. An article entitled, “Promoting mother’s milk before it was popular,” was published in the Chicago Tribune on November 28, 2011. It is available online at [www.chicagotribune.com/news/columnists/ct-met-trice-breastfeeding-1128-20111128,0,7771056.column](http://www.chicagotribune.com/news/columnists/ct-met-trice-breastfeeding-1128-20111128,0,7771056.column) ☆

## You Might Like to Read

As an avid reader and member of book clubs, I thought you might like to read one or all of the following variety of books.

**The Samurai's Garden** by Gail Tsukiyma, 1994, a favorite of mine, takes place when Japan invades China, but before World War II. A Chinese college student with tuberculosis seeks rest and healing at his family's summer home in Japan. He learns compassion from the Japanese gardener. This gentle story is one I have enjoyed reading three times.

If you prefer a spy mystery, **Moscow Rules** by Daniel Silva, 2008, is a winner. In current times, Gabriel Allon, an Israeli spy and also a trained art restorer on his honeymoon, is called into action. The security services of Israel, the United States, England, and Italy are concerned because of uncontrolled arms sales from Russia. The different locations add to the drama. This fast-paced story with its

complex character development, set in current times, is one of a series that is beautifully written, but this one is a favorite.

A family generational novel, **Cutting for Stone** by Abraham Verghese, 2009, is great for a long read. It starts in Ethiopia when it is on the brink of revolution amidst an Anglo-Indian mission. Marion and Shiva Stone are conjoined twins that are separated successfully. Although their fates are intertwined, they follow different paths—one goes to the United States for medical school. This book has wonderful character development and gives insights into a different culture, with love, betrayal and ordinary miracles. I did not want it to end.



**Unbroken** by Linda Hillenbrand, 2010, is a true story about an Olympian, who is also a World War II hero, Louis Zamperini. Louis ran in the Berlin Olympics under Hitler and flew as a bombardier over the Pacific in which he crashed. He was tortured by the Japanese and survived. When he returned home, he had to deal with the trauma and came to a huge change in his life. While we often read about the European action in WWII, this tells us about the Pacific action. Louis is an inspiring person, who goes above and beyond in his actions for and to others.

☆

Mary Gisch  
Westchester, Illinois USA

## Annual Alumnae Association Business Meeting November 2011

The LLL Alumnae Association annual business meeting was held in St. Augustine, Florida, on November 14, 2011. Council Members present: Fran Dereszynski, Susan Geil (via Skype), Gail Gesley, Pam Oselka, Sue Steilen and Judy Torgus. The meeting began at 11:05 a.m. The scheduling coincided with the Alumnae Trip to St. Augustine to reduce expenses involved to coordinate the trip and the annual meeting.

Minutes from the November 5-6, 2010 Annual Meeting were approved. Income and expenses to date were reviewed. The Annual Budget will be approved by conference call in the fourth quarter in the spring of 2012 and published in *Continuum*.

### Election of Officers

- Finance Coordinator/Treasurer: For the past four years, Susan Geil fulfilled these duties and agreed to do so until a replacement was appointed. An offer was extended by phone to Patti Hope Lewis to become the Finance Coordinator/Treasurer for a three-year term. Patti was elected and accepted the position.
- Alumnae Association Coordinator: This position has been vacant for three-and-a-half years. An offer was extended by phone to Edna Kelly to become the Coordinator for a three-year term. Edna was elected and accepted the position.

### Council Positions and Term of Office

- Alumnae Association Coordinator: Edna Kelly (November 2014)
- Alumnae Representative Coordinator: Gail Gesley (November 2013)
- Finance Coordinator/Treasurer: Patti Hope Lewis (November 2014)
- Member-at-Large: Pam Oselka (November 2013)
- Member-at-Large: Judy Torgus (June 2014)
- Membership/Secretary: Sue Steilen (April 2012)
- Publications/*Continuum* Editor: Fran Dereszynski (April 2012)
- Website/Online Network Connections: Position open

The Council appreciates Susan Geil's excellent work as Finance Coordinator/Treasurer and is grateful for her willingness to continue until a new Finance Coordinator/Treasurer was appointed. The Council welcomes two new members, Edna Kelly and Patti Hope Lewis, and appreciates their willingness to take on these important positions.

The Annual Meeting adjourned at 11:40 a.m.

### 2012 LLL Alumnae Association Goals

- Revise the LLL Alumnae Membership Brochure
- Discuss compiling an Annual Report
- Create a set of Bylaws for the Alumnae Council
- Increase LLL Alumnae membership
- Recruit additional Alumnae Representatives
- Plan a trip for the fall of 2013
- Plan Alumnae Council Annual meeting for 2012
- Recruit Website/Online Network Council member
- Determine project(s) for Alumnae's financial support



Alumnae Council Meeting, 2011  
Gail Gesley, Judy Torgus, Pam Oselka,  
Sue Steilen, and Fran Dereszynski

## Alumnae Council Meeting Summary: November 14 & 15, 2011

Present at the two-day meeting: Fran Dereszynski, Gail Gesley, Pam Oselka, Sue Steilen, and Judy Torgus. An overview of accomplishments and tasks in the past year was discussed. The Council looks forward to working with Edna Kelly as the new Coordinator and Patti Hope Davis as the new Finance Coordinator/Treasurer. Goals for 2012 were determined. Council members' reports are summarized below.

### Susan Geil, Finance Coordinator/Treasurer

The current financial report was submitted. Income received: membership payments; periodic donations received from members; eBay's Mission Fish program/monies designated to the LLL Alumnae Association; donations received toward expenses for the LLL Founders to attend the St. Augustine trip; and income from pre-orders sold on the trip for Marian Tompson's book, *Passionate Journey: My Unexpected Life*. About half of the membership income supports expenses for printing and mailing *Continuum* and the other half supports the mission of the LLL Alumnae Association and projects (annual donations to the LLL Breastfeeding Helpline-US and World Breastfeeding Week). After the end of the fiscal year (March 31), the annual financial report will be published in *Continuum*. Susan and Patti will work together during the transition of financial files.

### Gail Gesley, Alumnae Representative Coordinator

The Alumnae Representative (AR) list is online at <http://lllalumnae.org/Alumnae-Representatives>. Many Areas have openings for an AR. Being an AR was discussed with some of the attendees on the trip to see if they were interested in openings. The Council

feels that it would be helpful if ARs were included in Area chat lists and communications.

### Sue Steilen, Membership/Secretary

Membership is consistently around 315 and includes 15 from outside the USA. The names of current members are posted online three times a year at <http://lllalumnae.org/>. Increasing memberships is an ongoing goal. Specific ideas were discussed. More information will be available on the Alumnae Web site.

### Fran Dereszynski, Publications

Submissions for the next issue of *Continuum* have been received, including a book report and a summary of the St. Augustine trip. Additional articles about the trip will also be in future issues of *Continuum*.

### Website/Online/Connections

This position is open. For more information, to recommend someone, or if you are interested, please contact Edna Kelly, Alumnae Coordinator. During the past six months, Gail and Fran were trained in Web editing to keep the newly designed Web site updated until this position is filled. The Council received positive comments about the new format. Alumnae are encouraged to post stories anytime at <http://lllalumnae.org/LLL-Memories>

### Pam Oselka, Member-at-Large

Pam coordinated communications with donors who supported the cost of the Founders attending the St. Augustine trip and she sent thank you notes. Donors' names will be published in *Continuum*.

### Judy Torgus, Member-at-Large

Judy continues to be an editing resource and assists with the final review of *Continuum*. She coordinated

pre-sale of 52 books sold on the Alumnae trip. Marian signed each book. Judy mailed books to those not able to attend the trip. Hale Publishing offered a bulk rate on the order for the trip event, a savings, too, for those who bought the book. Some of the Alums added a small donation to the purchase price. Final financial tabulation of profit and donations: \$195 income.

### Brainstorming Meeting

It was held on Sunday, November 13 from 10:00 a.m. to 12:00 p.m. with 22 attendees from the St. Augustine trip. Suggestions, ideas, and comments were recorded on large sticky sheets on the walls. During the Council meeting, they were discussed and summarized in notes for the Council files.

### Trip Evaluations

Evaluations received were reviewed and will be compiled by Sue Steilen for Council records. Overall comments were very positive, including suggested destinations for trips in eastern, central, and western cities in the US. Some goals of trips are to: provide continued connection with Alums, build camaraderie, provide travel opportunities, and promote the mission of the LLL Alumnae Association. In addition, trip essentials include: Availability of local Alums and Leaders in the visiting city for planning and as an onsite resource; affordability; historical and educational attractions of interest to the group; and close to a major airport. The next trip is tentatively scheduled for 2013. Dates and location will be announced in a future issue of *Continuum*.

*Pam Oselka*  
Alumnae Council  
Member-at-Large

## We Remember

If you know of a Leader who has died: Log on <http://lllalumnae.org/We-Remember>. Then select "send us the information." Enter her name, city, state and country, where she served LLL, obituary link (if available), and year of death. Or you may send the same information to Nancy Franklin at: [nancyblake.franklin@gmail.com](mailto:nancyblake.franklin@gmail.com). You may choose either one of these options in order for the names to be added to the *We Remember* list. ☆

### What Do Women Talk About?

Women's conversation starts in the middle, goes to the beginning, and doesn't have an end. We stop talking and pick up right where we left off when we meet again. Talking to our girlfriends cheers us up and makes us feel connected. ~ Susan Branch

## LLL Alumnae Association Council Contact Information

The LLL Alumnae Association Council is the decision-making body for the organization and its activities.  
An annual Council Meeting is held, usually in the fall or spring.

The Council stays up-to-date through online communications and conference calls, held monthly or as needed.

Open Council position: Web site/Online Communications. If interested, contact Edna Kelly.

### Alumnae Association Coordinator

Edna Kelly  
eekelly@swbell.net

### Secretary/Membership

Sue Steilen  
suesteilen@comcast.net

### Finance Coordinator/Treasurer

Patti Hope Lewis  
pjbbalances@bellsouth.net

### Publications/Continuum Editor

Fran Dereszynski  
dereszyn@verizon.net

### Alumnae Representative Coordinator

Gail Gesley  
gmgesley@gmail.com

### Web site/Online Communications

Position Open

### Member-at-Large

Pam Oselka  
poselka1945@att.net

### Member-at-Large

Judy Torgus  
Torgusjudy@yahoo.com

## From the Mail Bag

It's 2012! Looking back over the past year, the Alumnae Council planned a successful trip to St. Augustine. Donors came forth to help fund three Co-Founders' attendance to the Shrine of Our Lady of La Leche. In this issue, several attendees share their stories and memories to readers who were not able to be there. Two new Council members were appointed. There are hopes to fill one more open position. In this issue, contributors' articles came in three modes: handwritten via postal mail, a conversation via phone, and email messages. I extend thanks to each of you and to Alums who provided photos for this issue!

During the year, Alumnae members dealt with various circumstances that come with life's journey: death of a parent, close family member, spouse, a child; cancer treatments for themselves or a family member; sudden health issues; impending scheduled surgery; divorce or separation; job loss, the challenges of raising teens; adults moving back home, etc. There may be members who have taken on a new role as caregiver for a spouse, parent or other family member. Others are blessed to be involved with grandchildren and extended family members who live nearby. Being able to travel distances to be with grandchildren or adult children can be an opportunity for others. Email, Skype and electronic photos are ways to stay connected from a distance and without the travel expense.

When I was the caregiver for my parents, I read inspirational articles in *Today's Caregiver Magazine*. After my parents passed on, I remained on that email list because articles continued to be inspirational.



The stories encourage me to take care of me—even if I am no longer a designated caregiver. I find articles, tips and perspectives helpful to share with friends. The magazine cheers me on, encourages patience, faith, and hope in times of uncertainty. It is similar to reading *New Beginnings* after I was no longer a breastfeeding mother—an energizer in the next stages of my mothering!

In the March-April 2010 magazine [www.caregiver.com/magazine/digital/caregiver\\_mar\\_apr10/](http://www.caregiver.com/magazine/digital/caregiver_mar_apr10/) Gail Sheehy, author of *Passages in Caregiving: Turning Chaos into Confidence*, discusses how a labyrinth is “very relaxing, serene, and secure because you are walking a path that is laid out

for you; then suddenly there is a twist and you are going in the reverse. You go along for a little while and then there is another twist, another sharp turn.” Such is life's roadmap even for non-caregivers like me and perhaps for readers, too. The trail can be

uncertain. Walk a previously challenging path but this time around, you will know it differently. She says the goal is not to find the answer as quickly as possible. There may not be one easy answer. It may lead to a way that is acceptable in that particular set of circumstances. My closing thought is to suggest that you keep on taking care of you as a priority. Your encouragement and experience will serve as a link to each other as Alumnae members. You may have an email connection to

other Alums or be part of a local chat list or local gatherings similar to those mentioned in this issue.

If “LAST ISSUE” is above your name on the back page, remember to renew your membership before April 30, 2012 to receive the next *Continuum*. Your membership assures us of the continuation of the mission of the LLL Alumnae Association.

Send articles by April 15, 2012 to [dereszyn@verizon.net](mailto:dereszyn@verizon.net). In the meantime, (see photo) I will tend to the broccoli, beets, cauliflower and cabbage in my winter garden!

Until next time,

*Fran*

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LLL Alumnae Association Newsletter
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Join the Alumnae!

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 more than one year at a time. Send checks to:

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

Questions? Contact Patti at: pjbbalances@bellsouth.net

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