

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 30, No. 2

lllumnae.org

May - August 2017

Dates to Remember

August 15, 2017: next deadline for articles. Reply to p. 12 survey.

October 19-23, 2017 Alum Trip to San Diego. Alum members, active/former Leaders, and LLL members invited. Registration Form on p. 9.

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Printed May 12, 2017

Next deadline: August 15, 2017

LLL Alumnae Facebook page with daily posts, visit <https://www.facebook.com/LLLAlumnaeAssociation>



My Pen Pal Friendship

Last October, I presented a talk to a local group about my long-time friendship with a woman from Australia. Here is what I shared with the audience.

The beginnings—letters, aerograms, airmail letters, and emails

In 1960 when I was in the 6th grade, an assignment was to write a social studies report about another country. I chose England. In the Sunday edition of the *Boston Herald*, I noticed an article on the children's page for the International Friendship League. The offer was to match readers with pen pals from other countries. I thought it would be helpful to have a pen pal. My mother wrote the required \$1.00 check for membership on January 14, 1960, and I sent it along with my request for a pen pal from England. Imagine my surprise and chagrin when the pen pal I received was from Australia instead of England. Little did I know that it would be a perfect match. Over 57 years later, Marcia Ayres Keeble and I still are the best of friends.

We started out writing as school girls. She was the youngest of six children living on a dairy farm in the state of Victoria, east of the capital of Melbourne. At the time, I was the youngest of three sisters living in Norwood, Massachusetts, a suburb of Boston. I don't remember what I wrote in that first letter to Marcia or how she responded, but I suspect we gave each other the basic facts about where we lived, our family members, and what we liked to do in our free time.

At first we sent letters by surface mail; delivery took 6-8 weeks. Soon I discovered the eleven-cent aerogram that did not cost much more than a first-class stamp. The aerogram would be delivered to the other side of the world in about a week. Of course, I had to write or use my typewriter to compose on the blue aerogram thin onionskin paper, fold it on the provided lines, and seal the flap with no enclosures allowed. When we wanted to send photos or greeting cards, we had to pay the extra postage for airmail but could never go back to using slow surface mail. Over the years we sometimes sent each other gifts or cassette tapes. On rare occasions, we talked on the phone. After high school I went on to college for my teaching degree while Marcia married and started to have her six children while helping run her family's dairy farm. She raised pigs to earn the extra money to come to the U.S. and Canada the first time in 1979.

While preparing for the presentation I found a telegram that Marcia sent for Christmas one year! In more recent years, we mailed cards only for birthdays and at winter holidays while we have relied on the convenience and speed of email to keep in touch. Since Australia is 16 hours ahead of Eastern Time where I live, it usually takes at least a day or longer to receive her email response.

(continued on p. 2)

My Pen Pal Friendship (continued from p. 1)

Over the years we have shared our joys and sorrows. After U.S. President John F. Kennedy was assassinated in 1963, I shared (with a Boston newspaper) a letter of condolence Marcia had written to me about that event and it was included in an article about the international reaction to the tragedy. When she visited me for the first time in Hartford, Connecticut USA, the Hartford *Courant* sent a reporter to interview us and take our picture for a story they published about our finally meeting after a 19-year correspondence. My father, a text book editor, rewrote the section of a world geography book about Australia and included our names in the narrative. We both cherish our copies of that book.

Letters, cards, souvenirs, and gifts

During the presentation, I shared letters, cards, and gifts I received from Marcia over the years as well as souvenirs I bought on my three trips *down under*, and photos I took during my second trip in 2012. I have the 1988 photos from the first trip there with my two sons. Those photos were taken during the two weeks before we arrived at Marcia's home. I also have movies from the time we were with Marcia and her family. Unfortunately, the remaining photos and some movies were lost when my camera bag went missing after a stop in Cooma, New South Wales. This was when we were on our way to Canberra and Sydney toward the end of our one-month stay. The photos I took on my last trip in February 2016 are still on digital memory cards. I cannot decide whether to print and mount them. The older I get, the more I wonder who will want to look at the photos and if it is worthwhile to add them to photo albums. Putting them on a compact disc and looking at them on the computer or television [or digital device] seems much easier.

A Surprise Visit

In the middle of the night on October 25, 2016, I received word that the last of my two sisters had died. I couldn't go back to sleep. So I called Marcia and left a message. In previous weeks, she called a couple times to see how we were doing. By the time she returned my call, she was already planning to fly to the U.S. to lend me her support. I assured her that she didn't have to do that especially since she was already planning to be here the following spring. She insisted and arrived four days later. The following week she accompanied my older son and me on the 14-hour drive to Massachusetts where we attended the memorial service. The following day, she flew home from Boston. If that isn't true friendship, I don't know what is.

Road trip set for May 2017

The next time I see Marcia will be in Phoenix, Arizona USA in May 2017 when we meet again. We will rent a car and explore nine National Parks over two-and-a-half weeks. At some point I would like to take my oldest friend whom I've known since 1955 to see where Marcia lives and some of Australia and New Zealand, a country I have yet to visit. We may do that in the fall of 2018 to celebrate our 70th birthdays. After that, who knows where and when Marcia and I will see each other again. I do know that we will remain dear friends for as long as we both live. Marcia has 12 grandchildren and I have five. She has been to all seven continents while I have traveled to five. From young schoolgirls to grandmothers to world travelers Marcia and I have come a long way. It's been a wonderful ride!

I am happy to answer any questions you may have about Marcia, Australia, or our friendship. ☺

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February 2016, Lady Lavender's Tea Room, Victoria, Australia. Marcia Keeble and daughter Tania, standing.

LLL Co-Founders Update

May 2017 ~ LLL co-Founder Marian Tompson continues to serve on the LLLI Board as First Vice Chairman. Co-Founder Mary Ann Kerwin has chosen to be an inactive Board member at this time.

LLL Leaders Sally Newell and Ann White presented a session at the May 2017 LLL of Massachusetts, Rhode Island, and Vermont Area Conference. Sally and Ann asked attendees to join them for information, encouragement, and support for the joys and challenges of this life stage. All attendees participated. Everyone there was an experienced grandmother. There was a lot of sharing. Below are excerpts from the session handout for sharing in Continuum.

Grandparenting Today ~ Joys and Challenges



How does LLL philosophy impact a grandparent's life?

LLL philosophy is like a smorgasbord: Take what works for you and your family, and leave the rest. Parents are responsible for their children's daily living skills. Grandparents can model patience, kindness, and good-natured understanding.

As a grandparent, it usually means you have more time to share with grandchildren.

What if grandparents disagree with their adult children's choices? Try not to reprimand or criticize. Apologize. Praise their parenting. You can't put an old head on younger shoulders.

Babysitting. It is okay to say, "No." Offer what you can. Make your own path. Take their lead. Share your love, praise, time, encouragement.

Living far from grandchildren. If grandchildren are separated from grandparents by over 100 miles, average visits drop to three or four/year. Write letters. Use visuals, calendar pictures, and age-appropriate notes. Share family history. Send books or magazine subscriptions. Use technology-- phone calls, Skype, FaceTime. When possible, plan a destination visit--at their home or your home. Decide how long to stay. Take a grandchild on a special trip at a certain age. Treat to a meal out or a movie with just with him/her. Allow necessary space/time to adjust and expend energy. Watch the child's body language for his/her comfort level.

Living close to grandchildren. Some studies show that if grandchildren live within five miles of grandparents, they tend to be together about 100 times/year. If you live close by, it is wonderful to watch your grandchildren grow on a daily or regular basis. Remember to baby-proof your house. It is okay to share the ground rules for your own house. Be friendly, matter-of-fact, flexible and responsive to change. Share age-appropriate and relevant-interest activities: cooking, knitting, dancing, setting the table, discuss manners (a teachable moment), old ways of doing things, planting, or fishing. Read aloud, play games, take walks, work on puzzles, share jokes/riddles, comics, funny papers, blanket forts/tents, and play with big boxes. Create a children's corner, a toy cupboard, or a box in the center of family space for dress-up time, and artwork materials. Each year, ask them to draw your picture. Date it and frame it. Children are always watching us-- listening, and imitating. They notice language and attitude.

Take care of you. It is good for grandparents to be active and life-long learners. Take up a new skill. Live fully. Keep involved. Keep a positive view. Take time to share with a close circle of friends.

When there is stressful family situation. If you have to deal with a family feud or divorce, stay neutral, don't judge or take sides, probe, or talk disparagingly. Be flexible with holidays and how and when to celebrate. Being together is what counts. Listen more. Keep opinions to yourself. Keep an open heart. Keep promises and confidences.

Joys. We see our own children parent in ways that affirm our values. We witness the relationships of our other children who are aunts and uncles. We watch our children mature as individuals who are insightful and compassionate adults. ☺

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Comments from 2015 Alum Trip Attendees: What I Will Remember Most



The laughter. The ease in which we all accept one another. The "We Remember" ceremony to those who are not with us any longer. Seeing familiar faces and meeting up with so many wonderful women. Getting to know some of them a little more. The hugs, giving, and receiving. The organization, insight, planning. Being with like-minded women. I miss the wisdom, experience, love, and camaraderie of LLL Leaders. These trips remind me to keep helping mothers and babies. It is worth it! A chance to travel with wonderful people. Meeting so many Alums from across the country. There was always a smile, a seat to share, an extra hand for those who needed it. Totally thrilled to attend an LLL event for pure pleasure and no work. Once you have attended an Alumnae trip, it is a part of your life's great memories and I want more. Having the co-Founders renew old ties and connections. I like the city tours; love history, learning the background of the area. Always need shopping time. ☺

"We Remember," An Alumnae Tradition, 16 Years and Counting

[written in 2002] Of all the sights and sounds that happened at the 2001 La Leche League International Conference, perhaps the most poignant and lasting came at the Alumnae Tea during what is sure to become a new tradition: reading names of La Leche League Leaders who have died. In LLLI's 45-year history, there have been thousands of Leaders who have worked long and hard for the organization. Inevitably, given the number of Leaders who have served and the age of the organization there are those who have died and are missed by their LLL families. The idea for this kind of remembrance ceremony came after the death of a well-known and well-loved longtime Leader, Roberta Bishop Johnson, perhaps best known as the editor of *Whole Foods for the Whole Family*. Roberta lost a long, feisty battle with cancer on July 13, 2000. Her passing became the catalyst for an idea to honor all the Leaders who have died. Nancy Franklin, an Alumnae Association Board member at the time, proposed modifying an annual Texas A&M University ceremony called "muster" where any A&M student or graduate who had died in the past year is remembered. Nancy suggested a similar ceremony would be appropriate for the Alumnae Tea at the 2001 LLLI Conference. The Alumnae Association requested names, dates of death, and home towns of any Leaders who had died since the beginning of the organization. By the time of the Tea, on July 8, 2001—nearly a year to the day of Roberta's death—they had a list of LLL Leaders. [The last ceremony to be held at an LLLI Conference was in 2007.]

How best to honor these Leaders? The Association wanted a simple, dignified, and heartfelt way to remember each Leader. They decided to use as a focal point a poem often read at Jewish funerals and found in the Reform Jewish prayer book, "We Remember." LLL co-Founder Marian Tompson and Nancy read the poem and began reading the list of names arranged by year of death. The audience was hushed and subdued. Many held hands and many shed tears. There were occasional soft gasps as someone recognized the name of a Leader whose death was previously unknown. [Susan Mocsny Thomas updates names submitted online. For several years, the album was kept at the LLLI Office in Illinois. The album is now at Susan's home where she adds names written in calligraphy. She brought the book to "We Remember" ceremonies held on 2011, 2013, and 2015 Alumnae Trips. The next ceremony will be in 2017 during the San Diego Alumnae trip.] It has become a powerful tradition to honor the lives of women who have helped make La Leche League what it is today. "So as we live, they too shall live, for they are now a part of us, as we remember them." ♪

We Remember Them

In the rising of the sun and in its going down,
we remember them;
In the blowing of the wind and in the
chill of winter, we remember them;
In the opening of buds and in the
rebirth of spring, we remember them;
In the rustling of leaves and in the
beauty of autumn, we remember them;
In the beginning of the year and when it
ends, we remember them;
When we are weary and in need of
strength, we remember them;
When we are lost and sick at heart, we
remember them;
When we have joys we yearn to share,
we remember them;
So as we live, they too shall live, for
they are now a part of us, as we
remember them.

The prayer, "We Remember Them" © is included in *The Gates of Prayer*, a Reform Jewish prayer book published by the Central Conference of American Rabbis (CCAR), and reprinted [in *Leaven*] with express permission of the CCAR. We are grateful to the CCAR for their gracious and generous permission to reprint this piece in *Leaven*.

Adapted by Fran Dereszynski for *Continuum* from an article by Melissa Clark Vickers (Huntington, Tennessee) in *Leaven*, February-March 2002.

Submit Names for "We Remember"

Visit <http://lllalumnae.org/We-Remember> to find names listed by year. Submit names for a past or current year and enter this required information—Leader's name, state/country where she was active as a Leader, year of death, and obituary link if available.

For more information about "We Remember" contact Fran at dereszyn@verizon.net or call Fran at 714-840-1136. ♪

Book Reviews YOU MIGHT LIKE TO READ.....Choose one or more and enjoy!

The Lake House by Kate Morton (2015). In this novel, Detective Constable Sadie Sparrow is wondering about an old house she found while hiking in Cornwall, England. Loeanneth has not been lived in for many years. It appears to have been an elegant and yet cozy home. She learns that the name of one of the daughters who lived there is Alice Edevane, a renowned mystery author. Thus unfolds an English saga of a close-knit family and the unsolved mystery of a kidnapped toddler. Intriguing!

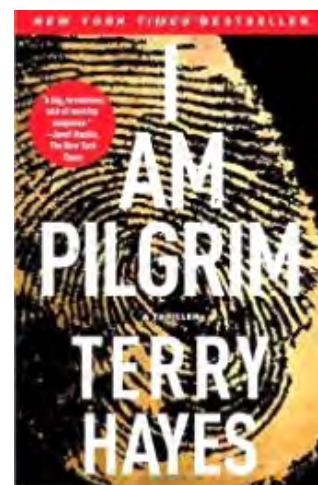
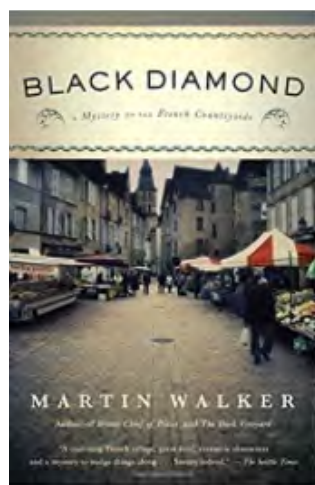
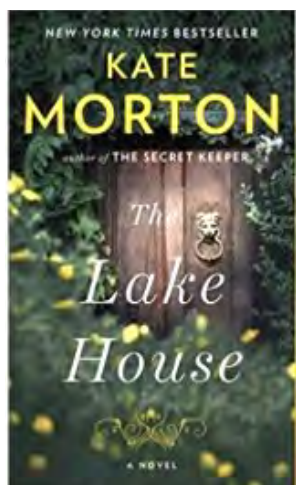
Black Diamond by Martin Walker (2010), gives a most interesting glimpse of St. Denis, a charming French Village in Southern France. Chief "Bruno," a master chef, and police officer, is a delightful man not only trusted by the mayor but also by the whole village. At the weekly village market, Vietnamese vendors are attacked by outsiders. Who hired them? One of Bruno's hunting partners, a connoisseur of truffles, has been found dead. Who would want to kill him? Bruno's sleuthing talents are put to the test. This light mystery novel gives us a clear plot with local characters to charm us. Very enjoyable! *Thank you to LLL Alum Carol Huotari for this suggestion.*

Lilac Girls by Martha Hall Kelly (2016) brings us unsung women who act with determination in their varied lives. This historical fiction starts in 1939. Caroline, former socialite

and actress, decides to volunteer in the French Embassy in New York by helping the orphans in war torn France. Kasia, a young Girl Guide in Poland, is active in the underground. She is discovered by the Nazis and sent to a major concentration camp for women. Herta, a German doctor jumps at the chance to actually do surgery. She joins the medical team at Ravensbrück where she reluctantly operates on healthy women and experiments on them. Powerful!

I Am Pilgrim by Terry Hayes (2014) is a very suspenseful spy thriller with complex characters. Though the super spy hero was in retirement, he helped the New York Police Department with a brutal killing of a young woman with no clues. This takes him on a complicated journey. His former Central Intelligence Agency (CIA) contacts insist that he come out to fight an especially skilled terrorist, the Saracen. He takes the code name *Pilgrim*. "I stared out the window for what feels like a lifetime. I didn't see the clouds or the oil rigs, but I came to believe that we had a chance. I based it on one thing only, a lesson I had learned a long time ago in a banker's office in Geneva: Love wasn't weak, love was strong." An engrossing page turner! *Thank you to LLL Alum Debbie Collins for this suggestion.* ~

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Don't Miss an Issue! Renew by August 15, 2017 — One Year or More!

Help expedite processing of membership payments. If your membership expires between April 15 and August 15, 2017, the back page shows "LAST ISSUE Renew by 08/15/2017." Some members make a note on a calendar when they receive an issue. Renew online at lllalumnae.org or by mail with the form on the back page.

Online or payments by mail. Many members opt to pay online by credit card or by check via postal mail. If you renew by mail, you may receive an automatic renewal notice (generated by the web store) based on your membership expiration date. You may continue to renew by postal mail even though the notice was generated by the web store. ~

Modeling La Leche League Parenting with Sensitivity and Loving Guidance

In October 2016, I attended a lecture by La Leche League (LLL) Leader Trevor MacDonald at the University of California San Francisco Medical Center (UCSF). After traveling on a confusing combination of public transportation, I found my way around the campus to the school of nursing building, and finally into the lecture hall filled with health care professionals. Once I arrived, I felt at home, similar to when I attended LLL Conferences in past years. At LLL events, the back of the room is filled with parents and their toddlers, a collection of quiet toys, active babies set up on a blanket, and several parents carrying a child on their hips, swaying back and forth. The only difference was that during the introductions, Trevor was up front and sat on the floor with his toddler and a local host family. Toys were strewn on blankets so the two toddlers could play. For LLL Leaders who have led a discussion at an LLL Group Meeting or other LLL event, perhaps you had this experience—the minute you start to speak, your child wants to nurse! The same thing happened—just as Trevor started, his toddler wanted to nurse. For the rest of his presentation, Trevor juggled the microphone and his nursing toddler, sometimes using the age-old swaying the baby on the hip, sometimes pulling out the play-dough and stickers.

Trevor was born with typical female reproductive anatomy.¹ His transition to male included taking testosterone and having male chest-contouring surgery. He birthed two babies with the support of midwives. He breastfed his babies with the support of La Leche League. He was accredited as a La Leche League Leader in May 2016 and is the author of *Where's the Mother? Stories from a Transgender Dad*.

I was excited to hear Trevor in person and learn more about transgender parenting and chest feeding. I was pleased to find that about a dozen members of the La Leche League community were also in attendance—to learn and to support a fellow Leader. We formed a continuum from active Leaders, retired Leaders, and a mother interested in LLL leadership.

During the lecture Trevor said that after transitioning, he had "space in my soul" for a child; he and his partner decided to start a family. At that point, Trevor stopped taking testosterone and later became pregnant. He nervously attended his first La Leche League meeting, unsure of being able to breastfeed, but he was convinced of the value of breastfeeding. With the help of La Leche League Leaders and an at-breast supplementer, he and his first child were a successful breastfeeding couple! Trevor is now nursing his second child. Trevor mentioned that a Leader gave him *Defining Your Own Success: Breastfeeding After Breast Reduction Surgery* by Diana West. He found it to be very helpful. Another book he recommended is *When Survivors Give Birth: Understanding and Healing the Effects of Early*

Sexual Abuse on Childbearing Women by Penny Simkin and Phyllis Klaus. Both are resources to deal with a health care system inexperienced with helping transgender people.

If you wonder, as I did, about "What's the right language to use?" Trevor uses nursing, breastfeeding, and chestfeeding interchangeably. However when the reviewer for the scientific paper he co-authored recommended using only one term, the authors chose chestfeeding. Pronouns to use—he, she, they (as a singular), ze, and probably more. Trevor suggested to simply ask the person with whom you're talking for his/her/their/zir preference. Using phrases like "pregnant people," "birth parents," "partner(s)" or "significant other(s)" can help provide a safe and accepting environment for transgender people. When Trevor receives calls for chestfeeding help, he first checks the local Group or Area website.²

¹ This phrasing acknowledges the complexity of gender and sex, as well as the existence of intersex conditions.

² Trevor mentioned, "I receive questions from transgender people who live far from where I live in Canada. Questions include asking whether they can attend their local LLL Group Meetings. They want to know if they will be welcome. I look online at the Group's website. If the language strictly mentions 'mother,' it can be hard to tell if transgender parents would be welcome. So, in that case I email the local Leaders to find out if they have awareness of lesbian, gay, bisexual, transgender (LGBT) families. Inclusive language provides helpful cues in this regard."

See also: http://www.lllc.ca/sites/lllc.ca/files/REVISED-Trans-Nursing_Tip-Sheet.pdf

(continued on p. 7)



Trevor MacDonald and active LLL Leaders, retired Leaders, and a mother who attended the event.
Photo printed with permission.

Modeling La Leche League Parenting with Sensitivity and Loving Guidance (continued from p. 6)

In the lecture hall full of doctors, nurses, medical students, midwives, and other health care professionals, I appreciated that they saw a normal toddler nursing—a toddler's needs being met through nursing (and rocking and nursing some more, and chasing and nursing some more, and playing games and nursing some more and doing crafts and nursing some more). Trevor was modeling La League League parenting style, with sensitivity and loving guidance.

Trevor's own words summarize it best for me: "I feel I truly found my community when I found La Leche League. LLL is one place where I know I will be accepted with my breastfeeding toddler and where my nursing relationship with my child will always be valued. In fact, I believe I have felt more criticism around nursing an 'older' child in public than for nursing as a man. And that really speaks to why we still desperately need LLL and why it was founded over 60 years ago. We need to continue sharing information and resources around breastfeeding and the breastfeeding relationship with those who come in search of support in the context of a culture that continues to marginalize breastfeeding." ~

*Gail Moak, LLL Alumnae Council Member
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For more info, please see Transgender/transsexual/genderfluid Tip Sheet—General Information Prepared by Trevor MacDonald for La Leche League of Canada, online at http://www.lllc.ca/sites/lllc/ca/files/REVISED-Trans-Nursing_tip-Sheet.pdf

The following definitions of terms used in this article are from the tip sheet.

transgender: a person whose gender identity or expression does not match the typical societal expectations of their birth-assigned gender. Transgender people may or may not wish to modify their bodies to varying degrees by taking hormones or having surgery.

transition: a change in one's public gender identity (one's inner gender identity may have been the same since birth).

Some trans men choose to have **male chest-contouring surgery**, also known as "top surgery." This is different from a mastectomy (a cancer treatment), or a breast reduction, which is performed to make a smaller but still female chest. The goal of top surgery is to create a male-appearing chest.~

LLL Alumnae Association 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.



The LLL Alumnae Association Council is the decision-making body for the organization, its projects, and activities. Council members stay up-to-date via monthly conference calls, an email discussion group, and Annual Council Meetings held as needed. ~

Council Members' Contact Information

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Still Time to Order LLLI 60th Anniversary Pins

A 3-millimeter clear stone is embedded in the Cloisonné pin with the 60th anniversary logo colors. Price is \$6 each, plus postage. Price is reduced for bulk orders. Plan ahead. Order for 60th Anniversary celebrations in your Area or country. Questions? Contact Susan at susan4868@gmail.com
Access the online order form or order at <http://lllalumnae.org/content/leader-recognition-pins> ~

Itinerary

Thursday, October 19, 2017

4:00 p.m. Check-in, Best Western PLUS Hacienda Hotel.
4:00 – 6:00 p.m. "Happy Hour" in hotel's Tequila Factory Restaurant & Cantina.
4:00 – 7:00 p.m. Welcome reception with refreshments in Alum suite/hotel patio area. Detailed itinerary distributed. Dinner on your own.

Friday, October 20, 2017

Morning Walkers will be an optional daily activity.

8:15 a.m. Old Town Trolley to Presidio Park.
9:00 a.m. – 3:15 p.m. One-hour tour of Mission Basilica San Diego de Alcalá, California's first mission. Trolley tour resumes through beautiful Torrey Pines, stops atop Soledad Mountain for panoramic view of San Diego Bay, and ends at Birch Aquarium at Scripps Institute of Oceanography. Enjoy pre-ordered sandwich and dessert lunch, followed by time to explore aquarium exhibits. Coastal tour by trolley continues through scenic La Jolla, Mission Beach, and Mission Bay.
5:15 p.m. Gather at nearby Cosmopolitan Hotel patio.
6:00 p.m. "We Remember" ceremony will take place before Americano Buffet dinner.
8:00 p.m. Entertainment in Casa de Reyes courtyard.

Saturday, October 21, 2017

8:30 a.m. Guided walking tour of historic buildings and museums in Old Town Historic Park.
10:30 a.m. Trolley tour to Coronado Island. Stop at the famous Hotel del Coronado. Option to explore hotel, variety of shops, outdoor patio areas, or visit the beach. Lunch on your own.
2:30 p.m. The trolley sojourns to Seaport Village. Board the amphibious vehicle for a narrated land tour around Coronado Bay waterfront followed by a sea tour of San Diego Harbor and sightings of California sea lions. Drive through Balboa Park.
5:00 p.m. Dinner on your own in San Diego's own Little Italy "where top chefs and local brewers set up shop."
You may opt to remain on the trolley and return to hotel for dinner in Old Town.
7:00 p.m. Board trolley in Little Italy, return to hotel.

Sunday, October 22, 2017

Options: Attend a church service of your choice, stroll through Old Town, visit nearby Whaley House Museum, or board the trolley city tour to Balboa Park's gardens and 17 museums. The Hop-on Hop-off City Tour Trolley stops near the hotel every 30 minutes. Registration includes trolley ticket. Lunch on your own.

6:00 p.m. Alum farewell Fiesta Buffet dinner at the Best Western PLUS Hacienda Hotel Old Town.
Local active/retired LLL Leaders/LLL friends are invited and must register for dinner.

Hotel Accommodations

A room block is reserved for Alum registrants at Best Western PLUS Hacienda Hotel Old Town, 4041 Harney Street, San Diego, CA 92110. <http://www.haciendahotel-oldtown.com>
This venue is a non-smoking hotel. Call (619) 298-4707 to reserve your room which includes a complimentary hot breakfast buffet in the hotel restaurant. Use group name "La Leche League Alumnae Association."

Alum room rate is \$135, single or double occupancy, plus 10.5% Occupancy Tax, plus 2% Tourism fee, and \$7.00 Facility Fee per night. Each additional guest is \$10.00/night and includes breakfast buffet. Discounted overnight parking: \$10 per night.

Deadline to reserve rooms at Alum rate: Sept. 16, 2017.
If you wish to stay before or after trip dates, the discounted Alum rate is available from Oct. 16-25, 2017. Reservations are subject to availability after the deadline. For cancellations or room changes, call hotel.

Early departure fee is \$75 if you check out prior to reserved check-out date. You must inform hotel prior to check-in.

Hotel Courtesy Shuttle

Available every 30 minutes from 7:00 a.m. to 10:00 p.m., to and from San Diego International Airport (SAN) and Amtrak Train Station. Reservations required. Call (619) 298-4707.

Average October Weather

Temperature: 60 – 75° F.
Humidity 70%.
Sunshine 68%.
Rainfall 0.33".



La Leche League Alumnae Association
...it's not just for retired Leaders

LLLAlumnae.org

**Join us for
Alum Fun, Friendship & Sightseeing
October 19-23, 2017**

San Diego, California
Jewel of the Pacific Coast



Shoreline Panoramas



Land and Sea Tour



Mission Tour



USS Midway

Interested in the Trip?

Check out the Facebook event page at <https://www.facebook.com/events/381982758817945/e> and click "interested" or "going." For more information, visit <https://www.sandiego.org/>. Early Bird registration is available. Space is limited. Each attendee will receive a detailed itinerary.

Visit <http://www.lalumnae.org> for itinerary updates.

What Trip Registration Includes

Thursday light refreshments, Friday lunch and dinner, Sunday dinner, tours and admissions for Friday and Saturday, and all Old Town Trolley transportation to and from activities on Friday, Saturday, and Sunday.

Expenses on Your Own

Hotel lodging for 4 nights, Thursday dinner, Saturday lunch and dinner, Sunday lunch, and optional Balboa Park museum admissions.

Accessibility

The LLL Alumnae Association has checked lodging, transportation, and venues for Americans with Disabilities Act (ADA) accessibility. Some historic sites may have elevated pathways, uneven surfaces, or a few stairs as well as steps for boarding trolleys and the amphibious vehicle. If you need special accommodation due to a disability or age-related limitation, please include details on the Registration Form. Notify the hotel in advance for ADA-related requests. If you need to bring a helper to assist you with needs, we ask that you inform us well in advance. Since the Alum trips are usually filled to capacity, we cannot provide free transportation or registration for a helper.

Inquiries

For registration, ADA accessibility, or refunds, contact Pam at poselka1945@att.net or call/text Pam at 734-277-3180 or contact Fran at dereszyn@verizon.net or call 714-840-1136. Call/text Fran at 714-767-5511. If you need a roommate, contact Fran.

For itinerary or dietary questions, contact Sandy Patton at sgpatton1994@gmail.com or call/text 562-754-2195. Do not hesitate to ask! We want you to enjoy your trip to the fullest.

Flight delayed? Contact Pam at poselka1945@att.net or call/text Pam at 734-277-3180.

The LLL Alumnae Association does not carry liability insurance to cover accidents or injuries that may occur on this trip.

Registration Form

June 15 Registration opens online at <http://llalumnae.org/trip> and by postal mail.
August 31 Deadline for Early Bird registration. Register early and save \$25.
September 16 Last day to register by mail or online. First-come, first-served, space permitting.
September 16 Last day for hotel reservations at Alum rate.
October 19 Last day for full refund, less \$25.

- Yes, I am a current 2017 Alumnae member.
_____ \$36 One-year Alumnae membership. Outside USA membership: \$44 US dollars.
_____ \$325 Early bird, received by 8/31/2017, current 2017 Alum member
_____ \$360 Early bird, received by 8/31/2017, non-member
_____ \$350 Regular registration, sent from 9/1/2017 to 9/16/2017, Alum member
_____ \$385 Regular registration, sent from 9/1/2017 to 9/16/2017, non-member

LLL co-Founders Marian Tompson and Mary Ann Kerwin plan to attend. Your donations to help cover their expenses are appreciated even if you are unable to attend. Use this form for your donation or you may donate online.

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

\$40 for local attendees: Fiesta Buffet dinner at Best Western PLUS Hacienda Hotel Old Town, October 22, at 6 p.m.

Deadline for dinner registration: Sept. 16, 2017. You may pay online via credit card at <http://llalumnae.org/trip> or enclose check. \$_____ **Total donation and enclosed fees.**

Enclose check payable to "LLL Alumnae Association." Mail to: Patti Hope, 2457 Vivian Circle, Decatur, GA 30030-1592.

Friday lunch. Select one.

- Ham and cheese croissant sandwich Roast beef croissant sandwich
 Chicken curry salad croissant sandwich Vegetarian Vietnamese summer rolls

Friday evening dinner: I request the vegetarian entrée, grilled portabella mushroom

Please print clearly.

Name _____

I am: an Active Leader Former Leader Current/Former LLL Member Friend of Alums/LLL

Address _____ City _____

State _____ ZIP Code _____ Email _____ Date mailed _____

Home phone _____ Cell phone _____

My emergency contact if needed during the trip. Family member/friend's name _____

Relationship _____ Phone _____ and/or email: _____

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

Yes, you may add my contact information to the trip roster.

I give permission to use my photo for: *Continuum* newsletter Alum website Alum Facebook page

I do not give permission to use my photo.

I have a disability-related condition requiring accommodation to participate fully. Please explain: _____

The 2017 Local Alum Trip Co-Chairs plan wonderful activities and time for you to connect and rejuvenate, as well as renew friendships in the historic city of San Diego. There are opportunities for extensive walking and sightseeing on the following pages. The itinerary allows you to set your own pace, take a break, or sit and chat with friends during a scheduled activity.

Looking Forward to Seeing You in San Diego

Thursday is registration, a chance to get your bearings for the next three days and review the detailed itinerary in your packet.

Friday is the weekend's start with planned activities. You can go with the flow and have a good time with decisions already made during the La Jolla area tour.

Saturday is spent on Coronado Island and San Diego Bay. Then on to "Little Italy" for shopping and dinner on your own.

Sunday, the last day, is open for you to pick and choose your own activities. Gather with friends. Go to places of mutual interest. The Old Town Trolley City Tour guide narrates your tour during its 25-mile route and ten stops. The last stop is Balboa Park's many museums, gardens, gift shops, and the San Diego Zoo. In the evening, we meet for dinner to top off our trip.



Hotel patio, outdoor seating area

San Diego has so many attractions that we could not include all of them! Come by car, plane, or train! If you come before or stay after the trip, see the article below for ideas and additional information.

Interested or Going? Connect on Facebook with Alums interested/planning to attend. On May 1, there were 14 interested and 12 going. Ask to join with an "LLL Alum Trip 2017" search or at <https://www.facebook.com/events/3819827588>. Stay tuned as the numbers grow! 🌟

See you soon,
Local Alum Trip Co-Chairs
Sandy Patton, Long Beach, California USA
sgpatton1994@gmail.com

Gayle McLean, Fountain Valley, California USA
gmcleandhc@hotmail.com

Stay a While: Come Early or Stay Later

A Taste of Nostalgia

► **Julian Candy Basket** – a family business and candy store managed over 11 years by long-time LLL Leader Adele Delgado in Julian, California, 62 miles, a 1.5 hour drive from the hotel. Stop by the store to pick up sweet treats or an old fashioned soda to enjoy while there or to take home later. Visit thejuliancandybasket.com to view over 500 candies, e.g., Mary Janes, a variety of nostalgic candies, rock candy, candies from around the world, old time sodas, wax bottles, etc. Order online or call 760-765-0785 to ask Adele to fill your order by mail or for pick-up.

► **Visit Historic Julian** – A popular day trip for tourists. To learn more about this town, go to <http://www.julianca.com>.

Take the "A" Train

► **Amtrak's Pacific Surfliner Train to Mission San Juan Capistrano** – Plan ahead for this day trip. The San Diego Old Town Train Station is a 10-minute walk from the hotel. This 60-mile, 1.5-hour journey along the panoramic Pacific Coast takes you to San Juan Capistrano's historic landmark and mission. Stay for lunch before returning to Old Town. Check out the following links to reserve tickets/plan this day trip with Alum friends. <http://www.missionsjc.com/daily-tours/>
<https://www.amtrak.com/find-train-bus-stations-train-routes>

A High Point of View

► **Torrey Pines State Natural Reserve Hiking Trails**, 20-minute drive from the hotel. The Guy Fleming Trail's easy hiking skill is named for a longtime nature guide and activist. It is a 0.6-mile loop that skirts along sheer cliffs, overlooking the ocean. At the north end of the trail, a bench offers a view that on clear days extends as far as Santa Catalina Island. 12600 N. Torrey Pines Rd., 858/755-2063. <https://www.alltrails.com/parks/us/california/torrey-pines-state-natural-reserve/walking>

► **Cabrillo National Monument** has tide pools, a famous lighthouse and 2.2-mile bayside trail. It occupies the southernmost tip of Point Loma and includes a monument and historical information dedicated to Juan Rodríguez Cabrillo, the European explorer to first set foot on the west coast of North America in 1542. This unique view is one of the best in San Diego and has exceptional views on a clear day. <https://www.nationalparks.org/explore-parks/cabrillo-national-monument> *(continued on p. 11)*

Stay a While: Come Early or Stay Later (continued from p. 10)



Step Back to the Past

► **Step into Naval History at San Diego's Embarcadero**, Seaport Village, USS Midway Museum, Maritime Museum of San Diego, Star of India, or H.M.S. Surprise from the film "Master and Commander." Don't miss the Waterfront Park, a place for a relaxing walk.
<https://www.sandiego.org/articles/downtown/the-embarcadero-in-san-diego-ca.aspx>

► **Ghosts & Gravestones Night Tour** <http://www.ghostsandgravestones.com>

On a Culinary Quest

► **Liberty Station Food Tour** Liberty Station has a wealth of restaurants and artisanal food shops. Some "Top Gun" movie locations were filmed at this former Naval Training Center.
<https://tinyurl.com/lv9y48l>

► **Old Town Tequila and Tortillas Tour** includes snacks/beverages, starts at Cosmopolitan Hotel.
<http://tinyurl.com/k6gtu6k>

► **Tequila, Tacos and Tombstones Culinary Walking Tour** <http://tinyurl.com/mh4rglk>

► **Walking Food Tour in Coronado: Eat your way across Coronado Island** <http://tinyurl.com/k46njym>

Note: There may be an admission fee for some sites and tours. ~

*List compiled by Fran Dereszynski, Continuum Editor
Huntington Beach, California USA*

They Give Their Babies Milk from Their Bodies

My daughter-in-law Amber, an LLL Leader, called recently to share a story that she knew I would love; I suspect Alumnae members will, too. Amber's daughter, Katherine, had a kindergarten class assignment to draw an animal and share one fact that they knew about that animal. After Katherine shared her assignment, the teacher pulled Amber aside to share how it transpired when Katherine shared her report with the class. The teacher said that Katherine's story was her favorite.

When it was Katherine's turn, the animal she drew was a human. Her fact: humans are mammals because they make milk for their babies. Some kindergarteners said that humans aren't animals. Katherine said, "Yes, they are. They are mammals because they give their babies milk from their bodies." She proceeded to go around and point to classmates' pictures and inform them that bears are mammals because they make milk for their babies and cats are mammals because they make milk for their babies, etc. The teacher nursed her own now-grown children and was delighted with this little learning event. ~

*Alice Ziring
Mercer Island, Washington USA
nwppup@hotmail.com*

A Grandparenting Success Story

A recent surprise to me was when our 12-year-old grandson was arguing with his mother about what to wear for going out. She wanted him to wear clean clothes and he wanted to wear what he had been wearing before his shower. She threatened to cancel the planned highly desired activities over the situation. He was in a bind. I asked if the planned activities were more or less important to him than his clothing and he seemed stymied.

Then I asked why he didn't want to wear the clean clothes and he said because the shorts were too short. Then I asked did he "realize an individual usually cares more about what s/he looks like than other people do and others usually don't even notice what is problematic to you." I gave him a personal example about the time when I did not wear a wig post-chemo and hair loss. He pondered that for a minute and then decided he would change his clothes after all. It is a little easier for a grandmother to share common sense than when you are a mother and emotionally involved! ~

*Barbara Parker
Raleigh, North Carolina USA
brparker@nc.rr.com*



Pins for Leaders' Years of Service start at \$6 per pin (plus postage), reduced for bulk orders. Basic Leader pin (no years) and 5, 10, 15, 20, 25, 30, 35, 40, 45, and 50-year pins. View pins and place orders at llalumnae.org/content/leader-recognition-pin
Questions? Contact Susan at susan4868@gmail.com ~

Survey for Future Issues

For each issue of *Continuum*, I plan a balance of stories that appeal to Alum members. I think of your faces and where you are in your life—perhaps an active LLL Leader helping mothers and babies, a community volunteer, a recent retiree, selling a family home, exploring life in a retirement community, traveling, being a busy grandmother, being a caregiver for a family member, dealing with your own health issues that come in the older years, (finally) becoming a grandmother, or other milestones of life. You may have an idea that blossomed into an article published in this issue or in the past. After receiving an email comment, I often ask an Alum to share a story. This leads to an article. The Alum newsletter is how we connect with each other by sharing readers' thoughts and stories. I found a survey sent in *Continuum* a few years ago and included some items in this new survey. Help me plan your future issues. Send an email with subjects you would most like to read. Create your own topic. Better still: volunteer to send your story. One paragraph is fine. More is fine, too! I look forward to your feedback. What is your pick? Send by August 15, 2017 or later when an idea pops up! *Indicates readers requested this topic.

Adult Children Living at Home*
 Aging Parents, Caregiver for Spouse/Family Member
 Challenges of Teens/Young Adult Children*
 Dealing with Breast Cancer*
 Decluttering
 Downsizing, Senior Housing*
 Encouragement to Enjoy Different Seasons of Life
 Family Traditions
 Financial: Estate Planning, Wills*
 Grandparenting
 Hobbies: Knitting, Photography, Scrapbooking, Gardening
 How LLL Philosophy & Experiences Apply Throughout Life*

Humorous Family Stories
 Create an Alum Group: Lunch/Hobby Group, etc.
 Life after Divorce—My New Life*
 Life after Retiring from LLL Leadership
 Meditation, Relaxing Techniques
 Spending Time to Connect with Local Alums, LLL Friends
 Suggest a Topic Not Listed...
 Surprising Phases/Stages in Later Years
 Travel, Locations, Train, Cruise, Road Trip
 Unloading Family Heirlooms
 What I Do When Overwhelmed
 Yoga/Tai Chi ☺

I look forward to your responses,
 Fran Dereszynski, *Continuum* Editor
 5502 Maryport Drive
 Huntington Beach, California USA
 dereszyn@verizon.net PH:714-840-1136



I would say take care of yourself because caregivers need to take some time for themselves, even if it is just to have a pedicure or take a walk because it's a difficult journey and it has lots of ups and downs. To be your best self for them, you have to be your best self for you. ☺ —Mary Furlong, creator of social networks for seniors

Tribute Membership: Another Choice

A Tribute Membership connects you in a special way to **one individual**—an Alumnae member, Leader, former Leader, colleague, family member, or cherished friend. Tributes are published in *Continuum* and posted on the Alumnae website; \$5 of each membership is donated to the LLL Breastfeeding Helpline-US. Both basic and Tribute memberships keep the LLL Alumnae Association growing. Go to <http://lllalumnae.org/join> to choose a Tribute Membership or use the form on p. 16.

The following Tribute Memberships were received during the last reporting period, 12/15/2016 to 4/15/2017:

2/11/2017 - 2/11/2019 two-year tribute from **Kim Moreno**, San Diego, California USA, to honor **Jody Nathanson**, Redondo Beach, California USA, "for her willingness to share her time and wisdom to mentor me into a confident woman and mother."

2/11/2017 -2/11/2018 one-year tribute from **Martha Sears**, Capistrano Beach, California USA, to honor **Janet Jendron**, Columbia, South Carolina USA, "who inspires me to be a better person and mother."

4/20/2017 - 4/20/2019 two-year tribute from **Constance Pond**, New York, New York USA, to honor **Dorothy Murphy**, South Bend, Indiana USA. "This beautiful woman, a neighbor and early LLL Leader, showed me 'normal' in modeling her breastfeeding." ☺



The Hormone of Affiliation

Adapted from an article by Debra Kahn, media contact at University of California, San Diego, California USA, previously published in *Kaleidoscope*, February 2016, newsletter for La Leche League of New Zealand Alumnae Association, with permission to reprint in *Continuum*

"It's said that the eyes are the window to the soul...they certainly are the window to the emotional brain," according to the authors of a study at the University of California, San Diego (UCSD). School of Medicine "We know that the eye-to-eye communication—which is affected by oxytocin—is critical to intimate emotional communication for all kinds of emotions—love, fear, trust, anxiety."

Real eye-to-eye contact is being found to alter brain function in both babies and adults. One route is through the release of the "hormone of affiliation" oxytocin, which is released in the bloodstream in response to everyday aspects of our social interaction including hugging, touch and warm temperature, and is also involved in feelings of trust and generosity.

Any parent who is interested in having a closer relationship with their children should be aware that oxytocin is strongly implicated in the bonding between mother and infant, as well as between parents, and even in the increased involvement of the father with his children and with monogamy. Sadly you can't buy it. But going back to socializing our children through good old-fashioned eye-to-eye contact and conversation, oxytocin appears to change the brain signals involved in interpreting facial expressions, perhaps by changing the function of the amygdala (the part of the brain that plays a primary role in the processing of important emotions). Oxytocin seems to play an important role in establishing our children's social behavior.

"Love hormone" promotes bonding

Gazing into your lover's eyes isn't only romantic; it may also mimic early attachments that forever alter your brain and body. Researchers at the UCSD School of Medicine are studying whether the brain hormone released with touches, hugs, or when a mother and her newborn baby bond might help patients with schizophrenia, social anxiety and a variety of other disorders.



LLL co-Founder Vi Lennon (1923-2010) credits her mother with having the strongest influence on her philosophy of breastfeeding and mothering, saying, "My mother portrayed breastfeeding as an enjoyable experience that brings you close to your baby. Breastfeeding led me to self-discovery and to a greater appreciation of the full humanity of the babies who were entrusted to me. Each woman needs to trust her own instincts, her own feelings, and her own sense of what will work for her with each baby. Women in the 1950s had forgotten the wisdom of previous generations in relation to breastfeeding. Mothers who tried to breastfeed on their own were almost always destined to fail. The neighbors sent their children to watch me breastfeed because they knew the children would not see it anywhere else!"



Oxytocin is a brain chemical associated with pair bonding, including mother-infant and male-female bonds, increased paternal involvement with children, and monogamy in certain rodents, according to Kai MacDonald, MD, assistant clinical professor of psychiatry at UCSD. In humans, oxytocin is released during hugging and pleasant physical touch, and plays a part in the human sexual response cycle. It appears to change the brain signals related to social recognition via facial expressions, perhaps by changing the firing of the amygdala, the part of the brain that plays a primary role in the processing of important emotional stimuli. In this way, oxytocin in the brain may be a potent mediator of human social behavior." That's why oxytocin is sometimes called the love hormone," said MacDonald. He adds that people with schizophrenia or autism often avoid eye-to-eye gaze, focus on less relevant areas of the face, and avoid meaningful social contact.

The UCSD researchers theorize that use of oxytocin might act on the brains of patients with schizophrenia and anxiety and may ultimately increase the level of trust or emotional contact between patient and physician, or with patients and significant others. The hormone, also known by its trade name, pitocin, has been used for years to induce labor and promote lactation in women. But its effects on the brain are just beginning to be understood."

Previously studies of healthy individuals have shown that intranasal doses of oxytocin reduce activation of brain circuits involved in fear, increase levels of eye contact, and increase both trust and generosity," MacDonald said. "Interestingly, people given oxytocin don't report feeling any different, but they act differently. A hug or a touch that causes a release of this hormone might change brain signals," he added. "We want to know if oxytocin can also impact social and emotional behavior in patients with psychiatric disorders."

*Thank
You!*

to the generosity of the
following Alums who
sent donations from
12/15/2016 to
4/15/2017

60th Anniversary DVD Donor:

Susan Giroux

Creation of New LLL Alumnae Website:

Edna Kelly

Supporting the Breastfeeding Community:

Pam Ahearn 4/17/2017

Susan Giroux 3/24/2017

Patricia Young

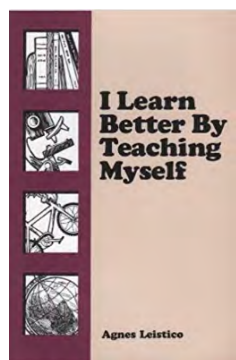
Judie Ellison

Mary Jean Hickey 5/1/2017

Each day comes bearing its own gifts. Untie the ribbons.

—Ruth Ann Schabacker

Alum's Homeschooling Book Ripples through Generations



Recently, Leslie Ostyn of Grant, Michigan USA posted to a long-time Yahoo! group of active and retired LLL Leaders: "I was going through some books in the den. In the child development section, what should my wondering eyes come upon but *I Learn Better by Teaching Myself* (1990) by Agnes Leistico," a retired LLL Leader. Posters commented on Leslie's message:

"Yes, I, too, still have my own copy! I had read it and shared it with each of the parents (my adult children) of my grandchildren at various times. None of our little clan actually homeschooled or were unschooled. The writing did help us adjust our perspectives about the process of learning and smoothed the way for us. I think of Agnes' adult daughter, whose words as a child (age 7) became the title of the book." --Charlotte Walkowski, Conroe, Texas USA

"I have the book, too! It helped me parent my children and was valuable in the classroom. I learned that you can teach all subjects, just by letting children thoroughly explore something that interests them." --Theresa Kinzly, Peachtree City, Georgia USA

"I remember reading Agnes' book when I homeschooled my two youngest children. I would have homeschooled the older six [children] because I heard via Pam Ahearn (former LLLI Leader Accreditation Department Director) about this notion of homeschooling. But I thought I needed six desks and such as my model. As a then single mother, I could not have imagined it. Of those older six children, two are high school dropouts. Both are now physicians! They were bored and unchallenged in school. It did not matter if it was a private, parochial, or public school. I tried all three for them. Later I remarried. For my younger two, I 'unschooled them' until college. It was a blast to play with them all those years. One is now a lawyer in the military and the other one is a mortgage banker with an international finance company. What a feat to write a book! Agnes' influence ripples on." --Cecily Harkins, Portland, Oregon USA

"I wrote that book from my heart." --Agnes Leistico, Lake Oswego, Oregon ☺

Continuum is published three times a year. Articles selected for publication are based on space available and may be edited for grammar, length, clarity, and adherence to LLL journalistic guidelines. © LLL 2017

Passing of Dr. Michael G. White



Dr. Michael G. White, (60) son of co-Founder Mary White (1923 - 2016), passed away on March 23, 2017 after being diagnosed with a brain tumor in January 2014. He was a general practitioner in the Milwaukee, Wisconsin USA area. He is survived by his wife, eight children, 15 grandchildren, and nine siblings. ☺ <http://www.legacy.com/obituaries/name/michael-white-obituary?pid=1000000184713579&view=guestbook>

From the Mail Bag

Readers comment on the last issue

I just read the latest *Continuum*. What a lovely read! Full of the glow and warmth of 60th Anniversary reunions, recognition of Alumnae contributions to your organization and even a "Long Distance Grandparenting" article! The warmth and support that Alumnae members continue with each other in the years after our initial investment in LLL seems universal. Congratulations on quite a universal (as opposed to a "particular to USA") issue!

—Christine Scothern, New Zealand

The article about the LLLI Pioneer Gala event brought me such good memories. Another terrific issue! —Hugs, LLLI Board Members Yanet Oliveres and Constance Pond

I already started reading my copy, enjoying it every time.

—LLL co-Founder Marian Tompson

In this issue

Carole Wrede, former *Leaven* Managing Editor commented that Andi LaMar's lead article is an example of the impact of friendship on the author's life. Might she have traveled as much without the pen pal friendship? Perhaps not. The lives of both friends are beyond what 6th grade girls could have imagined. What changes in communication have taken place since the 1960s and 1970s! Remember when long distance calls were expensive and not done often to places outside the country!

One fact that struck me from "The Hormone of Affiliation" was that eye-to-eye communication is affected by oxytocin. I thought you would enjoy the article, even if as a review.

I noticed that more Alums plan trips out of town in the summer or travel to a warmer climate during winter months. Did you know that bulk mail is not forwarded or saved with accumulated "on hold" first-class mail. Because "Return Service Requested" is on the back page, the U.S. Post Office returns the issue to me for a postage fee and with a note, "Temporarily Away." Or if the Post Office does not have a current forwarding address, it may be returned with a new address not in the automated postal system so we can update the database. It is a benefit to have a new address.

Bulk mail is distributed over a 2-3 week period. If you plan to be away during the weeks of February 15 - March 31, May 15 - June 30, or September 15 - October 31, let me know if you have an alternate address. If there is no address, let me know and a digital copy will be sent to your current email address. When you alert me, it saves on the return fee and you receive the electronic more timely. Please contact me with a temporary address that accepts your name at that location. Let me know when you will return to your home address. Contact me if you have questions.



My daughter and I recently enjoyed a picnic lunch with friends in a wooded area, close to a nearby small river. On that warm day, the water tempted us to sit a while and cool our feet. So we did! We felt recharged!

What a treat to listen to the flowing river sounds and chirping birds nearby, while kids/adults with us waded further or went fishing. We heard, "Oh that one got away!" Others shouted with glee when a small trout wiggled on the end of a hook!

Time by water: restorative, restful, soothing

What exactly happens when you spend time by the water—a fountain, lake, river, pond, or beach? According to Rebecca Jane Stokes, spending time by the water can leave you feeling rested, recharged, soothed, and restored. Your brain relaxes. You drift into a relaxing state. The sound of rippling waves or crashing surf can put one in a meditative state and even bolster creativity. You are likely to unwind more than usual. You de-stress. Water is full of naturally occurring negative ions. Our minds are sent into a restful almost hypnotic space thanks to the soothing smells and sounds of the water. As they continue to study blue space, scientists are sure that spending time in water can't help but boost your mental health.

I look forward to your reply to the survey on p. 12.

If you have an article to share, send by August 15, 2017. ~

Until next time,

Fran

Continuum Editor
dereszyn@verizon.net



Fran Dereszynski, *Continuum* Editor
5502 Maryport Drive
Huntington Beach, CA 92649-4821

Submit articles by August 15, 2017

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Renew online at [lllumnae.org](http://lllalumnae.org) Use this form to renew, join or donate.

- \$ _____ I prefer my donation to be unrestricted and anonymous to the LLL Alumnae Association.
- \$ _____ Donation to LLL Breastfeeding Helpline-US will be sent to the Helpline. Name published in *Continuum* and website.
My Helpline donation is: \$25 \$50 \$75 \$100 \$ _____ (write in amount)
- \$ _____ **Total Donation. Check payable to: LLL Alumnae Association.**
Mail to: Patti Hope, 2457 Vivian Circle, Decatur, GA 30030-1592.

Yes, I want to keep in touch, support the LLL Alumnae Association, and join: \$36/year US funds (\$44 **US dollars** 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 needed for membership reminders

\$ _____ **Renewal** for __ year(s) \$36/year in USA. Outside USA: \$44/year, **US dollars***

\$ _____ **New member** for __ year(s) \$36/year in USA. \$44/year US dollars* outside USA. You may join/renew for multiple years.

\$ _____ **Gift membership** for __ year(s) \$36/year in USA. \$44/year US dollars* outside USA.

\$ _____ **Tribute Membership** for myself and add a tribute to **one** person. \$56 for one member (\$64 US dollars* outside USA).

Your name _____ (add 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.* Name published in *Continuum* and on Alumnae website. Insert tribute (up to 15 words) for one person: _____

\$ _____ **Total Membership.** Check payable to *LLL Alumnae Association.* **Date check mailed:** _____

Mail to: Patti Hope, Treasurer, 2457 Vivian Circle, Decatur, GA 30030-1592. Questions? Contact info@lllumnae.org

Form updated May 10, 2017/FD