

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. 2

May - August 2015



Look inside!

Registration Brochure for
November 5-9, 2015
Alumnae trip to
Charleston, So. Carolina!
Register Now!
Space is limited!

Renew by August 31

to receive the next issue. The back page has the expiration date. Renew for multiple years or anytime before your expiration date. **Moving?** Send new address to Sue Steilen.

When I asked retired LLL Leader Kim Moreno, a home care psychiatric nurse, to write an article on aging, she responded with the idea for a series of four articles. In the next three issues, Kim's series will be complete. She wrote, "All will include perspectives on preserving your own wholeness, finding balance, and developing resilience during the unfolding story and will focus on: understanding the financial demands, available resources and support; assessing safety and considering the future."

—Fran Dereszynski, Continuum Editor

Finding Resilience as You Care for Aging Loved Ones

La Leche League has given me many lifelong mentors, always when I needed them most. In particular was one Leader Jody Nathanson, who coached, inspired, and encouraged me through all stages of parenting and womanhood. I attended a session she hosted at an LLL Southern California/Nevada Area Conference some years back. Jody shared the story of caring for her aging mother-in-law; the challenges she talked about were too far out on my horizon. My own parents, were in their mid-60s and vigorously active—working, traveling, boating, joyfully involved with family and friends, and blessed with good health. They were both fiercely independent and although divorced from each other for 40 years, talked by phone several times a week. I was deep into raising my own five children while nurturing both my marriage and my career. Tough choices were a daily reality. What's now referred to as "me time" was unheard of, and time with friends was something to aspire to in the future. Consequently, I had little ability to appreciate the power that the emerging demands for care from those closest to me would have on my time and attention (not to mention financial aspects and physical and emotional energy). The struggles involved with aging parents, watching a slow decline in independence, or the sudden rapid need to problem solve and reorganize seemed as far off as my own "retirement!" But life just moves along like a speeding bullet train. I am one of the few people my age still blessed with a living parent. My mother will be 95 this June. My father passed away a few years ago at the age of 90. And my mother-in-law died shortly thereafter at 102! As my brother so poignantly said at the memorial of one of my many aunts, "It was their job to see us into this world...and ours to see them on to the next!"

Day-to-Day Reality

But the day-to-day-reality of caring and living with an aging parent (whether you physically live with them or not) became most apparent to me when I made a career move into psychiatric home care. As I ventured out to evaluate the physical and mental status of people in their homes and provide nursing care and education to this mostly elderly population and their families, I was shocked at how distraught and frustrated family members were when they rushed outside to meet me in the driveway. They were so eager to share the most recent episode in a long list of hardships they were enduring as a result of their loved ones' rapid or slow diminishing capacity.

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Published May 11, 2015

From the Mail Bag

During the hot summer months, if you plan a staycation at home or a trip out of town, I read ideas about staying hydrated, especially when traveling. Sip water, up to eight 8-ounce glasses a day. When dehydrated, your body can raise levels of cortisol, the stress hormone. Water gives you more energy, soothes any stress-induced symptoms, eases tension, and maximizes body functions like digestion and muscular activities. Carry water with you as a visual reminder. Flavor the water. Add watermelon, lemons, oranges, or berries. Let it soak. Or add a herbal or flavored green tea bag. Steep in unheated water to accent taste.

Readers' responses

I wasn't going to renew and then read the wonderful article about the Founders. Thanks.

—Mary "Mike" Rotter, La Grange, Illinois USA

I love to read the magazine all through and really love the stories, even though it takes me a month or so because I read before I go to sleep. Thanks for all you do for the Alumnae.

—Paula Swain, Valley Springs, California USA

Thank you for sending a copy of *Continuum* to the LLLI Board Members. I particularly like the "Memories of Mary Ann Cahill" and the comments from the LLL co-Founders.

—Anne Batterjee, LLLI Board Member, Jeddah, Saudia Arabia

Since the next Alum trip will be to Charleston, South Carolina, I wanted to mention that Sue Monk Kidd's book *The Invention of Wings* takes place in Charleston and is about real people. (See page 4 for Mary Gisch's review of this book.) The house in the book is still standing and being used as an office. The book is great! I love all of Sue's books!

—Patty Spanjer, Dalton, Georgia USA

I love receiving readers' feedback and look forward to your comments about this issue. Feel free to contact a contributor to share your thoughts about her article. What's next for *your* newsletter? Take a turn. **Deadline is July 30, 2015. Share your story.** For questions, comments, or an idea for a *Continuum* article, contact me at 714-840-1136 or 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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Finding Resilience as You Care for Aging Loved Ones *(continued from p. 1)*

Rarely, if ever, was the primary caregiver the spouse. If there was a spouse at all, he or she was invariably aged with limited ability to problem solve, dealing with their own health problems, and unable to even be of assistance in an emergency.

Mental health issues

Often with mental health issues of anxiety, depression, or even psychosis, an elderly individual might be suffering from Alzheimer's disease, other types of dementia or a cognitive/brain disorder. And this could be compounded by physical illness or chronic health problems. Most surprising to me however, was how little I actually knew about the experience of growing older from either side. I had spent most of my life and professional career working with young and growing families, adolescents, or young adults.

Family decision-making, exploring alternatives

I am the oldest of eight children myself, and no stranger to responsibility. I have brothers and sisters and adult children to share many of the responsibilities and the burdens of caregiving for our frail or dependent family members, in addition to being available to lend a listening ear, moral support, and explore alternatives and options in the hope of better decision-making. But now even my siblings are aging. Some have children; only one has a spouse. Single adults are the fastest growing "family" demographic in America. We are increasingly turning to each other for help. As our parents before us, no one wants to be a burden to their children. Still, the complex problems and degree of responsibility that younger family members are increasingly being asked to handle is gravely distressing.

One thing is consistent in my experience. No one really plans on taking care of a parent(s). Not in the way you know you are going to be taking care of your children. And who among us prepares to care for brothers and sisters? Or provide emotional support, decision-making, let alone support for other relatives as they age, become ill, or disabled? And even fewer of us anticipate that we might still be caring for adult children who are in their 40s, 50s, and beyond.

Crisis changes dynamics

Sometimes a crisis heralds a change. Your parent has a stroke. She is diagnosed with some medical problem that's going to require both intensive and then longer-term

For example, it may be related to:

- The slow insidious process of Parkinson's disease or diabetes starts
- Or worse—a cancer diagnosis dictates the daily regimen of medical appointments and care
- Increased sensory losses in hearing and vision
- Or perhaps there is an emergency/911 intervention for a mental health crisis resulting from addiction or a suicide attempt
- Even the increasing focus to find affordable dental care to minimize interference with the joy of eating and quality of nutrition, along with demanding ways of grocery shopping and food preparation!

But the general lack of preparation isn't just the result of your denial and lack of attention. My parents both lost a parent while in adolescence. Older responsible siblings shielded them from the responsibilities of caring for the remaining parent.

- The fierce and independent American ethic fostered by the depression and World War II gave them an often-undeserved pride in their self-sufficiency that they expected from their children as well as themselves. This did little to prepare them for the necessary interdependence of frailty and illness and a longer life span than has ever been achieved previously.
- Additionally the fierce and independent American ethic that prided self-sufficiency, above all in themselves and their children, did little to prepare them for the interdependence necessary due to physical or mental frailty, illness, or the longer life span than has ever been achieved previously.
- Neither anticipated living past middle age. Aging, like pregnancy and measles, was a matter of luck. Nothing you anticipated and planned for.

How times have changed! In the coming months I will share some of my own experiences in moving through the changes brought on by aging parents, spouses, siblings and adult children—with the intention of supporting you to encourage your own blossoming of resilience as you bear witness to the hardship and suffering of others. And consciously cultivate joy and patience in the presence of daily challenges. I often draw strength and encouragement from reading and the beauty of the words. One of my favorite authors is Anne Lamott. For an uplifting but all too human look at how to go about caring and loving, check out her recent book, *Small Victories: Spotting Improbable Moments of Grace* (2014). 'Til next time! ☺

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Subscribers Look at Mailing Panel First

According to a web poll about newsletters, the mailing panel is the first place that readers look when they pick up the publication. For *Continuum*, the mailing panel is always on the last page and not really the last part read. In reality, most women look at the mailing panel first to see the return address so they know whom the newsletter is from. In addition, they want to see their own names in print—that the name and address is spelled correctly. Your membership expiration date or LAST ISSUE is imprinted above your name. LAST ISSUE means it is time to renew so you will receive the next issue. ☺

"Like" our Facebook page at <https://www.facebook.com/LLLAlumnaeAssociation> to receive daily posts, breastfeeding news and announcements for the latest LLLI and LLL USA blog. The page is for current and former LLL Leaders, current and former LLL members, Alumnae members and non-members to share experiences, reconnect with friends, and network. ☺

Gatherings to Remember LLL Leader Judy Torgus

Judy passed away on July 3, 2014. In August, Judy's friends gathered for lunch and dinner in Schaumburg, Illinois at one of Judy's favorite Italian restaurants. Rebecca Magalhaes, who worked with Judy at the LLLI Office, reported that all the friends tried to wear something blue, Judy's favorite color. They shared stories and photos of their collective friendships. It was a healing process, as well as a fun time to be together, memorialize a friend, and keep her in their hearts. Judy's son Paul, former LLLI graphic designer, joined the group and brought angels and collectibles of Judy's so guests could select a "Judy item" to take home.

Judy Torgus Memorial Event will be held November 6, 2015 in Charleston when women attending the trip will commemorate and honor Judy, believing that Judy would want us to celebrate her life. Leaders and mothers recognize

Judy's name behind LLLI books, journals, and Conference materials. In 2011, Judy volunteered to be a Member-at-Large on the Alumnae Council. This event will honor Judy's 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, a gathering thoroughly enjoyed by 63 Alumnae members. Friends from the Chicago area plan to bring photos and share stories at the event.

Donations to the Judy Torgus Memorial Event are ongoing. We are grateful to donors published in the last issue of *Continuum*. The January-April 2016 issue will list all 2015 donors. Please use the donation form on page 16 or go to <http://lllalumnae.org/donate> Thank you! ☺

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

***The Scent of Rain and Lightning*, 2010**, by Nancy Pickard tells of a small town in Kansas, USA, where a prominent cattle ranch family is enraged because their son's murderer is released early after only 20 years! Billy Crosby was well known to be vicious. How did Billy's son, Collin, now a grown man and lawyer get him free? The puzzled local sheriff has to calm the townspeople. The rancher's beloved granddaughter, Judy Linder, is trying to understand and deal with the current situation and wonders what happened when she was three and where her mother is? Judy is also falling in love. The town comes alive with Pickard's prose. This unusual mystery kept me up into the night.

***The Welsh Girl*, 2007**, by Peter Ho Davies, gives us a glimpse of the feelings the village people have about a British Prisoner of War (POW) camp for Germans in their midst. The Welsh view the British as the enemy, even during World War II. The children of the village sneak off to taunt the prisoners. Esther, a betrayed young woman, also looks at the men from a distance. She discovers and hides Karstan, an escaped German POW. Is her compassion for an imprisoned man turning into love? Interesting characters with tough lives make this book hard to put down. The author is Chinese and Welsh, and lives in Ann Arbor, Michigan USA.

***Breaking Night: A Memoir of Forgiveness, Survival and My Life Journey from Homeless to Harvard*, 2010**, by Liz Murray is a most inspiring biography. Liz knew her parents loved her even though their home life was disastrous. Her parents were drugged and drunk most of the time. Her older sister Lisa tries hard to save her but they become estranged. After close calls with the police and death, Liz at

17, learned to take care of herself and that she had to finish high school no matter what. She enrolled in an alternative high school and spent most of her time studying. She slept in friends' homes when the parents allowed it, or stairwells and subways when they did not. Eventually Liz did so well that she was accepted at Harvard! Her story of forgiveness and survival was first told in a television movie. Later she wrote her memoir. Liz gives reason to hope for the hopeless.

***The Invention of Wings*, 2014**, by Sue Monk Kidd, a historical novel begins before the Civil War in Charleston, South Carolina. From the voices of Sarah Grimke and her slave Hetty "Handful" Grimke we hear how "Handful" was given to Sarah for her 11th birthday. Sarah tried to "unown" her slave but her family would not hear of it, especially her father, a South Carolina Supreme Court judge. However, Sarah taught her how to read which was against the law. Sarah and "Handful" both wanted freedom. "Handful" says, "my body might be a slave but your mind is a slave." Sarah was despondent to learn her dream of becoming a lawyer was totally unacceptable for a woman. She eventually moved to New York, became a Quaker and an abolitionist, much to her family's horror. Her youngest sister Angelina followed in her footsteps. Sarah and Angelina travelled the states speaking and writing against slavery. The Grimke sisters' family house is now a home open to visitors in Charleston. Go to www.suemonkkid.com to view an interesting video of the author sharing her thoughts on this remarkable novel. ☺

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How do I to submit deceased Leaders' names for *We Remember*?

To view the *We Remember* names, go to <http://lllalumnae.org/We-Remember> If you or a friend or relative finds an obituary mentioning that the deceased was an LLL Leader, contact Fran Dereszynski at dereszyn@verizon.net and include the obituary link, name, date of death, state/country. Or select "We Remember" at lllalumnae.org and choose "send us the information." Fran will add the name to the list. Thank you. ☺

Spice of LLLife Fall Fling 2014

In the peaceful, colorful autumn hills and misty valleys of the Virginia Blue Ridge Mountains, October 2014 marked the arrival of a dozen current and former longtime La Leche League Leaders to the home of Scottie Pritchard and her husband Bucky. The Alumnae arrived from places as far away as Michigan, Georgia, Massachusetts, Colorado, Texas, Kansas, California, and even Guatemala. In 1996, the women became connected through "Spice of LLLife," an email chat list created for 28 Leaders over age 40. Gales of laughter echoed throughout the hollows as they shared a long weekend of stories, life details, and mother-to-mother support over wonderful meals. A unique field trip took them



to a local cemetery allowing everyone to appreciate the long, rich history of rural Elk Creek and to view the gravestones of Scottie's relatives. A special treat was a performance and sing-a-long with local musician Casey Hash (photo) who played his 12-string guitar. Casey is a member of the renowned Wolfe Brothers String Band.

About 10 years ago, the Pritchard family transformed one of their fields into the "Laughing Brook Labyrinth" using hundreds of rocks to outline the curved, maze-like path. Walking a labyrinth can be casual or meditative. For this group it was a powerful experience. Sunday breakfast was great fun at a local diner where endless cups of coffee topped off eggs any style, terrific hash browns, tender

biscuits, pancakes and more! The tiny diner is to be commended for warmly welcoming such a large and boisterous group. Some women at the gathering are looking forward to being together again in Charleston, South Carolina. ♪

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In *Continuum*, May-August 2010, Scottie Pritchard wrote an article about her book *Under a Blue Bowl: The Life of Olive Scott Benkelman Mostly in Her Own Words*. The book is based on the preserved recordings of "letters" between her mother Olive and herself.



In the archway: Front row L-R: Theresa Weigel, Mary Swisher, Edna Kelly, Scottie Pritchard, Mary Ann Martin. Back row L-R: Anne Cook, Elaine Shirron, Mary Shine, Patty Spanjer, Kate Kerr, Cathy Baldizon, and Ann Russell.

Thankful for My Improved Vision

The note about eye health in the last *Continuum* was well-timed and important to me. I am 68 and tripped three times in the past year. Fortunately, I escaped with minor scrapes and bruises. On the afternoon of the third fall, I called my eye doctor for a vision check. The result was clear. No prescription would improve my vision beyond the current one. My cataracts needed to be removed. My doctor told me to be happy because my vision, without glasses, would be better than it had been for over 25 years. He was right. I learned that cataracts form on the eye's lens, clouding vision, dulling colors, and making it difficult to see clearly. When the eye is examined before surgery, vision is checked so the lens to be implanted will be strong enough to allow a person to see as clearly as possible. A basic lens implant does not correct astigmatism. Toric lenses are now made to help correct astigmatism. Multifocal lenses are available to help with close-up work and small print. These options have a higher cost that is not usually covered by insurance. After reading

about the pros and cons of these options and discussion with the surgeon, I chose basic lenses. After carefully choosing an eye surgeon, a consultation appointment, and at that first visit, selecting which lens option I wanted, everything moved along rather quickly. I had the right cataract removed, followed by the removal of the left cataract the next week.

I knew I needed to make an appointment, but I kept putting it off. It had been three years since my vision had been checked. During those years, I often was not able to read emails on my laptop or tablet device. So I saved them in a folder. The implanted lenses corrected my vision very close to 20/20. I still need glasses for prolonged reading and for small print but not when I drive or watch television. ♪

Kathy Doody

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An international workgroup has been developing plans for the **LLLI 60th Anniversary celebration, *Building a Legacy***, from October 1, 2016 to September 30, 2017. Dedicated anniversary pages will go live on the LLLI website later this year. The Board budgeted funds to complete the LLLI DVD highlighting the work of the Founders. ♪

LLL Missouri's 50th Anniversary and 2014 World Breastfeeding Week



As we planned activities for World Breastfeeding Week, we realized it was the 50th anniversary of LLL in Kansas City! Since I have been an active Leader for the longest time, I earned the role of Alum Chair for the event.

In photo: Stephanie Dunn, Peggy Morgan, Cathy Sterchi, Rose Ann Brostoski, Kathy Sanchez, Charlene Burnett, France Vandergriff. Front row: Laura Rowland (daughter of St. Louis Leader Gay Clemson) and Helma Hawkins--former Plaza/Brookside Group Leaders who joined us in celebrating LLL of Missouri's 50-year anniversary.

I had contact numbers for retired Leaders from an LLL house party event a few years ago—my starting point. A former co-Leader works at the library and knew how to search open public records to find addresses of those with whom we lost contact. The telephone book had numbers for those who still hand landlines. Another source was a Facebook group for the former Plaza/Brookside Leaders who were very excited about the event. I sent out electronic invites, sent printed invitations to those I only had addresses for, and made many phone calls—contacting a total of 80 Leaders. Two mailed items were returned as undeliverable.

I was happy to share a quilt I made of T-shirts from World Walk for Breastfeeding over the years. We enjoyed sharing memories of past times. An interesting observation we found was that photos were not taken in the early days. I had tons of memorabilia from LLL Area and LLLI Conferences, but no photos. The only photos were from the 1990s and later. You know—the modern era! The biggest hit amongst the oldsters was the program book, hostess apron, mugs, glasses, and the special T-shirts we made for the 1981 LLLI Conference in Kansas City. Some husbands got together to make T-shirts with "KC-Brest Time Ever." As I went through my personal archives, I experienced a few tearful yet joyful moments when I read Meeting Reports going back to 1977. I added a few with the display. We decided that the statute of limitations had been met because photos of babies at those meetings were now grown. Most importantly they were now finally all weaned! A day some of us thought would never happen back then. One founding Kansas City Leader was on an Alaskan cruise, but sent her love. Her daughter, a retired Leader, was at a family reunion and sent her best wishes. One Leader's daughter was a baby back then and is now a Leader—second generation. We had retired Leaders spanning 40 plus years. The two original groups were well represented. Two ladies, who attend the same church, were

shocked to see each other there. They did not know they had LLL leadership in common. Small world isn't it? It was a day for great stories and great memories. Some of the funniest stories were about the "old days." Many wonderful memories were about how our LLL babies are parenting. Most of us have grandchildren and of course, we proudly shared those pictures and stories. We convulsed with laughter over the birth story of one woman's daughter who heard all her life not to go the hospital too soon. With her mother (the grandmother-to-be), they timed contractions and before long, the baby was suddenly born at home in the bathroom. There were funny stories. Some were sad somber ones about our adult children and their families. Over and over, the theme of the day was how important La Leche League has been to all of us. No matter where the next step of our life took us, it was LLL that had been our guiding light. It was more than breastfeeding information. Together, it was a bond we held together, not like one in any other part of our lives. There were 17 retired Leaders who joined us for the World Breastfeeding Week Celebration at a local park in Kansas City. On the display table were Alumnae Membership Forms. At least three former Leaders took forms. It was a wonderful day! ☺



LLL Missouri June 2014 Area Conference

Dotti Savoy, Conference Coordinator, reported that "attendees felt they were so glad they came and were able to meet special guests LLL co-Founder Marian Tompson and Faye Young, former Director of the LLL Public Relations Department. All in all, it was a very good conference." Two Leaders who are daughters of the first Leaders in Missouri attended. I brought blue carnations for the Alums (as if anyone would not guess the older gals are the old gals/ Alums). If they joined the Alums, they received a lovely canvas bag from the June Area Conference. We shared an LLL Fact Sheet and a schedule of LLL meetings. A reporter from the local television station interviewed me with my hope to have media coverage. The World Breastfeeding Week (WBW) quilt was part of the display. I planned to wear the shirt from the 1981 LLLI Conference in Kansas City! ☺

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Charleston on Your Mind . . .

Old South
genteel
gracious
captivating
historical
charming
picturesque
hospitable

2015 Trip Coordinator Pam Oselka has planned an inviting itinerary for the enjoyment and reunion of LLL women who register. Included: two plantations, a tour of Fort Sumter, a tour of the historic district, the Judy Torgus Memorial Event, and an evening of historical music from "Sound of Charleston." **Co-Founders Marian Tompson and Mary Ann Kerwin will attend. Your donations to help cover their trip expenses are appreciated even if you are not able to attend.** Donate online. Or mail to Patti Hope Lewis.

Pam and six Alumnae Council members teamed up its trip-planning expertise to customize a travel agenda just for you. On p. 8-9, refer to the Trip Brochure with registration and hotel deadlines. Space is limited. First-come, first-served. Register by mail any time—confirmation email is sent after processing. Online registration opens June 10. If you have problems completing your registration online, contact Pam or Fran, as listed on the registration form. Sometimes online forms are easier to fill out than others, so feel free to ask for help. Charleston is the epitome of Southern hospitality and charm. Visitors excitedly say, "It is easy to get around Charleston or walking in the downtown historic district." The public trolleys (CARTA) are free. Pedit-cabs and horse drawn carriages offer tours. There are walking tours of historical Charleston where you might even hear a ghost story or two. Shopping opportunities range from books to boutiques, galleries to antiques, and local artisans.

Lowcountry cuisine

There is no place better to find true Lowcountry cuisine than Charleston. What comes to mind is Spanish moss, classic architecture, and words spoken with a drawl as soft and smooth as the waters of the Cooper River. While that may be a stereotype for such a flourishing, modern city, Charleston is still the epitome of Southern class and charm. For over 300 years, it has been a bustling port and, as such, a place where cultures mix and meld. In culinary terms, the city has a distinct food culture all its own, one in which influences from Europe and Africa have combined with the bounty of local waters. The resulting Lowcountry cuisine has made Charleston world famous. Enthusiasm for great food, passion for the art of entertaining, and a belief in Southern hospitality take center stage at Southern Season, where Saturday's itinerary includes browsing time in the store, with the unrivaled collection of the finest specialty food, gifts, and entertaining items from local Lowcountry purveyors and



international vendors. How about housewares, a coffee/tea bar stocked with some of the worlds rarest brews, and more than 500 hot sauces, 380 cheeses, 2,050 wines and 430 chocolate bars, to name a few! ~

Charleston Pre-Trip Downtown Culinary Tour

Come early to Charleston for a fun and delicious introduction to Lowcountry cuisine. This optional walking tour will be Thursday, November 5, 2015, 2:00 – 4:30 p.m. for \$60 per person. If traveling by air, we ask women to plan hotel check-in on Wednesday, November 4. If driving, arrive at the hotel on Thursday before 12:00 p.m. in time to participate. Bus transportation (\$6 roundtrip fee) from Hampton Inn departs at 1:30 p.m. to take tour registrants downtown. Wear comfortable shoes/clothing. During the 2.5-hour tour, participants will explore restaurants and areas surrounding the City Market in the heart of Charleston's Historic Downtown, showcasing the best of the city's history and food! **Space is limited.** Tour tickets must be purchased in advance through LLL Alumnae pre-tour link at <http://tinyurl.com/mc2syh4> **Check out the link for details.** Contact Edna Kelly at ekelly@swbell.net or 713 666-7974 for more information. ~

Extend your visit to Charleston

Some women may arrive a few days early or stay a few extra days. Reserve space for the same culinary tour on your own or with a group of Alum women on a day that fits your travel plans. Do an online search for sites offering culinary tours and cooking classes, a unique experience for Charleston visitors. Tours fill up quickly. Charleston hosts many more activities not included in the weekend itinerary. If extending your stay, below are suggestions you might enjoy. Recommendation: Check out www.tripadvisor.com to view comments from those who visited places you search.

- Old Charleston Ghost Evening Walking Tour
www.oldcharlestontours.com
- Carriage Tour with Classic Carriage Works
<https://classiccarriage.com/>
- Cooking class with Charleston Cooks!
www.charlestoncooks.com/charleston/classes/
- Pirates of Charleston Walking History Tour (hear stories of two women pirates)
<https://charlestonpiratetour.com/>
- Gullah Bus Tours—Culture and Language of Lowcountry's first African-American inhabitants
www.gullahtours.com
- Grimke Sisters 2-Hour Walking Tour, minimum 4/tour
grimkesisterstour.com ~

In July 2014 the Charleston Area Convention Visitors Bureau announced that Charleston was named the #1 Top U.S. City by *Travel and Leisure* 2014 World's Best Awards! This is the second consecutive win for Charleston!

Thursday, November 5, 2015

Final itinerary will be in trip packet.

Sunday, November 8, 2015

All admission/tour fees, chartered shuttle and bus* transportation contracted with "Charleston Ventures Tours."

3:30 - 6:00 p.m. Women pick up trip packets. Look for LLL Alumnae sign for registration location in hotel.
4:00 p.m. Hotel check-in.

6:15 p.m. At hotel, board bus* to R.B.'s Seafood Restaurant for Welcome Dinner with attendees. Time to get to know each other. *Registration packets will be available for women who may arrive later.*

✈️ *If you have a flight delay and need to join us later, call/text Pam at 734-277-3180 or call/text Fran at 714-767-5511.*
8:45 p.m. Board bus.* Return to hotel.

Friday, November 6, 2015

6:00 - 8:30 a.m. Complimentary breakfast in hotel.
9:00 a.m. At hotel, board bus* for 90-minute tour of Charleston, followed by 30-minute tour of Joseph Manigault House, an exquisite antebellum structure.
11:00 a.m. Tour ends at City Market.

11:30 a.m. - 5:00 p.m. Leisure time. *Lunch on your own.*
Many dining choices in City Market/historic district. Time to browse shops. Free Downtown Area Shuttle (DASH) offers three routes from Visitor Center or City Market throughout this peninsula area. Return to hotel via taxi. Or from Visitor Center take Charleston Ventures free bus* to Patriots Point/Mt. Pleasant at these times: 1:30 p.m. or 4:00 p.m.
6:15 p.m. At hotel, board bus* to Liberty Tap Room & Grill in Mt. Pleasant for We Remember Ceremony, followed by social get-together for the Judy Torgus Memorial Event. LLL Alumnae will provide hearty hors d'oeuvres. Servers will take cash bar orders.
9:00 p.m. Board bus.* Return to hotel.

Saturday, November 7, 2015

6:00 - 8:30 a.m. Complimentary breakfast in hotel.
9:00 a.m. At hotel, board bus* for tour of Drayton Hall, the only plantation house on the Ashley River to survive intact through the Revolutionary and Civil Wars, followed by a tour of Magnolia Plantation, one of the oldest plantations in the South. *Includes box lunch.*

3:30 p.m. Board bus.* Return to hotel.
4:45 p.m. At hotel, board bus* to Charleston historic district.
5:00 - 6:30 p.m. *Dinner on your own. Reservations required.*
Many dining choices close to location of evening concert.
6:40 p.m. Meet at Circular Congregational Church in historic district. Tickets/programs distributed. Be seated before concert begins.

7:00 p.m. Enjoy *Sound of Charleston*, a rich musical experience "from gospel to Gershwin, jazz to Civil War camp songs, and light classics."
8:30 p.m. Board bus.* Return to hotel.

ITINERARY

6:00 - 9:30 a.m. Complimentary breakfast in hotel.
10:00 a.m. At hotel, board shuttle bus* to Patriots Point.
10:45 a.m. At Patriots Point, board tour boat for 30-minute narrated harbor cruise to historic Fort Sumter. One-hour free time to visit fort, historic artifacts, and souvenir shop, followed by 30-minute scenic cruise back to Patriots Point.
1:00 p.m. Depart Patriots Point on shuttle bus* for group lunch at *Charleston Harbor Fish House*, in Mt. Pleasant.
2:30 p.m. Board shuttle bus.* Return to hotel.

3:00 - 4:30 p.m. *Free time on your own.*
5:00 p.m. At hotel, board bus* to Southern Season, a food-lover's market place, in Mt. Pleasant. *Free time to browse.*
6:15 p.m. Adjacent to Southern Season, meet in private dining room at *Southerly* restaurant for Dutch Treat dinner. *Separate checks.* Women gathering together one last time.
7:45 p.m. Board bus.* Return to hotel.

Monday, November 9, 2015

6:00 - 10:00 a.m. Complimentary breakfast in hotel.
Good-byes. Check-out by 12:00 p.m.

Hotel Accommodations & Airport

Hampton Inn Charleston/Mt. Pleasant-Patriots Point
www.CharlestonPatriotsPoint.HamptonInn.com
255 Sessions Way, Mount Pleasant, South Carolina 29464
843-881-3300

about 20+ minutes from Charleston International Airport
Hotel rate: \$129+tax/night on Sunday through Thursday.
\$159+tax/night on Friday and Saturday.

Group rate is guaranteed for up to 4 guests/room through September 26 when the rate expires. Rates apply to the following types of rooms for LLL Alumnae: King bed; King study w/sofa bed; 2 double beds; and 2 accessible rooms for American with Disabilities Act (ADA). These discounted rates are available November 3-11. Hot breakfast included.
Check-in time: 4:00 p.m. Parking & wireless Internet: free.

Reserve rooms by September 26, last day for hotel reservations at Alumnae rate. Ask for the group name: "La Leche League Alumnae Association." Please book rooms through the Alumnae personalized group web page at <http://tinyurl.com/mfg3wcy> or request "Reservations" at 843-881-3300. Any hotel rooms not reserved with a valid method of payment by September 26, will be released back to general inventory and subject to standard room rates.

Cancellations, room changes: call the hotel.

LLL ALUMNAE ASSOCIATION

La Leche League Alumnae Association
...it's not just for retired Leaders
LLLAlumnae.org
facebook.com/LLLAlumnaeAssociation

Join us for

Alum Fun, Friendship, & Sightseeing

November 5-9, 2015

Charleston, South Carolina
Historic Seaport City

- Rich cultural heritage, preserved plantations and grand antebellum architecture
- Centuries-old homes, cobblestone streets, venerable oaks hung with silvery Spanish moss
- Acclaimed restaurants: seafood, local Southern barbeque, and Lowcountry cuisine



Historic Buildings and Antebellum Mansions



Charleston City Market in Historic District



Sound of Charleston, 300 years of rich musical heritage



Scenic Cruise from Patriots Point to Fort Sumter

Registration Includes

- Meals: Thursday group dinner; Friday evening hearty hors d'oeuvres at Judy Torgus Memorial Event; Saturday box lunch; and Sunday group lunch.
- Registration packet, itinerary, trip roster, local map, local resources, and We Remember Program.
- All tours, admission fees, tickets, chartered transportation* (bus & shuttle) to and from activities on Thursday, Friday, Saturday, and Sunday.
- Space is limited. Registration discounted for current Alum members. Women may opt to join on Registration Form. Early Bird registration available.

Expenses on Your Own

4 nights lodging: Hampton Inn Charleston/Mt. Pleasant-Patriots Point. **Meals during travel** to and from home, travel expenses, incidental expenses, snacks, shopping, etc.
1 lunch on Friday, 2 dinners: Saturday and Sunday.

Airport Shuttle

- Closest major airport: Charleston International Airport (CHS), about 20+ minutes travel time to the hotel.
- For women **interested in sharing an airport shuttle**, contact Fran at dereszyn@verizon.net or 714-840-1136.

Optional Activity: Pre-Trip Culinary Tour

Come early for a walking culinary tour, a fun and delicious introduction to Lowcountry cuisine. **Plan hotel check-in on Wednesday or arrival Thursday before 12:00 p.m.** Roundtrip transportation leaves hotel at 1:30 p.m. for \$6 fee. Walking tour: 2:00 - 4:30 p.m., Thursday, November 5. Join us for a unique showcase of the best of Charleston's history and food! Explore restaurants and the area in the heart of Charleston's Historic Downtown. Tour enrollment is limited in size. LLL Alumnae tour tickets are \$60/person, must be purchased in advance by **September 25** at <http://tinyurl.com/mc2syh4>. For more details, contact Edna Kelly at eeekelly@swbell.net or call 713-666-7974.

Climate & What to Pack

- **Fall weather:** pleasant sunny days to partly cloudy with occasional trace of rain. Calm to moderate breezes in harbor areas and outdoor activities listed in itinerary. Temperature range: 72 °F. to 50° F. Check ZIP Code 29464 weather prior to departure.
- **What to pack:** Layers, heavy sweater, light jacket, and comfortable walking shoes; medication you need or may need; and chargers for electronic devices. Leave hotel contact info with family.

REGISTRATION FORM

August 31: Deadline for Early Bird registration. Save \$15! **Register early!**
September 24: Last day to register online or by mail, first-come, first-served, space permitting.
September 26: Last day for hotel reservations.
October 27: Last day for full refund, less \$20 administrative fee.

LLL co-Founders Mary Ann Kerwin and Marian Tompson plan to attend. Mary White will not be able to join us. Your donation (below) to help cover trip expenses for the co-Founders is appreciated.

June 10 Online registration opens at <http://lllalumnae.org/trip> Register by mail anytime, confirmed by email after processing. **Registration questions? Refunds?** Contact: Patti Hope at poselka1945@att.net or 734-277-3180. **Questions about itinerary or filling out registration form?** Contact Pam at dereszyn@verizon.net or 714-840-1136.

Contact Fran at <http://www.dreamcharleston.com> and www.charlestoncvb.com for information about places on the itinerary. *The Alumnae Association does not carry liability insurance to cover accidents or injuries that may occur on this trip.*

**** This is a reunion trip for LLL women. Before registering, read itinerary details and what registration includes.**

Yes, you may add my contact information to the trip roster _____
 Yes, I have a disability-related condition requiring accommodation to participate fully. Explain _____

Yes, I am a current 2015 Alumnae member _____

\$ 30 enclosed to join Alums, one-year membership _____

\$305* Early bird, received by 8/31/2015, current 2015 Alum member _____

\$340* Early bird, received by 8/31/2015, non-member _____

\$320* Registration, received by 9/24/2015, current 2015 Alum member _____

\$355* Registration, received by 9/24/2015, non-member _____

\$ 50 per person to attend ONLY group Welcome Dinner, November 5. _____

My Thursday dinner choice, **choose only one:**

Fried Shrimp Prime Rib Pasta Pomodoro with Grilled Chicken Pasta Pomodoro (vegetarian)

My Saturday box lunch sandwich choice, **choose only one:**

Chicken salad croissant Turkey w/cheese croissant Ham w/cheese croissant Veggie wrap

My Sunday lunch choice, **choose only one:**

Fish Sandwich Chicken Caesar Salad Ground Steak Burger Rustic Portabella Lasagna (vegetarian)

\$ _____ My donation to help cover costs for the LLL co-Founders to attend

Yes, I will attend *Southerly* restaurant Dutch Treat dinner on Sunday evening November 8, *pay on your own.*

Your reservation is required for final guest count. Price-fixe menu available for attendees.

Total enclosed fees & donation

★ Price includes tips to be given to Charleston Ventures bus/shuttle drivers during the four days' activities.

Family member or friend who is my emergency contact, if needed during the trip. Name: _____ and/or Relationship: _____
 email: _____

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

Mail to: Patti Hope, 2457 Vivian Circle, Decatur, GA 30030-1592.

Name _____ Active Leader Former Leader Current LLL Member

Address _____ Former LLL Member Friend of Alums/LLL

City _____ State _____ ZIP Code _____

Email _____ Home Phone _____

Cell Phone _____ Yes, I can receive text messages during the trip in case of emergency.

Yes, I give permission to use of my photo for: Continuum Alum website Alum Facebook page

I do not give permission to use my photo.

When Alumnae member, Marian Fagan McCabe, renewed her membership online, she commented, "I would be delighted to write an article on Mary Ball Washington, George Washington's mother." I contacted Marian who added, "My late employer, Paula S. Felder, wrote extensively on Mary Washington, with particular emphasis on her relationship with her son George. Poor Mary has gotten some bad press! She was tough, but she had to be; when her husband died she was left with five children (11 years old and younger) to bring up alone. She never remarried." I replied to Marian with the upcoming deadlines and she was kind enough to submit her article.

—Fran Dereszynski, *Continuum* Editor



Mary Ball Washington, George Washington's "Revered Mother"

I am proud to say I live in George Washington's hometown, Fredericksburg, Virginia. I often pass by his mother Mary's home and other Washington family properties as I go about my business. For several years it was my privilege to work with the late local author and

historian Paula S. Felder. Paula brought the Washington family, particularly Mary, into focus for modern times and in doing so provided a more sympathetic view of the country's First Mother. Historians often praise George Washington for his determination, high ethical standards, and capacity for hard work. Paula believed, and I agree, that he inherited these qualities from his mother.

The little that has been written about Mary Ball Washington has not always been kind. Despite 19th and early 20th century authors praising her in flowery prose, and later 20th century authors castigating her as ill-tempered and demanding, there is not enough primary source material to form an accurate picture of her. Let's take a look at her through what we know of her circumstances.

Mary's life as a wife and mother

Mary Ball was born in Lancaster County, Virginia, in approximately 1708, the daughter of Joseph Ball, a member of the gentry class, and his second wife, the widow Mary Johnson. Mary's father died when she was three, and her mother remarried. Mary spent her adolescence in the home of her half-sister Elizabeth Johnson Bonum. Mary was an accomplished horsewoman. In fact, both her brother-in-law and her mother bequeathed horses to Mary in their wills. In her early twenties, Mary was introduced by a mutual friend to Augustine Washington, a widower with three young children, Lawrence, Augustine, and Jane. As was the custom in colonial times, a widowed person remarried as soon as possible to assure care of their children and household. Mary and Augustine married in March 1731. They lived in Augustine's home on Popes Creek, Westmoreland County, Virginia, where their first son George was born in February 1732. By the close of 1734, Mary had borne two more children, their daughter Elizabeth (Betty) and second son Samuel. Augustine's daughter Jane died in 1735.

Augustine's livelihood was mining and transporting iron ore. In order to be better situated for his business, around 1735 he moved his young family to a cottage on property he owned at Little Hunting Creek in Fairfax County. By this time Lawrence and Augustine were in school in England, following

the custom of families who could afford to send their sons to England to be educated, as Augustine himself had been.

Negotiations with Augustine's partners in England required extensive absences from home. While living at Little Hunting Creek, Mary gave birth to two more sons, John Augustine and Charles. About 1738, Mary's stepson Lawrence arrived home from school in England to manage the property, which he later renamed Mount Vernon.

Now Augustine was free to move his family closer to his Stafford County mine, which was on land that Mary had inherited from her half-brother John Johnson. A farm became available across the Rappahannock River from Fredericksburg, and over the winter of 1738-39, the family moved to their new home. Another daughter, Mildred, was born in June 1739; sadly, she died in 1740. The colonial iron industry was doing well and things looked good for the Washingtons. Suddenly, Augustine was struck with a severe illness and died in the spring of 1743. Mary, age 35, was now a widow with five children under 11.

Widowhood

With Augustine's death and the decline in family resources, it was no longer possible to provide an English education for the boys. George attended a local school and began a career as a land surveyor for the Fairfax family at age 16. Contrary to general custom, Mary Washington did not remarry. I believe she did not want to give control of her land, her children, and what resources she had, to a new husband. She remained on the farm until in 1772, at age 64, she moved to a small house George had prepared for her near her daughter Betty Washington Lewis in Fredericksburg, and remained there until her death from breast cancer in 1789 at the age of 81.

Mothering her family

Let's summarize Mary's mothering career. She became stepmother to her husband's three children from his first marriage. Soon they had three children of their own. Between 1735 and 1738, Mary managed the farm at Little Hunting Creek and bore two more children, rearing a total of five children while her husband traveled extensively on business. Pregnant with her sixth baby, she moved, in the dead of winter, to begin life again in the farm on the Rappahannock. Mary gave birth to six children in seven years. A few years after the death of her baby Mildred, she suffered the severe blow of sudden widowhood. Choosing not to remarry, she managed the farm and her children mostly on her own from 1743 to 1772, when she moved to Fredericksburg. Mary worried terribly about her eldest son George. *(continued on p. 11)*

Mary Ball Washington, George Washington's "Revered Mother" *(continued from p. 10)*

He was the Commander-in-Chief of the Continental Army during the American Revolutionary War when the 13 original colonies fought for independence from England. She was no doubt relieved when the United States won independence, and very proud when George was chosen the first President in February 1789. Mary suffered a long and painful battle with breast cancer before succumbing to it in August 1789. What an amazing woman, for any time, and even more so for the 18th century!

Everyday live for Colonial women

There is more that can be said about Mary Washington. I am including a few paragraphs I adapted from *Founding Mothers: The Women Who Raised Our Nation* by Cokie Roberts, from "Everyday Life for Colonial Women," Cokie Roberts, *Founding Mothers*. New York: Harper Collins, 2004, pages 11-15.

There is no evidence that Southern women of the eighteenth century had any scruples about owning slaves who worked their crops and maintained their households. Most women lived on farms and produced everything they needed, sometimes bartering with neighbors for goods and services. Most of the women who "mothered and married the Founders" were of the wealthier classes and could at least read and write, even if they didn't have formal education; education for girls was just not a priority. A woman who was single or widowed had greater legal rights than a married woman. While a married woman "had some rights to inheritance, either to the property they brought into a marriage or to a portion of their husband's property, in the context of the marriage itself they owned nothing, not even their own jewelry."

A woman could expect to have a baby about every two years throughout her years of fertility. Death in childbirth was not uncommon. "On plantations, slaves often nursed the babies. In cities there was a thriving wet-nursing business."

Infancy and childhood were fraught with dangers from illness and accident, so as few as five children might survive to adulthood out of as many as ten pregnancies. Many colonial women took responsibility for running the household while their husbands took charge of industry, trade, and matters of state.

Unfortunately I cannot recommend a book about Mary Washington. Books written in the late 19th to early 20th

centuries were hymns to her sanctity. Books written in the 1930s and onward were just the opposite! Paula and I did a survey of literature on that issue that proved instructive to us, though some Alumnae members may or may not find it particularly interesting.

There are details that I could expand upon, such as the good possibility that Mary Ball's mother was a former indentured servant, a housekeeper. Scandalous to think that a member of the gentry like Joseph Ball would marry such a woman! It is still considered scandalous—Paula and I received a lot of flack from some Lancaster County historians for that speculation. Another complex story is that of the land that Mary inherited from her half-brother John Johnson. It was probably a large part of the reason why Mary was so attractive to the widower Augustine Washington and his iron mining! Mary retained ownership of that land after she married, although at some point she lost the documentation.

Alums invited to explore Fredericktown's history

I live across the river from the Washington farm. In 2008, archaeologists uncovered the foundation of the Washington family home. Ongoing digs uncovered plenty of evidence that the Washingtons were gentry folk acquainted with the finer things of life. Please come visit Fredericksburg, and Mary Washington's home, as well as her daughter Betty's home (now known as Kenmore) and her farm on the Rappahannock (now known as Ferry Farm). Within a few blocks of Mary's home you can also visit the former home of her son Charles, which became a tavern (now known as "The Rising Sun") some years after he left town. Colonial and early American history awaits you in our lovely little city.

I can recommend one of Paula's books, *Fielding Lewis and the Washington Family*, and also include websites for the Washington family properties: The George Washington Foundation www.kenmore.org and the Washington Heritage Museums www.washingtonheritagemuseums.org. I'm serious when I say I would be happy to visit any of these places with visiting Alums. If interested contact me via email. ☺

Marian Fagan McCabe
Fredericksburg, Virginia USA
mkurtosis@gmail.com

Tribute Membership: Another choice when joining the LLL Alumnae Association

In addition to basic Alumnae membership benefits, Tribute Membership offers a way to connect in a special way to **one individual**—an Alumnae member, colleague, family member, or cherished friend. Tributes are listed in *Continuum* and posted for one year on the Alumnae website. Become a Tribute Member any time; \$5 of every Tribute Membership is donated directly to the LLL Breastfeeding Helpline-US. Both memberships help keep the organization moving ahead and connects you to others who share a similar background in LLL. Copy or fill out the Tribute Membership Form in this issue and mail to Sue Steilen. Or go to <http://lllalumnae.org/join> and select "Add a Tribute to Your Membership," then enter the details. In 2014, 24 Tributes were received. **Tribute Memberships received from 1/1/2015 to 4/30/2015:**

2/7/2015 **Tracy Griffith**, St. Augustine, Florida USA. To **Renell Dore**, Slidell, Louisiana USA, for my introduction to LLL.

2/23/2015 **Susan Switzer**, Atlanta, Georgia USA. To **Mary Ann Cahill** (deceased), McHenry, Illinois USA, LLL co-Founder, friend, brave, wise and loving champion of families and La Leche League.

3/26/2015 **Barbara Sasser**, Galveston, Texas USA. To **Carol Roberts**, Billings, Montana USA. ☺

2014 Texas Area Conference News



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3

1. Suzy Graham, Blake Scherer, Penny Piercy, Arden Lovell, and Edna at Alumnae display area
2. Marian Tompson and Edna
3. On the yacht: LLLI Board Member Katherine Velasquez, Jaye Simpson, Marian Tompson, and Sue Ann Kendall

July 2014. La Leche League Alumnae members were welcomed at the Texas Area Conference with a special registration rate. On Saturday and Sunday, sessions of special interest were presented: "Needleworking and Networking," "Labor and Delivery at the End of Life," and "Have You Read a Good Book Lately?" At the Leader Day luncheon, tables reserved for Alumnae made us feel especially welcome. We enjoyed visiting with other Alums before hearing keynote speaker Marian Tompson. The Alumnae Association was showcased at a table in the Conference Expo room where we displayed photos and information about Alumnae membership



and activities. Leader Years' of Service pins were a big hit. We sold 27 pins and a few memberships. The big event for the Alumnae was a Saturday dinner at a nearby restaurant with 22 guests who enjoyed delicious Gulf Coast seafood while visiting with old and new friends. After dinner, one of Ellen Goodrich King's friends offered her moored yacht for Alums to

celebrate with champagne and a special cake that Ellen provided. The women enjoyed this additional time to share memories and family updates. "We had a great time, thanks to Ellen." ~

Edna Kelly
Houston, Texas USA
eekelley@swbell.net

Turn Back Time . . .

In 1985, LLL co-Founder Marian Tompson and Texas Leader Ellen Goodrich King first conceived the idea of an Alumnae Association for La Leche League, with the goal to connect current and former Leaders with each other and with LLL. That was 30 years ago! What an amazing legacy for today's women! Ellen was the first editor of the original newsletter, *Alumnae News*. Years later the name was changed to *Continuum*. Thank you, Ellen!



Ellen Goodrich King

Eastern Pennsylvania Area Conference

October 2014. Here is a photo of the two Area Sales tables with the Alumnae display next to me. I think it worked well. Several Leaders looked at the pins for Years of Service and picked up pin order forms and Alumnae Membership Forms. The "traveling display" of LLL Alumnae materials was mailed to another Area for their upcoming conference. ~

Judy Polley, Alumnae Representative for LLL Eastern Pennsylvania
Exton, Pennsylvania USA
JAPolley@verizon.net



LLL Breastfeeding Helpline-US Update

La Leche League (LLL) provides a myriad of opportunities for women who need the Helpline's unique services. Local LLL meetings, breastfeeding cafes, local phone assistance, email responses, LLL Group Facebook pages, and Group websites are avenues to direct mothers to LLL. A Google search indicates many LLL Areas have websites. In addition, all LLL Groups are listed in the LLLI database and US Groups are listed on the LLL USA website. Mothers may correspond by email through the LLLI Help Forms or by calling the LLL Breastfeeding Helpline-US. Currently 12 Leaders answer 250 - 350 live calls or voice mails each month. With the recent shortening of the answering message that mothers hear, more voice mails are received instead of hang-ups. We are happy to announce that Motherlove Herbal will continue to be an Elite Platinum sponsor. In addition to the donations from the LLL Alumnae Association, the Helpline is able to be available to callers for another six to eight months. Long time Leader and Helpline volunteer, Dee Russell shares how important the Helpline is to her and the mothers who need breastfeeding help. ~

Laura Wright, Director LLL Breastfeeding Helpline-US
LLGWright@aol.com

Why I Volunteer for the LLL Breastfeeding Helpline-US



As a member of the LLL Alumnae Association, you may be an active Leader, former/retired Leader, or former LLL member. Do you remember how scared you felt when you held your first baby in your arms and wanted to learn how to breastfeed? Perhaps you had a mother or sister close by to help with basic questions or a La Leche League Leader to call.

Now, imagine if you are alone and unable to reach anyone. What can you do to get answers to basic breastfeeding questions but also to legal or medical related breastfeeding situations? The LLL Breastfeeding Helpline-US is the answer!

Recently I answered a call from the mother of a two-day-old infant. Her husband was not home. She reached out via the Helpline number for information about a narcotic medication she received while in the hospital after a cesarean birth. I looked up the drug in my copy of Thomas Hale's *Medications and Mothers' Milk*.

The Helpline has an arrangement with Dr. Hale wherein Helpline volunteers can access the medication information online when they respond to Helpline calls. I read to her what was written about the medication with emphasis that "the risk of untoward effects to a

breastfed baby" would be minimal and non-threatening. I repeated what it meant. I never know what a caller's inquiry may be. Several years ago an LLL co- Founder called after her husband died to send a thank you note to the Leader who had reached out to her!

A caller may be anywhere outside the USA.

I have also received calls from outside the United States. Sometimes it is the wife of a member of the military stationed overseas. Once in a while, it will be someone on vacation. Most of the time, the callers do an Internet search for La Leche League with the resulting LLL Breastfeeding Helpline-US phone number! Whatever country the callers are from, they have a need for breastfeeding information and someone to listen. They find the help they need toll-free at 1-877-4LALECHE or 1-877-452-5324.

What the Helpline means to me. I have been a helpline volunteer for La Leche League since 1989 when LLLI offered a toll-free number. This was prior to when the Helpline was created in 2009. When I help new mothers I am reminded of how unsure I was as a new mother and how I depended on more experienced breastfeeding mothers I knew. I can't emphasize enough what the Helpline means to me and to the mothers who use this service. The gratitude expressed is immeasurable, especially if she is a new mother and sleep-deprived. For more information, go to www.breastfeedinghelpline.com/ ~

Dee Russell
Honeoye Falls, New York USA

Helpline Needs Leader Volunteers and More Donations

Share this reminder with active Leaders you may know. Alumnae members are busy women. Some are active Leaders. Others are former Leaders who often stay connected to those who are still active. The need for volunteers and donations is ongoing. Helpline volunteers are active LLL Leaders in good standing, a way to maintain active Leader status, especially if a Leader is not able to lead meetings or has to cut back on activities. Not sure about doing this? Helpline volunteers receive training and resources to have on hand during calls, much like Dee Russell mentioned being able to refer to her copy of *Medications and Mothers' Milk*. In addition, LLL Professional Liaison resources are available for legal and medical related situations.

Donors are always needed: The Power of 7 and other opportunities. Donations make the difference to keep this service for many mothers who call. In La Leche League, we understand the Power of Seven! Seven mothers, Seven Founders, "The Power of Seven/Founders' Club."

- Join this club to set up regular deductions on a monthly, quarterly, or yearly basis. Select a plan that works for you.
- Presently the LLL Breastfeeding Helpline has 7 monthly donors with the **Power of 7/Founders' Club**. As Alumnae members, share the power of your donation to help the club members grow to double-digits and beyond the seven. With your help, you can make it be 14, 21, 28 and more powers of 7. For more information, go to http://www.breastfeedinghelpline.com/the_power_of_7
- One-time donation opportunities. Make a one-time donation to honor the loss of an important person. Another one-time donation would be to observe a milestone or salute someone's accomplishment. Details are online at www.breastfeedinghelpline.com/donate ~



A Hug Is Amazing! Celebrate Hug Week, July 15 -21!

A hug is just the perfect way to show the love you feel, but can't find the words to say. Or when you can't find the words to say, a little hug makes everyone feel good any time or anywhere. It is always understood. Hugs don't need new equipment, special batteries, or parts. All you have to do is open up your arms and open your heart to give a hug. ~

Several *Continuum* readers recently asked me how to access *Continuum* online or order Leader Years' of Service Pins. This Frequently Asked Question (FAQ) format offers ideas for smooth web viewing.
—Fran Dereszynski, *Continuum* Editor

Tips for Navigating the Alumnae Website

Q: How do I access past issues of *Continuum*?

A: Select "Continuum Newsletter" on the homepage. Download the issue of your choice. New issues are posted in late March, June, and October.

Q: Do I need to enter a username and password to view pages at [lllumnae.org](http://lllalumnae.org)?

A: A password is not necessary to view Alumnae web pages—open to public viewing. However, if your visit involves an Alum Store transaction—membership, pin orders, donations, or trip registrations—scroll to the bottom of the page and log in. Enter the username and email address used to set up your account. To renew membership, first log in and then select "Join" from the menu.

Q: Without a password, what topics are available?

A: Take a few moments to tour various topics. A sample includes the *We Remember* list of deceased Leaders, Memories and Stories, List to contact Alumnae Representatives (you'll love the photos and stories there!), and Trip Memories (photos from the 2013 Albuquerque Trip). Stay Connected is where you click Facebook to go directly to the *LLL Alumnae Association* Facebook group, open to Alumnae members and non-members. "Like" that page to receive daily updates. Stay connected! Go site-seeing at lllumnae.org to browse the informative web pages

Q: What happens if I create another account with a different email when I log in?

A: If you use a different name or different version of your name, it means you may have two accounts, probably with different expiration dates. Only you can change the set up or ask for assistance.



Q: What if I changed my email address and want to update it on the website?

A: First enter the same "user name or email address" to get started. Enter your password, then click "Create a new account." On the next screen, select one: Create new account; Log in; or Request new password. **Keep track of passwords and usernames.** Use a small website/password

address book to record information in pencil in case of changes. A purse-size book is handy if you use a mobile device, especially when away from home without access to your files. Choose a way that helps you access passwords when you need them.

Q: I can't remember my username or password. Now what?

A: Click "Request new password" link at the bottom of the page. Enter the new password.

Q: Still having difficulty? Frustrated? Need help?

A: Ask for help. For membership questions, contact Membership Coordinator, Sue, at suesteilen@comcast.net or go to the home page and click "Contact Us." Your circumstances may be a related to a membership payment or expiration, a pin order, password problem, creating an account, etc. It's a quick way to get a reply. Explain what you need assistance with. An Alumnae Council member will respond to assist you. ☞



Dig This! Archaeology at the Aiken–Rhett House Laundry Building

April 2015 news from the Historic Charleston Foundation. One would expect to find buttons of varying materials and sizes, a safety pin, and a metal stay from a lady's gown when excavating the site of a former 19th century laundry, but fish scales? These items are among those found recently by Nicole Isenbarger, vice president of Archaeological Research Collective, Inc., who began work at the Aiken-Rhett House Museum in March 2015 in Charleston, South Carolina USA. To date, Isenbarger has dug an area about 4 by 6 feet, 2 feet deep.

"I'm not surprised to have found the fish scales and remnants of egg shells since the site is adjacent to the slave quarters and was once an exposed work yard before the Aikens' 1830s expansion," she said. "What is particularly exciting about this excavation is that because of the proximity to the slaves' living quarters, we expect to learn more about their everyday lives; a topic about which there is much speculation but sparse historical documentation."

The laundry is located within the kitchen building, where the enslaved members of the Aiken household and later hired servants lived and worked. This section of the building, compromised by damage from Hurricane Hugo, is slated to become the Harriet Rhett Maybank Bowen History Center. Before work begins toward that effort, we are learning as much as we can about the 19th century laundry room and the people who inhabited this space. Digging below the floorboards will help place the world above in a new light. This archaeological excavation was made possible thanks to the generosity of Aiken-Rhett family descendant, Harold J. Bowen Jr. ☞

It's Your Turn! Cultivating Continuum



Earlier this spring, my toddler granddaughter explored our backyard birdbath near the pink flowers on the *Rhaphiolepis* Indian Hawthorne bush. Within two months, the blooms

faded. That was when I noticed a new fragrance coming from the Star Jasmine's dainty white flowers. In this Pacific Coast region of California, both shrubs keep their leaves all year and produce blooms the following spring, performing the same colorful show. That's when it occurred to me that they "take turns" painting the garden's hues. The blooming flowers each in their own season...*their continuum*...in our backyard.



Pink Indian Hawthorne



Star Jasmine
clusters of white flowers

Continuum readers mention that they enjoy the enriching and interesting stories, like a boost they felt after reading *LLL News* or *New Beginnings* in their early mothering years. In general, it is because of the "home-grown" original articles compatible with

Continuum's purpose and the Alumnae mission. Alumnae members are in different stages of life, each in their own ways. We are women who may be helping mothers at LLL meetings or by phone/email, or have an Area job, parenting teens or adult children who moved back home for financial reasons, are a family caregiver, widows, divorcees, retired from LLL, a community volunteer, or working at a steady job. We treasured those early years in LLL and still hold dear the LLL principles and philosophy. We have stories that carry so much caring, insight, hope, and perspective. We are unique. *Continuum's* audience values being able to connect and hear what other women, like you and me, are doing, much like when we reunite with old friends locally or at an Alumnae Trip. It may be about where life has taken us after our children move out, taking a cruise for the first time since retiring, or being a new or experienced grandmother—all seeds for articles.

Stay connected through *Continuum*

Think about writing an article. It only takes a moment to send me an email and share your idea or an original *Continuum* article. That is what Marian McCabe did when I inquired about her offer to write an article published in this issue. Often I hear from a member about a story in the rough stages and we work on it together. That's how an article begins. If members list a topic/interest on a new or renewal membership form, I try to contact them for feedback. Sometimes they find time to write. Other times, it does not take shape.

Alumnae women truly have busy lives that ebb and flow between hectic and quieter times. An article can take a while for it to gel and that is okay. Start with a mind map, sketch, or outline. Organize your thoughts before you actually start to write. Find the nugget of your story and to see what develops on jotted notes. Use a process that works for you.

Occasionally, articles from a past issue of *Continuum* or *Alumnae News* have been re-published to reflect on days gone by. Articles lifted from social media or a blog are geared to a different audience and are not for the *Continuum* audience. As such, they would not be original Alumnae "home-grown" material. If you feel strongly about a topic, think about writing a fresh article from the perspective of an LLL Alumnae member, not a rewrite of another author's piece.

My special request to you

"Take a turn" telling your story. You may want to write a spin off based on a topic, such as: My Unexpected Empty Nest. After Divorce—Now What? Life after LLL (how I started a new career). Finally Retired—What I Am Doing with the Rest of My Life? After the Children Have Grown. Stories about being a caregiver (long-distance or close by) for a family member or spouse. What I Do to Relax. Simplifying Holidays.

How about: The Long Arm of LLL—how an LLL Leader or Alum helped you or a family member in a way that had nothing to do with breastfeeding. For example, Marian Tompson mentioned the time that her youngest daughter traveled with a girl friend to Florida on spring break. Despite Marian's cautions, her daughter had a sunburn that could have led to hospitalization, but was handled and monitored by a Leader/nurse who lived in town. A reassuring time for Marian and her daughter because of a non-breastfeeding connection with LLL.

Another way to stay connected

Send a comment to an author who took time to write a story. Reach out to her. Most authors include their email address at the end of an article. Or send me an email about an article you liked. It helps me stay in touch with readers. Your feedback is like a hug and a pat on the back. It makes my day when I hear from readers. And the thrill lasts for days!

I look forward to hearing from you. Take a turn being a contributor for *Continuum*! ☺

Fran Dereszynski
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Donation

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 Hope, Alumnae Treasurer, 2457 Vivian Circle, Decatur, GA 30030-1592. Questions? Contact Patti at: pjbalances@bellsouth.net

MEMBERSHIP

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). See *page 11*.

I join as a Tribute Member _____ (insert your name, city & state/country)

My tribute to one individual _____ (insert one person's name, city/state/country)

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

Add your 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.

Form updated June 11, 2015/ FD