

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 28, No. 1

January - April 2015

Let's
have
some
FUN!

Look Inside!

Tentative Itinerary
for November Trip
to Charleston,
So. Carolina!

♥ "Like" our
Facebook page at

<https://www.facebook.com/LLAlumnaeAssociation> to receive daily posts, breastfeeding in the news, and links to the latest LLL journals: *Leader Today*, *New Beginnings*, and *Breastfeeding Today*.

Tine Thevenin Slept Here

In 2013, I retired from my day job to rekindle my writing career. For many years the most recently published work I claimed was "Breastfeeding a Handicapped Child," an article I wrote for *La Leche League News*. In 1983 at the LLLI Conference in Kansas City, I was a speaker on the panel "Breastfeeding the Handicapped Child." I was published in *Chicken Soup for the Soul—Home Sweet Home* and have my own blog where I post articles. In between blogging and writing restaurant reviews for an online news source in my community, I helped my son Nick, (34) who was born blind and has autism, to write a children's book, *Turtle*, that was published in 2013. It recalls a bullying incident that happened to him in grade school and has a happy outcome. One of my writing groups poses exercises that involve a 15-minute timed writing on a topic chosen that day. The article below, "Tine Thevenin Slept Here," is from a very fond LLL memory generated for that assignment and posted at <http://kathygaillaughingatlife.com/?p=215> The adaptation of the original article for use in *Continuum* is below.

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Published January 19, 2015



I was ecstatic! Tine Thevenin, one of the featured speakers at the LLL Arizona Area Conference was going to be a guest in my home. Best known as the author of *The Family Bed*, Tine gave many a parent, especially breastfeeding mothers, "permission" in the form of well-documented research, to sleep with their babies. I have always been grateful to be exposed to this concept early in my parenting. Our baby slept in our bed, happily nursing during the night. Everyone was well rested and content with the arrangement. One of the most avant-garde concepts since the breastfeeding renaissance that started in the 1960s, was the idea that it was okay and even advantageous, to have an infant sleep in the same bed with parents. The subtitle to Tine's book, "An age old concept in child rearing," spoke to the fact that in most other cultures outside the United States, children routinely slept with their parents.

Restoring furniture from my babyhood

My dad and stepmother trekked from the humid Midwest to the desert of Arizona. It was a multi-purpose trip. They had yet to set eyes on my first child; my sister would be married that summer. They went from the "steamer pot into the oven" since July was not pleasant in either place. Successive visits were planned during the winter when golf clubs replaced the family's portable computer in their luggage. They admired the lovely nursery I had created. I restored some of my own baby furniture. My parents had invested in sturdy maple hardwood pieces. (continued on p. 3)

Interested in attending an LLL Conference? For a list of Area and Affiliate Conferences, visit <http://www.llli.org/area/areaconf.html>

From the Mail Bag

This issue focuses on memories of Mary Ann Cahill who passed away in October as well as updates on what the three LLL co-Founders are doing lately.

With Mother's Day approaching in May, a gift membership is ideal for a Leader or retired Leader, current or former LLL member who would enjoy being connected to the LLL Alumnae. **Renew/join by April 30, 2015 to receive the next issue.** Tribute Membership is another choice.

For readers thinking of joining us in November when an Alumnae group travels to Charleston, South Carolina USA, the tentative itinerary on page 11 provides an overview of activities. In the next issue, carefully look at the finalized itinerary, decide to pack your suitcase, and meet up with us. Registration capacity is limited--first come, first served. Think about rooming with an Alum member you know or invite a friend, look at the registration fee, check out the hotel link to reserve a room before the room block fills up, research travel costs, spending money for meals, and other expenses, then sign up! If you are not able to attend, you will love reading more about the trip in the January-April 2016 issue.

I love receiving readers' feedback and look forward to your comments about this issue. Mary Gisch's book reviews remain a favorite. A few members suggested books reviewed in her column. What's next for *your* newsletter? Perhaps it is your turn to send your story, much like Kathy Passage did on page 1. Do you have a topic to suggest? Next deadline is March 30, 2015. Send comments to me any time at dereszyn@verizon.net ☺

Until next time,

Fran Continuum Editor

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 2015

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 lllumnae.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. Council Meetings are held at the time of an Alumnae Trip or as needed.



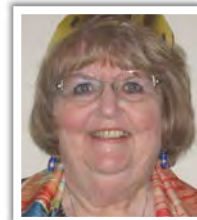
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Patti



Sue



Fran



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Janet



Pam

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Tine Thevenin Slept Here *(continued from p. 1)*

The chest of drawers survived not only use by three children but also had seen me through my single days before I could afford a bedroom set. We had not advertised to folks outside my circle of breastfeeding friends that the nursery was only used at naptime.

I certainly didn't greet my parents at the airport with the announcement that our children slept in our family bed. After a night or two my stepmother wryly commented, "That is a great nursery you have set up there. Will the baby ever sleep in that bed?" I had to admit that, "No, to date he has not spent the night in there." I launched into the concept of the family bed. I explained why my husband and I opted for "more sleep through family bonding at nighttime." She chuckled, "We were so poor that we didn't have a crib. All the babies slept with Mom when we were little." Several of the siblings shared a bed most of their years at home. A single bed was a luxury that they had not experienced until they left home.

A conference speaker, a guest in our home

As the Area Conference Coordinator for LLL of Arizona, I had a full plate of duties. Four months earlier, I gave birth to my middle son. I had the foresight to enlist lots of support from local members to move along the organized events. La Leche League's tenet of "family first" means we all took time out to tend to our families as needed and others pitched in to take up the slack. Operating on a limited budget, but determined to pull together a meaningful program for attendees, the LLL Leaders relied on local families to provide lodging for guest speakers and members attending from out of town. It was an honor and a much-cherished memory to have one of the LLL co-Founders stay in a Leader or LLL member's home.

That year, Tine Thevenin, author of *The Family Bed*, was a conference speaker and a guest in our home. My second child was only four months old. Swaddled in my Rebozo style cloth baby carrier, he was experiencing the life of the Mexican farmers' children that inspired the wrap's use. Not yet crawling, he was content to be snuggled on my chest. He was toted along when I attended planning meetings and previewed the conference facility. In between nursing, he napped without a care.

A successful conference

The conference went well. We had over 200 attendees not counting the nursing babies and toddlers who accompanied their mothers. As the afternoon went on, Tine expressed the desire to return to our home for a nap. She experienced jet lag after her flight from Minnesota to Phoenix, Arizona. A nap would be refreshing before speaking at the evening banquet that was the conference finale. I was still bustling around the facility and not ready to depart.

As the owner of the same style of compact car I drove, Tine felt comfortable to drive my car back to my house. Equipped with a map and good directions, she set off. I would ride home later with another mother who lived close to my home. The directions worked perfectly but as she made the last turn indicated on the directions and arrived on our street, the house number was not written on the paper. In the early 1980s, cell phones were a luxury item only found in limousines of wealthy owners. The only optional equipment in my bare bones vehicle was the infant seat. As a stranger Tine did not want to disturb neighbors or possibly raise concern by asking which home belonged to me. Calm and resourceful, she pondered the situation and spotted the automatic garage door opener. Slowly she cruised down the street, depressing the button repeatedly. She was at last rewarded by the friendly gesture of a garage door swinging up to welcome her into our garage.

Another adventure in Tine's life

After hearing her story later that evening, I apologized profusely for forgetting the most important piece of information on the directions. She burst into laughter saying it was just another adventure in her life. She then confessed that she had a very refreshing cold shower as her ingenuity with the garage opener had failed her in decoding the one-armed type shower control. In spite of the minor challenges she appreciated our hospitality immensely. She truly disliked staying in hotels. She loved being able to get up and make a cup of tea from my well-stocked pantry. The porcelain teacup transformed our home tea service to that of a luxury suite in her estimation.

Thirty years later, I still treasure *The Family Bed*, my personal copy autographed by Tine. It keeps good company with my dog-eared copy of *The Womanly Art of Breastfeeding* and a copy of Ashley Montague's books, *Touching: The Human Significance of the Skin* and *Growing Young*. ~



Tine E. Thevenin 1941-2010

Kathy Gail Passage

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Blog: kathygaillaughingatlife.com

Editor's Note: While living in Phoenix, Arizona, Kathy Passage was a La Leche League Leader from 1977 to 1984. For more information about *Turtle* by Nick Passage, go to <http://tinyurl.com/pjllj18>

Grandparents are a very important part of our lives. Each individual grandparent contributes something to us that no other person can. We are loved for who we are. I only knew my Rapp grandparents and am enriched because of them. My children were blessed with knowing both sets of grandparents who were totally different and both sets were dearly loved for who they were as individuals.

My seven grandchildren are so blessed with getting to know grandparents on both sides of the family. Unfortunately my latest granddaughter won't get to know her grandfather though I have no doubt he is watching over her. I love being a grandmother! ~

---Agnes Rapp Leistico

Lake Oswego, Oregon USA grandmomagnes@yahoo.com

Donations to the Judy Torgus Memorial Event

The La Leche League Alumnae Association Council discussed our desire to commemorate and honor Judy Torgus' life in a special way. Judy passed away on July 3, 2014. In 2011, Judy volunteered her time and talents as a Member-at-Large on the Alumnae Council. We shared a special friendship with her, as many of you have for so many years.

We would like to honor her 50 years as an LLL Leader, her dedication as a former LLLI employee, her love of travel, and meticulous planning and organization of the 2013 Alumnae trip to Albuquerque, New Mexico. It was thoroughly enjoyed by 66 Alumnae members.

- We offer you an opportunity to make a donation to the LLL Alumnae Association for a *Judy Torgus Memorial Event* during the 2015 Alumnae Trip to Charleston, South Carolina, believing that Judy would want us to celebrate her life.
- Donations are ongoing.
- Use the donation form on page 11 or
- Donate online at <http://lllalumnae.org/donate>
- Send a check (notation for the *Judy Torgus Memorial Event*) made payable to "LLL Alumnae Association" and mail to: Patti Lewis, Alumnae Treasurer, 4303 Ashwoody Trail NE, Atlanta, GA 30319.

Donors to Judy Torgus Memorial Event: Received 3/3/2014 to 12/31/2014

Joy Aharon
Sharon Barsotti
Carrroll Beckham
Elaine Caper
Suzanne Christensen
Joan Crothers

Judie Ellison
Jacque Gates
Mary Gisch
Suzanne T. Graham
Mary Hurt
Susan Huml

Catherine Janoka
Veronica Kaitcer
Rebecca Keepers
Edna Kelly
Jane Lofton Kouba
Patti Lewis

Rebecca Magalhaes
Pamela Oselka
Helen Russ
Rae Schopp
Patricia Spanjer
Pauline Swain

Carolyn Vemulapalli
Mary Wales ~

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

Hotel on the Corner of Bitter and Sweet, 2009, by Jamie Ford takes place in Seattle, Washington. Henry Lee reflects on his childhood as a Chinese immigrant to America. When he went to school, he wore a sign with "CHINESE" written on it. His father hates the Japanese because they invaded China. Henry falls in love with Keiko, whom he met while they both served hot lunches in high school. Keiko and Henry love Black Jazz and art. Henry defies his father. Then he loses Keiko because Japanese Americans are sent to internment camps during WW II. A Chinese American view-point of this time! An interesting side note: Seattle University in Washington state bestowed honorary degrees on Japanese American students who had been enrolled in 1942.

Death Comes to Pemberly, 2011, by P. D. James takes place six years after ***Pride and Prejudice*** ends. This is definitely not like the usual P.D. James' *Adam Dalgleish* detective series but is, of course, more in the Jane Austen style. Mr. Darcy and Elizabeth's characters are developed as they mature and work together for their family. There are many twists and turns as a maid's baby is born. This delightful stroll through the Pemberly estate is interrupted by the murder of Lydia's husband on the night before the Annual Ball. How wonderful that at 91 years of age, this celebrated author chose to have fun writing this sequel! Ms. P.D. James a most prolific and outstanding mystery writer just passed away in November 2014 at the age of 94.

The Road to Coorain, 1989, by Jill Ker Conway describes the Aussie outback and history of the rugged lives trying to tame it. This autobiography is told by a daughter, who is the third child of an isolated sheep farmer. Along with his wife, he started out with nothing but courage and willingness to work hard. They lived through a drought of eight years. Jill learned how to handle sheep and ride horses, as well as domestic chores. She was very curious and her parents encouraged her intellectualism. Her ambitions were somewhat thwarted in Australia because of her gender. However, her ambition facilitated her admission into Harvard University to study American History and Jill became the first woman president of Smith College in Northampton, Massachusetts.

Death Angel, 2013, by Linda Fairstein is from her 19-book Alexandra Cooper New York Prosecutor series. Alexandra works with two detectives to find the killer of a young homeless girl found dead in Central Park, New York, near the statue of an angel. It is a park enjoyed by many and used for nefarious deeds by others, making sleuthing very difficult. The homeless way of caring for each other is touching. Central Park's intricate history is woven throughout the story. Across the street from the park is Hotel Dakota that has its own mystery...a toddler kidnapped many years ago. *Thank you to Alumnae member Jacie Coryell for emailing me and suggesting this compelling novel.* ~

Mary Gisch

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Your Eye Health



Do you have a parent or relative close to the age of 70? A news article recently reported that by age 70, fewer than 30 percent of elderly people have 20/20 vision. Visual impairments are often due to the normal process of aging and/or possible macular degeneration, cataracts, or glaucoma. Usual day-to-day functions like driving, reading prescription bottles, household labels, navigating an uneven sidewalk or walkway, or recognizing a close friend at a casual gathering may be affected. Friends can feel left out or misunderstood in a conversation if their vision is compromised. One's ability to read body language can influence facial cues for mood or emotion; hand gestures

demonstrating a large or small item; raised eyebrows; nodding; and non-verbal feedback, not to mention the hazard of falling when vision is limited or an elder doesn't put on a light in a familiar room in the house "to save electricity." As a precaution, I make sure to turn on a light even if the room or garage is dimly lit or when it is close to the end of the day. Eye health is important. Protect your vision. Schedule eye exams when recommended by your healthcare provider. An annual physical exam can be the time to uncover evidence of possible diabetes or hypertension. The last time my nearsighted eyes were checked, my vision was "better" so I was able to use the previous prescription I kept. However I discovered I needed another pair of glasses to use when at a desktop computer. Now I see clearly with the two sets of glasses for another year! ~

--Fran Dereszynski

Huntington Beach, California USA dereszyn@verizon.net

LLL Alumnae Association Profit & Loss, April 2013–March 2014

submitted by Patti Hope Lewis, Alumnae

| | Apr '13 - Mar 14 |
|---------------------------------|------------------|
| Ordinary Income/Expense | |
| Income | |
| Contributions | 679.00 |
| Fundraisers | |
| Helpline | 415.00 |
| Leader Pins | 1,345.47 |
| Total Fundraisers | 1,760.47 |
| In-kind donations | 571.30 |
| Memberships | 4,255.00 |
| Memberships -Multiple Years | 3,120.00 |
| Memberships Outside the US | 78.00 |
| Memberships Tribute | 200.00 |
| Trip | |
| donations for Founder's expense | 1,975.00 |
| Group Dinner (only) | 150.00 |
| registration | 18,360.00 |
| Santa Fe | 1,610.00 |
| Total Trip | 22,095.00 |
| Total Income | 32,758.77 |
| Cost of Goods Sold | |
| Fundraising costs | |
| Leader pins | 1,999.33 |
| Total Fundraising costs | 1,999.33 |
| Total COGS | 1,999.33 |
| Gross Profit | 30,759.44 |
| Expense | |
| Bank charge | 156.18 |
| Continuum | 2,375.39 |
| Paypal & CC fees | 166.04 |
| Postage | 23.92 |
| Printing | 102.26 |
| Project support | |
| Helpline | 3,000.00 |
| Helpline - pass through | 415.00 |
| Other | 100.00 |
| Total Project support | 3,515.00 |
| Trip expenses | |
| 2013 Albuquerque | |
| Airfare | 2,051.10 |
| BioPark Admission | 230.00 |
| Brunch | 1,744.01 |
| CC Cost | 251.80 |
| Coaches | 2,236.00 |
| Council Hotel | 615.27 |
| Council Meals | 1,111.95 |
| Council Transportation | 56.00 |
| Dinner -Thursday night | 2,836.24 |
| Hospitality Room | 476.47 |
| Luncheon | 1,414.64 |
| Museum | 166.00 |
| Postage | 39.15 |
| Pueblo Cultural Center | 236.00 |
| RailRunner Tickets Santa Fe | 245.00 |
| Registration Packets | 371.92 |
| Santa Fe Luncheon | 839.68 |
| Santa Fe Tour | 900.00 |
| Supplies | 420.91 |
| Trip - Founders' costs | 1,974.86 |
| Trolley Tour | 1,677.50 |
| Variety Show Desserts | 1,240.13 |
| Young Frankenstein Tickets | 1,300.00 |
| Total 2013 Albuquerque | 22,434.63 |
| Total Trip expenses | 22,434.63 |
| Website | 667.60 |
| Total Expense | 29,441.02 |
| Net Ordinary Income | 1,318.42 |
| Other Income/Expense | |
| Other Income | |
| Interest | 64.83 |
| Total Other Income | 64.83 |
| Net Other Income | 64.83 |
| Net Income | 1,383.25 |

Tribute Membership: Another choice when joining the LLL Alumnae Association

In addition to the regular membership of \$30 per year or \$38 US dollars outside the US, a current member may renew her membership or be a new member through a Tribute Membership.

- This is an opportunity for you to be a member and also connect in a special way with another Alumnae member, colleague, family member, or cherished friend.
- It is a way to honor one person with a tribute listed in *Continuum*.
- The tribute would also be posted on the Alumnae website for one year.
- The listing would contain one person's name, state/country, your name, state/country, and up to 15 words that express why you are honoring this person.
- Members mention they are inspired and touched by the tributes published in *Continuum* and on the Alumnae website.
- You receive all the benefits of regular Alumnae membership
 - ★ Receive a print copy of *Continuum*, published three times a year. The opportunity to stay in touch with other Alumnae members.
 - ★ A discount on LLL Alumnae trips
 - ★ Access to LLLI news and updates if you opt to join the LLL Alumnae Association Yahoo Group
- Become a Tribute Member any time. A membership renewal extends your *Continuum* subscription for one year beyond the current expiration date.
- Annual tribute membership fee: \$50 US dollars, \$58 US dollars outside the US.
 - ★ \$5 of every Tribute Membership is donated directly to the LLL Breastfeeding Helpline-US. When mothers contact the Helpline, LLL Leaders personally answer their breastfeeding questions or concerns.
 - ★ Consider this opportunity to support the LLL Alumnae Association as well as pay tribute to a special friend. Membership helps to keep the organization moving ahead and helps you to stay connected to others who share a similar background in La Leche League.
 - ★ Copy or fill out the Tribute Membership Form in this issue or join online at <http://lllalumnae.org/join> and look for "Add a Tribute to Your Membership," then complete the necessary information.

Tribute Memberships Received: 6/18/2014 to 12/31/2014

6/18/2014 Nancy Barry, Idaho Falls, Idaho USA. To my wonderful daughter
Julie Ourada, Rocklin, California USA. She is the loving and dedicated mother to my three granddaughters.
8/30/2014 Valerie Moses, Nassau Bay, Texas USA. To **Nancy Lehrer**, Queens, New York USA.
10/23/2014 Joy Aharon, Jamaica Estates, New York USA. For **Kathy Waldow**, Floral Park, New York USA. "Thanks for being an inspiration, a help to me and many others, and a friend."
11/1/2014 Margaret Campbell, Euclid, Ohio USA. To **Judy Darnell Good**, Ohio, USA. She inspired me with

her selfless devotion to the mothers she touched until her death.

11/14/2014 Maryann McIntyre, Dorchester, Massachusetts USA. For **Charles V. Hickey**, Weymouth, Massachusetts USA. "Beloved husband, dad, grandpa, citizen, mentor, and friend. A true gentleman, missed by your LLL family in the Boston area."
11/22/2014 Jeanne Badman, St. Paul, Minnesota, USA. Tribute to the **LLL co-Founders**.
12/3/2014 Esther Schiedel, Corvallis, Oregon USA. Tribute to **Mary Ann Cahill**, LLL co-Founder, author, mother, gracious lady. ☺



LLL Kentucky/Tennessee Alum Exhibit at Leader Enrichment Day

by Anna Childress, Kentucky/Tennessee Alumnae Representative

The Alum Traveling Display and membership brochures were on a table at Leader Enrichment Day in the fall of 2014. The display was passed on to other Alumnae Representatives who had an Area Conference or Leader gathering.



Leaders from Kentucky, Tennessee, and Indiana who attended the event.



July 2014, Mary Ann and Lisa Manning, Administrator for Publications for LLL New Zealand, who interviewed Marian, Mary Ann Kerwin, and Mary Ann Cahill for the DVD "Finding the Founders." Lisa commented, "I am pleased we now have a permanent record of Mary Ann's recollections."



October 2014, Kaye Lowman, Carol Esposito, and Marian Tompson visited Mary Ann who holds a green Irish teddy bear on her lap--a gift from Kaye.

In Mary Ann's room is seen *La Leche-Nursing Mother*, Edna Hibbel's original lithograph, a modern day masterpiece that takes its place among the most sensitive and enduring interpretations of the nursing relationship.

Remembering Mary Ann Cahill 1927-2014

Memories from LLL co-Founders Mary Ann Kerwin, Mary Ann White, and Marian Tompson, Reflections from Alumnae Members

Triumph over Challenges

By Mary Ann Kerwin, Denver, Colorado USA

Throughout the almost 60 years I knew and worked with Mary Ann, it was inspiring to see the positive attitude she retained even when faced with challenges that would have been discouraging to most people. At the relatively young age of 50, Mary Ann became a widow. She no longer had her husband at her side to provide his strong support for their family and encouragement as we started La Leche League. Nevertheless, she carried on rearing their large family and also finding time to continue to help La Leche League bloom and grow. As her children became adults, they in turn gave her strong support. Eventually two of her daughters underscored her efforts on behalf of LLL by becoming LLL Leaders.

About five years ago, encouraged by Mary Ann, I rejoined the LLLI Board of Directors. We again worked very closely together to try to address various challenges the Board was facing. We roomed together during Board meetings and although she had some health setbacks at that time, she never complained. As various issues and challenges arose, it always was heartening to be able to discuss them with Mary Ann. She always had a way of "turning lemons into lemonade." When we discussed various challenges we were facing, she always gave me unique insights. In brief, Mary Ann Cahill was a great gift to her family, to La Leche League, and to me!

During the past year, however, following a fall that broke her hip, Mary Ann became somewhat incapacitated. Her family rallied behind her and helped Mary Ann gradually make some necessary changes in her life that led to a move to a retirement community. Although her condition had deteriorated following her fall, Mary Ann was convinced that she would recover. Sadly, she was not able to bounce back

and died on October 26, 2014. Although we are all devastated to lose Mary Ann, I know our wonderful memories of her will always be with us. And her work on behalf of LLLI lives on! ♪

What I Remember Most about Mary Ann

By Mary White, River Forest, Illinois USA

It was a sad day when we lost Mary Ann Cahill. She was truly a lady in the best sense of the word. What do I remember best about Mary Ann? Well, I was always opinionated about everything. At LLLI Board Meetings, she was the quiet voice of common sense and reason, as well as charity towards all. Because she usually gave careful thought to what she wanted to say *before* she spoke up, we stopped and really listened to her. It was worth it. I remember many lovely times when we just chatted, in person or on the phone, about our families. I learned quite a bit about "think before you speak" and such as that! God will bless her now. I am sure heaven will be even more heavenly since she arrived. ♪

My Last Visit with Mary Ann Cahill

By Marian Tompson, Evanston, Illinois USA

It was a sunny day in October 2014. Kaye Lowman, Carol Esposito, and I were off to see Mary Ann Cahill. She had moved out of her house and was now living in an assisted living facility in Crystal Lake, Illinois. The trip there and back to my home in Evanston, Illinois, would take several hours, but we were so happy to finally have a chance to spend some time with her, even if it was only for a few minutes. While packing for the October 2013 Alumnae trip to Albuquerque, New Mexico, Mary Ann fell [and broke her hip]. One of her daughters described the incident, "Mom turned, but her Crocs [a type of plastic clog shoe] didn't." Since then, Mary Ann had been in and out of the hospital with a number of health challenges.

(continued on p. 7)

Remembering Mary Ann Cahill (continued from p. 6)

When I phoned her one day just to say hello, I learned she was in the emergency room at the local hospital, waiting to be admitted. Fortunately Mary Ann always had one of her daughters available to be with her as well as her son, Dr. Tim Cahill, who was on staff at a suburban Chicago hospital. Whenever we had talked on the phone during the previous several months, Mary Ann described how tired she was. Simple tasks became gigantic.

Each time we talked she said she was not up for company just yet. But we needed to see her, so when I called her in late September 2014, I promised that when we visited we would only stay 10 or 15 minutes and no longer. She became excited about getting together. So we set the date. She even phoned me the day before to say how much she was looking forward to seeing us and that a light lunch would be ready for us.

At the door outside her apartment was a large painted wooden statue of St. Francis. The windows in her light and airy room looked out on some trees. The quilt on her single bed and the decorations and colors used reflected Mary Ann beautifully. Obviously a lot of thought went into making her feel comfortable in her new home.

So we sat down and talked and laughed. Mary Ann looked wonderful and was clearly enjoying our visit. Periodically we would ask if she was tiring or if we should leave. "I'm sitting down. I'm fine," was her response. She wanted to know what was going on at LLLI and had agreed to help with funding development projects. Making sure LLLI had enough money to continue was always a concern for Mary Ann.

Just as we were ready to leave, she remembered the light lunch in her refrigerator. Soon we sat at the table in her room. We ate and continued to talk. Her smile lit up the room. Then as we were preparing to leave she wanted to show us the larger facility. So I pushed her in a wheelchair while she showed us the many amenities and lovely areas in the residence. It wasn't fifteen minutes but almost two hours later when we finally left. When we were back at the car, we agreed that we have to do this more often. We all had a wonderful afternoon together and Mary Ann enjoyed it, too. Kaye Lowman, Carol Esposito and I agreed we would choose a date and be back to see her before Thanksgiving.

But two weeks later on October 26, 2014, our dear, dear friend died. Her son, Tim, was with her while she had dinner that evening. A few hours after he left, Mary Ann went gently to her eternal home. ~

Alumnae Members' Memories of Mary Ann Cahill

Listening to Mary Ann was an enriching experience for me even at our first meeting in the early 1960s. A creative listener, she shared with new mothers and new Leaders with natural wisdom. As we worked together in the LLLI Leader Applicant Department (LAD), we shared a passion for the future with LLL Leaders around the world. She was a role model and sincere, presenting herself naturally and with interest. She was busy writing and editing and sharing information. She always made certain it was known that all the co-Founders wrote *The Womanly Art of Breastfeeding* from the first publication in book form through all expanded editions.

My mind is full of memories of her joyful face, and humor! In LAD discussions about Leaders helping new mothers, she said, "This is the heart of La Leche League." She asked us to think about the difference in mother-to-mother support rather than teaching or lecturing during meetings. She herself was an example of sharing information and invited mothers to share experiences. It was clear that natural instincts were found in each mother and should be recognized and encouraged. With added knowledge, self-confidence and positive attitudes grow. The positive idea of the art of mothering as well as breastfeeding being normal to benefit baby and mother has become reality. In the first two decades, La Leche League was the only voice for breastfeeding! Today that is nearly unbelievable. Her love continues to "pay it forward!" In your life, you sometimes meet someone inspirational. Without realizing it, she changes you. Mary Ann did that for me. ~

--Jody Nathanson, Redondo Beach, California USA

To say that Mary Ann Cahill was an extraordinary woman is a total understatement. While working with her on the LLLI Board of Directors and afterward with the LLLI Alumnae Association, I was constantly amazed by new facets and new depths to her. She served as Executive Director during a hard transition time and stood up to the challenge with courage and compassion. She had the courage to write *The Heart Has Its Own Reasons* and stand up for principles and ideals that were not reinforced by our culture. Through the book she helped validate families all over the world, as they made "unpopular" but crucial decisions.

Mary Ann's heart of gold sustained me through many times as a mother and a woman. Through family illnesses, she helped me when I most needed support. I loved her love of music and how much fun we had at LLLI Conferences during Alumnae Teas, skits with LLLI Board Members, and so many other priceless experiences! In 2009, I was with Mary Ann at the 15th Anniversary of Attachment Parenting International (API), where she shared her experiences and passion for the ideals that API and LLL have in common. At the benefit concert we sat together to hear Vince Gill, Gary Nicholson, and Beth Nielson Chapman perform with their adult children.

I wrapped my arms around her and it was like hugging my own mother, who had recently passed away. It was a healing experience, as it was for many others, being with her—like many moments with Mary Ann—was a healing experience. I thank God for Mary Ann and the profound impact she had on so many people. Well-done, good and faithful servant! ~

--Janet Jendron, Columbia, South Carolina USA

Alumnae Members' Memories of Mary Ann Cahill (continued from p.7)

One evening I had the pleasure of sitting next to Mary Ann at a dinner to honor Dr. Herbert Ratner. I was nursing my youngest daughter Kate when dinner arrived. Mary Ann immediately offered to cut my meat. It was a most pleasant time chatting and laughing with her. Living near the LLL Office and involved with state and International Conferences, I saw Mary Ann and the co-Founders fairly often. I soaked up whatever bits of motherly wisdom I could. I knew I was very fortunate. Around the time that Mary Ann's beloved husband Chuck died, she asked me to follow her as Director of the Leader Applicant Department. I was startled! I told her I could not follow in *her* footsteps. She told me she was needed to work on the latest edition of *The Womanly Art of Breastfeeding* and could no longer continue as the Director.

She reassured me that both she and Betty Wagner were confident I could do the job. She also assured me she would be available anytime that I wanted guidance. Mary Ann was my mentor. She had great faith in the Leaders and new mothers, as do I. She often spoke of her wonderful husband Chuck and her children, as we mothers often do. One day Mary Ann was telling me about life being like a tapestry. We are busy making the stitches and choosing the threads and see only the backside of the tapestry. It looks messy to us, but God pulls it altogether and makes it beautiful! I often think of that analogy. Alumnae members who attended the St. Augustine, Florida trip had a great time with her—seeing the Shrine of Our Lady of La Leche, riding the trolley, and visiting museums. She was great fun! All of us in La Leche League benefitted from her life. I am grateful that she was in mine. There were many people at the celebration of her life. At the funeral Mass it was wonderful to see and hear an overview of her life, family, interests, and passions. She wanted the following mementos brought to the altar: a Bible: faith; a statue of St. Joseph and Mary holding Baby Jesus: family; an icon of St. Vincent de Paul, a saint who helped the poor: Church; and a replica of the statue of *Our Lady of Happy Delivery and Plentiful Milk* from St. Augustine, Florida: La Leche League. Indeed Mary Ann's beautiful life is a most lovely tapestry with many threads of gold. ~

--Mary Gisch, Westchester, Illinois USA

Mary Ann was such a lovely, gracious lady who helped many mothers, babies & families! What a privilege it was to be with her in St. Augustine, Florida. She seemed so happy to be at the Shrine of Our Lady of La Leche for which La Leche League was named. ~

--Pam Oselka, Bridgman, Michigan USA

Mary Ann was my first contact with LLL. We both had nine children. I appreciated her help with my growing family and sharing our mother stories with each other. We discussed many challenges we faced and worked on solutions together. I am a better person for having known her. ~

--Georgie Moore, Lake Forest, California USA

When on vacation, we often bought gifts to take back to family and friends. A friend at work, another hospital based lactation consultant, loves to collect pins related to breast-feeding. She has them all over the lapels of her lab coat worn at work. The LLL co-Founders who traveled with us presented each attendee at the Alumnae Trip to St. Augustine, Florida, with a lovely LLL 55-Year Anniversary pin. I knew my friend at work would love one of those pins. I asked Mary Ann Cahill if she had another pin I could give to my friend. She told me the office only gave the co-Founders just enough pins for the number of Alumnae members on the trip. Then she reached up on her sweater and took off her own pin and gave it to me to give to my friend at work. I have tears in my eyes as I type this, and my friend had tears in her eyes when I gave her the pin and I told her how I got it for her. ~

--Katy Lebbing, Villa Park, Illinois USA,
submitted this story previously published in
Continuum, January-April 2012

My favorite memory of Mary Ann occurred in 2007 during a 6:00 a.m. walk with others at the 50th Anniversary LLL International Conference in Chicago. I saw her ahead of the group and quickened my stride to catch up with her. As we chatted, I inadvertently started to complain about childrearing, the conference, and life in general. In response, Mary Ann, with her sweet smile and excited eyes, began telling me about one specific grandchild and how wonderful this grandchild is. I was startled. Then, I realized what a positive person she is, that, in her gentle way, she could focus on the goodness in everything. She will always be an inspiring example

for me because of that clear and beloved moment. ~

--Joy Aharon, Jamaica Estates, New York USA

Mary Ann's attitude was always "we" not "you" or "I." While she may have given credit to the other co-Founders for writing *The Womanly Art of Breastfeeding*, nevertheless her own "we are in this together" belief rang out from its pages. Each of the co-Founders' roles was crucial to the success of LLL. For me, it was Mary Ann Cahill who was its heart. LLLI has been well served by this remarkable lady. ~

--Ann Lillich, Lancaster, California USA

During the 2011 Alumnae trip to St. Augustine, Florida, I went to breakfast one morning and was invited to join Marian Tompson, Mary Ann Kerwin, and Mary Ann Cahill at their table. Mary Ann Cahill had her phone out. She said it was new and needed help. She asked if anyone knew about an iPhone and I volunteered. I proceeded to set up her email, contacts, etc. We shared a lot of laughs as she told me what she needed on her phone. As she gave me one password after another, I pointed out she was sharing her passwords with me. She said she "didn't care"! This is a wonderful memory. It led to her sending me a card which I treasure. ~

--Patty Spanjer, Dalton, Georgia USA

(continued on p. 9)

Memories of Mary Ann Cahill (continued from p. 8)

As a Leader in Illinois in the 1980s, I had the opportunity to meet Mary Ann along with other co-Founders. With six of the co-Founders living in Illinois, we were spoiled with their frequent appearances at our conferences and workshops. Through the years when my family moved frequently, I took on a variety of roles in LLL. At each opportunity to see Mary Ann, I appreciated her warm greeting and inquiries about my growing family. In recent years I had the opportunity to serve a term on the LLLI Board of Directors along with Mary Ann. It was there that I saw her in a different level of action—her keen intelligence, ability to tackle difficult topics head on, her desire to keep learning and her passionate dedication to La Leche League guiding her and us as a Board. She could play devil's advocate with the best to test understanding and commitment. In the winter of 2013, I had the delightful joy of spending the day with Mary Ann at her home. We shared laughter, tears, dreams, and concerns. She showed me the many family pictures hanging

in the hall. She told me the story of the large wedding portrait the kids had an artist paint from one of their wedding pictures. The fun part was the artist painted Mary Ann with brown eyes instead of her sparkling blue eyes and the mistake became part of their joyful family lore. She shared about the decision to sell the house she and husband Chuck raised the family in and how change and adapting to it was an integral part of life. We shared lunch with daughter Frannie and told stories of the old days when I was a District Advisor in Illinois and Frannie was a new LLL Leader. Our friendship lasted 24 years. Throughout our LLL history, we came full circle in acknowledging there have been conflicts, learning opportunities, constant change, and most importantly dedicated Leaders to rise up and guide LLL on its journey. Mary Ann was a gift to all she shared her life with. I know her friendship and wisdom was a gift to me and I am richer for it. ~

--Becky Hugh, Peoria, Illinois USA

Welcome Janet Jendron, LLL Alumnae Council Member-at-Large

A frequent speaker at past LLLI Conferences and many Area Conferences, Janet has been a La Leche League Leader for 40 years. For 11 years, she was a member of the LLLI Board of Directors. From 2000-2009, she was a member of the Alumnae Association Council. Now she rejoins the Council as a Member-at-Large. Living in Columbia, South Carolina, Janet works in assistive technology for the school of medicine for a major local university. Janet manages a statewide equipment reuse program that provides statewide leadership in the area of information technology and web accessibility and usability. She is also involved with the Cursillo ministry and for the past three years was a member of the National

Committee. As the Board President of Attachment Parenting International, Janet continues her lifelong passion for promoting healthy connections within families. Through her volunteer work and paid employment, she promotes the benefits of attachment parenting that make a profound positive impact on children, parents, families, communities, and the world. Janet adds that she continues to learn from her children: Kathleen, Trip, Danny, and Claudia and daughters-in-law Natalie and Carly. Janet has two granddaughters and another grandchild to add to her family in June 2015. Welcome to the Alumnae Council, Janet! ~

Retired Nashville Leaders Reunite for Fun and Swapping Memories

submitted by Anna Childress, Alumnae Representative for LLL Kentucky/Tennessee



Standing somewhere in this photo: Anna Childress, Carol Martin, Barbara Nicholson, Zan Buckner, Laura Edens, Brenda Stein (famous wood working artist), Cindy Duncan, and Nancy Lequire. Also pictured: *Band members* Dana Robbins, Colin Linden, and Gary Nicholson wearing a white hat and also known as "Whitey Johnson." Each person in the photo gave permission for publishing in *Continuum*.

Although the Nashville, Tennessee LLL Chapter is no longer active, the enthusiasm of seven retired Leaders and one active Leader continues to be alive as they find opportunities to stay connected. They love to get together when they can for fun and memory swapping. Last fall they met in downtown Nashville at a nightclub in famous Printer's Alley, home of the entertainment district for jazz and country music dating back to the 1940s. The group chatted over snacks and appetizers, followed by a performance of the *Whitey Johnson Band*. Whitey, a blues singer/songwriter/guitarist from Texas, is the name used by Gary Nicholson, husband of retired LLL Leader Barbara Nicholson, co-founder of Attachment Parenting International. Laura Eden remarked, "I had a great time and look forward to our next get-together!" ~

What Are the LLL Co-Founders Doing These Days?

♥ **From Mary White**, October 2014.

As to what I am doing these days, I have to say, not much, other than enjoying the company of my family—some live fairly close by and check in with me more often. Recently, Joe and Susan took me for a drive around the beautiful town of North Riverside with its winding streets and huge old houses. It's a town where you could easily get lost just drifting along as one street curls into another. Susan is pretty familiar with it, as their daughter Mary and John and family used to live there. Another weekly treat is Sunday dinner at Cathy and Bill's house. They have invited me there for a good many years; it's one of the highlights of my week. Often some of their children and grand-children are there as well, so it makes for a jolly time. I am constantly amazed at how quiet and mannerly their grandchildren are, and still full of fun. I miss the family members who live far away: the Dooleys and Mikes in Wisconsin; the Dillons and Smillies in Massachusetts. Clare and Tim live close by in Berwyn; I see them fairly often. This year they had foreign exchange students stay with them for part or all of the school year. My daughter Anne lives in Manhattan, New York and works at a bank. She's my right-hand financial advisor. My son Mike is in remission in his bout with cancer. He is doing well. Some brain tumors have disappeared. He takes a chemotherapy pill every day for the tumors in his lungs and they, too, are less than they were. Mike is an optimist (as am I). We believe he will conquer this, especially with all the prayers that have been coming his way.

We still have our Annual Oktoberfest, usually held in the Forest Preserves [outdoor retreat and recreational area in Illinois]. All are invited. It's potluck and they are great cooks. We've gathered there in all kinds of weather, but this year takes the cake for "Freeeeezing!" It was never above 48 degrees. I spent the whole time bundled up in Debbie's sleeping bag,

Thanks so much for all that the Alumnae Association is doing to keep active and retired Leaders together with your great publication Continuum.

as well as wearing gloves, hat and scarf, and boots. But all the brave souls who came had a great time. As you can see, I am not bored by any means, and the quiet times go by quickly. I love to read. I am not a television watcher except for a few programs. Of course, these days who doesn't watch "Downton Abbey?" However, I am often saddened by [other shows that are] a poor use of a wonderful medium. I now have 62 grandchildren and 92 great-grandchildren with four more on the way. God bless them all! They cover a wide range of ages and careers, including three doctors, several lawyers, and a number of enterprising business folks of all kinds. The timer just went off on my stove, reminding me to go down and put my laundry in the dryer. "Tempus twitchets" as they say. (Who says?)

I want to say "hello" to all the Alums. Of course, I am not active in LLL any more. I understand LLLI now has a fine Board of Directors. My sister-in-law Mary Ann Kerwin as well as Marian Tompson are Board Members, so I am kept abreast of the important things. I know we have some wonderful Leaders all around the world. Thanks so much for all that the Alumnae Association is doing to keep active and retired Leaders together with your great publication *Continuum*. Love and kisses. ♪

♥ **From Mary Ann Kerwin**, November 2014. My family continues to be my greatest joy. I am very fortunate to have six of my eight children and their families living near me in Denver, Colorado. They remain in close contact with me and have become my "guardian angels" during this phase of my life. Although I am the youngest among the seven Founders of LLLI, I am 83 now. I enjoy very good health but find I have less energy than in prior decades. I am, however, still riding my bike regularly and enjoy spending time with my children, their spouses, and my 20 grandchildren. My husband gave me a bike in 1961 for my 30th birthday, knowing I had enjoyed bike riding

occasionally before our marriage. He presumed biking would give me a welcome break from time to time. Ever since, I have been riding my bike regularly and have found biking to be a wonderful way to take brief breaks and clear my mind. I must admit that there were times when I was ridiculed for my independence, but I already had learned to do what was best when I breastfed my babies in unfriendly environments. My children gave me my most recent bike for my 79th birthday and I am doing my best to wear it out!

I now am overjoyed that Marian Tompson has rejoined the LLLI Board of Directors and am delighted to again be working closely with her. We especially hope to promote a better understanding of changes that have come about and will continue to take place as we help ensure the sustainability of the amazing organization that so enriched all of our lives. The LLL co-Founders know that LLLI can and will carry on without us. Marian and I now are working closely together with the hardworking, highly motivated members of the current LLLI Board of Directors. We are all committed to ensuring a bright and healthy future for our beloved LLLI. We know you will help LLLI to continue to bloom and grow during the next 60 years! ♪

♥ **From Marian Tompson**, January 2015. While never expecting to end my days in a rocking chair I'm still amazed to be so busy at the age of 85! Mary Ann Kerwin is partially responsible for this because of her constant urging that I come back on the LLLI Board. While there is a lot facing us, it is a pleasure working with the wise and dedicated women on the LLLI Board. I'm also on the World Alliance for Breastfeeding Action Advisory Board; the AnotherLook chatlist; and continue to speak at Area Conferences. For pure pleasure there are monthly get-togethers with LLL friends, book club, pot-luck with fellow meditators, along with unexpected occurrences like this past weekend, when my film reviewer grandson, Matt, came by to take me to dinner and the movies! A rich life for which I am so grateful! ♪

You Are Invited! Alum Trip to Historic Charleston, South Carolina

Join us as we travel to Charleston, voted the top U.S. City in Conde Nast Traveler Reader's Choice Awards for three consecutive years. In the coming months, Trip Coordinator Pam Oselka will firm up itinerary details, the registration fee, final hotel and registration deadlines. Look for the "Itinerary and Registration Brochure" in *Continuum* in early June 2015.

- You may register for the trip by postal mail or online. Registration is discounted for current Alumnae members. Renew or join by April 30, 2015 to receive the next *Continuum*. Attendees may join on the trip registration form or at [lllumnae.org/join](http://lllalumnae.org/join)
- A block of rooms have been reserved for Alumnae guests at the **Hampton Inn Charleston/Mt. Pleasant-Patriots Point**, 255 Sessions Way, Mount Pleasant, South Carolina USA 29464. Phone: 843-881-3300. *Please note the full name and address of this Hampton Inn.* In many large cities, the Hampton Inn hotel chain has more than one location. The hotel website is <http://tinyurl.com/bhy32fm> For room block details, go to <http://tinyurl.com/nfg3wcy> **Use that link to reserve your room.**
- The hotel offers a complimentary hot breakfast for guests.
- The 2.7 mile long, 8-lane Arthur Ravenel Jr. Bridge is the cable-stayed bridge over the Cooper River, connecting downtown Charleston to Mount Pleasant where the Hampton Inn is located for trip registrants.

Planning details are ongoing. **Note: Below is a preliminary tentative itinerary, subject to changes and additions.***
November 5, 6, 7, 8 and 9, 2015



Thursday, November 5, 2015*

4:00 p.m. Hotel check-in.
 4:00 - 6:00 p.m. Pick up registration packet. Informal time together.
 6:30 p.m. Chartered bus to restaurant in Mt. Pleasant for Dinner.
 9:30 p.m. Return to hotel by chartered bus.

Friday, November 6, 2015*

6:00 - 8:30 a.m. Breakfast in hotel.
 9:00 a.m. Take chartered bus for 90-minute tour of Charleston, followed by 30-minute tour of Joseph Manigault House, one of the city's most exquisite antebellum structures.
 11:30 a.m. Tour ends at City Market.
 12:00 - 5:30 p.m. Leisure time in City Market/historic district. Lunch on your own. Many choices for dining, shopping, and browsing in the area. Free city trolley between Visitor's Bureau and City Market or bus from Visitor's Bureau back to hotel.
 6:30 p.m. Chartered bus, hotel to Mt. Pleasant restaurant and social get-together for the *Judy Torgus Memorial Event*. Light refreshments provided.
 9:00 p.m. Return to hotel by chartered bus.

Saturday, November 7, 2015*

6:00 - 8:30 a.m. Breakfast in hotel.
 9:00 a.m. Board chartered bus for a tour of Drayton Hall, the only plantation house on the Ashley River to survive intact through both the Revolutionary and Civil Wars, followed by a tour of Magnolia Plantation, one of the oldest plantations in the South. Box lunch included with tour.
 4:00 p.m. Return to hotel by chartered bus.
 5:00 p.m. Chartered bus to historic district.
 5:15 -7:00 p.m. Dinner on your own.
 7:00 p.m. Board chartered bus to cultural entertainment event, details in the next *Continuum*.
 9:30 p.m. Return to hotel by chartered bus.



Sunday, November 8, 2015*

6:00 a.m. - 10:00 a.m. Breakfast in hotel.
 10:00 a.m. Group travels to Patriots Point via shuttle bus or the choice to walk 0.5 miles.
 10:45 a.m. Board boat for 30-minute narrated harbor cruise to historic Fort Sumter. One hour free time to visit the fort, historic artifacts, and souvenir shop, followed by scenic cruise back to Patriots Point.
 1:00 p.m. Return to harbor area. Shuttle bus to *Charleston Harbor Fish House* for group lunch reservations.
 3:00 p.m. Return to hotel by shuttle bus.
 3:30 - 4:30 p.m. Free time on your own.
 5:00 p.m. Board chartered bus for *Dutch Treat* dinner at *Southerly Restaurant*, getting together one last time. Includes the opportunity to browse Southern Seasons Gourmet Market Place.
 8:00 p.m. Return to hotel by chartered bus.

Monday, November 9, 2015

Hotel checkout and good-byes.

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://lllumnae.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://lllumnae.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. ☺



Fran Dereszynski, *Continuum* Editor
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Huntington Beach, CA 92649-4821

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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* (page 4). Your name listed in *Continuum* and on the 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.

\$ ____ **I want to join as a Tribute Member** \$50 US dollars* per member (add \$8 outside USA). *Details on page 5.*

I am joining _____ My tribute is to _____

(your name, city & state) (name of one person, city & state)

Indicate why you wish to honor the individual. *Content subject to final review by the LLL Alumnae Association.*

My tribute, up to 15 words : _____

\$ ____ **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.