

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 27, No. 3

September - December 2014



Save the Date!
November 5-9, 2015 for the next Alum Trip to Charleston, South Carolina!
Stay tuned for details in the 2015 issue. . . .

Renew before 12/31/2014 to continue receiving *Continuum*.
Invite a friend to join.

Moving? Send changes to suesteilen@comcast.net
Thank you.

My Daughter, the LLL Leader

As a charter member of the "All the Women I Have Slept with Club" (created by Marian Tompson), Alum member Amy Shaw and I were roommates again at the Massachusetts/Rhode Island/Vermont Area Conference in mid-April. We were getting ready for the opening ceremony, catching up on family and La Leche League-related happenings. Amy's daughter-in-law in Chicago was pregnant with Amy's second grand child. My daughter Noreen was pregnant with my fourth grandchild. Our musings about grandparenting were wistful and heartfelt. Raised in the home of an LLL Leader and being a homebody by nature, Noreen's days with Eleanore (6), Liam (4), and Jonah (almost 2) are very full, and projects abound. Since they purchased our home four years ago and decided to undertake building an in-law addition, chaos has been completely normal. We all lived through the year long construction project, designed by us, without a storage container in the driveway—which I considered an exceptional feat with two households of furniture. A door separates our living spaces, and our daily lives are intertwined. Author Barbara Coloroso's words echo from hearing them at past LLL International Conferences: "Is it life-threatening, morally-threatening, and will it grow back?"

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Published September 9, 2014

Five years ago, when Noreen was approached to begin the Leader application process, no one was surprised. And since I hold the record for probably the longest application time (I wanted to get it "just right" or was I just learning as I went along?), it wasn't expected that Noreen would speed right through her application. Three children later, after attending many LLL Series Meetings and Area Conferences, living the philosophy, and promoting breastfeeding, she was no closer to leadership. That morning, I expressed my sadness to Amy that Noreen, now in her fourth pregnancy, hadn't formalized her commitment to "mothering through breastfeeding" which was central to our lives in the early days of being mothers years ago. Amy, former Coordinator of Leader Accreditation (CLA), understood and urged me to be patient.

Off we went to the conference kick-off. Noreen and her three children were there, as were other Group mothers and Leaders. It was a tad bittersweet to watch the lead-up to the candle lighting ceremony for new Leaders. But, I was thrilled to see many new Leaders as their names were read. Then CLA Darlene Utzinger asked me to join her during the ceremony. My heart stopped. As the knowledge of what was happening swept over me, I started gasping for breath, crying, and blubbering hysterically. And I don't cry in a pretty or dainty manner as the accompanying photo will attest. (continued on p. 3)



Ann and Krishyon Young, ACL

From the Mail Bag

The seasons are about to change. Chilly mornings remind me that fall is around the corner. Students return to school. Or perhaps a grandchild is back to a homeschool or a traditional classroom. I remember times when we moved our daughter and then our son into the college dorm—a milestone as they spread their wings. It was an adjustment to return to an empty nest. The occasional “care packages” and weekly phone calls helped maintain a connection until coming home for winter and spring breaks. I wish you all a fresh fall start.

Judy Gubala wrote that she appreciates Leader recognition pins available from the Alums. The Connecticut Area Coordinator of Leaders ordered pins for Leader Enrichment Day. Leaders appreciated the gesture. “It may spur some to stick longer with LLL.” **Charlene Burnett** is featured in a local television news segment, “Affordable Care Act may help more mothers in Kansas and Missouri” at <http://fox4kc.com/2014/07/15/aca-may-help-more-mothers-in-kansas-and-missouri-breastfeed/> Check it out! Way to go, Charlene!

Edna Kelly wrote, “*Continuum* arrived before we left for Colorado, so I had something to read while away. The iPad article really spoke to me. Tomorrow, my friend and I are going to the Apple® store for a free lesson. She received her iPad for Mother’s Day. I have had mine for a couple of years, but there is always something new to learn. Thank you.”

Sandy Patton wrote, “I was just re-reading the last issue. I enjoy connecting with everyone so much.”

With the holiday season coming soon, a gift membership is ideal or for a birthday, or “just because” to a former Leader or LLL friend. Renew/join by 12/31/2014 to be on the mailing list for 2015. Tribute memberships are another option. Complete the “Membership Form” on p. 12 and send to Membership Chair Sue Steilen. Use the “Donation Form” on p. 12 to donate to the Judy Torgus Memorial Event. Send to Patti Lewis. Donate, join, or renew online at lllalumnae.org

Take a few moments. Find a comfortable spot to read this issue. “Fall” into the book reviews, the LLL Breastfeeding Helpline-US news to be able to operate for an additional five months, Alum members’ stories, and memories of Alumnae Council Member Judy Torgus who passed away in July.

I love feedback from readers! What article reaches out to you? Do you have a story to share with readers? A topic to suggest? Send comments any time to dereszyn@verizon.net May the new year fill up your days with blessings, peace, joy and good health. ☺

Until next time,

Fran Continuum Editor

“Like” Us! The LLL Alumnae Association Facebook page is for current and former LLL Leaders, Alum members, and non-members to share experiences, reconnect with friends, and network. ♥“Like” us at <https://www.facebook.com/LLLAlumnaeAssociation> You’ll love the daily items about Alum news, announcements of new issues of *Leaven*, *New Beginnings*, and breastfeeding news!



Pins for Leader’s Years of Service

Prices start at \$6 per pin (plus postage) with reduced prices for bulk orders. Available: Basic Leader pin (without years) and 5, 10, 15, 20, 25, 30, 35, 40, 45, and 50-year pins. Questions about an order? Contact Susan Geil at: susan4868@gmail.com To view photos of pins or to place an order, go to lllalumnae.org/content/leader-recognition-pin

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

LLL Alumnae Council

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



Edna



Patti



Sue

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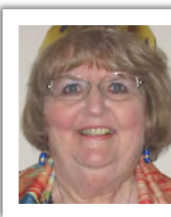
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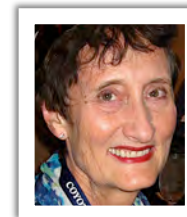
Member-at-Large/Trip Coordinator ----- Position Open

Online Communications Coordinator

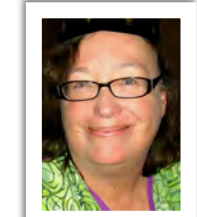
Gail Moak gmglesley@gmail.com



Fran



Pam



Gail

Continuum is published three times a year. Articles selected for publication are based on space available and may be edited for length, clarity, and adherence to LLL journalistic guidelines. © LLL 2014

My Daughter, the LLL Leader *(continued from p. 1)*

That day the torch was officially passed to Noreen as a new Leader in the family. Years ago we publicized upcoming meetings on hand-lettered posters and placed them in supermarkets. Since then, we have come a long way to today's technology using hand-held electronic devices to schedule meet-ups through Facebook. Mothers interested in breastfeeding are still being reached. There is another mother in this family with information and support to help a new mother, just as we were helped.



Noreen holds Jonah as she receives her new Leader pin from her mom. Smiles abound!

My sincere gratitude to Area Coordinator of Leaders Krishyon Young, Area Conference Supervisor Paula Manley, CLA Darlene, and my "Budsie" Amy Shaw who fulfilled my heart's desire for another Leader in our home. From happy nursing herself, Noreen is sharing the blessing of LLL in our family dynamic. How they managed to orchestrate the completion of Noreen's application process—without my suspicion—is a miracle. It was Christmas in April! 🌸

Ann White
Scituate, Massachusetts USA
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Krishyon Young, Jonah, Noreen,
Amy Shaw, Paula Manley, and Ann

Photos used with permission of Black Dog Pictures

Announcing Donations in Memory of Judy Torgus

The LLL Alumnae Association Council sadly announces that Judy Torgus passed away on July 3, 2014. The Council members discussed our desire to commemorate and honor her life in a special way. In 2011, Judy volunteered her time and talents as a Member-at-Large/Trip Coordinator on the Alumnae Council. We shared a special friendship with Judy, as many of you may have for so many years.

Judy joined LLL in 1959 and attended a meeting at Founder Mary White's home while pregnant with her first child. She began her LLL work by volunteering to answer letters from mothers who had breastfeeding questions. She used her writing and editing expertise as a volunteer for years before becoming an LLLI employee.

Judy became the editor of publications that related to all phases of breastfeeding. During her 30 years as an LLLI Staff Member, she mentored many staff members and Leaders in the art of writing for LLL, as well as editing dozens of LLLI publications including *The Womanly Art of Breastfeeding*, *The Breastfeeding Answer Book*, *Leaven*, and *New Beginnings*. She retired in 2007 as the Publications Director.

We would like to honor her 50 years as a La Leche League Leader, her dedication as a member of the LLLI Executive Board (1964), a former LLLI employee, and Director of LLLI Publications, her love of travel, and meticulous planning and organization of the 2013 Alumnae Trip to Albuquerque, New Mexico. We offer an opportunity to donate to the LLL Alumnae Association for a *Judy Torgus Memorial Event* during the 2015 Alumnae Trip, believing Judy would want us to celebrate her life. Share this with LLL friends and former LLL Leaders. This announcement is posted on the opening page at lllalumnae.org

- **To donate by mail**, see page 12.
- **Online**: go to <http://www.lllalumnae.org/donate> and select *Judy Torgus Memorial Event*, click and submit your contact/billing information. Credit card donations automatically go to Alumnae Treasurer. For questions about donations, contact Patti at pjbalances@bellsouth.net
- *Donors will be listed in the next issue of Continuum.* 🌸

LLL Alumnae Association Council
Edna Kelly (Coordinator), Fran Dereszynski, Patti Lewis,
Gail Moak, Pam Oselka, and Sue Steilen

The only people who think there's a time limit for grief have never lost a piece of their heart.

Take all the time you need.

—Michelle Steinke-Baumgard

The Long Arm of La Leche League

Continuum Article Sparks an Interview

Sonoma County's Native Breastfeeding Council



Mary Gisch

After Alumnae member Margaret Turano read *Continuum's* January-April 2014 article "Albuquerque Memories" about Albuquerque's Indian Pueblo Cultural Center, she emailed author Mary Gisch. Mary wrote that the tour guide "spoke about the early years for the Indians—the forced schooling, the uprooting of the children, and how things are for them now." An active LLL Leader since 1992, Margaret replied:

The circumstances that they experienced were very common among Native Americans throughout the United States. Needless to say breastfeeding rates plummeted during this time and thereafter remained extremely low with the loss of mother-to-mother support for breastfeeding. This had catastrophic impacts on the life-long health of the Native Americans in this country. The health disparities they continue to experience are tragic. Since 2002, I have been an LLLI Breastfeeding Peer Counselor Program Administrator (BPCPA). Four years ago, I was hired at a Women Infants and Children (WIC) agency at a Native American health center to develop and supervise a Breastfeeding Peer Counselor Program. Since there had been several generations who did not breastfeed, it has been a challenge.

Mary replied:

Margaret, I appreciate learning about the Native Breastfeeding Council at www.nativebreastfeedingcouncil.org. I love the logo! I think your story should be in *Continuum* so readers can learn of the wonderful work you do. It is so sad that breastfeeding was taken away! It is great to know that you are making an impact for the babies. I am so glad I wrote what I did about the Pueblo Cultural Center visit. It is indeed exciting! Think about writing an article.

Next, Mary volunteered to interview Margaret about her work in the Breastfeeding Peer Counselor Program as a follow-up. She felt readers would be interested in what Margaret does.

During the following weeks, they exchanged emails and fine-tuned the following article.

March 2014 Interview with Margaret

References to Albuquerque's Indian Pueblo Cultural Center and the early years for the Indian children sparked the idea for Margaret to share how breastfeeding has fared with Native Americans. I asked Margaret if I could interview her. She was happy to work on it for *Continuum*.



Margaret Turano

Mary: Where did you become an LLL Leader?

Margaret: I became an LLL Leader when I lived in Davis, California, known as the home of *The DARLING Study* (Davis Area Research on Lactation in Infant and Nutrition and Growth).¹ The study compared two groups of infants—one breastfed for a year, and another that was largely formula fed. The study became the basis for the new infant growth charts that was eventually published later.

Davis has been a city where essentially everyone breastfed, so it was easy to do when I had my children. I was successful because I had few barriers. Although I thought about retiring from LLL leadership when I moved to rural Mendocino County, north of the San Francisco area, I spoke with a mother in the community and found that mothers could find supportive breastfeeding help from Women Infants and Children (WIC) only if they fulfilled WIC's low-income status requirements. Otherwise, they were not eligible for WIC's breastfeeding assistance. Because there was a big need, I did not retire. Instead I launched an LLL Group, LLL of Ukiah, and became a co-founder for the Mendocino County Breastfeeding Coalition. Since 2002, I have been an LLLI Breastfeeding Peer Counselor Program Administrator.

Mary: How did you begin working with the Native American mothers?

Margaret: In 2009, I became an International Board Certified Lactation Consultant (IBCLC) and moved to Sonoma County. I was hired by a WIC agency at a Native American health center to develop and supervise a Breastfeeding Peer Counselor Program. Since several generations did not breastfeed, it has been a challenge. The circumstances that the Pueblo Indians experienced are very common among Native Americans throughout the United States. Needless to say breastfeeding rates plummeted during this time and thereafter remained extremely low with the loss of mother-to-mother breastfeeding support.

Mary: It sounds like the WIC staff members encouraged you. Have you had any success?

Margaret: I am excited to say we implemented a fantastic peer counselor program, which has included four Native American mothers who work diligently to encourage their peers to breastfeed. Their love of breastfeeding is contagious. These women are compassionate and hard-working. They make a big difference in the breastfeeding culture at our agency. As LLL Leaders know, mother-to-mother support is very effective. Our breastfeeding initiation, exclusivity, and duration rates are increasing!

Mary: How does the program work? What else has come about?

Margaret: One goal was to encourage peer counselors to become IBCLCs.* However, the International Board of Lactation Consultant Examiners (IBLCE) recently added more "scientific education hours" to the eligibility criteria required for those sitting the exam. This increased preparation time.

(continued on p. 5)

¹ Dewey KG, et al. Growth of breast-fed and formula fed infants from 0-18 months: the DARLING study. *Pediatrics*. 1992; 89(6): 1035.

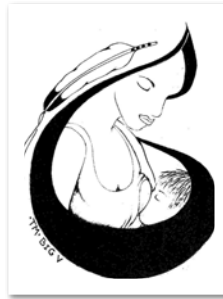
Sonoma County's Native Breastfeeding Council *(continued from p. 4)*

We do not go to the reservations associated with our clinic. Getting to the reservations involves roughly two hours' travel and there are some concerns for the peer counselors' safety. We work one-to-one in the WIC office and by cell phone contact. The mothers love to use text messaging with the peer counselors. There have been many people working together to impact the Native American community to bring about the return of the tradition of breastfeeding. We are part of the Native Breastfeeding Council, which hosts Family Fun Nights and Wellness Walks, to educate and celebrate breastfeeding. It is very exciting to have been able to work with this community. For a sample of the printed resources, a puppet show, and a movie written by our members, go to www.nativebreastfeedingcouncil.org

Mary: I looked at the Native Breastfeeding Council (NBC) website and it is terrific! I urge everyone to visit the site. How do you see it reaching out to others?

Margaret: In 2009, a registered nurse performed a needs assessment for her Master's Degree in Public Health Nursing, and saw the extremely low rates of breastfeeding in the population. Staff members from various departments and the community formed the NBC to address the problem. NBC

members advocate locally at our clinic, in our county, at the state level, national and even international. The website came from a grant from the Indian Health Services. It is a great way to disseminate handouts anywhere.



Native Breastfeeding Council Logo

Mary: May we use the beautiful logo of NBC for this article? Would donations be welcomed?

Margaret: Yes, you may use the logo. A father, one of the community members, created it. Donations are welcome at Native Breastfeeding Council, c/o Sonoma County Indian Health Project, 144 Stony Point Road, Santa Rosa, CA 95401.

Thank you, Margaret, for all the wonderful work you do and for this interesting interview! ☺

Mary Gisch
Westchester, Illinois USA
giscmary2@att.net

*** Editorial Note:** The partnership of the LLLI Peer Counselor Program and WIC was primarily geared to women dealing with socio-economic, cultural, or educational barriers. As time went on, some Peer Counselors may have decided to become IBCLCs.

Fifty Amazing Years! Our Story

By Yvonne Foreman, from *Kaleidoscope*, July 2014, LLL New Zealand's Journal for Former LLLers
Excerpt reprinted with permission and adapted for *Continuum* by Fran Dereszynski

La Leche League. Many of us believed we had left LLL behind and moved on to new ventures. But do we ever really leave it behind? The La Leche League New Zealand Reunion being planned for October 2014 says otherwise. The LLLNZ Alumnae comprises women, mothers and grandmothers, who valued their time with La Leche League and remain keen to offer support to the organization and the mothers and babies it serves. Over these last 50 years literally thousands of New Zealand women have been involved with La Leche League at some level. It may be a new mother seeking breastfeeding help or, at the other end of the continuum, an experienced League member taking on responsibilities for the organization itself. It's been fascinating to discover how many women are still deeply involved with La Leche League years after their own childbearing years are behind them. Others bring values and philosophy learned at LLL to their workplaces and organizations within the broader community. Their influence is immeasurable and ongoing. Because of that, the Alumnae will organize a one-day Reunion being held in conjunction with the LLLNZ 50th Anniversary Conference at Waipuna Hotel. An exciting program has been tailored to the needs and interests of former and long-term League members.

A strong attendance is anticipated at this significant event with delegates returning from overseas to take part. For more information, go to <http://www.lalecheleague.org.nz/news-events/lllnz-conference-2014>

This message was included in Kaleidoscope.

The LLL Alumnae Association and LLLNZ Alumnae Association are sister organizations. We happily share news and often reprint each other's stories. Fran Dereszynski edits *Continuum*, the LLL Alumnae newsletter. Although she and I have never met, we correspond often and have talked on the telephone. Fran is always warm and helpful and a true colleague in La Leche League. It is yet another example of La Leche League's global reach.



Fran writes: "Congratulations to LLLNZ on your 50th Anniversary! Thank you to all the dedicated LLL Leaders for your volunteer time to serve LLL's mission.

Your compassion, encouragement, support, and knowledge enrich the lives of countless mothers and babies as they come to realize that breastfeeding is an integral part of mothering." ☺

Passionate Journey: Great Gift for a New Leader or LLL Friend

Marian Tompson's autobiography, *Passionate Journey* is now available online at <http://store.llli.org/public/profile/897>

"What does it take to change established childbirth practices, hospital procedures, infant nutrition standards, and cultural norms that work against the best interests of mothers and their babies? It takes a woman who is passionate about all of these things, and who unknowingly took the first steps of a journey that would ultimately lead to the founding of La Leche League International and a life devoted to speaking up and speaking out for mothers and babies around the world. That woman is Marian Tompson, whose passion for insisting on the childbirth and breastfeeding options that nurtured and nourished the breastfeeding couple become her life's work."



Joyce Kashe, Judy, LLL Founder
Edwina Froehlich, and Sally Murphy,
at Wisconsin Retreat, Fall 2008



Judy ready for dinner
Alaska Cruise, July 2011



Rebecca Magalhaes, Judy, and
Kathie (Judy's sister) at High Tea
Alaska Cruise, July 2011

Photos by Rebecca Magalhaes

We Remember Judy Torgus

Memories from Judy's friends, collected from July 2014 Facebook messages and emails,
published with permission, and adapted by Fran Dereszynski for *Continuum*

Judy's support for the publication of my book, *Defining Your Own Success: Breastfeeding after Breast Reduction Surgery*, was the big break that made everything else in my career possible. She was a superb editor. I owe her so much.
—**Diana West, BA, IBCLC, New Jersey USA, LLLI Director of Media Relations**

Judy taught me so many things. How to spell foreword, "a word that comes before." That you always ask, politely, "And how's the baby nursing?" And that you rush to help a new mother who is struggling. Proud to have known her. Proud to have worked, laughed, and gossiped with her.
—**Gwen Gotsch, Illinois USA, author of *Breastfeeding Pure and Simple*, retired LLL Leader**

Judy gave so much heart to LLL over those years! She was a gifted and dedicated mother who was nursing her toddler when we met. So natural and quick to respond to that busy little guy. She always took a moment aside to help us out with answers to our questions. May all of us whose lives she touched be comforted by memories of her and all of her many accomplishments which continue to bring goodness to mothers around the world.
—**Jody Nathanson, Southern California USA, active LLL Leader 52 years, former LLLI Board Member**

Last October, we had a terrific time with Judy in Albuquerque. I remember in 2006 that she and I rode the bus round and round in San Antonio, just so we could keep talking!
—**Sandy Patton, Southern California USA, active LLL Leader 41 years**

I think of Judy as full of life and concerned about others. She so enjoyed working with the LLL Alumnae Association and was looking forward to the next gathering in 2015. I miss her very much.
—**Mary Gisch, Illinois USA, former LLLI Director of Leader Applicant Department, retired LLL Leader, Book Review Contributor for *Continuum***

My heart is heavy yet so full of LLLove and respect and thankfulness for knowing and working with Judy for so many years on staff at the LLLI Office. I will always see her in LLLI publications on my shelves.
—**Betty Crase, Southern California USA, active LLL Leader 37 years, former Director of LLLI Center for Breastfeeding Information (CBI) and current LLLI Professional Advisory Board Communications Facilitator**

I was privileged to have Judy as my boss and mentor. Even more so, I'm blessed that I came to know such a fiercely strong, brave, and compassionate woman. Rest in peace, Judy.
—**Michaelene Gerster Trocola, Illinois USA, Editor for LLLI Publications, 2001-2009**

When I worked with Judy on the *New Beginnings* team, she was a very valued and inspirational member of the editorial review board. I remember great email discussions on the value of the Oxford comma.
—**Barbara Higham, Great Britain, United Kingdom, active LLL Leader for 10 years, Managing Editor for *Breastfeeding Today***

I am very grateful I was able to reconnect with Judy on the Albuquerque trip. I think one memory I will cherish is when, along with Alumnae Council members, we stuffed the attendees' bags on the big table in the Alumnae hospitality suite. It was like old times at the LLLI Office in Franklin Park, Illinois. I appreciate I was able to be there with Judy that day.
—**Randee (Romano) Kaitcer, Texas USA, former LLLI Board Member, retired LLL Leader,**

I really came to know Judy at my first LLLI Conference in 1981. The evening of the banquet, we stayed up all night talking and saw the sunrise. At the time, I was a paid staff member on the Program Committee and I took minutes at LLLI Board meetings. Judy and I have been friends for over 33 years. I am so glad Judy was able to make the Albuquerque trip. I am sure we all agree this was one of the great highlights of her life.
—**Joyce Kashe, Illinois USA**

(continued on p. 7)

We Remember Judy Torgus (continued from p. 6)

I worked with Judy when she chaired the 50th LLLI Anniversary Committee and planned two major events—the Anniversary Picnic and the Gala Anniversary Dinner. Judy was intelligent, creative, patient, considerate, compassionate and passionate, dedicated, hard-working, and, most of all, a wonderful friend. I learned so much from working with her at the LLLI Office. I enjoyed our Alaska cruise, our trips to Acapulco, Mexico, and our times visiting friends in South Bend, Indiana. Judy was always up for trying something new—like swimming with the dolphins in Acapulco. I will miss her stories and her company. Mostly, I was very privileged to be her friend. I thank Judy for giving me many wonderful memories. She will be missed by so many people—family, friends, colleagues, neighbors, and all those who knew her and loved her. Judy would have loved that the priest at her funeral asked LLL friends to be her honor guard.

She had so many friends in LLL and was loved by so many. Pam Oselka, LLL Alumnae Council member, represented the LLL Alumnae Association at her funeral in River Grove, Illinois. Pam reported, "Before the service the priest asked if LLL women would like to follow the casket and family into the church as an 'honor guard' for Judy. He also spoke of LLL during his message." LLL co-Founder Marian Tompson commented, "It was thrilling to be able to honor Judy in this way. Some of those in the LLL group had to leave after the service. Those who remained went to lunch together to share memories of Judy." —**Rebecca Magalhaes, Illinois USA, active Leader 37 years, former Director LLLI External Relations**

Judy was not only a dear friend and colleague but she gave mothers and babies what they needed and knew how to do it. She did so many things for millions of mothers in this world. — **Carol Kolar, Indiana, USA, active Leader for 46 years; member of the Editorial Review Board for *Leaven*, *New Beginnings*, and *Breastfeeding Today*; Area Professional Liaison for LLL of Indiana; volunteer for calls on the LLLI 800-line.**

I'd like to share how much I admired Judy. She probably had no idea what an influence she had on me (and many others) as a writer and editor. I spent over a decade writing to a style guide she wrote, learning how and why she made decisions (including ones I disagreed with—but I still learned from), and seeing what a sensitive developmental editor can do to enhance, but not drown out, the writing of inexperienced authors. Her life was an inspiration to many generations of mothers at home. They learned you CAN have a fulfilling career and be with their babies. And she was a great example of someone who had as much fun as possible after working many productive years. She lived a very good life, and while I know her family and friends will miss her



Fran Dereszynski with Judy at the LLLI Office, August 2006

very much, they all have many good memories of her sharp wit, her enthusiasm, and her courage to stick up for her beliefs. One of my favorite memories is when a bunch of people in the organization we both worked for went to Mexico for a meeting. We took a break to shop at the little village plaza. We broke into groups, each with one person who at least spoke some Spanish. Judy was in my group. I was buying handmade linens and things I thought I could pack. Judy bought a rather substantial lamp. We all wondered how she would bring it home. By gosh, she took it as her carry-on item, and lugged it back home to Chicago O'Hare airport. One determined lady. —**Sue Ann Kendall, Texas USA, retired LLL Leader, former Director of Internet Services at LLLI Office**

My first memory of Judy was at the LLLI Conference during Faye Young's 35th Anniversary Show. I stood next to Judy in the "chorus line." She was one of the "kids" in the skit of a mock LLL meeting. Wearing shorty pajamas, Judy disrupted the meeting and demanded candy and sugary sweets! She was very believable. At first I had trouble

reconciling *this* Judy with the sometimes stern, professional Judy I met at the LLLI Office. I remember Judy as [the face of] "LLL Publications!" How many brochures, books, and information sheets passed through her hands, in how many different languages! I also remember hearing how she blossomed and enjoyed the last years of her life. That's a good memory. —**Welda Hoerz, Munich, Germany; founding member of LLL Deutschland (German-speaking Germany), former Co-Chair of LLL Europe, former LLLI Board Member**

Judy was an incredible woman, known and loved by so many LLL people who knew her. She will be deeply missed. I first met Judy in 1974 when I came to the United States to attend the LLLI Convention in Chicago that year. I still have a photo of our lunch at the Hyatt Hotel, taken when the Founding mothers invited us. The last time we met was in 2004 when she and Sally Murphy came to New Zealand for the LLL 40th Anniversary celebration. How devastating that both Sally and Judy are now gone. Strangely, I have some photos of that dinner as well. Judy has



been the most stalwart of La Leche League women and has always been a huge support to the LLL Founders and the LLL Leaders, including Ruth Ann Selvey who was the first Director of the "Around the World" division in the early days. I think I am right in saying that her husband fashioned the first silver logo pendants (in photo) in the '60s. I still wear mine often. My sincerest condolences to the LLL Alumnae, in particular. We grieve for your loss. —**Yvonne Foreman, Editor of *Kaleidoscope*, New Zealand's Journal for Former LLLers and LLL New Zealand Alumnae Association Coordinator** (continued on p. 8)

We Remember Judy Torgus *(continued from p.7)*

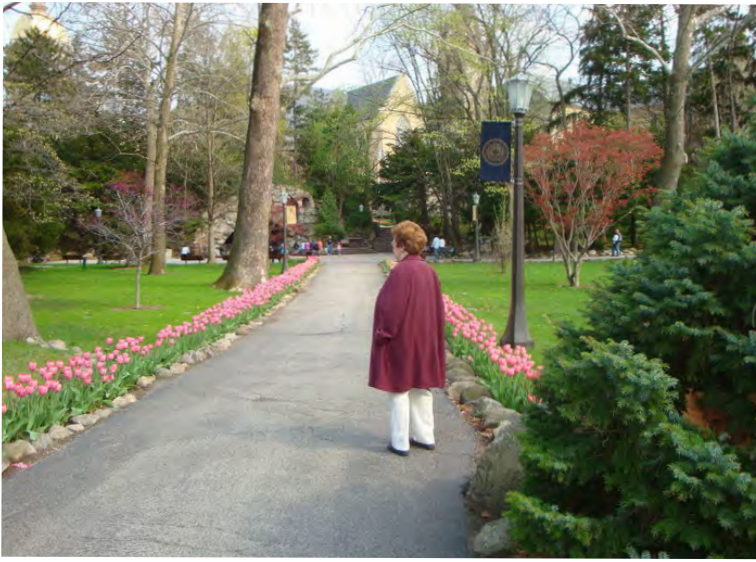
Judy is a legend! I'll never forget one year when Judy, Kim Cavaliero, and I were in downtown Chicago. We heard that the candy convention was at the Navy Pier and decided to check it out. We walked up to the door of the [exhibit] hall. While Kim and I were trying to decide how to get through security, Judy walked past the two [security] guards, turned around, and gave us a shout out [to follow her]. Because of her, the guards never gave us a second look. I never looked at her the same again. Because of Judy, we ended up going again every year. —**Chris (Barber) Jeunette, Baltimore, Maryland USA, former LLLI Research Librarian in the Education Department**

Judy entered my life in 1980 when I was the Area Coordinator of Leaders for LLL of Nebraska. She became and remained a mentor, role model, and friend. I saw her stand her philosophical ground against very difficult odds; felt her frustration in difficult times. But it is her kindness, laughter and wisdom that will remain with me. She was a strong, ethical woman who knew how—and wasn't afraid to—love. —**Carole Wrede, Nebraska USA, former ACL, US Western Division ALL Administrator, LLLI Board Member, and Leaven Managing Editor**

Judy impacted my life during the 23 years we knew each other. She saw potential in me as a young writer and editor. and gave me my first professional job when I finished college. Everyone should be so lucky to have a *Judy* in their life.

I always trusted her. She always had our backs, as a manager. She was my mentor and friend. I learned so much from her. Judy was so wise, never held anyone back, and always pushed each of us to be better. I am so good at what I do today because of the foundation Judy gave me. But more than a boss, she was my friend.

We traveled together for work over the years. We shared fun times and many margaritas. I'll always remember boogie boarding in Hilton Head Island, South Carolina, sneaking off to shoot bows and arrows in Nottingham, England, and enjoying the wonder of the candy shows in Chicago, Illinois. I will deeply miss her. Love you, Chief! —**Kim Cavaliero, Illinois USA, former LLLI Public Relations Director** ~



At Notre Dame University, South Bend, Indiana USA, Judy strolls down the tulip-lined pathway toward the Grotto of Our Lady of Lourdes, one-seventh the size of the famed French shrine. April 2010
Photo by Rebecca Magalhaes

*"The Alumnae Association is very special to me because it keeps all of us in touch with a great group of friends who share a common bond. We can all be proud of the work we did together over the years and the hundreds of thousands of babies who were breastfed because of our dedication and love."
—Judy Torgus, 2011*



Closing Thoughts

In Judy's early years of LLL leadership, her passion for supporting mothers and babies was ongoing as she answered mothers' phone calls, led meetings, and replied to letters, followed by editing and publishing LLL books and materials that reached mothers around the world. She became a natural mentor to me as well as the next generation of authors and writers.

Judy valued time with her family and grandchildren. She loved to travel. Often she drove friends when it was time to get together for lunch, dinner, or a theatre production.

Thanks to today's social media, collecting these memories from Judy's friends, co-workers, and sister Leaders has been a labor love for me.

"Don't give up!" "Believe in yourself." "You can do it!" "You will know exactly what to do." Whether you knew Judy personally or came to know her through these memories, I truly feel that Judy's gift of love and encouragement will remain with us for years to come. ~

Fran Dereszynski, Continuum Editor

BOOK REVIEWS

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

The Dark Wind, 1982, by Tony Hillerman is a puzzling mystery set in present day Arizona. Navaho Tribal Police Sergeant Jim Chee is assigned to find who sabotaged a windmill in disputed land between the Navaho and the Hopi Tribes. However, he becomes involved with a mysterious airplane crash in the desert. Chee is skilled in detective work but also in the shaman way of thinking. Hopi Police Officer Deputy "Cowboy" Dashee is willing to work with Chee, despite the lack of total understanding between their different tribal ways. *Thank you to LLL Alumnae member Diane Kramer for suggesting this enlightening story.*

In My Hands: Memories of a Holocaust Rescuer, 1999, by Irene Gut Opdyke is an autobiography which shows the courage, ingenuity, and power that one person can have. Irene, a student nurse, was 17 when the Nazis marched into Poland. As a prisoner she was put to work saving German soldiers' lives. Pretty Irene caught the eye of a

German officer, who had her take care of his villa. She saw the opportunity to shelter Jews in the basement of his villa. He never knew she had over 20 people living downstairs! From a rescuer's point of view we see a different perspective of World War II. *Thank you to LLL Alumnae member Patty Spanjer for suggesting this startling story.*

The Orphan Train, 2013, by Christina Baker Kline begins in 2011 when teenage Molly is once again about to be moved to a new foster care home. However, she is given another chance to prove herself by cleaning the attic for 91-year-old Vivian whose immigrant family died in a tenement fire. Molly learns Vivian was sent on an orphan train going from New York to the West. A Minnesota couple did not like her Irish name, Niamh, so they changed it. Her experiences were harrowing. No one checked on how the children were treated! Molly and Vivian journeyed through boxes of memorabilia. Story within a story!

Fall of Giants, 2010, by Ken Follett, is Book One in *The Century Trilogy*. It tells of the lives of five families from Wales, England, Germany, Russia, and the United States. They touch each others' lives during the Russian Revolution, the women's suffrage movement, the London Blitz, and Woodrow Wilson's White House in World War I. Each of these peoples' lives—whether Lords, miners, spies, soldiers, pilots, or saboteurs—give us a viewpoint from which we see World War I. Follett's beautifully written historical novel is hard to put down! Book Two is *Winter of the World*, 2012, and Book Three is *Edge of Eternity*, 2014. Want a good winter read...here it is! ~

Mary Gisch
Westchester, Illinois USA
giscmary2@att.net



Sweet Sleep: Nighttime and Naptime Strategies for the Breastfeeding Family by Diane Wiessinger, Diana West, Linda J. Smith, and Teresa Pitman was released at the July 2014 International Lactation Consultant Association Annual Conference in Phoenix, Arizona, USA. It is the first and most complete book for making sane and safe decisions on how and where a breastfeeding family sleeps, backed by the latest research. The heart of the book is "Safe Sleep Seven," seven criteria that create a level of safety for bedsharing. Order online at Illi.org

Holiday Gift Idea! LLLI's Newest Book!

Recent Tribute Memberships

Tribute Membership (see p. 12) offers the opportunity for a member to connect in a special way with other Alumnae members, colleagues, or cherished friends.
7/2/2014 **Edna Meeks**, Houston, Texas USA, two-year tribute to Edna Kelly, Houston, Texas USA. "Still an amazing Leader."
8/4/2014 **Judith Elder**, Bloomfield Hills, Michigan USA, one year tribute in "memory of Judy Torgus."

8/7/2014 **Sue Ann Kendall**, Austin, Texas USA, one year tribute to Nancy Blake Franklin, San Antonio, Texas USA. "Thanks for supporting me in so many ways, persistently."
8/22/2014 **Linda Parry**, Matthews, North Carolina USA, one year tribute to Laura Goodwin Wright, Hattiesburg, Mississippi USA, "Thank you for her dedication as Director of the LLL Breastfeeding Helpline-US."
Thank you for these tributes to special friends. ~

How You Can Help the Alums Keep the We Remember List Up-to-Date

Have you read a local obituary mentioning that the deceased was a former LLL Leader? Has a friend or family member sent an obituary link for a deceased Leader who used to live in your Area or anywhere in the world? Have you wondered where to send deceased Leader information for the *We Remember* list?

We Remember is a tradition that the LLL Alumnae Association initiated at the 2001 LLLI Conference. To view the *We Remember* list, go to <http://lllalumnae.org/We-Remember> **You may submit names from past years or a current year.** If you or a friend or relative finds an obituary mentioning that the deceased was an LLL Leader:

1. Contact Fran Dereszynski at dereszyn@verizon.net and include the obituary link, name, date of death, state/country. Fran adds the names to the *We Remember* list.
2. Submit the name and information online at <http://lllalumnae.org/node/add/we-remember> so Fran receives the message. If you don't recall where you read what to do, the website is a sure way to start. Click "We Remember" at the top of the home page. Then click "send us the information" and Fran will add the name to the list. Thank you. ~

The Heart of the Matter

by Lisa Manning, LLL New Zealand

This article was submitted for publication in Continuum with thanks to Holly Stevens, Development Director at LLLI. Lisa Manning is a former television reporter, presenter, and executive producer with 15 years experience in television. She trained at the British Broadcasting Corporation (BBC) and won several awards in current affairs for Television New Zealand (TVNZ). She is also an LLL Leader and Administrator of Publications for LLL New Zealand (LLLNZ). She resides in the Waikato, New Zealand with her husband, John Rhys-Davies (distinguished British actor) and their daughter, Maia.



Founders **Marian Tompson** and **Mary Ann Kerwin** interviewed by Lisa, John, and Maia at Wilder Mansion about the importance of breastfeeding and how they were helped by La Leche League.

Filming took place in several locations: at DePaul University where the LLLI archives are now kept; at the LLLI Office; and in the Wilder Mansion at Wilder Park, Elmhurst, Illinois, where the idea of La Leche League originated.

LLLNZ's video will be released together with a commemorative book in October at the NZ Conference. LLLI's video will be released in 2016. Pictures courtesy of Aaron Viramontes of HMS Media. June 16-18, 2014

Finding La Leche League back in 2006 was, for me, quite literally life changing. It impacted on every aspect of my life: my parenting, my relationships, and my values. The people I met spoke to my heart and, as I have said many, many times, it was just so good to be with like minds and to feel at home.

In recent weeks I have had much cause to ponder this impact, to wonder why this organization has profoundly affected so

many of us and why so many Leaders stick around long after our children have weaned. I think I have found the answer. I believe it lies in the very women whose foresight brought us this far: the Founders.

As a naturally curious person (and yes probably because once a journalist always a journalist) I had long wondered what these women were like. I had read some key books (*The LLLove Story, The Revolutionaries Wore Pearls, and Seven Voices, One Dream*) and I had looked very, very closely at the photographs of Mary White, Marian Tompson, Mary Ann Cahill, Viola Lennon, Betty Wagner, Edwina Froehlich, and Mary Ann Kerwin. I felt like I knew them and, when I began corresponding with the remaining Founders to arrange filming of two tribute DVDs for La Leche League International (LLLI) and LLL New Zealand (LLLNZ), I thought I might burst with excitement at the prospect of actually meeting them face-to-face. I even dreamt about them, their faces sometimes young, sometimes with the smiles of many years experience.

My husband John, daughter Maia, and I arrived at our hotel just around the corner from the LLLI office in Schaumburg, Illinois. The next morning I went out to the breakfast room to find Mary Ann Kerwin who was staying in the same hotel. She was not there. So I walked back to my room, opened a linking door and walked straight towards a small, smiling

woman who greeted me with open arms saying "Lisa, is it you?" Dressed in black trousers and wearing a bright blue short jacket, Mary Ann greeted me warmly with a hug and I felt like I *did* know her. Here was one of the Founders of LLLI saying how lovely it was to meet *me*.

And that's the key. The Founders are *genuine*. The dream they had was real. They have walked the talk and practiced what they preached. They are the epitome of what we stand for. Of course it doesn't make them saints; they are as normal as any one of us. But they are good, kind, wise women who showed us the way, who fought for years to convince the establishment what they themselves already instinctively knew; that breast milk is all a baby needs for the first six months of life.

It's thanks to them that we have come to know and understand that it's ok to keep your baby close, that you don't have to leave her to cry, that your baby's wants are your baby's needs. And, despite accusations of starving their babies, these "radicals" held true to what they believed in. They never doubted for one minute that what they were encouraging was best for babies and their mothers. Perhaps that is what I admire about them so much; they never gave up, they persevered and lived lives, which have made such a difference to this world.

I am so very, very blessed to have met three of the remaining Founders [Marian Tompson, Mary Ann Kerwin, and Mary Ann Cahill]. Sadly Mary White was too ill to take part in our interviews. Today as I sit at my desk in Waikato, New Zealand and reflect on my trip half a world away, I know a little bit of what drove these women is inside every one of us. What a unifying thought that is. It was a real privilege to spend time in their company; to hear stories old and new, to begin to understand what drove them, and why they are still involved in the organization today. ☺



Save the Date! November 5-9, 2015: Next Alum Trip to Historic Charleston, South Carolina

Join us in Charleston, voted the top U.S. City in the Conde Nast Traveler Readers' Choice Awards for three consecutive years.

- Visit this peninsula city for a journey back in time.
- Visitors often tour the historic district and learn what makes the cobblestone streets, colorful centuries-old homes, antebellum mansions, historic churches, museums, botanical displays, genteel traditions, and plantation landscapes so inviting.
- Tourists enjoy authentic, beloved and delicious Low-country cuisine and the freshest Southern menus.
- Favorite souvenirs include sweet grass baskets, a traditional art passed on to generations for over 300 years.



- Top five attractions: Rainbow Road; Battery Park; Cooper River Bridge, an architectural marvel; Waterfront Park; and 18th-19th century plantations, the economic and social lifeblood of the antebellum South.
- Tourists learn about the history of Fort Sumpter National Monument, where the Civil War began, and how different wars shaped Charleston into today's world-class city.
- Check out: beautiful Patriots Point; home of the USS Yorktown; and breathtaking, monumental battle ships in Charleston's harbor.

Tentative itinerary and other details will be in the February/March issue of *Continuum*. Full itinerary and registration form will be in the May/June issue. Alum members and non-members are welcome to attend. Registration is discounted for current Alumnae members. Remember to renew by December 31, 2014 to receive 2015 mailings. Encourage friends interested in the trip to join at llalumnae.org/join

Charleston Area Visitors Guide contains some of the above quotes and more details. The 2015 guide will be available at the end of January. Order this free guide online at <http://www.charlestoncvb.com/visitors/about.html> or call 1-843-853-800, follow the prompts to leave your name and address to order by phone. Enjoy additional site seeing at <http://www.charleston.com/>

Many Thanks from the LLL Breastfeeding Helpline-US

The LLL Breastfeeding Helpline-US appreciates the LLL Alumnae Association's bi-annual donations. Your generous support helps keep the Helpline available for mothers and health care professionals seeking breastfeeding information and help from LLL. In addition, we are grateful for the generous corporate support from Motherlove Herbal® and a grant from LLL World Breastfeeding Week Celebrations. **The Helpline will now be able to operate for an additional five months.** To support the LLL Breastfeeding Helpline, please go <http://breastfeedinghelpline.com/donate> or mail your donations directly to Pam Dunne, Helpline Treasurer, 2096 Piper Way, Keswick, VA 22947.

In La Leche League we understand the *Power of Seven!* Seven mothers, Seven Founders, *The Power of Seven!* Unleash the *Power of Seven* to ensure that the Helpline will continue to meet the needs of mothers every day! You may also wish to support the Helpline's *Power Of Seven* with a monthly donation of \$7, or \$49, or any amount you may choose. To learn more, go to http://breastfeedinghelpline.com/the_power_of_7

1601: Total calls 1/1/2014 - 6/30/2014 are listed online by state.
 Pam Dunn
 Keswick, Virginia USA
pameladunne@msn.com

What Have I Always Wanted Out of Life?

Francine attended LLL meetings and helped start an LLL Group in Northeastern Ontario, Canada. She became an accredited Leader in 1977. For 13 years, she worked in different departments in Ligue La Leche (Quebec, Canada). From 1990-2000 she was a Reserve Leader; then became active from 2000-2003 until she returned to work and went back to reserve status. In her spare time, she writes poetry and romance and fairy tale stories. Her story, "Keeping the Family Together after Divorce," was published in Continuum, May-August 2008.

My interests are my writing, my children, and grandchildren. I now enjoy living on my own. I recently published two short stories in a book format. *First Love Revisited* and *The Wanderer of New Perry* are very simple love stories with a surprise twist. I asked myself, "What have you always wanted out of life?" One answer was to have my stories published. My husband's cousin published her books through the Internet. It went well, so I decided to take a chance. But the publishing company she deals with only publishes books in English. So I needed to work with a translator, an editor, and an illustrator. The end result is that I am pleased to say that my book is

now available in English and French from www.amazon.com My first language is French. I put in a lot of effort to learn English. The Preface is signed with "With LLLove." The three LLLs are a salute La Leche League with gratitude for encouraging me to listen to my maternal instincts by breastfeeding, loving, respecting, and guiding my children to become responsible adults." ~

Francine Carriere
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Editorial Note: French is Francine's first language. Readers may find uncertainty with some aspects of the stories' English translation.



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RETURN SERVICE REQUESTED

September 21 is World Gratitude Day. According to Cicero, "Gratitude is not only the greatest of the virtues but the parent of all others." Studies show a correlation between gratitude and increased well-being for the individual and for all people involved. Are there amazing things in your life to be thankful for? Take time to say "thanks" with a hug, a phone/Skype call, a note, or other gesture.

To keep this issue intact, you may opt to scan/copy this form before mailing.

Donation Form

Send all donations to Alumnae Treasurer.

- \$ ____ I prefer this donation to be for the LLL Alumnae Association, unrestricted and anonymous.
- \$ ____ Donation to *Judy Torgus Memorial Event* (refer to page 3) Your name listed in *Continuum* and on Alumnae website.
- \$ ____ Donation to LLL Breastfeeding Helpline-US. Your name listed on the Helpline website.
My Helpline donation is: \$25 \$50 \$75 \$100 \$____ (write in amount)
- \$ ____ **My Total Donation.** Check payable to *LLL Alumnae Association*. Mail to Patti Lewis, Alumnae Treasurer, 4303 Ashwoody Trail NE, Atlanta, GA 30319. Questions? Contact Patti at: pjbalances@bellsouth.net

MEMBERSHIP FORM

Yes, I want to keep in touch, support the LLL Alumnae Association, and join for \$30/year US funds (add \$8 outside USA)

◆ My current LLL status: Active Leader Former Leader Current LLL Member Former LLL Member

◆ Gift membership for a: Friend/LLL supporter Friend of Alum

Name _____ Home phone (____) _____ Cell phone (____) _____

Address _____ City _____

Today's date _____ Email _____ State/Province _____ ZIP+4 _____

Email is used for membership reminders

- \$ ____ **Renewal** for __ year(s) \$30/year US dollars* (add \$8 outside USA)
- \$ ____ **New member** for __ year(s) \$30/year US dollars* (add \$8 outside USA) You may join/renew for multiple years.
- \$ ____ **Gift membership** for __ year(s) \$30/year US dollars* (add \$8 outside USA) as checked above.
- \$ ____ **Tribute Membership** \$50 US dollars* (add \$8 outside USA).
from _____ to _____
(your name, city & state) (name of person, city & state)

Add text for your tribute: _____
(up to 15 words, why you wish to honor this person. Content subject to final review by the LLL Alumnae Association.)

- \$ ____ **Total Membership.** Check payable to *LLL Alumnae Association*.
 - Mail to: Sue Steilen, LLL Alumnae Membership Chair, 13958 Grenelefe Lane, Homer Glen, IL 60491-5922.
- Questions or to inquire about receipt of your check and Membership Form, contact Sue at: suesteilen@comcast.net
Send all memberships to Alumnae Membership Chair.