

# 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 26, No. 2

May - August 2013

Register Now!  
This issue includes the  
Registration Brochure  
for the Alumnae Trip  
to Albuquerque,  
New Mexico,  
October 24-28, 2013!  
Space is limited!

## Life after LLL

Margaret Bennet-Alder lives in Toronto, Ontario Canada. She has three grandchildren and four children who are now in their 40s: Alice, David, Peter, and Rachelle. Alice and her daughter (20) live in Brisbane, Australia. Rachelle, her husband, and two sons (8) and (3), live in Auckland, New Zealand. Margaret wrote, "My claim to fame among my friends is that I'm the oldest grandmother with the youngest grandchildren." Margaret's life as an LLL Leader began in 1964.

## Margaret Bennet-Alder Blogger, Author, and Creator of Beautiful Outdoor Spaces Shares Her Inspiring Story

Reprinted from *Tree of LLLife*  
Fall 2012-Winter 2013, Newsletter for La Leche League Canada,  
adapted for *Continuum* by Fran Dereszynski



Over 50 years ago in October 2012 and just married at age 35, I became pregnant with Alice, the first of our four children. I really wanted to breastfeed her to give her the best start in life, to avoid the hay fever that my husband Noel had, and to not be bothered with all the work of bottles. My doctor also knew I wanted a natural delivery and rooming-in, but as an "elderly" first-time mother I was given laughing gas for the birth. My first sight of Alice was across the room in a bassinet looking at me. I was allowed to hold her for a few minutes, long enough to admire her exquisite manicure. A nurse soon whisked her away to the nursery so that I could rest (not very likely), the beginning of my mismanagement. I wasn't allowed to have rooming-in, soon had sore nipples, and by the third day I had breasts that were extremely engorged. I still tried to breastfeed her as best I could during the day, and the nurses fed her formula at night so that I could have my sleep. (I didn't sleep much; I wanted my baby.) By the fourth day, Alice preferred the bottle to me. I was heartbroken because I wasn't able to feed her myself.

On the fourth day, however, a good friend gave me the phone number for Helen James, then co-president of the Natural Childbirth Association. Helen helped mothers who wanted to breastfeed. When she suggested that we could sign ourselves out of the hospital before the mandatory six days were up, I wasn't sure what to do, but Noel did. He signed us out on the fifth day. When we were home and Alice was beside me in her little bassinet, I was overcome with tears of joy that I now had rooming-in.

(continued on p. 3)

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## From the Mail Bag

This issue is more than a tourism piece for the Albuquerque trip. It's a jumping-off point for stories that inspire, inform, and reflect on issues in our lives as mothers. Many Alums say each newsletter is like the boost of encouragement they felt when they read *LLLI News* or *New Beginnings* as a new mother. While most members won't attend the trip, Areas have gatherings at an Area Conference, a Leader Day, or other informal times—similar to Sharon Fairborn's piece on page 11. Here are some facts about why Alum trips take place.

*Alum trips are planned every two years to:*

1. Build camaraderie
2. Encourage memberships
3. Provide a benefit to members
4. Offer the opportunity to travel and learn
5. Promote the LLL Alumnae Association

*Primary considerations determining the city to visit:*

1. Affordable
2. Accessible by air, train, or car; close to a major airport
3. Local Leaders/retired Leaders committed to assist onsite
4. Historical and educational location; entertainment options
5. Offer a balance of planned activities and time on your own

To renewing and new members, thank you! Welcome to the 15 members who received a gift membership from a friend. The offer ended April 30, 2013. Your continued renewals and encouragement to friends to join is terrific! Key reasons why you can help us grow:

1. You provide strength to continue our mission
2. You make it possible for the Alums to continue supporting the LLL Breastfeeding Helpline-US. Read more from Helpline Coordinator Laura Goodwin-Wright on page 5.
3. You inspire us to be there for the future, for a lifelong connection for active and former Leaders, many of whom are now becoming first-time grandmothers.

Did you know that May is National Salad Month? How appropriate for Margaret Bennet-Alder's article, "How I Lost Weight without Dieting" on page 12. Margaret shares her journey to begin eating plant-based foods.

By the time you receive this issue, it will be close to the first day of summer. Thank you to the members who contributed articles for this issue. I would love you to send me an email about your favorite article. Do you have an article about life after LLL, transitioning to retirement for yourself, being a caregiver to a spouse or family member, experiencing health challenges, raising teen grandchildren in today's electronic age, or a topic of your choice? Send submissions by August 15, 2013 to [dereszyn@verizon.net](mailto:dereszyn@verizon.net) When you are thankful for someone in your life, let them know it. They color the day bright for you. Have a great summer! ☆

*Fran*



Do you use a laptop, tablet, e-reader, or smart phone to stay connected to family, friends, and work? Do you use electronic devices to read email, documents, attachments? Does *Continuum* get buried in a stack of letters, bills, magazines, and mail? Are you away from home for vacation, work,

family illness, or being a caregiver? Missed finding time to read an issue? Go to [lllalumnae.org/Publications](http://lllalumnae.org/Publications) to access current and past issues. Away from home with access to a desktop computer at a library, hotel, friend's home, or other location? Follow *Continuum* online where ever you are! ☆

## 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



Patti, Gail, Sue

Pam, Judy, Edna

Fran

## 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. The next Alumnae Council meeting will be on October 27-29, 2013 in Albuquerque, New Mexico.

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## Margaret Bennet-Alder *(continued from p. 1)*

Helen's copy of *The Womanly Art of Breastfeeding* was out on loan. She mailed me a scientific paper, *The Normal Course and Management of Lactation* by Michael Newton, MD and Niles Newton, PhD. The paper was full of unfamiliar terms and names, such as oxytocin. I read it and re-read it trying to understand it. With Helen's knowledge of breastfeeding (she had breastfed her four children) and her constant encouragement (I phoned her every day for three weeks), I first offered Alice my breast and then used a spoon to give her formula. She opened her mouth like a little bird and soon forgot how to suck the bottle nipple. When she was three weeks old, she suddenly pushed away the bottle and wanted only me. I'll never forget it.

**When I asked Helen how I could repay her for all her help, she said, "Start a La Leche League Group in Toronto."** I was happy to do so because I wanted to share with others what I knew, so that any mother, whose desire to breastfeed was as strong as mine, would have the information. In the fall of 1964 I became an approved Leader, the twelfth in Canada. I had to promise LLLI, though, that I would not give my expected baby a bottle as I had given seven-month-old Alice when I thought I was out of milk. In the fall of 1965 when David was nine months old, I held the first North Toronto Group Meeting in our home, the first in Toronto City and the seventh in Canada. Helen later became my co-Leader and to this day we are still "bosom pals."

Helen was my first support; my husband Noel was my second. I didn't anticipate how supportive he would be. I had had a 13-year career teaching high school home economics, and didn't even consider going back to work. Besides being the bread winner, he changed Alice's diapers, did the laundry, and for the first few weeks prepared the meals because I was a bit of a basket case. I didn't get dressed for a month. Noel would have liked to have been present for Alice's birth instead of waiting outside for the news of her arrival. He was not allowed to be with me at David's hospital birth. He and Dr. John McCulloch were present when our last two babies were born at home, Peter when I was 40 and Rachelle when I was 43. Noel was a gifted teacher and led the first fathers' meetings for my group and others in

Toronto. He was then invited to speak about them at La Leche League Conventions, where he introduced himself as Mr. Margaret Bennet-Alder. (I was known as Mrs. Noel Bennet-Alder.) His first language was French, a great help when working with the French-speaking groups in Quebec. He was also an editor, which helped me to become a Leader, the first Ontario Coordinator in 1968, and the LLL Canada (LLLC) Coordinator in 1970.

In October of 1969, LLL Ontario held a breastfeeding seminar for doctors and nurses in Toronto. Marian Tompson, then President of LLLI, came to speak, along with an obstetrician and a general practitioner. Helen James and I, high as kites with excitement at meeting Marian, waited in our living room to receive her with my toddler Peter close by. When Marian came she had eyes only for Peter. I'll never forget how she focused her attention on him, and only later on us. My third pillar of support was Saralaine Millet, a Leader who lived only two blocks away and became my assistant in 1971. The League was growing so fast I was overwhelmed with all the incoming mail. I remember a man wrote me a long letter from Italy. I didn't know where to begin to answer him, but Saralaine knew.

She was a graduate of Wellesley College. We were a good fit; she was a contents person and I was a process one. At meetings, she would remember what everyone said and I would know who was there, sitting with arms crossed not accepting what was being said. She also observed that I not only liked to fix things around the house, I also liked to fix organizations. If someone wrote me an angry letter, I worked very hard in my reply to save face. We worked together for the 10 years I was the Canadian Coordinator and for another five years when I was the Canadian on the LLLI Board of Directors. She was always there to listen, to edit, and to advise.

At the LLL International Conference held in Toronto in 1977, the first one outside of the USA and one of their best at the time, a pediatrician noted that growing faster than McDonald's fast food outlets were those of LLLI's. Naively, I wondered if he was referring to the new groups springing up all over the place or to breasts, those fast-food outlets for babies.

Mothers wanting to breastfeed craved the mother-to-mother support and reliable information that La Leche League provided, causing LLLC to grow exponentially. When I retired in 1981 as Canadian Coordinator, having served two five-year terms, there were more than 800 Leaders and over 400 groups across Canada, two with interesting names: Conception Bay in Newfoundland and Milk River in Alberta.

With the support of Helen and my husband, and the information in *The Womanly Art of Breastfeeding* and *The Family Book of Child Care* by the Newtons, I overcame my doubts about my milk supply and my ability to breastfeed. I learned how to nurse lying down and how to avoid breast engorgement. (I wish I could say the same about sore nipples.) When our children were little, ours was the family bed. As they got older and moved to their own, Noel would often lie down with them to help them go to sleep or to comfort them if they woke up, for example, from a bad dream. In the morning we often joked about how many beds he might have been in the night before. They often came to our bed for comfort as well.

Another reason I really wanted to breastfeed was that my mother's sister had schizophrenia and I thought breastfeeding would prevent it in my children—unfortunately not. Suddenly in 1986, David aged 22, developed this dreadful brain illness that was later diagnosed as schizoaffective disorder. I was so distraught that I couldn't concentrate on the reading required for the LLLI Board work nor cope with the responsibilities at the Infant Feeding Action Coalition (INFACT) Canada who had hired me as their National Director in 1981. I resigned from both. My husband and I didn't know what we were dealing with nor how to deal with it. We were both so wounded that we couldn't comfort each other. Again I was brokenhearted.

In 1991, five years after being diagnosed, David decided to take medication. He was studying computer science when he became ill. He has made a good partial recovery, and for several years has been the web master for INFACT Canada and for the Canadian National Breastfeeding Conference. For David, breastfeeding is as natural as breathing.

*(continued on p. 4)*

## Margaret Bennet-Alder *(continued from p. 3)*

A few years after Noel died in 2008, David came to live with me and we are a help and company for each other. I didn't return to leading meetings. However from about 1996 to 2008 I opened our home for the monthly meetings of the North Toronto Group and later the Lawrence Park Group, both now disbanded.

What effect has breastfeeding had on our family? None of our four children has ever needed to wear braces. Alice breastfed her daughter for about three years. Rachelle, in Auckland, has breastfed her two sons: Liam until he was almost two and Charlie until he was almost three.

Thanks to all I learned from LLL, I finally had normal breastfeeding experiences. My wish was for all mothers to have the same. What Helen did for me is what Leaders all over the world do every day: give mother-to-mother support backed by scientific information, thus empowering women to breastfeed, fulfilling their natural biological urge to feed their babies themselves.

When I receive a telemarketing call from a charitable organization asking for a donation, I say, "I'm sorry, but any extra money I have goes to La Leche League Canada to support breastfeeding." They also say sorry and hang up.

Those were heady, full days in La Leche League. We were immersed in a breastfeeding culture, so that marsupial mothering, the family bed (now co-sleeping), exclusive and unrestricted nursing to space babies, tandem nursing, and child-led weaning were accepted practices. We had community and we had fun. ☆

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*Front bench July 2008, photo by Virginia Heldebrandt viewed on*

### *Creator of Beautiful Outdoor Spaces*

Margaret is the author of *The Toronto Gardener's Journal and Source Book*. "My personal garden" is on her blog at [www.torontogardenbook.com/blog.html](http://www.torontogardenbook.com/blog.html) where she shares memories and thoughts about plants, her home garden, and the healing therapy of gardening.

*Front bench July 2008, photo by Virginia Heldebrandt* from her blog, Margaret wrote: "This was my husband's idea—before the days of nannies—because he wanted mothers and babies to gather when relatives come to visit. It's also a nice place to sit and enjoy the sun... The [cascading] polyantha pink roses are *The Fairy* and the white shrub rose is *Seafoam*, both good ground covers blooming all summer. Go to [www.torontogardenbook.com/chit\\_chat.html](http://www.torontogardenbook.com/chit_chat.html) to learn about "Slugging It Out with Slugs" and "Don't Let Squirrels Drive You Nuts." ☆

## Stepping Out of My Comfort Zone

Thank you for the last issue of *Continuum* and the articles about communicating with grandchildren. I have delayed getting a cell phone with a texting feature because it was one more thing to learn this year since we are expecting our first grandchild. One daughter and some of the women I work with have smart phones. I stepped out of my comfort zone and bought one. I really love it!

Now my daughters *do* communicate with me more since "texting" is their way to keep in touch. I truly appreciate the notes I've read from other Alums about texting. That is what encouraged me to get a new cell phone. Thank you, LLL mothers and sisters, for teaching me, encouraging me, and supporting me through childbirth, the years of raising children, sadly a

divorce, and even now as I communicate with my adult daughters, and as I continue to lead monthly LLL Series Meetings and help mothers as a lactation consultant.

I have learned and continue to learn so much from you very dear, very wise women. I did have problems nursing my first child so I sought help from LLL. The challenges turned out to be blessings because they led me to finding support from LLL and it just gets better all the time! ☆

*Marguerite Gravlee*  
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## Newly Designed 40-, 45-, and 50-Year Pins for Dedicated La Leche League Leaders!

Colors have been chosen for new pins ordered from the factory. We expect them to be available around the middle of June. The 40-year pin has red tones since red is traditional for a 40th anniversary. The 45-year pin has brown and beige tones—shades not used for previous pins. Of course, the 50-year pin is a precious sandblasted gold pin! A rendering of the pin is shown here. Pins with no year are also available as gifts to new Leaders. You may share this news with Leaders and Areas who may wish to place orders. Areas, Groups, and Leaders may order pins online at [LLLalumnae.org/content/leader-recognition-pins](http://LLLalumnae.org/content/leader-recognition-pins) ☆



Photos of all pins will be online.

## The Helpline Thanks the Alums

As one of the Helpline’s most generous contributors, we would like to take this opportunity to thank the LLL Alumnae Association for your continuing support of the LLL Breastfeeding Helpline-US and to provide you with an overview of how Helpline funds are distributed.

### What is the LLL Breastfeeding Helpline-US?

The LLL Breastfeeding Helpline is a toll-free number (1-877-4-LA-LECHE) that mothers can call for breastfeeding information. It is fully staffed by La Leche League Leaders. We receive hundreds of calls each month from parents, health care professionals, and others who need breastfeeding information and support. With so many calls, many Leaders are

needed to staff the Helpline and help keep this job mother-sized for all of us. Volunteer operators are available to answer calls during most business hours, or mothers may choose to leave a voicemail that is returned within 24 hours.

### How is the LLL Breastfeeding Helpline-US funded?

Currently the Helpline is funded completely through direct donations. No money comes from La Leche League International, and although the Helpline has an agreement with LLL USA, it is not funded by them and has a separate administration. The Helpline has one consistent corporate sponsor who donates to the Helpline in exchange for their name mentioned in the welcome message that each caller hears. Donations are also made “In Memory” or

“To Honor” Leaders, past Leaders, loved ones and friends. Each caller who provides an email address is also given the opportunity to contribute. Presently, the vast majority of funding comes from Leaders and Alumnae.

### How are donations used?

The new national Helpline uses some fresh new technology, all Internet-based: Some of these are provided for no charge, others have a basic monthly fee.

Annually, the generous contributions from LLL Alumnae provide funding for two full months! Thank you so very much for your continued support of the LLL Breastfeeding Helpline-US! ☆

*Laura Goodwin-Wright  
Coordinator, LLL Breastfeeding Helpline-US  
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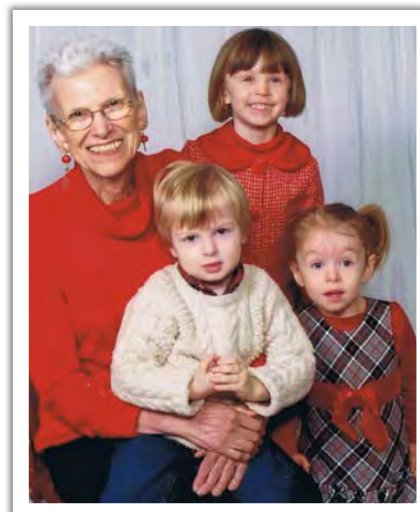
No Charge	Fee Based
Our logging system (salesforce.com)- Free to non-profit organizations	Our phone system (Vocalocity.com)- \$150/month
Our Voicemail system (gmail.com) –	Website hosting-\$14/month
Our Discussion Group (lllbhuschat on the Community Network at <a href="http://community.llli.org">http://community.llli.org</a> )	Stipend Operator (currently one @ \$9/hr and 9 hours/week)-\$350/month
	Director Stipend-\$900/month
	Hale Online Subscription-\$17/month
<b>Total Monthly Operation Expense:</b>	<b>\$ 1,431</b>



## Remembering Sally Murphy

Sally Murphy, a dear friend to many in La Leche League, passed away on January 23, 2013. Sally became an LLL Leader in 1970 and worked at the LLLI office for nearly 30 years. She was thrilled to become a grandmother at the age of 72, and spent as much time as possible with Emma, Morgan, and Jack, even though they lived out of state. They are shown with Sally in this photo, taken just a month before she died. Sally had a way of making people feel special and everyone enjoyed being with her. She had a unique ability to inspire others to succeed. We will miss her warm smile and radiant spirit. ☆

*Judy Torgus  
River Grove, Illinois USA*



Sally and her grandchildren, December 2012

## A Special Tree in Wilder Park

Paulina Smith, former LLLI Executive Director and former Chairman of the LLLI Board of Directors, lives in Mexico but she was planning a visit to the Chicago area last November. She asked me to make plans to have lunch with Mary White, Marian Tompson, Mary Ann Cahill, and other LLL friends. Unfortunately, Mary Ann Cahill could not make it. I drove Marian and Mary White to the restaurant where we were joined by Paulina, along with Sally Murphy, Rebecca Magalhaes, Mary Gisch, Elaine Caper, and Carol Esposito. We had a wonderful lunch, and Mary White suggested that everyone change places at the long table so she could visit with each of us. She said, "I'm not changing places; the rest of you can do it easier!" She talked and chatted the whole time!



Marian, Mary, Paulina, Rebecca

But then, Marian asked me if we could visit Wilder Park to see the special tree her children donated in her honor for LLLI's 50th Anniversary! It was a chilly but bright and sunny day, and I thought Wilder Park was a lot closer to the restaurant than it was, so I agreed. It turned out to be just lovely as Marian had *never* seen her tree or the plaque in her honor! (The trees were not planted yet at the time of the 50th Anniversary Picnic held in Wilder Park.) Of course we walked around to look at the other trees, some from the 25th Anniversary and some from the 50th, and the large plaque placed in the ground at the time of LLLI's 25th Anniversary in 1981.

Afterwards, both Marian and Mary thanked me profusely and Mary even sent a follow-up email to say what a good time she had! ☆

Judy Torgus  
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Thanks to Judy Torgus, Mary White and I visited Wilder Park last November. This was the site of that famous picnic in 1956 that Mary and I attended with our families and where women shared their stories of turning to formula feeding when they couldn't get the help they needed to successfully breastfeed their babies. I hadn't been back to the park since the LLLI 50th Anniversary picnic in 2006 when my children surprised me, first with all of them getting to the park by plane and car and then presenting me with a tree to be planted in the park in my honor, joining the trees planted earlier on the occasion of LLL's 25th Anniversary. Wilder Park is quite a drive from Evanston where I've lived for the past 25 years and I never got back to Elmhurst to see if the tree actually got planted or how it was faring.



Sally, Marian, Judy, Rebecca

As we were leaving, it occurred to me that this restaurant was a lot closer to Wilder Park than where I live, so I asked Judy if we could stop there on our way home. And we did, along with a second car of our LLL friends, including Sally, Paulina, and Rebecca. Since Judy had been responsible for overseeing that the 50th Anniversary trees were planted and plaques put in place, she immediately showed us where my tree was. What a thrill seeing a very healthy Maple tree, planted next to the children's playground (how appropriate), with a plaque that reads: "To Marian Tompson (8-06). Thanks for the LLLove You Have Given to Us and to the World, Your 7 Children."



25th Anniversary Plaque

But last November, Paulina Smith was coming to town, and she wanted to have lunch with Mary and me and other LLL friends. Since Judy's house is on the way to the restaurant I made the hour drive to Judy's and then we picked up Mary White. Mary does not get out too often, so we were pleased that she was able to join us. We had a lovely time as you always do when you get together with long time LLL friends.

Having finally seen and touched the tree, I want to get out to Wilder Park more often and see how it looks at different times of the year. Bathed in the laughter of the children in the playground, it has to be a very happy tree! ☆

Marian Tompson  
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## New Mexico—Discover the Enchantment

The LLL Alumnae Association invites you to join us on a spectacular trip to Albuquerque, New Mexico in October! The trip itinerary and Registration details can be found on page 8-9. One of the interesting places we will visit during our trip to Albuquerque is the Indian Pueblo Cultural Center. Known as the Gateway to the 19 Pueblos of New Mexico, the Cultural Center offers a way for you to experience the culture, history, food, and art of New Mexico. We will see traditional Native American Dances and we can sample traditional cuisine, including fresh-baked Pueblo oven bread, at the Pueblo Harvest Café.

Permanent exhibits feature a brief historical overview of the Pueblo world and showcase the art and accomplishments of the 19 Pueblo tribes. Each section of the museum displays the particular art forms characteristic to each of the 19 Pueblos. A mini-theatre features short

films about the life and art forms of two distinguished Pueblo women. One is titled, *Maria: Native American Pottery Maker of San Ildefonso*, and is about Maria Martinez, renowned potter from the Pueblo of San Ildefonso. The other film is titled, *Pablita Velarde: An Artist and Her People*, and features Velarde, a Santa Clara painter.

Many Alums will enjoy visiting the Shumakolowa gift shop that features traditional and contemporary arts and crafts created by Native American artists. Our visit to the Indian Pueblo Cultural Center will definitely be one of the highlights of our Alumnae Trip to Albuquerque. ✨

*Judy Torgus*  
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When your trip has ended, you are likely to have comments similar to what attendees shared after the 2011 trip!

### What I will remember most about St. Augustine...

- the new friends I made
- meeting new LLL friends, who are always the folks that you have immediate connections with
- *We Remember Ceremony*, awe inspiring
- friendships, camaraderie, renewal time, great city
- everyone's 2-minute comments at the group dinner (in response to "share something about *you* and not your children/family")
- fabulous stories of who we are now!
- camaraderie—everyone, not just those I knew
- The people! The people! The people!
- opportunity to be inspired again and again by the Founders
- meeting and having fun with old friends
- the trolley tour of the city, the sites, and history of the city

### Why I decided to attend the St. Augustine 2011 Alum trip...

- personal enrichment with friends
- getting away with others whom I know will be friendly and welcoming
- reconnect and meet terrific people with incredible links to LLL history
- spend one-on-one time with long-time friends and Leaders, and interacting with Alums I didn't know
- friendliness of the women, the fun, and time with LLL friends
- I wanted to see the Founders who came
- meet friends, old and new.
- see places I've never seen
- able to "hang out" with the Founders and "old" LLL friends whom I don't see
- I thought traveling alone would work out somehow and it worked out great
- there was always a group to be with, no trouble finding buddies to do things with
- it is a gift to be able to come together with old friends and their like-mindedness

### How my expectations were realized...

- I had a fabulous time! How could it be otherwise?
- The Alums took care of every detail. Thank you!
- My first trip! I will never miss one again!
- I'm so happy I came!
- I expected it to be a fun getaway with good people and it was
- My expectations were extremely high but this gathering of the Alums far exceeded my expectations!
- I expected to connect with old friends and see new sights. My expectations were met and exceeded.
- I hoped to be with great people, great conversations, and a fun time! It was more than I expected. ✨

**Check Out These Online Resources**  
[www.itsatrip.org/travel-tools/guides.aspx](http://www.itsatrip.org/travel-tools/guides.aspx)  
[http://santafe.org/Visitors\\_Guide/](http://santafe.org/Visitors_Guide/)

Thursday, October 24

\* Final itinerary will be in trip packet.

3:00 p.m. Hotel check-in. Option: add full breakfast, \$14 /day.  
4:00-6:00 p.m. Registration: Pick up information packets.  
Iced tea served. Hotel Club Level Lounge.  
6:30-10:00 p.m. Welcome Dinner with attendees. Fireplace Room. Getting to know each other better.  
Registration packets will be available for late arriving travelers.

Friday, October 25

6:00-8:45 a.m. Breakfast on your own in hotel or nearby cafe.  
9:00 a.m. Gather in Turquoise Room. We Remember Ceremony, names of Leaders who have passed away.  
10:00 a.m. Gather in hotel lobby, Board Albuquerque Trolley for 90-minute group tour of Albuquerque.  
11:45 a.m. Drop off in Old Town for lunch together at La Placita restaurant, featuring New Mexican cuisine.  
1:45 p.m. Short walk to nearby museum.  
2:00-3:00 p.m. 30-minute guided tour of Albuquerque Museum of Art and History, followed by free time to visit shops and galleries in Old Town.  
6:00 p.m. Dinner on your own. Choose your favorite spot.  
7:00-10:30 p.m. Chartered van to and from hotel for evening entertainment.

### Hotel Accommodations & Airport

Hotel Albuquerque Old Town [www.hotelabq.com](http://www.hotelabq.com)  
800 Rio Grande Boulevard North West  
Albuquerque, NM 87104, hotel is 15 minutes from Albuquerque International Sunport Airport  
**Hotel rate:** \$99+tax/night, up to 2 guests, 2 double beds/room. \$114+tax/night, up to 3 guests. \$129+tax/night, up to 4 guests. Parking & wireless internet is free.  
**Total room cost for each Alum:** \$198 (plus tax) per person, for 4 nights, Oct. 24-27, 2 guests/room for 2 double beds. Added fees if 3-4 guests/room.  
**Hotel Restaurant Breakfast Voucher:** at check-in, ask about voucher option for full breakfast at \$14/day.

**Reserve before October 1** at [www.hotelabq.com](http://www.hotelabq.com) or call reservations at 800-237-2133.

**After October 1**, rates return to non-discounted prices. Use the **Alumnae group code: 1310ALUMNA** for the room block. Arrive early? Stay later? Discounted rates available three days before and after trip dates.

**Need a roommate?** Contact [dereszyn@verizon.net](mailto:dereszyn@verizon.net)  
**Cancellations, room changes:** call hotel.

### Climate

High desert weather in late October. Pleasant and sunny, 68° F. (light clothing) during the day; and 42° F. (sweater or jacket) in early mornings/at night. Check online for ZIP Code 87104 weather before departure.

## ITINERARY

Saturday, October 26

**Attendees register for one choice today:**  
Travel to Santa Fe, elevation 7,260 feet; or go to ABQ BioPark.

**Option 1: Registrants Travel to Santa Fe (Added Fee)**  
6:00-8:30 a.m. Breakfast on your own in hotel or nearby cafe.  
8:30 a.m. Gather in hotel lobby and ride in chartered van to Rail Runner Express station.  
9:00 a.m. Board Rail Runner Express, 60-mile ride to Santa Fe.  
10:30 a.m. Arrive in Santa Fe. Enjoy 30-minute Trolley Tour of historic Santa Fe. Visit Loretto Chapel and Palace of the Governors.  
11:00 a.m. Arrive at Plaza for lunch at *Blue Corn Cafe*. Visit shops, galleries, craft markets, etc., on your own after lunch.  
3:00 p.m. Walk or transportation to Rail Runner Express station.  
3:25 p.m. Rail Runner Express 90-minute ride to Albuquerque.  
5:00 p.m. Board chartered van to return to hotel.  
6:00-8:00 p.m. Dinner on your own.  
8:00-10:00 p.m. Alum Variety Show. All Alums invited to share a talent. Dessert served, Fireplace Room.

**Option 2: Registrants Travel to ABQ Bio Park**  
6:00-9:00 a.m. Breakfast on your own in hotel or nearby cafe.  
9:15 a.m. Gather in hotel lobby.  
9:30 a.m. Board chartered van for 2.5 mile ride to ABQ BioPark where Rio Line train, with on and off privileges, takes you around the park to the Zoo, Botanical Gardens, Heritage Farm, and Aquarium.  
12:00-1:00 p.m. Lunch on your own. Suggest Shark Reef Cafe with its amazing array of sea creatures in floor-to-ceiling view of shark tank.  
3:00 p.m. Board chartered van to return to hotel.  
3:30-6:00 p.m. Free time to visit Old Town Plaza shops, galleries, afternoon snack, etc.  
6:00-8:00 p.m. Dinner on your own. Choose your favorite spot.  
8:00-10:00 p.m. Alum Variety Show. All Alums invited to share a talent. Dessert served, Fireplace Room.

Sunday, October 27

9:00 a.m. Brunch together includes brainstorming session on the future of the LLL Alumnae Association, Fireplace Room.  
12:30 p.m. Short break  
1:00 p.m. Take chartered van to Indian Pueblo Cultural Center.  
On your own: Lunch or snack at Pueblo Harvest Cafe.  
2:00 p.m. Native American Dancing demonstration  
4:30 p.m. Return to hotel in chartered van  
6:30 p.m. Group dinner, pay on your own, at St. Clair Winery!  
Wine Tasting, short walk from hotel. Early good-byes for this last time together until we see each other again.

Monday, October 28

11:00 a.m. Breakfast on your own. Check-out and good-byes.



La Leche League Alumnae Association  
...it's not just for retired Leaders  
[LLLAlumnae.org](http://LLLAlumnae.org)

[facebook.com/LLLAlumnae Association](https://facebook.com/LLLAlumnaeAssociation)

Alumnae members and friends are invited to the LLL Alumnae Association Trip to Albuquerque, New Mexico **October 24-28, 2013**

## A Cultural Getaway

Explore the rich Hispanic and Native American culture and unique heritage of centuries-old Albuquerque. Includes 2 Options on Saturday:

1. Take Rail Runner Express to Santa Fe or
2. Take Rio Line train around ABQ BioPark's Zoo, Botanical Gardens, Heritage Farm, and Aquarium



Native American Dancers at Indian Pueblo Center



Albuquerque Museum of Art and History



Boutiques and shopping in Old Town Albuquerque

Spiral staircase in Loretto Chapel, Santa Fe

# REGISTRATION FORM

- August 24:** Deadline for Early Bird registration. Save \$15! **Register early!**  
**September 24:** Last day to register online or by mail, first-come, first-served, space permitting.  
**October 1:** Last day for hotel reservations. After October 1, rooms return to non-discounted prices.  
**October 17:** Last day for full refund, less \$20 administrative fee.

LLL co-Founders Mary Ann Kerwin and Marian Tompson will join us. Availability of Mary Ann Cahill is not known at this time. Mary White will not be able to join us. Donations (below) to help cover co-Founders trip expenses are appreciated.

**June 10** Registration opens at <http://lllalumni.org/trip> or by mail, confirmed by email after processing.  
**Registration questions? Refunds?** Contact: Alumnae Treasurer, Patti Hope Lewis at [pibalances@bellsouth.net](mailto:pibalances@bellsouth.net)  
**Questions about itinerary or filling out registration form?** Contact Judy at [torgusjudy@yahoo.com](mailto:torgusjudy@yahoo.com) or 708-456-7305.

Contact Fran at [dereszyn@verizon.net](mailto:dereszyn@verizon.net) or 714-840-1136.  
**Go to <http://www.itsatrip.org/> and <http://www.santafe.org> for information about places on the itinerary.**  
*The Alumnae Association does not carry liability insurance to cover accidents or injuries that may occur on this trip.*

**\*\* Before filling out Registration Form, please read itinerary details and what registration includes.**

- Yes, you may add my contact information to the trip roster  
 Yes, I have a disability-related condition requiring accommodation to participate fully  
 Yes, I am a current 2013 Alum member  
 \$ 20 enclosed to join Alums, one-year membership  
 \$290 Early bird registration, received by August 24, 2013, 2013 Alum member  
 \$315 Early bird registration, received by August 24, 2013, non-member  
 \$305 Regular registration, after August 24, 2013, Alum Member  
 \$330 Regular registration, after August 24, 2013, non-member  
 Yes, I will attend Option 1 trip to Santa Fe \*\* that includes group lunch  
 \$ 35 to attend Option 1 trip to Santa Fe \*\*  
 Yes, I will attend Option 2 trip to ABQ BioPark, \*\* no additional fee  
 Yes, I will attend dinner at St. Clair Winery on Sunday evening, pay on your own  
 \$ 50 per person to attend ONLY the group dinner on Thursday evening, October 24  
 My Thursday Dinner choice, **choose only one:**  
 London Broil  Seared Breast of Chicken  Vegetarian/Vegan  
 Sunday Brunch choice, **choose only one**  
 Breakfast Burrito  Eggs Benedict  
**Total registration fee paid**  
 \$ \_\_\_\_\_ My donation to help cover costs for the LLL co-Founders to attend

## Total enclosed (Fees & Donation)

Please print clearly. Make checks payable to "LLL Alumnae Association."

Mail to: Patti Hope Lewis, 4303 Ashwoody Trail NE, Atlanta, GA 30319-1436.

Name \_\_\_\_\_  Active Leader  Former Leader  LLL Member  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ ZIP+4 \_\_\_\_\_  
 Email \_\_\_\_\_ Home Phone \_\_\_\_\_  
 Cell Phone \_\_\_\_\_  Yes, I can receive text messages during the trip in case of emergency.  
 Yes, I give permission for my photo to be used for:  Continuum  Alum website  Alum Facebook page  
 I do not give permission to use my photo.

Updated May 15, 2013/d

## Registration includes

- Meals: Thursday group dinner, Friday group lunch, Saturday evening dessert at Alumnae Variety Show, and Sunday group brunch.
- Alumnae Tote bag, registration packet, final itinerary, trip roster, maps, attraction info, and local resources.
- We Remember Ceremony & Program, Trolley tour of Albuquerque, Cultural Entertainment, Native American Dancing, Museum admissions and tours, and Friday, Saturday, and Sunday chartered van transportation.
- Space is limited. Registration discounted for current Alumnae members. Registration form includes option to join. Early Bird registration available.
- **Saturday Option 1 registrants:** Chartered van, Rail Runner ticket to Santa Fe, trolley tour of city, group lunch at *Blue Corn Cafe* near Santa Fe Plaza.
- **Saturday Option 2 registrants:** Chartered van, ABQ BioPark admission, Rio Line sightseeing train around the park with on and off privileges, to Zoo, Botanical Gardens, Heritage Farm, and Aquarium.

## Expenses on your own

- **4 nights lodging** at Hotel Albuquerque Old Town
- **Meals during travel** to and from your home, travel expenses, incidental expenses, snacks, shopping, etc.
- **3 breakfasts:** Friday, Saturday, and Monday.
- **2 lunches:** Saturday & Sunday, for Option 2 registrants. \*\*
- **1 lunch:** for Option 1 registrants. \*\*
- **3 dinners:** Friday, Saturday, and Sunday.
- **Optional local day hikes,** self-organized, October 23 or 24 and/or October 28: If interested, contact Pam Oselka at [poselka1945@att.net](mailto:poselka1945@att.net)
- **Closest major airport:** Albuquerque International Sunport Airport, 15 minutes from hotel, Sunport Airport Shuttle is available. One way: \$15/person, \$5 each additional person. Round trip: \$28 per person, \$5 each additional person. Gratuity not included. Reserve by phone at 866-505-4966 or online at [www.sunportshuttle.com/index.htm](http://www.sunportshuttle.com/index.htm)
- **Interested in sharing an airport shuttle?** Send requests to Fran at [dereszyn@verizon.net](mailto:dereszyn@verizon.net)
- **What to pack for high desert:** Layers, heavy sweater, light jacket, comfortable walking shoes, and medications you need or may need. Leave hotel contact info with family.

## BOOK REVIEWS by Mary Gisch

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

***The Panther*** by Nelson De Mille, 2013, tells of John Corey, funny, wisecracking former New York Police Department Detective, now working with the Anti-Terrorist Task Force. His wife Kate (with the Federal Bureau of Investigation) is one of the partners, as well as some members of the Central Intelligence Agency. They are a small group sent to hostile Yemen to find the perpetrators of the USS Cole bombing, and especially, the mastermind, *The Panther*, a ruthless terrorist killer. It doesn't take long to realize they themselves are the bait! You can feel the sand and the raw hatred of the tribes for other tribes and for America. Even sensible sheiks are torn as they try to avoid militant terrorists and foreigners. They try to lead their people in the quiet ancient way. It keeps you guessing how and when they will come into contact with the elusive *Panther*. Unfortunately for John and Kate there is some unexpected political skullduggery! Fast paced with some humor...intriguing spy story!

***War Brides*** by Helen Bryan, 2007, begins when World War II brings London evacuees together, billeted in a local Sussex village. Alice, the village vicar's daughter, meets Evangeline from New Orleans; Elsie from

slums of London; Tanni, a Jewish refugee and her newborn; and Frances, an English debutante. A German collaborator is in their midst. One of the women becomes a spy trying to find him. They had nightly air raids, rationing, and loneliness, but they built lifelong friendships. Their backgrounds were far different, and yet all had similar needs. You feel you are there and you know them. Will they all come to the Victory in Europe (V-E) Day 50th Anniversary gathering in the village?

***Brooklyn*** by Colm Toibin, 2009, takes one back to the 1950s. Jobs were very scarce in Ireland. An Irish American priest from Brooklyn comes to visit the Lacey family. He knows of a boarding house, where several Irish girls live and he can help Eilis get a job. Eilis, urged by her older sister and mother, takes an ocean steamer to Brooklyn. Her adventures in adjusting and learning are charming. She meets Tony, a nice, handsome Italian boy, at a dance at the parish hall. However, her sister dies, and Eilis goes home to help her Mom. She meets an old flame who wants to be a current beau. Will she stay with him and help her Mother? Will she go back to Tony and the States? Delightful story!

***The Forgotten Garden*** by Kate Morton, 2009, is a generational tale starting in 1913 in Queensland, Australia. A four-year-old girl is abandoned on a dock after arriving on an ocean liner. She has but a small white suitcase and an extraordinary book of fairy tales. The dock master Hugh and his wife Lil try to find her parents but to no avail. The Lady told her she was not supposed to tell anyone her name. So Hugh and Lil called her Nell. When she reached the age of 21 they told Nell of the mystery of finding her. Shocked, she sets out to learn her identity. She eventually finds her way to Blackhurst Manor on the Cornish coast of England and the secrets of the Mountrachet Family. However, it is up to Cassandra, Nell's granddaughter, to take up the search and finally put the pieces of the mystery together. Beautiful story with well-developed characters and hard to put down! I met Kate Morton the Australian author! ☆

Mary Gisch  
Westchester, Illinois USA  
giscmary2@att.net

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

### Margaret Walsh Campbell recommended these books:

*Destiny of the Republic* by Candice Millard

*Line by Line* by Barbara Hacha

*The O'Briens* by Peter Behrens

*The Shoemaker's Wife* by Adriana Trigiani

*Music as Medicine* by Deforia Lane

### Sign up for the trip to Albuquerque, New Mexico!

- Ask a friend or relative to join you on the trip.
- Plan a getaway together.
- A sister and an Alum's mother attended past trips.

#### New Mexico

- The skies are bigger!
- The culture is diverse!
- It's always fun to be a tourist!
- Sometimes it's even more fun to be a tourist with the LLL Alums and the Founders!

### Reminders

- ***We Remember*** is a tradition that the LLL Alumnae Association initiated at the 2001 LLLI Conference. The list of deceased Leaders is online at [lllalumnae.org/We-Remember](http://lllalumnae.org/We-Remember) and you may submit names online or send the name, date of death, state or country, and obituary link to Fran at [dereszyn@verizon.net](mailto:dereszyn@verizon.net)
- **Keep up with *Continuum's* stories and news. Renew your membership by August 31, 2013** so you won't miss any issues. It's time to renew if LAST ISSUE is on the back page above your mailing address. You may renew for multiple years.
- **Moving or changing your address?** Send address and email changes to [suesteilen@comcast.net](mailto:suesteilen@comcast.net) for the current database. Thank you.

## Alum Tour and Lunch

When Alum member Sue Garcia offered to provide a guided tour of Christ Cathedral (formerly the Crystal Cathedral), we accepted the offer. As a docent for the Diocese of Orange, Sue conducts guided tours for the public. The church's magnificent architecture is easily seen from a distance, making it a well-known landmark. The sparkling spire of the iconic bell tower is 236 feet tall and reflects light in all directions. The soaring glass-paneled church, known originally as the Crystal Cathedral, was seen by millions around the world via televangelism ministry. In June 2012, the building was sold to the Diocese of Orange and given a new name, the Christ Cathedral, to become the new diocesan cathedral.



Sue noted that renovations would adapt it to its new use as a cathedral. Little deconstruction would be needed and the iconic personality of the original structure and design would be retained. When renovations are complete, it may be one of the largest cathedrals in the world. The church is known to have 10,000 windows and the third largest pipe organ in the world. Sue shared details of the architecture of the all-glass covered building and how it is cooled by fresh air flowing from the ground level through the windows that open and close thermostatically. During the cooler months, heat flows from underground pipes to regulate temperatures. Outside, various modern statues ranging in date from 1969 to 2003 decorate the grounds. The expansive gardens and sculptures, granite pulpit and altar, marble quarried from Spain, arboretum, gardens, chapel, reflective pond, interdenominational cemetery, meeting rooms, bell tower, and spire atrium were included in the tour. In addition, the group spent time perusing an

extensive photo gallery from the early days of 1955 when the original congregation began in a drive-in theatre. Periodically buildings were added until the church grew to its present size.

Sandy Patton remarked that although she could see the spire from a distance many times, she had never been on the grounds or inside. She loved learning about the history and architecture. Sandy felt that Sue's description of how the diocese would incorporate the buildings to the needs of the new cathedral and in a way respectful to the beauty of the original structures was interesting. Stacy Rosales said that her mother attended services at the church years ago and told stories of her experiences. A mother and adult son from Russia and two men from Great Britain joined our tour group. After the tour, the Alums, who did not have other family commitments, met at a nearby restaurant for lunch.

*Sharon Fairborn, So. California/Nevada Alumnae Representative  
Newport Beach, California USA  
jsjls2@yahoo.com*

On December 1, 2012, the Alums went for a morning tour of the new Christ Cathedral in Garden Grove. I had a commitment that morning for a meeting I was leading. So had to miss the tour. I didn't want to miss out on the fun of being together so I let the group know I would meet them at the restaurant for lunch after the tour. For me, there is often a little anxiety walking into a group of people who have already been together and some that I know and some that I don't know. But I knew I was joining a wonderful group of friends. So, I pushed through the anxiety and drove to the meeting location and walked in and there they were—that special group of ladies several of whom I have known for many years. Sandy



Sandy Patton, Tina Pulice, Mary Strack, Barbara Gillentine, Fran Dereszynski

Patton, Mary Strack, Sharon Fairborn, and I worked together to "certify" Leaders back in the late 1970s. Oh my! Could it really have been that long ago?

Mary commented that getting together is a way to give each other the mother-to-mother encouragement we need as mothers even though we all have adult children. She gave Sandy some old files and past issues of LLLI publications. There were several others there and they warmly welcomed me. We all had lunch together and a fun visit!

I encourage everyone to attend local Alumnae activities even if you can only come for a short while as it is always fun to be with friends who share the same basic beliefs about the importance of relationship, friends, family, children, and always...breastfeeding! The time went by so fast. The group talked and talked until about 4:30 p.m. when it began to get dark and we had to head back home. We look forward to the next time we can get together for lunch! ☆

*Barbara Gillentine  
Yorba Linda, California USA  
jhgillentine@earthlink.net*



Fran Dereszynski, Sue Garcia, Pat Purdy, Stacy Rosales, Sandy Patton, Sharon Fairborn, Tina Pulice, Rebecca Rosales

## How I Lost Weight without Dieting

Does life begin in your 80s? For me it seems to be the case. At age 82 I learned how to lose weight without dieting. I've been happily living on whole, plant-based foods for the past three years. I'm in good health, and my weight has come down to what it was in my teens. In attempting to share with my friends and relatives the information I've found, I composed *Veggie Verses*, which Debby\* the Healthy Librarian has retitled as *Ode to Living the Plant-based Life*. Pearls of those verses are included on this page.

It all began when my brother Donald gave me *The China Study* to read. He is now 84 and almost died of a heart attack when he was 70, but insertion of a stent saved his life. In *The China Study* by T. Colin Campbell, PhD, whom *The New York Times* labeled "The Einstein of Nutrition," Donald found the information he was looking for to avoid another heart attack and stent. Our parents each did die of a heart attack. Since 1990, I have had atrial fibrillation. I also wanted to lose weight. *The China Study* helped me on both counts. Dr. Campbell recommends a low protein, low-fat diet, which is easy to come by when eating whole, plant-based foods.

Generally speaking, I learned that excess calories from animal foods turn into fat whereas excess calories from plants are burned up in activity or heat.

My brother also recommended books by John McDougall, MD. Following the McDougall Program, I began this new way of eating by using the recipes and menus from his 12-day diet. Within a month I lost the ten pounds I'd been trying to lose for 35 years. After reading *How to Prevent and Reverse Heart Disease*, by Caldwell B. Esselstyn, Jr., MD, I learned that even olive oil is not "heart healthy," so I cut out all added oil and lost another 15 pounds.

My Body Mass Index (BMI) in total went from 26 to 19. Maintaining a healthy BMI helps keep blood pressure and cholesterol levels low. My clothes went from size 14 to 8 or 10. I used to have episodes of atrial fibrillation occurring two or three times a month. Now occurrences are two or three times a year. Friends tell me how great I look, and I feel good. My knees used to hurt on the stairs, but no more. Diet trumps exercise and when people comment on my good health, I say, "It's the food, Dude." My background in nutrition helped me to accept what I was reading, and to be

assured that I would have healthy amounts of protein and calcium.

In 1949, I graduated with a bachelor of arts degree in home economics from the University of Western Ontario. I then taught high school home economics, which included much nutritional advice I would never teach today. Other factors motivating me to eat whole, plant-based foods is the ill health in my and my parents' generation. Aunts suffered from obesity, cancer, rheumatoid arthritis, and diabetes. I keep well on my plate of plants: vegetables, beans/legumes, whole grains and fruits as well as herbs and spices, seeds, and a few nuts.

I look forward to continued good health, dare I say for another decade or so. Occasionally, I dream about having meetings in my living room for friends and relatives where we talk about eating Whole, Plant-based Foods. There is so much info on the net, however, that probably there is no need for such a group, but still... ☆

Margaret Bennet-Alder  
Toronto, Ontario Canada  
margaretbennetalders@gmail.com

### Margaret's Two Veggie Verses

Many a diet I've tried,  
to have less fat and more pride,  
but all to no avail,  
save for this holy grail.  
At age 85, I should be dead,  
like too many cousins and friends.  
Instead, I'm alive and don't ail,  
thanks to this holy grail.

Just eat the food:      Eat no meat, athlete,  
beans, greens,        nor milk and its ilk,  
oats, groats,        especially cheese,  
roots and fruits,     to prevent disease.  
potatoes, tomatoes,   For the uninitiated,  
berries and curries,   avoid the fractionated.  
onions and melons,   To achieve your goal,  
beets and wheat,      eat it whole.

### Resources

*Whole: Rethinking the Science of Nutrition* (2013) by T. Colin Campbell, PhD.

*The China Study Cookbook* (2013) by LeAnne Campbell, PhD.

*Forks Over Knives: The Cookbook* by Del Sroufe (book and DVD)

*The Happy Herbivore Cookbook* by Lindsay S. Nixon has meal plans and recipes.

*How to Prevent and Reverse Heart Disease* by Caldwell B. Esselstyn, Jr., MD.

*The Engine 2 Diet: The Texas Firefighter's 28-Day Save-Your-Life-Plan* by Rip Esselstyn, has recipes. Rip is the Esselstyns' son.

*The Starch Solution* by John McDougall, MD, has recipes. <http://happyhealthylonglife.typepad.com/> is the blog site by Debby\*, the Healthy

Librarian. Select "Aging" in the left column and the entry for November 10, 2012 to find what Debby wrote about Margaret: "It's the Food, Dude! Living the Blue Zone Life at Age 85. Meet My Role Model—The Plant-Based Poet. It's Never Too Late to Change!"

Vegsource.com (*There is enough knowledge to fill a college.*)

NutritionFacts.org (*Good Dr. Michael Greger will delay your trip to the morgue.*)

Dr. John McDougall's YouTube video *The Perils of Dairy* is at [www.youtube.com/watch?v=TJvrlwnEqbs](http://www.youtube.com/watch?v=TJvrlwnEqbs) (*It is awfully scary.*) ☆

# Everyone Told Us How Wonderful It Is to Be Grandparents

Anonymous from *Alumnae News* Vol. 10, No. 4, 1997, adapted for *Continuum* by Fran Dereszynski

My husband and I became grandparents with my grandson's arrival. It was the beginning of a new era in our lives and in the annals of our family. Before we left to meet the new baby, we took time to say special prayers for becoming a grandparent. We were so excited. Everyone told us how very special and wonderful it is to be a grandparent. Until he was born, I had no idea whether our daughter-in-law would nurse him or not. Two weeks prior to his birth, I hesitantly broached the subject and gave her a copy of *Working and Breastfeeding*. I was told she had not decided yet. It was clear that this was not a subject open for discussion. Imagine my delight to find her nursing the baby when we saw him at the hospital.

When our grandson was two months old, we did not feel as excited about being grandparents any more. Our disillusionment began when, at two days old, our grandson was circumcised without ceremony. As practicing Jews, it was important to us that he receive a ritual circumcision on the eighth day, as prescribed by our religion. We tried to accept the decision of our son and daughter-in-law. We did not express our disappointment.

A few weeks later, we discovered during a visit that our grandson was being totally bottlefed—a La Leche League Leader's nightmare! Years earlier when my husband and I were at Leader gatherings, we wondered what we would do if our grandchildren were formula fed. I knew my daughter-in-law, a physician, would go back to work when her baby was two months old. I consoled myself that when she worked three days a week, a nanny would be at the house instead of the baby going to a daycare center.

**How do I feel now that my grandchild is being bottlefed?** I feel devastated that my grandson is being deprived of his birthright and the best nutrition and nurturing that his mother can offer. I feel extremely disappointed in my son not insisting that his son be breastfed, especially since he watched me nurse his siblings, 10 and 14 years younger than he is. Both my husband and I feel very disrespected because our son and his wife have rejected the religious and parents' values that have been paramount in our

home. We feel as if we have terminal cases of biting of the tongue. I would like to believe that one of the other children would be sensitive to our feelings and understand the sorrow we feel. However, they all worship their brother and would defend his right to his decisions.

As an LLL Leader, I feel very frustrated. I have so much knowledge and practical experience that I can share with my son and his wife to help them make their lives easier. They seem to be making a big production out of many little things that the LLL parenting style would alleviate. It makes me sad that I cannot help my own children because they don't want to discuss child-rearing subjects at this time. I have turned to my friends in LLL for help, support, and most of all—empathy. Our goal as parents is to raise our children with both roots and wings. Sometimes when they spread their wings and take off, we are left hanging onto the roots. ☆

*Response to above article*

## **When Grandchildren Are Bottlefed**

*Alumnae News*, Vol. 11, No. 2, 1998

By Louise Cox, Connecticut

My heart goes out to the grandmother who so articulately and honestly shared her feelings of grief and loss that her grandson is not being breastfed. Her letter saddens me but I am so thankful she wrote it. As LLL Leaders, we raised our children as best we could. Now that they are adults, they are growing on their own—and we continue to grow as well. We are discovering there are still issues and challenges for us to face. How could one of our babies grow up and divorce her husband? Be a loving gay person? Have a child out of wedlock? Not breastfed?

I feel the role of a grandmother is most sacred—and perhaps even more challenging in some ways than raising our own children. This is why it comes *after* being mothers ourselves. We're not ready before that. We have had our chance at responsibility. Now we enter into the place where unconditional love and support are needed (without having to be directly responsible for meals, gym clothes, library books, after-school activities—in short, others' lives). Our next "lesson" to learn is how to really *let go*, yet be there. Elementary school was when we began to let go of our toddler's fingers. Remember how fragile we were with our young families—especially our firstborn? We grew with the

child, thankfully, and appreciated the belief (from those more experienced) in *our own* ability to do what was best for *our* child in *our* family dynamics. How much we needed the love and unconditional support from our own parents. How hard it was for those of us who didn't have those basic needs met.

When we judge someone, we "put him or her in jail." Then we have to "stand guard." It takes too much energy and doesn't work in the end anyway. I certainly remember the unproductive feeling of being judged by someone else. Our grandchildren need us to be there for them, to love them no-matter-what. We tried to do this with our own children, but it was hard because life's responsibilities got in the way. Our grandchildren need us to believe in their parents and feel we are behind them. As a third-grader once said, "Grandmas don't have to do anything except be there."

No, it's not easy to bite our tongues.

Certainly, we would raise our grandchildren our way, but they are not ours to raise. We do it differently because we are seasoned mothers now—and therefore different women. There is nothing to compare. How else can one learn and grow than through his or her own trial and error? Yes, our adult children, like us, will often fail and stumble along the way. It is part of life's precious learning process. Clearly, the daughter-in-law faces the challenge of wearing multiple hats—wife, new mother, and physician. A helpful gift for her might be *Women's Bodies, Women's Wisdom* by Christiane Northrup, MD. As an obstetrician and gynecologist, she writes about her growth as a physician and mother.

As grandparents, we still have such important roles. We are needed now as never before. One role involves guarding our adult children's souls and trusting their own inner wisdom. The wisdom that brought us to LLL years ago and was right for us is the same inner knowledge to choose what is best for them at this time. We all know this wisdom, whether it is to trust someone's tiny feet to stand or trust someone to choose the optimal way to parent, flourishes best in a supportive environment. It sounds like the daughter-in-law and son are really gifts in disguise to the former Leader to help her learn to suspend judgment and practice a special, very much needed love. I believe that her higher self would not want it any other way. ☆

## Acoma Sky City Near Albuquerque: If You Plan to Stay Longer or Come Early

If interested in visiting the Acoma Pueblo with other Alums who may want to make this sidetrip, contact Pam Oselka at [poselka1945@att.net](mailto:poselka1945@att.net)



A day spent at the Acoma ((pronounced “Ack-oo-mah”) Sky City Cultural Center is highly recommended by Mary Ann Kerwin who visited there on an earlier trip to New

Mexico. The Acoma Pueblo offers a window in time where Native people carry on the customary traditions of their ancestors through pottery-making and tribal celebrations. The only way to visit is by a tour given by Acoma guides from the Sky City Cultural Center. The pueblo is built atop a sheer-walled, 367-foot sandstone bluff above the 6,600-foot valley floor studded with sacred towering monoliths. Since it

was settled in 1150 A.D., it has earned the reputation as the oldest continuously inhabited community in North America. The mesa-top settlement is known worldwide for its unique art and rich culture. Located about 70 miles west of Albuquerque, the Sky City Cultural Center strives to preserve Acoma traditions while providing insight into the unique history of the Acoma Pueblo. Open year-round, the Cultural Center offers guided tours and cultural exhibits, as well as Acoma pottery and Native American crafts for sale by local artisans. Prices for tours vary from \$13 to \$23. For more information, go to <http://sccc.acomaskycity.org/overview> ☆

### Frequently Asked Questions About the Albuquerque Trip

**Q: Can you give me a snapshot of what Old Town Albuquerque is like?**

**A:** The hotel is located in the Old Town section of the city where a maze of cobbled courtyard walkways leads to hidden patios and gardens, where many of Old Town’s 150 galleries and shops are located. Adobe buildings, many refurbished in the pueblo revival style of the 1950s, are grouped around the tree-shaded plaza, created in 1780. Pueblo and Navajo artisans often display their pottery, blankets, and silver jewelry on the sidewalk lining the plaza.

**Q: What can I expect on the trolley ride in Albuquerque?**

**A:** The open-air trolley is a great way to get acquainted with the city as it takes the Alums to 11 sights in 66 minutes, starting in Old Town, heading up Route 66 to the Nob Hill shopping district, past the University of New Mexico, the historic Barelás neighborhood, and nearby areas.

**Q: What makes Albuquerque famous?**

**A:** Art in New Mexico is as pervasive as the sunsets and moonscapes that fill the spacious skies. It is as much a part of everyday life as the sight of a cloud

floating effortlessly across the brilliant blue horizon. Today, New Mexico is famous throughout the world for the multicultural expressions of its artists, weavers, jewelers, and potters. Together they create the powerful traditional and contemporary art that makes New Mexico unique.

**Q: I am undecided whether to register for Option 1 or Option 2 on Saturday. What advice can you share?**

**A: Option 1.** You will travel from Albuquerque’s 5,000 feet elevation to 7,000 feet in Santa Fe. Board the Rail Runner Express that will zip you through ancient pueblo land through stunning scenery during the 80-minute ride, cutting through some of North America’s oldest settlements with glimpses of the villages and churches. Learn about the city on the trolley tour. Explore the historic Palace of the Governors and the spiral staircase in the Loretto Chapel. Have lunch near the Plaza. Plus browsing and shopping! At the end of your visit, it’s time to soak in the panoramic views as the train chauffeurs you back. See also <http://www.santafe.org>

**A: Option 2.** Ride the Rio Line’s miniature train between Tingley Train Station, the ABQ Biological Park, and the Rio Grande Zoo—educational experiences encouraging environmental awareness. Conductors give an interpretive tour and answer questions as you ride. Browse with friends through areas that appeal to you: the Aquarium’s film tour; walk under the arched aquarium; Pacific Coral Reef exhibit; spectacular tank views while dining at the Shark Reef Cafe; view the marine habitats of the Gulf of Mexico and its ecosystems; seal, seal lion, and polar bear feeding times at the Zoo; first dragon-fly sanctuary pond in the U.S.; formal walled gardens representing countries of the world; Mediterranean and desert conservatories; water and plant exhibits; rose garden; and the Rio Grande Heritage Farm, a re-creation of the 1930s era farmstead with its kitchen garden, orchard, and animal barns; and more. See also [www.cabq.gov/biopark](http://www.cabq.gov/biopark) ☆

*Choose the one that fits your traveling style and interests. No doubt, you will enjoy joining the Alums on either option that day.*

### Guide to Albuquerque Trip Planning

- ✓ Save \$15. Register early. August 24 is the Early Bird deadline. Space is limited. September 24: last day to register online or by mail.
- ✓ Reserve your hotel room by October 1 for the discounted rate. The hotel breakfast voucher (\$14/day) can be requested at the time of check-in.
- ✓ Need another copy of the Registration Form to share with interested friends, go to [LLLalumnae.org/trip](http://LLLalumnae.org/trip)
- ✓ Donations to help cover the co-Founders’ trip expenses are appreciated on the Registration Form or online at [LLLalumnae.org/trip](http://LLLalumnae.org/trip)
- ✓ If you need a roommate or wish to share an airport shuttle, we will try to arrange a connection for you. Contact Fran at [dereszyn@verizon.net](mailto:dereszyn@verizon.net)
- ✓ The Variety Show must go on! Sing or dance? Bring an instrument to play? Comedy? Poetry reading—original or a favorite? Storytelling? Or surprise us! All talents welcome. Interested? Contact Joan Meyer at [Cjmeyer40@aol.com](mailto:Cjmeyer40@aol.com) or Pam Bridgmon at [pam.bridgmon@gmail.com](mailto:pam.bridgmon@gmail.com)
- ✓ Pack comfortable walking shoes, sunscreen, a hat, and sweater/jacket for high desert fall weather.
- ✓ Questions about itinerary or filling out the Registration Form, contact [Torgusjudy@yahoo](mailto:Torgusjudy@yahoo) or [dereszyn@verizon.net](mailto:dereszyn@verizon.net) ☆

# Peer Support Beyond the Breastfeeding Years

An article reprinted with permission from  
WABA's *Mother Support Task Force* (MSTF) E-newsletter, Volume 11, No. 1, April 2013

How far does the bond between breastfeeding mothers go? When I was breastfeeding my son, Jiva, beyond his first year, I needed support from other breastfeeding mothers. The meetings I attended were facilitated by experienced mothers, trained in the art of providing support and updated breastfeeding information when needed. This was in mid-1996 and the support group was La Leche League Paraguay.

Recently Jiva, now 17-years-old, received an offer to join the Teatro Colon Ballet Company in Buenos Aires, Argentina. I was worried about where to stay in Buenos Aires while searching for a suitable place for my son who will be in Argentina until December. An email to LLL Leaders in Argentina opened up possibilities—not only did an LLL Leader offer her home to us (my



daughter travelled with us) but would be “aunts” willing to be available if needed for Jiva while he is there. I also had the opportunity to participate in two La Leche League mother support groups in Buenos Aires. The experience filled my heart with an immense sense of well-being and love. The World Breastfeeding Week theme, *Breastfeeding Support: Close to Mothers*, came immediately to my mind.

The importance of peer support to mothers of breastfeeding babies is priceless. Not only do trained peer supporters provide women with scientific, updated breastfeeding information but also support by listening actively to mothers as they share their day-to-day experiences with their babies and their joys as they overcome their initial struggles. Society, in general and specifically mothers and mothers-to-be, need to have

easy access to peer support—before, during, and after the birth of their babies. We should strive to welcome every newborn into an environment that is supportive for birth and breastfeeding. I discovered breastfeeding peer support does not end with the breastfeeding experience. The bond of friendship that develops from similar experiences in caring for their babies from these peer support groups can hold unexpected and wonderful outcomes. The LLL Leaders in Paraguay provided support and information enabling me to breastfeed my son beyond his two years. It is comforting to know that in Buenos Aires, Argentina there are LLL Leaders, close by, who will be supportive and caring, for my son. ☆

*Pushpa Panadam, Co-Coordinator  
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(WABA) Mother Support Task Force  
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## Call Out for Breastfeeding Stories and Articles

We have received a request for articles for WABA's *Mother Support Task Force* (MSTF) E-newsletter. Volume 11, # 1, April 2013) is at [http://www.waba.org.my/pdf/mstfnl\\_v11n1\\_eng.pdf](http://www.waba.org.my/pdf/mstfnl_v11n1_eng.pdf) Read the entries from Alumnae members Barbara Parker and Judy Torgus in addition to articles by LLL Leaders and contributors from around the world. If you have breastfed your baby or are breastfeeding your baby or know of someone who is breastfeeding their baby, or you can share children's breastfeeding stories,

fathers' stories, quotes, and related breastfeeding experiences, please ask them to submit articles to the newsletter co-editors [pushpapanadam@yahoo.com](mailto:pushpapanadam@yahoo.com) and [beckyann1939@yahoo.com](mailto:beckyann1939@yahoo.com) If you are a grandmother, please send stories about supporting women in their role as breastfeeding mothers. You can also write about how you were supported by your grandparents or an older person. Thank you for spreading the word! ☆

## Breastfeeding: The Foundation for Healthy Weight

From the *Academy of Breastfeeding Medicine*, February 2013

As the USA marks Healthy Weight Week, it's worth remembering that healthy weight begins in infancy and is facilitated by breastfeeding. Studies show that mothers who do not breastfeed are more likely to retain the weight gained during pregnancy, and infants who are bottle-fed are more likely to become overweight or obese in later life. “As we struggle with a world-wide obesity epidemic, we need to protect every woman's right to breastfeed her child,” said Arthur Eidelman MD, president of the Academy of Breastfeeding Medicine. In the USA and around the world, a growing number of mothers initiate breastfeeding, but few are able to achieve

medical recommendations for six months of exclusive breastfeeding and continued breastfeeding through two years and beyond. For mothers, exclusive breastfeeding burns about 500 calories a day—the equivalent of an hour on a treadmill—and thus contributes to postpartum weight loss. Moreover, women who do not breastfeed are more likely to be overweight in later life, and are also more likely to develop diabetes, high blood pressure and heart disease. For children, breast milk contains multiple hormones that regulate appetite, and infants who are breastfed show better appetite regulation in childhood. These differences have consequences for child

health: children who are not breastfed are more likely to be overweight or obese, and face a higher risk of type 2 diabetes in later life than children who are breastfed. “The obstacles that breastfeeding women face worsen the obesity epidemic,” Eidelman said. Poor training for medical providers, disruptive maternity care practices, and aggressive marketing of formula all undermine maternal and infant health. “The data are clear: Obesity prevention begins with breastfeeding,” Eidelman said. “Policies that enable women to initiate and sustain breastfeeding must be a central part of the global obesity prevention agenda.” ☆



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**MEMBERSHIP FORM**

*Special request from Treasurer: Photocopy or submit this full page with your imprinted name when renewing by mail.*

Yes, I want to keep in touch, support the LLL Alumnae Association, and join for \$20/year.

- ◆ Join via credit card/PayPal at [lllalumnae.org/join](http://lllalumnae.org/join)
- ◆ Join by mail. Please submit this entire page that shows imprinted address to expedite processing.
- ◆ My current LLL status:  Active Leader  Former Leader  Current LLL Member  Former LLL Member
- ◆ I would like to share a skill/talent/interest with Alumnae: \_\_\_\_\_
- ◆ I am interested in writing an article for *Continuum*. Possible topic: \_\_\_\_\_

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