

Continuum

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*It's Conference time again.
Have you been to one?*

*Whether LLLI Conferences
are a part of your
memories, are only
something you hear about
every two years, or are an
event you rarely miss, they
are a high point for our
organization.*

*Yes, the information is
valuable and the speakers
are inspiring. But there's
something more. Some-
thing that captures the
essence of an LLL meeting,
the warmth of a mother-
to-mother exchange.
It's simple really.*

*It's us. Us in all our ages
and stages of mothering
and leadering. Us from our
various cultures and corners
of the world. Us connecting
and converging, working
through differences, finding
common ground, looking
to the future, affirming the
past. It's us, being stretched
and pulled. It's us holding
and comforting. It's us
celebrating.*

It's us, mothers all.

Conference memories are made of this

While they all offer the joy of being immersed for a few days in a culture of breastfeeding and responsive parenting; the awe of meeting Founders, board members and LLL-office staff; the excitement of hearing famous speakers; and the fun of reuniting with old friends; for me each La Leche League International Conference has its own unique flavor.

I've attended nine out of ten over the past twenty years and have come away from each with a special feeling and host of memories that set it apart from the others.

I remember my first conference in 1981 for three things: it was the first time I'd been away overnight from my three young children, the seven Founders were real women in the flesh, and I'd spent a significant part of my time lost in the huge, elegant, and confusing hotel (Chicago Hilton, pre-renovation). I came away with the clear awareness that there was a lot to La Leche League beyond my local Area and I was hooked on International Conferences.

For various reasons I missed the 1983 conference in Kansas City and by 1985 I was ready for Washington DC. I remember attending pregnant with our fourth child, and convincing my entire family to go with me so they could experience this remarkable organization that was such a big part of our family life. They were duly impressed and I was so proud. David Elkind's opening night session on the hurried child and Tine Thevenin's "Family Bed" session made lasting impressions on me and lasting contributions to our family life. In addition, I was becoming aware of the international flavor of the organization.

In 1987 we were back in Chicago in a newly renovated Hilton and I was attending

with my oldest daughter, toddler son, and my co-Leader with her oldest son and toddler daughter. I remember being spellbound by Elliot Barker of the Canadian Society for the Prevention of Cruelty to Children speaking at one of the luncheons on the "Critical Importance of Mothering." It was such validation for my choices. This was the first conference at which I dared to approach the Founders to autograph my WOMANLY ART OF BREASTFEEDING. I was really beginning to feel a part of this "family." I

also remember missing large parts of sessions when my son lost patience with his big sister and the playroom and needed mom's undivided attention and being torn among technical sessions, parenting sessions, breastfeeding management sessions, politics sessions. I came to see LLLI as the authority on breastfeeding that it is and went home empowered to sit the IBCLC exam the next year.

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—Susan Switzer

In 1989 my co-Leader and I flew across the country with her infant daughter to attend the conference in Anaheim, California and I mustered the courage to approach Dr. White to thank him personally for his very important support in a breastfeeding crisis eleven years earlier. His response was to give me a phone number and send me up to my room to pass the help along to a young mother he knew of. I was honored—and a little intimidated. This was the conference where I met Dr. Jay Gordon, Dr. Sears, Chele Marmet, Marsha Walker, and Maureen Minchin and soaked up their technical expertise to bolster my new certification as a lactation consultant. This was also the conference where I was inspired by Don Aslett's

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Memories, continued

luncheon session and book, *Clutter's Last Stand*, to go home and dejunk my life. And most memorably this was the conference where we joined together singing "Love in Any Language" and I dissolved in tears.

By 1991 when I attended the 35th anniversary conference in Miami Beach, Florida with two thirteen-year-olds and a five-year-old, I was eagerly looking forward to meeting and celebrating with old friends from around the world. This was the year that I attended my first rap session with the LLLI Board of Directors and was introduced to the politics of the organization, causing me to begin to consider how I could contribute beyond the local Area. Thanks to a session by Barb Heiser, I was also introduced to the politics of breastfeeding which became a passion for me. This, then, was my "politics" conference.

In 1993 the conference scheduled for Dallas/Fort Worth, Texas was cancelled and I was so disappointed. This conference thing had become a wonderful habit. So this was the conference that wasn't.

The 1995 conference in Chicago felt like coming home—I'd figured out the lay of the hotel! It also felt very global in scope as I enjoyed sessions on the Baby Friendly Initiative, the WHO code and WABA, and heard Anwar Fazal speak on the "Rebirth of Breastfeeding Worldwide." I attended this conference alone, yet never felt alone. In fact there was so much to do and so many people to enjoy that I wished for more hours in the day. A partial solution was my discovery of the conference tapes as a way to bring some of the information and excitement home with me for later enjoyment.

1997 celebrated the fortieth anniversary of La Leche League and was the first conference to be held over the

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Fourth of July. I remember celebrating the seven Founders as they shared their personal stories; watching the fireworks from the hotel windows with my husband, son and friends from LLL of Georgia; bursting with pride as my husband, Hugh, received the LLL Award of Appreciation; and attending lots of Leader Accreditation Department sessions and later the International Management Symposium as an administrator. This was the conference when I expanded my appreciation of the organization that is La Leche League.

My memories of the 1999 Orlando, Florida conference are of sessions that nurtured me as a woman and a mother, of letting go of trying to do it all (knowing I could purchase tapes of sessions I might miss) and revisiting Don Aslett's decluttering session (I'd made very little progress in ten years and needed inspiration to try again). This was my laid back conference, one spent enjoying old and new friends—most notably the Leaders from Ireland.

My memories of the 2001 Conference in Chicago are of being taken care of. While I know LLL people to be most caring and supportive, I was deeply moved by the response I encountered when I came down with Lyme disease immediately after arriving. I found loving concern and exactly the help I needed at every turn. From the first night when Sandey Stayanoff, an acquaintance from Georgia, got out of

bed and left her husband to come take pictures of my bull's eye rash and help me brainstorm (with my fever fogged brain) my course of action; to Carol Kolar taking time out from orchestrating the conference the next day to help me decide what to do and direct me to Dr. Eisenstein; to Mary Bird, my Leader friend from Ireland, who overheard and insisted on skipping her session to babysit me, feeding me breakfast and keeping me focused while I waited for Dr. Eisenstein's session to end; to the good doctor himself who listened to my description of symptoms, trusted my assessment, and agreed to call me in the appropriate antibiotic; to Barbara Wexler, a mom from my local Group, who guided me to my next session. As I started to feel better, I realized how unable to take care of myself I'd been and how naturally and firmly my LLL friends had stepped in to meet my needs. While the sessions, the luncheons, the World Assembly, and the afternoon tea were all special, it's this feeling of being cared for that stays with me as the flavor of the 2001 conference in Chicago.

With the 2003 Conference in San Francisco just around the corner, I am eagerly anticipating another "familiar but new" experience. This one already has a unique flavor for me as I have had the opportunity to help with some of the Alumnae Association's plans for events that will make it special for everyone. The rejuvenation activities are calling to me and the chance to help out is deeply satisfying. Knowing what's in store adds to my excitement and being part of a dynamic fun-loving group of Alums leads me to believe that I will be remembering this as my "fun" conference. See you in San Francisco!

Susan Switzer, Georgia USA

Hooked in '68!

The LLLI Conference I remember was 1968 in Denver, Colorado USA—my husband and I traveling with our three young children and a cousin (mother's helper) in our Rambler station wagon, 110 degrees through the Great Plains of Nebraska, with no air conditioning. We had a great time—the kids drinking Kool-aid in the back seat, no seat belts then, and lots of laughs along the way!

We had no money, but managed to scrimp and save to be able to go. My husband went to Dr. Bradley's "Rooster Party"—how many of you remember those? I met two of the LLLI Founders, Viola Lennon and Betty Wagner. I also met other RNs—Betty Ann Countryman, Liz Crofts, and Jan Riordan. We discussed improving LLL's relationships with health professionals.

I was so overwhelmed by LLL and the good fortune I had to be a part of it! I heard Dr. Herb Ratner speak and found a whole new world opened to my family and me—one of loving children and putting them first. Quite a discovery for this RN! I remember writing my mother and mother-in-law afterwards to thank them for the mothering they had given me and my husband. I was hooked!

I came home, promptly instituted a family bed with our mattress on the floor, carried my baby in a front carrier (I especially remember one carrier, a print fabric with red elephants), and spent some time trying to convince my mother that I had not lost my mind!

This 1968 LLLI Conference changed my life in so many ways, and now I enjoy working to provide this same experience—fun-filled, exciting, and informative days—for all who attend our international conferences. Much has changed, but much remains the same as I watch moms and dads lovingly parent their children!

*Carol Kolar, LLLI Director of Education
& Member Services*

Hats off to dads at Conference time!

I love LLLI Conferences! From the first one I attended as a League Mom with my husband, Rol and our active one-year-old, Kathie (Chicago, 1971) to the last I helped organize and attended with the same daughter, Kathie and her two children (Chicago, 2001), my life is enriched by my experiences there.

I would like to pay tribute to the role that Rol has played in my conference attendance through the years.

In Chicago, 1971—that magical "Princess Grace Conference"—I was already active in LLL. There was Rol in his quiet, supportive way, although not completely understanding my passion for this organization. The Conference opened his eyes to the wider world of LLL and acquainted him with the impressive health professional backing for LLL and breastfeeding.

We continued to attend Conferences as our family grew to five daughters. Occasionally Rol went to sessions, but most often he saw the tourist sites with the girls or spent time in the playroom.

In 1977, I was planning a home birth for our third child. At the LLLI Conference in Toronto that year, Rol heard Dr. Greg White present an informative session on home birth which helped him feel more comfortable with this decision—now "our decision."

Then there was the Anaheim, California Conference with the blare from the fire alarms ringing several times throughout the night. Awakened each time from a deep sleep, we walked up and down more than 20 flights of stairs—each time with Rol carrying a very sleepy six-year-old. (On the other hand, those treks were a joyous occasion for our older daughters, since the stairwells were also filled with All-Star baseball players who were staying in the same hotel!)

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How great it has been for Rol and me to have our daughters experience these conferences at different ages. They were able to realize that mom and dad were in good company with our family choices of breastfeeding, attachment parenting, the family bed, and extended nursing. Now, as mothers, they are making many of these same choices.

Today I have come full-circle, attending conferences with my oldest daughters, both LLL mothers, and our grandchildren. Rol is doing some of the same things he has always done so well—supporting our choices, seeing the city sites, and spending time in the playroom, now with grandchildren.

So, I would say "hats off" to all the supportive dads (and grandpas) at the conference or at home, who make it possible for League Leaders and moms to attend LLLI Conferences.

These Conference experiences strengthen our commitment to LLL, provide us with learning opportunities to make us better Leaders, mothers, wives, grandmothers, mothers-in-law; allow us to make friendships which span continents and continue for years; and give us memories to last a lifetime. That's why I will be in San Francisco! Hope to see you there.

Pam Oselka, Michigan USA

How to go to an LLLI Conference

Ahh, conferences. I love going to an LLLI Conference not with reverence but with revelry! This is my time to shine as a Leader, as a mother, as a member of a unique organization. I love to wrap myself up in the warm, glittery, elegant cape of it all. I've adapted Diane Cyr's interview with Thomas Hoving in the article "How to Visit an Art Museum" in *US Airways Attaché*, April 2000, for this look at enjoying our time in San Francisco.

1. Know that you won't do it all.

Stride right into this conference even though you know you'll miss some things. Pick out your must do's. Those of you bringing—or helping care for— young children will have a different experience than those without. Plan to see and hear the things that matter to you most right now.

2. Set time and energy limits. Schedule bathroom breaks, bookstore browsing, and other rejuvenating pit stops. Know when your high energy times are. Know how much sleep you need for a great start to the next day. Say no to the things you don't have energy for.

Combine activities such as sitting with someone at lunch instead of trying to schedule an extra get-together for later. Or plan to share a cab to the airport with your co-Leader to plan how you'll be sharing session information at the upcoming Chapter Meeting. Home reentry can be challenging; do some wrap-up when you're still on your conference high.

3. If you want the highlights, visit the bookstore first. Enjoy that wide-eyed delight at seeing brand new editions of old favorites and the revised *BREAST-FEEDING ANSWER BOOK* and the new *LEADER'S HANDBOOK*. It may also calm

you to know that a certain speaker's book is available, especially if you fear your toddler may not let you hear the entire talk. Sharing the conference with those back home through bookstore and World Faire purchases is also a great plan.

4. Trust your eyes and ears. And your instincts. You may meet a fascinating Leader from Guatemala in the hotel lobby and choose to talk to her about peer counseling programs in her country rather than attend a particular session. If a session isn't working for you (you or your child are physically uncomfortable, the topic wasn't quite what you expected, etc.), remember there are many other things of interest going on outside the session walls. You don't have to attend a talk that doesn't fit for you. And remember that some of the best memories from a conference come in those chance encounters at a luncheon table or waiting for the elevator.

5. Don't feel you have to "get it." Even if a CE session topic or an intense parenting discussion leaves you feeling a little lost, you can always go back over the handouts or syllabus later. This isn't a class. There won't be a quiz. Perhaps you'll figure out some of the technical details later. If you attend a session that's over your head, the ideas may just need some time to percolate.

6. Find favorites. Once you've found speakers or authors you enjoy, stick with them; buy all their books. You might want to hear every session presented by a certain doctor; buy her tapes! Maybe you've designed your conference life around sessions with a certain Founder. This is a chance to tell your favorites how much you appreciate them too.

7. Saturate yourself. This special group of people will only form a unique LLL community for a few short days. Then it will all disappear into airports, cars and minivans, and your memory. Let the sessions, luncheons, and banquet permeate your being. Let yourself be overwhelmed by this all-you-can-eat feast of words, sights, sounds, smells, and tastes.

Enjoy the different aspects of the large hotel. The thick carpets, patterned tiles, stairs, columns, hallways, floral arrangements, decorations, and lobby sitting areas are all unique and fascinating, especially to children. Give yourself time to enjoy the architectural details of this gorgeous venue.

8. See the real deals. All seven Founders will be there. Authors who've inspired you will be there. Words and photos are one thing, but this is a chance to hear the voices and watch the faces and movements of your heroines and heroes.

9. Keep your perspective. This is just a conference. It can be an exhausting extra activity for parents and La Leche League Leaders. There will be many other conferences. And there is so much other important parenting and LLL work to do as well. The next Conference will be coming to Washington, D.C. in just two short years. Remember that there will always be more chances to connect with all that these marvelous gatherings offer.

Kathy Grossman, Utah USA

Do breastfed babies really need vitamin D?

According to a recent LLLI press release, exclusively breastfed healthy, full-term infants from birth to six months who have adequate exposure to sunlight are not at risk for developing vitamin D deficiency or rickets. Rickets occurs because of a deficiency in sunlight exposure, not because of a deficiency in human milk.

"Vitamin D" is a steroid hormone—misclassified as a vitamin in 1922—that is produced in the body upon exposure of the skin to ultraviolet B (UVB) radiation in sunlight. Rickets is the bone-softening disease of childhood caused by inadequate exposure to UVB radiation.

Very few foods naturally contain significant amounts of vitamin D. The biologically normal and most common means of obtaining adequate levels of vitamin D for human beings, including infants, is through casual exposure of the skin to sunlight. Because the skin has a large capacity to produce vitamin D, adequate levels can be developed from partial exposure of the body to small amounts of sunlight well before sunburn occurs. According to the World Health Organization and United Nations Children's Fund, small amounts of UVB radiation are beneficial for people and essential in the production of vitamin D. However, excessive sunlight exposure can cause sunburn and increase the risk of skin cancer.

Concerns about sunlight deficiency, vitamin D and breastfeeding have been raised by a new American Academy of Pediatrics (AAP) clinical report. The AAP now recommends that all infants have a minimum intake of 200 IU of vitamin D per day beginning during the first two months of life.

Risk factors for developing vitamin D deficiency and rickets include low maternal levels of vitamin D, indoor confinement during the day, living at

higher latitudes, living in urban areas with tall buildings and pollution that block sunlight, darker skin pigmentation, use of sunscreen, seasonal variations in UVB radiation, and covering much or all of the body when outside.

"No known risks of 'vitamin D' supplementation exist at the level recommended by the AAP. However, no research has actually investigated whether 'vitamin D' supplementation during the first six months has any negative consequences for infant health,

such as vomiting and aspiration when supplementation is not tolerated, harmful alterations of the infant gut, or increased risk of infection," said Cynthia Good Mojab, MS, IBCLC, RLC, Research Associate in the Publications Department of LLLI. Therefore, parents may wish to talk with their healthcare providers about their infant's risk of vitamin D deficiency and decide whether or not supplementation with this hormone is warranted for their infant.

Rejuvenation activities: back by popular demand!

Coming to the LLLI Conference? If you need a break from sessions and could use a little rejuvenation, come to Alumnae Headquarters in the California room. Activities begin early and run throughout the day and evening.

Here's a sneak preview of what's coming up to renew your spirit and energize your mind and body.

- ☞ Start your day off right with pool aerobics or brisk walks to China Town, Nob Hill and Buena Vista Gardens. Be ready to tackle a few hills!
- ☞ Practice the relaxing, slow, and gentle movements of Tai Chi to strengthen the body and integrate the mind, body, and spirit.
- ☞ Sneak away and treat yourself to a massage. You deserve it!
- ☞ Crop till you drop! Bring some photos from home and learn how scrap booking can help you work through memories.
- ☞ Learn the basics of genealogy and how to trace your family history, including getting started, record keeping, and available public resources.
- ☞ How about pampering yourself? Enjoy a relaxing foot or hand massage or a manicure. Or bring a friend and pamper each other!
- ☞ Explore creativity and aging with artist Helen Redman through journaling, collage and discussion.
- ☞ Watch a life/body casting demonstration and see decorated life casts on display.
- ☞ Sing your heart and soul alive with singer/songwriter Betsy Rose in a gathering for women with soulful, powerful, and playful group singing.

Meet the team that makes it all happen

Behind the scenes throughout the year, there are a lot of Alumnae members hard at work to ensure special conference memories and other support. Each was asked to give a quick view of her Alum work and life in and out of LLL.

Pam Oselka—I coordinate all aspects of the LLLI Alumnae Association, and we always seem to have a lot going on! I love to surround myself with creative, capable, responsible women—the reason all of our Alum planning and activities work so well. I also serve on the LLLI Conference Team and have been working with the Renewal Initiative as a member of the Review Network.

My husband, Rol, and I enjoy our five daughters, three sons-in-law, one “significant other,” and three wonderful grandchildren. (Our fourth is due in July—hopefully arriving after the Conference.) I also teach preschool parttime, serve on the local Board of Education (my 14th year), sing in our church choir, chair a local fine arts council, and enjoy walking, reading, and traveling—I’ll go just about anywhere, anytime!

Nancy Franklin—I am Special Projects coordinator for the Alumnae, which includes coordinating the We Remember ceremony that is held in conjunction with the Alumnae Tea. I am a part of the Alumnae conference planning team and will be in charge of setting up for the World Faire.

In my outside life, I am a clinical social worker, play therapist, and psychodramatist in private practice in San Antonio, Texas. I am on the vestry at my church and volunteer in lots of areas there. I am the mother of Jennifer, 30 and Emily, 27.

Sue Christensen—My Alum work includes editing CONTINUUM and other

publications, and working on conference projects, displays, signs—and whatever else needs doing. I’ve also been active with the LLLI Renewal Initiative on both the Planning Team and Review Network.

Outside of LLL, I am co-director of a small not-for-profit called The Family Connection. We primarily do writing and research on children and family issues, and work to move agencies and schools to be more family-friendly and more in alignment with best practices.

My husband Tom and I have four children, from 19 to 32. We’re enjoying our two oldest living (for some unknown reason!) just minutes away. Our younger two daughters are experiencing a first year of college and a first year of post-college working life in Minnesota.

I yearn for spare time to read, write, garden, walk, and even clean my house!

Sharon Fairborn—I am part of the LLLI Alum Association Council and chair of Resource Development. Presently I am working on the Donation Drawing for the LLLI conference. I’m also an AAR for Southern Cal/Nevada.

My other life includes teaching first grade and waiting patiently for the birth of my first grandchild in June. I also love to hike in the mountains and walk along the beach.

Janet Jendron—As Alumnae Public Relations Committee Co-Chair, I’m working to get the word out about Alumnae Association activities and benefits. I’m working to make the Alumnae Web page a place for people to re-connect and share ideas/concerns and experiences. I’m helping the Founders with their roles at the Alumnae tea and in their conference session.

I work full time for the USC School of Medicine in assistive technology (high and low tech aids for people with

disabilities). I do the Web site and communications for our Episcopal diocesan Cursillo community and serve on weekend staffs, arrange trainings. I have four (sort of) grown kids (two at home), inlaws, husband, nieces and nephews and a lot of cooking! Among other things, I’m on a non-profit Board that grants wishes to children in our state with life threatening illnesses and am the Area Coordinator of Events for South Carolina LLL.

Harriet Smiley—I’m currently the co-Public Relations chair for the LLLI Alumnae Council and respond to the Alumnae Web page sign-ons. I’ve been an active Group Leader for the last 27 years and also now serve as the AAR/Area Historian for LLL of Connecticut USA. I am also an IBCLC and work as such, supporting a corporate lactation program for sponsor companies. When not doing LLL work, I enjoy singing, reading and/or listening to books, tap dancing, and walking.

Carol Meredith—I have filled the new position of Coordinator for the Area Alumnae Representatives (AARs). I’m a support person for the AARs, a bit like a DA is to Leaders. There are 21 AARs at the moment and we are hoping to have one for each of the 43 Areas within the USA.

I am the mother of six, with the last child leaving home this year. I am a registered nurse working part-time in home care/hospice. I spend part of my time in Maryland and part in Texas.

Alice Ziring—Since I joined the LLLI Alumnae Public Relations Committee during the year preceding an LLLI Conference, the majority of my Alum activities so far have been related to that upcoming event, plus offering some support to the AAR Coordinator.

Having long wished for more recognition of long-time LLL Leaders, I am especially excited to be involved in the development and procurement of pins, to be available at the conference, to honor the dedication of Leaders at 5, 10, 15 and 20 year intervals, and in encouraging special recognition for women who have been Leaders for 25 years or more. Other Conference projects with which I am involved include special give-aways for the World's Faire, buttons and totes for those selling raffle tickets or visiting the Alum room, and items for sale at the World's Faire. I'll also be involved in other Alum Conference activities.

We live on Mercer Island, Washington (yes, it is really an island, in the middle of Lake Washington, which defines the eastern border of Seattle), and I work full time as Office Manager for a local promotional products company. I walk regularly and add biking and hiking to my repertoire when Pacific Northwest weather permits. I enjoy keeping in touch with my two sons, who live in California and Oregon. The computer, reading and gardening fill much of my remaining "spare" time.

Meg Sondey—I'm the Area Alumnae Representative (AAR) for Ohio, help the Alum Public Relations Committee, and hope to help all of you navigate the Conference (and San Francisco!) in July. While there, I plan to take in as many Alum activities as possible, so just look for a 4 foot 10 inch ball of energy!

I'm still an active Leader in Ohio and also a Communication Skills Instructor and Ohio Area Historian. I have a wonderful husband, Bill Hines, and two children, Evangeline, 12, and Jacob, 10-1/2. Besides leading in two different Groups, I'm active in the Greater Cleveland Chapter of LLL and

am working on the next LLL of Ohio Conference in October 2003. When I have the time, I love to work on genealogy, read, and stay in touch with my family and friends on email.

Susan Switzer—I work with the Alums on the Public Relations Committee. I'm currently an active Leader in Atlanta, Georgia, USA where I live with my husband Hugh, a member of the LLLI Management Advisory Council, and son Scott, 17. Daughters Abby, Ashley and Britten all live in the Atlanta area. To enhance my LLL work, I became certified in 1988 as an IBCLC. I am active in Unity church and serve on the board of directors of Another Look. My pleasures include walking, reading (almost anything), metaphysical studies, writing (letters, articles and poetry), vegetable gardening, practicing the piano (thrilled to have recently begun lessons at the atypical piano student age of 57).

Sue Steilen—Currently, I am working on the Afternoon Tea for the LLLI Conference with Janice Horvath. This has been a lot of fun looking at all the different things that go into an Afternoon Tea. The most challenging part, as with all LLL work, is working within a very limited budget. However, we promise that this will be a very enjoyable and pleasant experience.

Outside of Alumnae work, the wheels of life never stop spinning. I am still leading two LLL Groups. The area that I live, the southwest suburbs of Chicago, really has few LLL Leaders. I am constantly challenged by the demands for help with breastfeeding.

Outside of LLL work, I am home-schooling Danny (18) and Chris (14). Since Danny is graduating this year, we are in the process of exploring colleges and career choices.

I also serve on a few committees with my village and volunteer at my church. It's amazing how much the skills I have learned in LLL carry over into other parts of my life.

Janice Horvath—I am co-chairing the Afternoon Tea at the LLLI Conference. In my "other" life I work at Disney, Cast Special Events Department. We plan all service award celebrations, performance award breakfasts/dinners, and all other global events for the Orlando cast members. In my "real" life I am working tirelessly helping my two daughters move out of the family nest and fly on their own!

Patty Jacobs—I'm presently working for the Alumnae as co-chair of the Rejuvenation Activities for the LLLI Conference. I've been an active Leader for 15 years, in Alameda, California, an island community in San Francisco Bay. In addition to working with moms and babies, I'm mom to two teen-age girls and a part time learning specialist aide at the local community college. In my spare time I work on local Area Conferences too.

Gail Moak Gesley—I'm co-chair, with Patty, of the Rejuvenation Activities for the LLLI Conference. I've also recently been appointed as Area Coordinator of Events in Northern California/Hawaii.

My sons, Joseph, Jared, and Eddy, are 19, 16, and 12 years old, respectively; at college in Minnesota, attending our local high school, and home-schooling. Maybe having three boys and knowing I'd never be the mother of the bride nor likely to be intimately involved in wedding planning led me to LLL event planning! This year I'll be celebrating my tenth anniversary as a Leader, attending my first LLL International Conference, and turning 50!

Two conference stories...

A group decided to go out to dinner prior to the start of a Washington DC Conference. Because of our number, we had to take two cabs. I left in the first cab with a few others. Viola Lennon, Carol Burke, and some Japanese physicians planned to follow. As our cab pulled away, another yellow car pulled up to the passenger waiting area. Vi opened the door, got in, and the others followed. They gave the driver the address only to discover that he was not a cabbie but a guest at the hotel! Of course they got out and waited for the next "official" cab.

Then there was the time I rode with Vi to the hotel for a Chicago Conference on what had to be the hottest day of the summer. Vi's feet were swollen, so she waited until we got to the hotel to put on her new shoes—purchased on sale the previous fall and still in their box. Lo and behold she found two left shoes. Since barefeet wouldn't work in the elegant hotel lobby, there we were in the heat, digging through the trunk and suitcases for another pair of shoes.

The message of my stories? "Hang with Vi for a good time!"

Helene Scheff, Rhode Island USA

It'll be a dazzling drawing

It's a dream of a Donation Drawing—one of the best yet sponsored by the LLLI Alumnae Association during the International Conference. So if you won't be heading for San Francisco this summer, make sure you find someone who is. If your ticket is drawn, just imagine one of the following...

- ❖ a beautiful black ceramic fountain
 - ❖ a hand crafted queen-size quilt
 - ❖ an authentic Tohono O'Odham basket made by the Pagago Indian tribe
 - ❖ a Weekenders wild berry cotton/spandex stretch top and skirt
 - ❖ delicious west coast smoked salmon
 - ❖ a framed original signed drawing of mother and baby
 - ❖ adorable hand-knitted baby fruit hats
 - ❖ a mother and baby statue
 - ❖ sterling silver Navajo Indian jewelry
 - ❖ stunning San Francisco photographs
 - ❖ a stone mother and child carving from Zimbabwe
 - ❖ hand-painted glass snack bowls
- ...and more

An 8-year-old's "secret"

I'm just back from a great long weekend in Ireland, where I attended their conference and visited an LLL meeting in rural Cork. While there, I heard this story from a mum who was chatting informally with me before the start of the meeting.

As a child from a farming family in the far southwest of Ireland, she had never seen a breastfed baby. Her aunt was a midwife and the niece (this mum) as an eight-year-old child, "borrowed" a book secretly from her aunt. The book was called something like the Art of Breastfeeding, she said, and she read it cover to cover (under the bed covers as she thought her mum wouldn't want her to read it!). As a result, she decided there and then that she would breastfeed her children, even if she had twins as there had been a picture of a mum feeding twins. She had had no idea that this book would have such an effect on her.

Meeting La Leche League for her first baby was quite independent of knowing that this "Art Book" was an LLL book. When she had her own babies, she found out about a breastfeeding group in rural West Cork who helped breastfeeding mums. She didn't know the name LLL or La Leche League and she was amazed to discover that LLL was a common factor in the book and the breastfeeding group.

She showed me one of her aunt's midwifery books, dated 1956 (the year LLL started with a picnic). I read a part on breastfeeding and one point it made was that it enabled a baby to be lifted and held more and so was more contented!

Anne Sladen, Nottingham United Kingdom



LLL friends have a good time helping Viola Lennon celebrate her 80th birthday in April 2003

Alum bookshelf: Day by day thoughts to live by

I have been a fan of Christiane Northrup, M.D. since I read the preface of her first book, *Women's Bodies, Women's Wisdom*. This is when she shared how, as a new breastfeeding mother and a full time OB/GYN, she learned the importance of the breastfeeding relationship in her own life. She validated what so many of us have already discovered about our own bodies—that the emotional, physical, mental, and spiritual are all intertwined and have an impact upon our health.

The Wisdom of Menopause came out at the perfect time in my own life. (The titles of her books are so empowering in themselves!) I find I use it often as a reference.

Thus, I was so excited to discover this perpetual calendar, *Women's Bodies, Women's Health* (ISBN# 945923-48-1). Each page is a day with a short and very poignant thought. Some examples:

☞ *There is no such thing as a part time mother. Once a woman has a baby, that child is a part of her twenty-four hours a day in ways that no one can explain until it happens to her.*

☞ *Many women have a natural thinking process that is circular and multimodal, not linear and causal. Ideas, thoughts and wisdom come from all our parts—our brain, our uterus, our higher power. We must learn to trust our thoughts.*

☞ *A woman's wounding (physical, psychological, and spiritual) is part of a larger cultural wound that potentially affects all of us. When one of us begins to heal this wound, we all begin to heal.*

☞ *Foggy thinking, dizziness, heart palpitations, acne, headaches, back, stomach, and pelvic pain are a few of the common but subtle symptoms that often signal that it is time for us to let go of what we don't want in life.*

☞ *Our bodies were designed over millions of years of evolution to recognize whole, natural foods. There have been more changes in the diet of Americans in the last 50 years than in all human evolution and the experiment is not working!*

☞ *I will never again work in any job, regardless of high pay and good benefits, if the job does not fulfill my soul and give me ample time to create my life on my own terms. I must learn that the path of true abundance comes from spending time, thought and energy on those areas of life that are most fulfilling for me.*

By keeping this on a desk or bureau, it is a subtle and most gentle, yet powerful reminder of who we are.

Louise Cox, Connecticut USA

LLLUSA makes strides

The separation of La Leche League International and LLL in the USA has been a long term goal that is now well on its way to reality. The Steering Committee working on this transition met in March 2003 to continue progress towards a July 4 "launch." Members include Alice Barbieri, Jane Berendsen-Hill, Pam Dunne, Judy Elder, Barbara Emanuel, Cindy Garrison, Diana Lewis, Pam Mills, Shirley Phillips, Judy Torgus, and Ilene Traiger.

An LLLUSA governing board will be essential to start-up. Some questions currently being discussed include: How will board members be selected? How big should the board be? What will be its purpose? What will be the timeline for the selection process? What responsibilities will board members have? To what constituencies will they be responsible? A sub-committee has been formed to begin these explorations and your thoughts are very welcome. Please send comments to <lllusa@llli.org>.

Political advocacy was also a lively topic at the LLLUSA meeting. The consensus of the discussion was that, for the time being, LLLUSA will do the same kind of advocacy that LLLI does as a 501(c)3 not-for-profit organization.

LLLUSA will soon announce a design contest for an official LLLUSA logo. Graphic artists will be invited to participate. The new logo will be unveiled at the LLLI Conference in San Francisco.

Meanwhile, action at the February LLLI Board meeting included formation of a BOD Task Force to facilitate the transition of programs and services from LLLI to LLLUSA. Members are Sharon Vines and Carmen Vandenaabeele (co-chairs), Heidi Sloss, Marcia Lutostanski, Jane Berendsen-Hill, Susan Deo, Nan Jolly, and Betty Crase.

From the LLL Web site guestbook:

La Leche League has been the most rewarding and life changing organization of my life. I have observed the goodness it brought in my life and to those around me. My daughter is now an LLL member in Connecticut.

—Dodie Eisenhauer, Missouri

Double your LLL donation

Are you planning on making an LLLI donation in the near future? The following list contains the names of several companies that match gifts to non-profits. Even if your company isn't listed, check with your employer to see if gifts to La Leche League International can be matched. If so, your gift to LLLI could be at least doubled. See your company's matching gift form for full information on matching gift eligibility and program limitations.


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In remembrance...

La Leche League International was saddened by the loss of two people very close to the heart of our organization. Dr. E. Robbins Kimball, one of the original members of La Leche League's Professional Advisory Board, died on December 27, 2002 in Jacksonville, Florida at the age of 93. Elizabeth Baldwin, Esq., prominent Florida attorney and Director of La Leche League International's Legal Associates Program, passed away March 12, 2003 after an extended illness.

 Dr. Kimball was given the La Leche League Award of Excellence in 1991 in Miami Beach FL at LLL's 13th International Conference and the LLL Founders' Award in 1997 in Washington DC at LLLI's 15th International Conference. As a pediatrician he was one of the early advocates of delaying solids as a means of avoiding allergies. In the early years of LLLI he worked closely with the Founders reviewing research on the benefits of human milk. Marian Tompson, LLL Founder, said:

"Dr. Kimball's smile was the first thing you noticed, because it made you feel so good. At the same time he was scientifically rigorous when it came to his pioneering research on the value of breastfeeding in allergic families. With an office in his home, and a horse and a donkey in the corral out back, he made visits to the doctor something children could look forward to."


Dr. Kimball served in the military during World War II and witnessed the release of concentration camp survivors. There he became convinced of the importance of breastfeeding as he saw malnourished mothers with healthy babies and toddlers who had survived in the camps through breastfeeding.

In his pediatric practice in Evanston IL his support and encourage-

ment helped many women to breastfeed at a time when the rate of breastfeeding was declining. He was also instrumental in setting up the Evanston Hospital breast milk bank during the 1950s.

Upon reflection Dr. Kimball said he felt one of his most important contributions in life was helping mothers to breastfeed. He was in the process of preparing his memoirs and had contacted LLL to find an LLL Leader or member who could help with this project. His daughter, Alicia (Lee), said: "Dad always said that LLL women were the smartest and wisest women."

Dr. Kimball is survived by his daughter, Alicia Wilson Kimball; sons Ernest III and David; eight grandchildren and one great-grandchild.

 Liz Baldwin, known as the country's authority on breastfeeding and family law, worked tirelessly to help mothers nationwide fight discrimination and solidify their right to breastfeed their babies both in public and in the workplace. She was an invaluable help to those who passed breastfeeding legislation in the United States. Liz also brought her expertise into the courtroom representing mothers in cases of child custody and visitation. Other attorneys in their family law cases often consulted her when breastfeeding rights were at issue.

Liz was often quoted in national newspapers and often made appearances on television and radio shows across the country. Her devotion to her family and the rights of breastfeeding mothers and babies was apparent as she balanced her family and professional activities. She served as the Director of the Legal Associates Program for La Leche League International.

Liz was scheduled to receive the La

Leche League International Founders Award this year. This award is given to an individual who has made an outstanding and exemplary contribution to breastfeeding. Liz will be remembered in a tribute during the award ceremony at the LLLI Conference in San Francisco California this July.

Liz is survived by her husband, Kenneth Friedman and her children David and William. She was a treasured friend, a valued colleague and an inspiration to all who knew her. She will forever be in our hearts.

Mary Lofton, LLLI Public Relations

Join the Alumnae!

YES, I want to keep in touch and support LLLI. My Alumnae membership category is checked below. Enclosed is:

- \$8 for CONTINUUM (I am currently an LLL Leader or member)
- \$25 for a retired Leader/member LLLI Alumnae Membership (includes CONTINUUM)
- \$44 for CONTINUUM and an LLLI Individual Membership (includes NEW BEGINNINGS)
- \$60 for a 3-year LLLI Alumnae Membership (includes CONTINUUM)
- \$100 for a 5-year LLLI Alumnae Membership (includes CONTINUUM)

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Continuum

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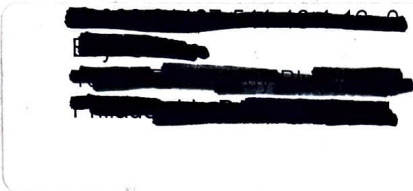
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Join the Alum Fun as a volunteer at the LLLI Conference

Volunteers are needed for LLLI Alumnae activities at the LLLI Conference in July in San Francisco, California USA

Silver Court, Mentor, Ohio, USA 44060-2317;
phone: 440-257-5417; e-mail: <m.sonday@worldnet.att.net> if you are able to help.

If you'll be attending the Conference, we hope you'll join the Alumnae fun—volunteers are needed for:

- ❖ "Navigating the LLLI Conference" table—multilingual volunteers especially welcomed!
- ❖ Conference Orientation Session—multilingual volunteers especially welcomed!
- ❖ Hostesses and greeters for Alumnae Headquarters
- ❖ Assisting with the rejuvenation sessions
- ❖ Selling tickets for the Donation Drawing
- ❖ Setting up for the Afternoon Tea

We'd love to have you and guarantee a great time! Any amount of time you can volunteer is appreciated! Please contact Meg Sonday, 5967

Don't forget!

Your picture wanted...

Whether or not you are coming to the conference, if you've received this issue of *CONTINUUM*, please send a photo of you at work or play, alone or with others, to: Sue Christensen, 1304 Leeper Ave, South Bend IN 46617 USA. We want the Alumnae room at the LLLI Conference in San Francisco (July 3 - 6, 2003) to be filled with friendly Alum faces!

Include your name (and former name if changed); city, state/province, country; info about your current job or volunteer work; Leader status; phone number; email address. If you'd like your photo back, also send a self-addressed, stamped envelope (USA postage).