

Continuum

THE LLLI ALUMNAE ASSOCIATION

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Passion. Marjie Hathaway spoke of it when she accepted the Alumnae Award: "La Leche League was the inspiration for all of this. You are the ones who share this passion... and that is the fire that turns this world around."

The Founders modeled this passion for everyone who has been a part of La Leche League.

And throughout these pages of CONTINUUM this passion is evident—from the tireless work of Leaders like Laura Wright in Mississippi and Ann Bennett in Texas, to all those hosting House Parties for the organization they love, to the writings of Faith Andrews Bedford about ordinary things and simple pleasures.

There are many threads that bind us to our families, to La Leche League, and to our myriad pursuits. One that perhaps was first stitched in those early years of LLL Leadership, one that binds us all, is the thread of a passionate woman.

Alumnae Award honors Marjie Hathaway

For almost 50 years, Marjie Hathaway, co-founder of the American Academy of Husband-Coached Childbirth, has been changing the world... one birth at a time. So on a day when many people were celebrating the birth of the United States—July 4th—it was fitting that Marjie was celebrated as the 2005 recipient of the LLLI Alumnae Association Award at the LLLI Conference in Washington, DC.

This award is given to past or present LLL Leaders who have gone on to demonstrate excellence in their professional, personal, or volunteer accomplishments, and who are recognized as leaders in their field. Previous award recipients include the LLLI Founders; Peggy O'Mara, of *Mothering Magazine*; and Barbara Nicholson and Lysa Parker, of Attachment Parenting International (API).

According to Janet Jendron, Chair of the Alumnae Awards Committee, "Marjie Hathaway embodies the 'heart' of La Leche League. She has a passion, based on her own personal experience, that could not be quenched.... And all along, she has acknowledged the importance of her League roots."

Marjie, who was an active Leader for 25 years, believes that LLL has had a profound influence in her life. After reading the now-classic 1963 article in *Reader's Digest*, she sent for a "new" book called *THE WOMANLY ART OF BREASTFEEDING*. "I read it cover to cover and no one could say anything against breastfeeding to me," says Marjie. "If anyone tried, I held up the book and they backed off."

Then, at the prompting of LLL Leader Karen Osterlund-Marshall, Marjie attended the meeting that was to lead her life in new directions—a 1965 talk about natural childbirth by Dr. Robert Bradley, shortly before publication of his book, *Husband-Coached Childbirth*. Questions that Marjie asked, aided by discussions with her husband, Jay, eventually sent them on a new path for their own births... and a new passion to help others.



Marjie, left, with LLL Founder Marian Tompson

"Marjie Hathaway's work has had a broad and far-reaching impact on the world," says past award recipient Peggy O'Mara. "Husband-Coached Childbirth is one of the most popular methods of preparation for natural childbirth and has had a phenomenal success rate. Fathers are involved and intervention rates are low for those who are trained in the Bradley Method.

"Through keeping natural childbirth alive in a very pure way, Marjie has helped protect breastfeeding as well, because many of the practices associated with natural childbirth facilitate successful breastfeeding. I see her work for 50 years with Husband-Coached Childbirth as an extension of the work of the LLL Founders regarding the importance of natural childbirth in getting off to a good start in breastfeeding. Marjie is one of the originals."

An original... and a woman who has not only demonstrated excellence in her field, but who continues to create a better future for all of us—one birth at a time.

Thank you, Marjie, for your dedication. You are richly deserving of this award.

Meg Sondey, Mexico

Ed. note—Nominations are being accepted for the 2007 award. More information about the award, Marjie, and other past recipients can be found at www.lalecheleague.org/Alumnae/AlumAward.htm

Katrina prompts an overwhelming LLL response

For weeks, the world has watched in horror as the full impact of Hurricane Katrina unfolded. Night after night, we've seen footage of individuals and whole families who've lost all their worldly goods, devastated by an overwhelming force of nature.

It was especially difficult to see mothers with babies and small children. Our mothers' hearts ached for them and we wished there was something we could do.

How wonderful it was to see La Leche League Leaders rise to the occasion. Using the Web-based LLLI Community Network, Leaders connected, determined what was needed, set up collection sites, and distributed supplies to devastated families. Donations of food, clothes, toys, school supplies, and money were shipped off by Leaders who wanted to help.

The LLL Web site featured pages on how to help mothers in emergencies, while the Alumnae site listed ways to donate. Leaders in Texas collaborated with the African American Breastfeeding Alliance to hold a giant baby shower for the families displaced by Katrina and to produce a PSA about breastfeeding during emergencies. (Ed. note—See following article.)

As your Board of Directors, we are so proud of the generosity and competence of La Leche League Leaders and members. In the coming months, there will be even more to do, and we know that La Leche League will meet this challenge and continue supporting mothers and babies. This page lists some of the ways that you can help. Thank you for all you do.

LLLI Board of Directors
Betty, Carmen, Cathy, Donna, Ellen,
Heidi, Jane, Jean, Kathy, LaJuana,
Marcia, Rachel, Rosemary, Sharon M,
and Sharon V

HELP FOR FAMILIES

❖ **Send cash donations** to help LLL families get back on their feet to: Nancy White, Area Finance Chair, 511 Oriole Drive, Jackson MS 39204. Make checks payable to: LLL of AL/MS/LA - Katrina Relief Fund or send money donations through PayPal on the LLL of Alabama/Mississippi/Louisiana Web site: <lllalmsla.org>.

❖ **Visit LatchOn.org** to learn about and donate to a Safe House for nursing mothers displaced by Katrina: <www.latchon.org/projects.htm?mode=view&rid=693> Ed. note—you must sign in to donate, but it is an easy process.

HELP FOR LLL GROUPS

❖ **Replenish Group supplies.** The Eastern US LLL has instituted a fund called "Heart-to-Heart" for the purpose of collecting donations for Leaders and the Groups that they lead. The funds will be applied to LLL-related concerns, such as books and office materials for Group Libraries, Leader resources, and other related costs. This will become a permanent account to be used in any similar situations in the future. Make checks out to LLL-EUS/Katrina Fund, mark "Heart-to-Heart" on the message line, and send to: Charlene Jenkins, 2809 Pearwood Court, Matthews, NC 28105.

❖ **Adopt a Group.** LLL Groups and Chapters are encouraged to enroll in "Sister-to-Sister," an adopt-a-Group program to link with Groups affected by the hurricane.

Contact: Cindy Garrison, 115 White Way, Canonsburg, PA 15317 if you are with a Group or Chapter interested in participating.

INFORMATION ON BREASTFEEDING IN EMERGENCIES

❖ **Check the LLLI Web site.** The Online Communication team has updated the LLLI Web site for the general public about emergency breastfeeding, and added useful links at <www.lalecheleague.org/emergency.html>

More information has also been added to the LLL Leader-only section on helping mothers who are breastfeeding in emergency situations at <www.lalecheleague.org/llleaderweb/FIN/cbi/emergency2.html> (This is a password protected section of the Web site accessible to active LLL Leaders and Retired Leaders who are members of the LLLI Alumnae Association.)

❖ **Arrange to show a PSA.** Kudos to Ann Bennett, one of the Leaders in Texas who is helping organize hurricane relief for LLL families and has taken the initiative to have a television Public Service Announcement (PSA) produced in collaboration with the African American Breastfeeding Alliance.

The goal is to reach mothers affected by Hurricane Katrina and those relief and health workers helping these women. Produced for free by a professional producer, the 30-second TV PSA features a happy and beautiful nursing baby and mother; a strong message on the importance of breastfeeding, especially in times of crisis; and phone numbers for LLLI and the African American Breastfeeding Alliance.

The best way to get this time-sensitive PSA on the air is through personal contacts at TV networks. If you can help in your area, contact Jennifer Hopkin, LLLI Marketing Director, at 847-519-7730, ext.259, or email <JHopkin@llli.org> with media contact information and the format the TV station prefers—usually beta tape or DVD.

25-year Leaders—a strong conference presence

When long-time Leaders gather, you can just feel the energy. So imagine over 115 Leaders active for 25 years or more, together in the same room, sharing their stories. Simply awesome.

That was the scene at the LLLI Conference in Washington DC this summer at the Alumnae-sponsored gathering of long-time Leaders.

Births and deaths, new paths charted, fond memories, humorous anecdotes, gentle reflections, poignant stories, captivating endeavors—just some of the wonderful treasures offered in the small groups at the gathering.

Overheard snippets:

"Our children are starting where we left off." —Karen Zeretzke, Louisiana USA

"In LLL, I could just be me." —Shoshana Hayman, Israel, who is working on translating books, including those on attachment parenting, into Hebrew.

"LLL is a university of love." —Mary Bird, Ireland

"I've been with the same Group for close to 50 years." —Mary White, LLL Founder, mother of 11, grandmother to 56, and great grandmother to 22.

"When my husband died, I thought I would drop out of LLL. But meetings were being held in a dirty day care, so I decided to move them back to my house. Moving those meetings kept me from going into myself."
—Marie Nielsen, New Jersey, USA

"We first started writing down information about breastfeeding not for mothers coming to the meetings, but for relatives."
—Marian Tompson, LLL Founder

"All the new things that we're realizing about breast milk blows your mind."
—Judith Roepke, Indiana USA, LLLI Professional Advisory Board member.



Founder Betty Wagner, left, with other long time Leaders at the LLLI Alumnae Gathering of Leaders active for 25 years or longer

Alumnae Coordinator search underway

Interested? The Coordinator of the LLLI Alumnae Association will possess excellent organizational skills, enthusiasm and a positive attitude, the ability to delegate and to work comfortably with volunteers, and the stamina and energy to work as many hours as the job requires. (Average is 10-15 hours/week.) For a complete job description, interested candidates may contact Stephanie Weishaar at <s.weishaar@verizon.net>.

CFC and United Way bring ongoing support

Each year, donations through the Combined Federal Campaign (CFC) and United Way help LLLI support Leaders and Peer Counselors worldwide.

If you or anyone you know has an opportunity to designate LLLI as a recipient charity (#1957 for CFC), we will be grateful for those contributions.

For more information, call LLLI at 847-519-7730 x 240 or check online at <www.lalecheleague.org/donor.html>.



Over 115 Leaders of 25 years or more attended the LLLI Conference in Washington, DC in July 2005

LLLI continues its global presence

WABA: Hedy Nuriel, Executive Director of LLLI, and Rebecca Magalhães, Director of External Relations and Advocacy, represented LLLI at the WABA Global Breastfeeding Partners Meeting this September in Penang, Malaysia. LLLI is a Core Partner of WABA. Among the 25 attendees were representatives from the International Lactation Consultants Association, the International Baby Food Action Network, Wellstart International, the Academy of Breastfeeding Medicine, and LINKAGES. Core Partners met with WABA Steering Committee members and others to discuss plans and activities for 2006-09 and to explore ways to jointly promote, support, and protect breastfeeding.

UNICEF: Hedy Nuriel, along with representatives from 16 other non-governmental organizations (NGOs), met with Ann Veneman, the new Executive Director of UNICEF, in New York City this past June. Ann men-

tioned only one NGO during her opening remarks and that was LLLI, an organization with which she was familiar from her work with US Department of Agriculture and the WIC program. Hedy highlighted LLLI contributions, including its past work with UNICEF, its work with families during emergency situations, its promotion of exclusive breastfeeding for HIV/AIDS, its promotion of the WHO/UNICEF Global Strategy, and the LLLI presence in 65 countries worldwide.

UNITED NATIONS: Leaders Judy LeVan Fram, New York, and Ginger Sall, North Carolina, USA, represented LLLI at the 58th Department of Public Information/ Nongovernmental Organization Annual Conference September 7-9 in New York City. At the NGO Interactive Workshop, "Families and Education," they submitted information on breastfeeding as a key component for families in refugee and emergency situations for both nutrition and family

normalcy. They also shared that breastfeeding is recognized as a low cost, high impact strategy toward the achievements of the Millennium Development Goals through its potential to reduce hunger, increase school readiness, and enhance gender equity through respect for the unique, critical contribution that women make to human survival, growth, and development. Their conference presence added valuable expertise in infant, child, and maternal health to the mix of ideas and strategies.

UPCOMING: In November, Hedy Nuriel and Rebecca Magalhães will travel to Florence, Italy to represent LLLI at events celebrating the 15th Anniversary of the Innocenti Declaration (to protect, support, and promote breastfeeding). They will also present the Innocenti Scroll that was signed by many attendees at the LLLI Conference. Hedy and Rebecca are working with an international group to plan the program and logistics for this celebration.

Party On!

With its 50th Anniversary just around the corner, LLLI is encouraging house party fundraisers as a fun way to raise awareness and money to sustain its work well into the future.

The goal of the 50th Anniversary Fund is to raise \$500,000 by the July 2007 50th Anniversary LLLI Conference Celebration in Chicago. This proactive funding drive will help ensure that LLLI programs stay strong and solvent in the decades to come.

Need inspiration?

❖ Helene Scheff, Rhode Island, hosted a brunch in memory of a recently deceased Leader.

❖ Jane Tuttle, Kansas, sent 60 postcard invitations to local people plus used the Party Center Host site. She met her fundraising goal with only three donations, so upped it!

❖ Want to know about composting? Sue Garcia's California group will be learning how to build worm bins and then have lunch!

❖ Heather Mace, North Carolina, created a fact-filled powerpoint on the benefits of breastfeeding for her party.

❖ Need more room? Rebecca Magalhães and her mother and sister used a local church for their party, where donations were matched by a local corporation.

❖ A breakfast party in a bagel shop was the kick-off for Meg Sondey's fund-raising efforts (and a celebration of her own 50th birthday).

And remember—you can choose to host your party during one of the LLLI special simultaneous house party fundraising days. On September 24th, seven parties across the USA participated in a phone call with LLLI Founder Marian Tompson. The next "joint house party" date is Saturday, November 5 with Mary Ann Kerwin.

Check <www.partyhostcenter.com/lalecheleague> if you'd like to host or attend an upcoming party. For more information, e-mail Meg Sondey: lllmeg@yahoo.com.

Groupthink: are you a member?

How does a group of smart people make not-so-smart decisions? In a simple word, it's "groupthink." The pattern was identified over thirty years ago by psychologist Irving Janis as "a mode of thinking that people engage in when they are deeply involved in a cohesive group, when the members' strivings for unanimity override their motivation to realistically appraise alternative courses of action."

M. Jane Heinig, PhD, IBCLC, writing in the *Journal of Human Lactation* [20(4), 2004], cautioned breastfeeding advocates about "groupthink." According to Heinig, "Acceptance of groupthink can be a dangerous path that leads to stagnation of thinking and may even result in harm to those whom the group seeks to help."

Groups generally hold common beliefs based on training and experience. Groupthink, Heinig says, crosses the line because it "does not allow any challenge to the status quo, even to the point of limiting group members' access to information."

Are we victims of groupthink? It might be a good idea to take stock—in La Leche League and in the countless other groups with whom we affiliate. Here are the symptoms (as defined by Janis and Mann in "Decision Making: A psychological analysis of conflict, choice, and commitment" and discussed by Heinig in "A Test in Leadership: Eliminating 'Group Think' in Your Organization"):

❖ **Illusion of invulnerability.**

Members feel that they can do no wrong, are overly optimistic, and willing to take excessive risks.

❖ **Collective rationalization.**

Members readily discredit or dismiss alternative points of view that are contrary to group thinking.

❖ **Illusion of morality.**

Members believe that their decisions are morally correct, that there are no alternatives, and therefore consequences are inevitable (even if unethical).

❖ **Excessive stereotyping.**

Members use negative stereotypes to eliminate or discredit challengers, resulting in the dismissal of entire groups of people as ignorant or unsupportive.

❖ **Pressure for conformity.**

Members accuse anyone in the group who expresses dissent as disloyal, pressuring those who disagree into silence and leading to increasingly narrow views on important issues.

❖ **Self-censorship.**

Members who individually might make different choices choose to withhold their views, since going against the group is too stressful.

❖ **Illusion of unanimity.**

Members mistakenly believe that everyone in the group agrees with a decision. Silence is viewed as consent.

❖ **Mindguards.**

Some members may actually keep relevant information suppressed to minimize exposure to viewpoints differing from the groups' beliefs.

There are positive steps that can be taken to avoid groupthink, according to Janis and others. Awareness of the possibility and knowledge of the symptoms are good beginning steps.

Maintaining an open, inquisitive, information-seeking atmosphere invites questions and diverse thinking. If there are no natural "devil's advocates," assign someone the role.

Bring in outside experts. Work in small groups, then compare notes. As a group leader, refrain from expressing an opinion until others have given input. Revisit decisions with a critical eye.

Finally, ask questions like, "What are the reasons for not doing this?" and "How might others see this differently?"

By consciously working to keep "groupthink" at bay, groups grow stronger, healthier, smarter, and more truly representative.

Sue Christensen, Indiana USA

¡Se habla español!

If you work with Spanish-speaking mothers or know of organizations that interact with families whose first language is Spanish, please let them know that La Leche League International has a 1-800-LALECHE telephone help line in Spanish. In addition, the LLLI Web site lists Spanish-speaking Groups in the US and around the world, plus provides a wide range of information in Spanish. Much of this information can be accessed at <<http://www.laleche.org/LangEspanol.html>>.

Want more LLL news?

Subscribe to the OnLLLine Chronicle, a free monthly e-newsletter from La Leche League International that provides updates on LLLI activities, new products, and other breastfeeding-related news. The September 2005 issue contained news on emergency breastfeeding, reaching out to Hispanic mothers, new LLLI Publications, volunteer opportunities, and updates on the LLLI website. For information on subscribing, go to: <<http://www.lalecheleague.org/chronicle.html>>.

Life after LLL: Meet Faith Andrews Bedford—author, essayist, art historian

There is an intriguing dichotomy to Faith Andrews Bedford, who's led a life of both significant accomplishments and simple pleasures. Faith and Bob, her husband of 42 years, are parents to three and grandparents of five. Their son, Drew, lives with his family in Park City, Utah; Eleanor is currently working with USAID in West Bank, Gaza; and Sarah lives just 10 minutes away from Faith's Virginia home with her husband, a toddler, and a newborn. The influence of family is evident in Faith's work. For many years, she has been a contributing editor to *Country Living*, writing a highly-regarded column on "Kids in the Country." Faith's new book, *Barefoot Summers: Reflections on Home, Family, and Simple Pleasures* (2005) is a collection of many of her essays from the magazine.

How did you get involved with LLL?

Somehow I heard about LLL when our second was born in Seattle. I had a four-year-old and a husband who was an intern, so I never could get to evening meetings. Alas, it would have been so helpful with Eleanor, for she was an incredibly high needs baby who nursed for a year (a long time in 1969!).

When we moved to New Jersey, I read about LLL in a newspaper and, having nursed two children successfully, thought I could help. Ha! How much the mothering mentoring helped me.

Even though Eleanor was supposed to be our last baby (ha! again), I became a Leader, then New Group chairman. And then, surprise, we had Sarah. She nursed until she was four and—28 years after weaning—has just been accredited as an LLL Leader herself. That was a proud moment for me; one I never dreamed of since who, these days, "becomes her mother?" And yet she has. Sarah laughs and says that, having listened to my end of phone conversations for 16 years, she felt she was halfway there already.

*The beauty of writing
is that I can do it
anywhere, anytime.*

When and where were you a Leader?

I was a leader in Cherry Hill, New Jersey first and then moved to Cooperstown, New York, where women often had to trudge through two feet of snow to get to the front door of the meeting place! We then moved to Charlottesville, Virginia, where I was a Leader until about 1985, at which point we moved to New York City. (But we kept the farm at the foot of the Blue Ridge Mountains, for we knew we would come back—and we have!)

What has been your path since those beginning Leader days?

While in Cooperstown, I began visiting mothers in the hospital at the invitation of a pediatrician. He and I both saw that a friendly face and some good advice at birth went a long way to preventing a mother from giving up.

When we moved to Virginia, I asked the head of obstetrics if he would give me a try as a breastfeeding consultant. I told him that if he did not see an increase in duration of nursing and a better understanding of breastfeeding among nurses, students, and residents, then he could let me go. I stayed nine years as the University of Virginia's first lactation consultant.

While I loved helping the moms, I think I was most proud of knowing that all the nursing and medical students and residents from peds, obstetrics, and family practice were at least going to learn something about breastfeeding during my years there.

Then in 1985, JoAnn Scott asked me if I would start an association for the graduates of the International Board of Lactation Consultant Examiners exam. So, with the help of some great women, I founded ILCA.

ILCA—a pleasant surprise! Tell us more about that beginning.

I was overwhelmed when asked to start this group, but had a super cadre of friends. One was Kathy Auerbach, who knew everyone we needed to know, had amazing contacts, and superb networking skills.

Me, I was just a little country breastfeeding consultant with a super husband who helped us develop our first data base. I was good at working with people and deflecting and diffusing resistance and hostility, of which there certainly were some at the beginning.

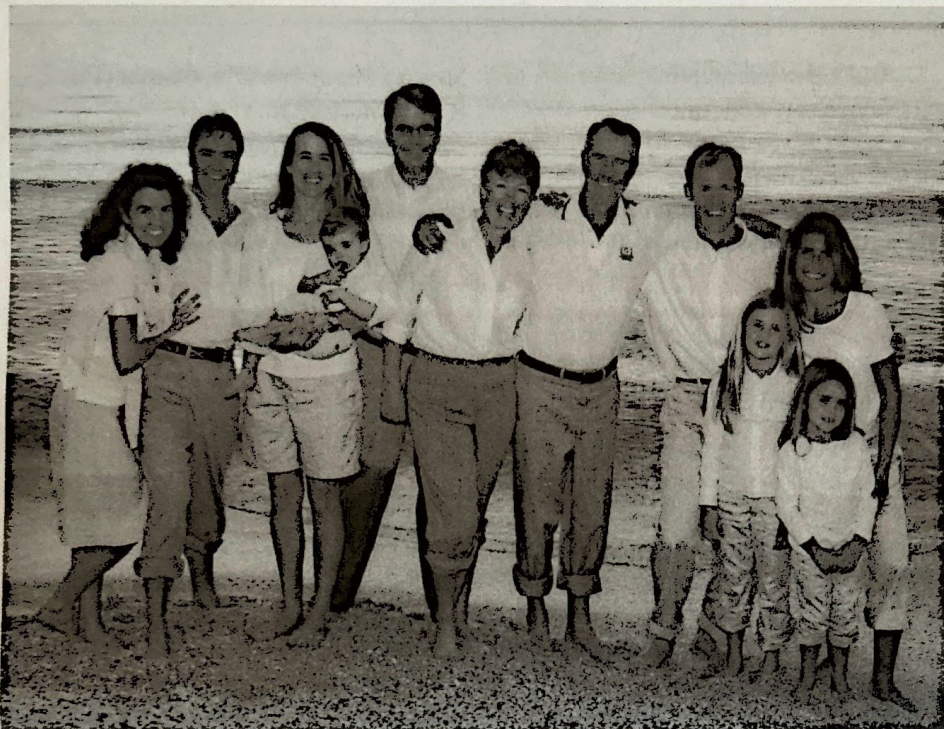
A neurological condition, now greatly diminished, forced me to resign from the board after only a few years, but I have watched in awe and wonder as that small association, started—like all good things—on my kitchen table, has become a strong force for help and advocacy in the world of breastfeeding.

What pulled you toward art?

When we moved to New York City, I decided not to try to tackle the Manhattan medical world or continue being a lactation consultant. My mother's grandfather had been a painter and the family had always hoped that someday, someone would write his biography.

With only one child left at home, a wealth of libraries and museums within walking distance, and a desire to try something different—to push my personal envelope—I decided to give the idea of writing about my great-grandfather, Frank W. Benson, a go.

I was worried that readers might think, as a relative, I was only going to



Faith, center, surrounded by her family.

write a puff piece. Therefore, I bent over backward to be as honest and complete as possible. I did exhaustive research, created voluminous footnotes and a huge bibliography.

I was fortunate to discover an art gallery, Berry-Hill, that was interested in doing a retrospective exhibition on Benson and underwrote the expenses of turning out a beautiful catalogue, which I wrote with two art historians.

Along the way, I decided that if I was going to write about art, I had better get some actual book learning on the subject and returned to school. I still enjoy taking classes and try to take at least one college course every year.

Were you always a writer?

I've always been a storyteller. I used to love to make up stories to amuse my little sisters and cousins. And I was an avid reader growing up.

While living in New York, I began writing short stories and essays as a

peaceful interlude between classes and intensive research sessions.

On a lark, I sent an essay about buying my first pickup truck to *Ms. Magazine* and they accepted it immediately. Then I sent a piece to *Country Living* about the lemonade stands my sisters and I set up every Fourth of July. That led to a column on "Kids in the Country" for the magazine.

How did *Barefoot Summers* evolve?

After having written my column for *Country Living* for many years, I began to think that it would be neat to pull some of the essays into a book. Readers were requesting it; my editor wanted me to do it. It was time.

So many of your essays are based on memories. What advice would you give others for capturing their memories?

At this point, now that I am teaching others the art of memoir, I would say that visual cues and mind's eye snap-

shots of the past are a wonderful way to inspire stories.

Scrapbooks and photo albums, the odd ticket stubs and old receipts found in a pocket book, can bring past events into the present. Looking through your grandmother's cookbook, watching home movies and videos, and revisiting childhood haunts are all super ways to spark wonderful reminiscences. Smells often trigger nostalgia. Simply sitting and daydreaming about the past is a good way to warm up to write a memoir.

What's next?

The beauty of writing is that I can do it anywhere, anytime. I always have a notebook with me to jot down ideas for books and stories.

Currently I am working on a children's story, a cookbook, and, of course, like most writers, I have a novel simmering on the back burner.

But my most important project is a book on the breastfeeding mother in art. One of my art book publishers expressed some interest in the idea and I hope I can fan that flame. To that end I am asking everyone I know to send me the name, artist, and location of their favorite breastfeeding paintings or sculptures and any other breastfeeding-mother-in-art resources they might know about.

Breastfeeding in Art:

What are the pieces you love?

What would you like to see included in a book about breastfeeding in art? Send information about your favorite breastfeeding painting or sculpture, including the artist and the site where it is located (if known), to Faith Andrews Bedford: <faithab@aol.com>.

Faith Andrews Bedford, continued

With books in various stages, speaking engagements, teaching, and taking classes, (and grandparenting!), how do you find the time?

I am a night owl. After snuggling with my husband in the evening, I often get up again and work until midnight. I multi-task everything and fit speaking engagements and appearances into trips already planned. I find, as a writer, that any time I take away to do a talk or presentation is time away from writing, which I jealously guard. A laptop computer makes my traveling more productive, however, and I've written some of my favorite stories "on the road."

Finally, have there been lessons that you've carried away from your time as an LLL Leader?

Where to begin? I think the feeling that mothers/parents and babies belong together is the biggest one. Parties at our house always have a little one or two sleeping on our bed, for I would never tell a mother she had to leave her baby at home.

LLL was my first experience of a woman-to-woman support group and I was very impressed with the caring and sharing that went on at meetings. I went on to be a member of the board of our women's resource center here because I saw that as an outgrowth, a continuum of my working with young mothers and babies.

I've carried the discussion leading skills I learned in LLL with me and found that they are vital in so many aspects of my life. I loved watching mothers grow in their confidence and mothering and was thrilled to think that the listening and guiding of discussions that I did might have made a difference in their lives. [Ed note—see insert from Leader Jan Baker.]

And I also learned that quiet persistence can work miracles.

Ed note—Faith's first book on Benson, *Frank W. Benson: American Impressionist* (Rizzoli, 1994) was followed by *The*

Sporting Art of Frank W. Benson (David R. Godine, 2000).

To read more about Faith, including some of her essays, visit her Web site at <faithandrewsbedford.com>. Her books are available wherever books are sold.

Reconnecting After All These Years

When Faith sent out notices announcing the publication of Barefoot Summers, she received a beautiful response from a former LLL Leader and friend—one, Faith suggests, that sends a universal message to all who were former Leaders. Below are excerpts.

...The Faith I remember was a young mother raising a growing family... She knew how to grow organic peas and string beans... She was a mother of school aged children settling into a life in the country in Virginia, raising bees.

...This older woman, the one who was reading one of her stories on the internet video clip, was someone I didn't know. I listened intently to the voice. I remember Faith so well, leading La Leche meetings, inspiring me to good nutritional habits and to good mothering practices. That Faith was my idol and my mentor.

My first La Leche League meeting was one of those life enriching experiences. I wanted to soak up every word and try to emulate this down-to-earth earth mother. I sat there with my newborn son Seth on my lap, eager to go down the path she was mapping out. My son and I, and Faith and I, had bonded through the womanly art of breastfeeding.

She didn't look like I remembered her. I strained to hear the old Faith's voice coming out of the lovely woman in white reading in the library. Maybe it's just that the subject wasn't nursing your baby or making your own baby food. In any case, I couldn't make much connection to the young mother I remember.

Instead, I could connect with this new woman, one who writes stories about little things in daily life, like I have been doing from time to time. I could connect with a woman who would appreciate the way the early morning sun comes in the front windows of our house as much as I do.

I could relate to a woman who shares memories of a grandmother teaching her to sew, someone who might look into her grandchildren's eyes and see the round shape of her grandmother's face, the smile of her infant son, or her own childhood likeness in this new generation.

I imagine she relishes the time she spends with her grandchildren and making memories for them.

I know I like this woman. I think we would really enjoy reconvening in a group to discuss the womanly art of grandmothering.

Jan Baker, Connecticut USA

The Alum Bookshelf: *Barefoot Summers*

If you've been mired down lately reading a ponderous book from your book club or lost in the pages of a harsh modern novel, I invite you into a beautiful quiet world within the pages of *Barefoot Summers – Reflections on Home, Family, and Simple Pleasures* by Faith Andrews Bedford.

You'll probably be as pleasantly welcomed in as I was by the lines in the forward to the book: "The sweet smell of bed linens dried on a line in the sun... The comforting sounds an old house makes when it's settling in for a thunderstorm..."

These words set the tone for a series of short essays that lovingly recreate Faith's memories of her grandparents' idyllic life and her own enchanting childhood with her parents. She then shares the warmth and creativity that she and her husband have woven into the lives of their children and their grandchildren.

Interspersed between enticing essay titles such as "The Reading Chair," "The Memory Box," "Sounds of a Summerhouse," "The Christening Gown," and "Cutting Down the Oak" are craft ideas, recipes, and suggested activities related to the theme of the story. Faith's writing style easily evokes the mood and atmosphere of the moment.

In "Sounds of a Summerhouse"—"When morning chores were done, it was one of my favorite spots to take a book. I could lie on the sun-warmed boards and read or doze, lulled by the river's sounds—the soft lapping of the waves against the pilings, the drowsy murmur of the breeze in the nearby pines."

From "The First Snow"—"I yearn for the brightness of a snow-covered world, the pale winter sun touching the sparkling drifts and making the once gloomy landscape shimmer... I love the way the sharp skeletons of the trees plump up as snow covers their thin branches and the

way the raw brown fields disappear beneath a blanket of white."

From "The Carving of the Turkey"—"The many Thanksgivings of my past stretch behind me like a long line of bright candles set on a shining table."

Barefoot Summers will be enjoyed by all generations. What a wonderful gift it would be for a young parent seeking a way to both carry on and create family traditions and rituals that both comfort and give a strong feeling of security.

A parent of teens, weary of the consumerism and celebrity adoration that is so pervasive in our world, will be reminded of the many ways to communicate to the next generation the

wonder and beauty of the quiet pursuits and simple pleasures of life.

For a grandparent, *Barefoot Summers* is a journey into the past that can bring to life a treasure house of stories about themselves and their children to be passed on to the grandchildren. The author quotes a friend when she asked him about being a grandparent: "'A grandparent,' he told me solemnly, 'is someone who tells the stories.'"

Whatever our age or stage in life, for many who will read these engaging stories, the pen and paper will come out, the computer will be turned on, and we, too, may start to write our stories.

Mary Lofton, Illinois USA

Cherished visits to the Founders' Parlor



Founders Viola Lennon, upper left, and Mary Ann Kerwin, lower right, with Parlor guests.

Imagine attending an LLL meeting led by a Founder. The Alumnae-sponsored Founders' Parlor at the 2005 LLLI Conference created a similar ambience, as Leaders—young and old, from near and far—met in small groups with a Founder or sometimes two.

Leader Applicant Ruth Roazen,

whose mother attended LLL with her in 1968-69, wrote of her visit: "Meeting some of the Founders... I profoundly and deeply feel both the history and the future of La Leche League."

Ed. note—See more Parlor comments and pictures in the Alum Scrapbook, 2005 Conf. at lalecheleague.org/Alumnae/Scrapbook.htm

The power of family music

Music has such incredible power. It's an intrinsic gift that crosses ages, cultures, and personalities.

For two conferences, we've had singing at the Founders Tea and it has been an incredible bonding experience for everyone there. "Music from a Mother's Heart" was this year's Tea theme. Each Founder shared a memory connected to a song that she sang to her children, or to a song that was sung at family gatherings, in the car, or at some time in her family's life.

From "Home on the Range," introduced by Mary White (see accompanying article), to "I Want to Hold Your Hand," a song that Mary Ann Cahill's family sang as they gathered up the smaller ones to walk hand in hand, attendees enjoyed singing along with talented vocalists Lu Hanessian and Ben and Fred Scheff, accompanied by pianist Dotti Savoy. When we sang "Brahm's Lullaby" (Edwina Froehlich's pick) and "Rock A Bye Baby" (introduced by Betty Wagner), many of us could tangibly remember how it felt to sing with our babies in arms.

Thanks to the efforts of past Alumnae Award recipient Barbara Nicholson, we also were treated to a video of Billy Dean and his song "Let Them Be Little." Many especially liked the lyrics, "Let 'em cry, let 'em giggle, let 'em sleep in the middle..."

Since the tea, we've been discussing family songs on LLL Alumnae listservs and we've learned about the important role that music plays in so many families—from hysterically funny made-up songs to spontaneous jam sessions to gentle lullabies. In families we can relax, really "let go," and let the music evoke the natural emotions that always come.

In my own family, music was a constant presence. My mom was and still is (at 81 years old) a piano and voice teacher. From her, I learned that

singing to a fussy baby did as much to calm my spirit as it helped calm the baby. The vibrations of the sound, the rhythm of the melody, the swaying that instinctively accompanies the song—all of these factors contribute to the power of music as a bonding and healing force.

Kathy Hays, Maryland, wrote, "Probably the most heart-warming musical experience for me is to hear my two oldest daughters sing the same songs to their babies and children that I sang to them when they were little."

Meg Sondey, Mexico, expressed it this way: "When we speak about encouraging family togetherness, the sharing of activities, and the strengthening of familial bonds, I can think of few

better ways than in harnessing the joy and beauty of music. It is truly something that links us not only to each other, but to values and truths bigger than the individual songs themselves."

Other comments and music notes are posted on the Alum Web pages: <<http://www.lalecheleague.org/Alumnae/Music.htm>>. Please visit and add your thoughts! I think you will find that we share more than our LLL experiences—and the dialogue has been fun!

Janet Jendron, South Carolina USA

Ed. note—Go online to order Billy Dean's *Let Them Be Little* CD or to watch his touching video (search for "Let Them Be Little video"). If you order a CD, let Janet know at <jjendron@usit.net> so we can track LLL-generated CD sales.

Why I chose "Home on the Range"

When I was a girl, my parents took the eight of us to a dude ranch in Montana, where we spent six glorious weeks surrounded by snow-topped mountains, green hills, and the bluest lakes you ever saw. I shall always cherish those memories. I fell in love with horses and never had enough of riding over the meadows or alongside a rushing river. Mostly it was the mountains.

When our own children were growing up, we also took them out west several times, and they, too, grew to love this most beautiful part of our country. Greg's favorite places to go in the fall were the Rockies, Colorado, Wyoming, Montana, even Canada, and a couple of times all the way to Alaska, where he and a good buddy went hunting. They rarely got anything except a good rest and lots of fresh air, but they loved hiking and cooking over a campfire.

We have as well always been a musical family. My father had a lovely tenor voice and others played the piano.

My six brothers always sang as they did the dishes every night after dinner, and my sister, who had a beautiful voice, kept them going from the other room.

My dear husband, Greg, while he couldn't carry a tune to save his soul, loved to listen to the singing that seemed to arise almost spontaneously whenever a group of us got together. Our oldest son, Joe, learned to play the bagpipes when he was 16.... The other kids took up various instruments—guitar, piano, penny whistles, and such, and they all joined in the singing.

It was only natural that on our many long drives to some vacation spot or other we did lots of singing. "Home on the Range" was a perennial favorite, and to this day, the children and the grandchildren (and now the great grandchildren as well), look forward to family gatherings where sing-alongs are an important part of the festivities.

Mary White, LLLI Founder, Illinois

5,000 for the 50th! The Alums are looking for "lost" Leaders

Since 1956, over 40,000 Leaders have been accredited by La Leche League International, but only 20,000 are currently in the LLLI database.

With the approaching 50th anniversary, the Alumnae Association would like to locate and contact as many of these women as possible in order to reconnect them with La Leche League International and honor them for the significant role they have played in this organization's history.

During the next year, a column of CONTINUUM will feature names of "lost" Leaders and a more extensive list will be maintained on the LLLI Alumnae Web pages: <lalecheleague.org/Alumnae/5000.htm>. If you have contact information for any of these women, please send to <FoundLeader@llli.org>.

Jackie Andrews (Connecticut, Ohio) 70s
 Lorraine Bailey (Danville, Indiana) 70s
 Nedra Caccamo (Connecticut)
 Sandy Chambers (Richmond, Indiana) 70s
 Judith Chase (Montpelier, Vermont)
 Stephanie Clifford (Indianapolis, Indiana)
 Nicole Cormier (Jerico, Vermont)
 Pat Driver (Connecticut)
 Della Gunning (Corpus Christi, Texas) 90s
 Susan Henderson (Rome, Georgia) 70s
 Jean Herbeck (Columbus, Ohio) 70s
 Betsy Hoffman (Connecticut)
 Michelle Essman Huffnagel (Michigan) 80s
 Brandi Fitzpatrick (Kansas)
 Ann Kalina (Columbus, Ohio) 70s
 Judith Kelley (Mansfield, Massachusetts)
 Madeleine Lebeau (Massachusetts)
 Sandra Marvin (Kansas)
 Rose Mayer (Richmond, Indiana) 70s
 Nancy Newby (Kansas)

Janet Ostrow (Newton, Massachusetts)
 Sandy Passero (Connecticut)
 Sharon Primm (Columbus, Ohio) 70s
 Judy Richards (Medina, Ohio) 70s
 Karen Ross (Worcester, Massachusetts)
 Linda Ruel (St. Albans, Vermont)
 Robin Sheehan (Massachusetts)
 Janice Smith (Indianapolis, Indiana) 70s
 Teresa Wells (Kansas)
 Bonnie Wheeler (Medina, Ohio) 80s

Take a stand for breastfeeding: Wear a bracelet!

We've read the stories in our local papers... caught them on the radio... received a much-forwarded email from a friend... and then we've asked ourselves, "But what can I do?"

You don't have to wait for that next television interview of another breastfeeding mother asked to leave a restaurant—you can order a Breastfeeding Protection Initiative bracelet today!

"All proceeds from the purchase of this bracelet will go toward expanding efforts to inform more people about breastfeeding rights and to provide them with the tools they need to become a force for change in their community," says Resheda Hagen, founder of Lansinoh Laboratories and partner with La Leche League International in this special effort.

The bracelets have the slogan "Encourage, Support, Protect Breastfeeding," embossed into the purple rubber band.

The bracelets cost \$5 each, or can be purchased in bulk for 10 or more for \$4 each, or 100 or more for \$3 each. To order, visit <www.LANSINOH.com> or call 1-800-LALECHE.

Consider buying a quantity to share not only with breastfeeding friends, but also with members of the media, business community, legislature, and legal personnel. And while you're explaining the purpose behind the bracelets and educating others, you'll also be helping to fund expanded outreach to make certain that mothers everywhere can meet the needs of their breastfeeding babies.

As Hedy Nuriel, Executive Director of La Leche League, stated, "How wonderful, to let the world know that a woman has a right to breastfeed whenever her child is hungry. I am very excited about the possibility of seeing purple bracelets everywhere."

Join the Alumnae!

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

- \$10 for CONTINUUM (I am currently an LLL Leader or member)
- \$30 for a retired Leader/member LLLI Alumnae Membership (includes CONTINUUM)
- \$46 for CONTINUUM and an LLLI Individual Membership (includes NEW BEGINNINGS)
- \$75 for a 3-year LLLI Alumnae Membership (includes CONTINUUM)
- \$125 for a 5-year LLLI Alumnae Membership (includes CONTINUUM)
- Check to LLLI enclosed
- Credit my account:
 - Visa Mastercard

Expiration date: _____

Signature: _____

Name: _____

Address: _____

State/Province: _____

Zip/Postal Code: _____

Country: _____

Current LLL status: _____

email: _____

Send to: LLL International, P.O. Box 4079, Schaumburg IL 60168-4079 USA

Continuum

La Leche League International
P. O. Box 4079
Schaumburg IL 60168-4079 USA

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International

The LLLI Alumnae Association Council

Coordinator:
Pam Oselka
9701 Kruger Rd., Union Pier
MI 49129 · 269-469-2706
At LLLI: 847-519-7730 x257
<poseika@llli.org>

Alum Administrative Assistant:
Wendy Masters
703 Audubon Drive
Valparaiso, IN 46383
219-462-9709
<wendy38mm@yahoo.com>

Publications/Web Site:
Sue Christensen
1304 Leeper, South Bend IN
46617 · 574-288-7151
fax: 574-237-1071
<s.christe@sbcglobal.net>

Janet Jendron
112 Park Springs Road
Columbia SC 29223
803-736-1585
fax: 803-935-5342
<jjendron@usit.net>

**Area Alumnae Representative
(AAR) Coordinator:**
Carol Meredith
225 Autumn Lane, Centreville,
MD 21617 · 410-739-2964
<cameredith@yahoo.com>

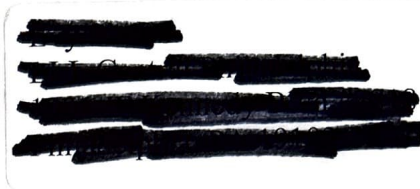
Finance Coordinator:
Patti Hope
4303 Ashwoody Trail NE
Atlanta, GA 30319-1436
770-452-7818
<pjhope@mindspring.com>

Special Projects:
Nancy Franklin
13230 Blanco Rd. #1007
San Antonio, TX 78216
210-479-1369
fax: 210-593-4106
<NBFL77@aol.com>

Janice Horvath
4564 Winderwood Circle
Orlando, FL 32835
407-291-6100
<PackerJanice@cfl.rr.com>

LLLI Liaison:
Viola Lennon
200 South Dee, Park Ridge IL
60068 · 847-692-5228

**LAST ISSUE!!!!
Please renew,
see page 11.**



Celebrate breastfeeding with a gift

to the La Leche League Year-end Appeal
as we work toward a world
of healthier babies and happier mothers.

LLLI & Alumnae news and notes

❖ **Welcome Meg!** Starting with this issue, Alumnae member Meg Sondey, Mexico, is playing a substantial role in the development and writing of CONTINUUM.

If you have a topic you'd like to see covered, a story to be pursued, a retired Leader to interview, or an article to contribute, contact Meg at <lllmeg@yahoo.com> or Sue Christensen at <s.christe@sbcglobal.net>.

❖ **Add your square to the Anniversary Quilt!** Start your trip to the 50th anniversary by ordering a quilt square kit and then painting, sewing, embroidering, (no iron on, please) and returning it. All the instructions are in the kit. When these quilt squares are collected, they will be sewn together for a stage backdrop at the 2007 Chicago Conference. Whether or not you are able to attend in person, you will help make history! If you have questions, email Helene at <hscheff@cox.net>.

Send \$5 per kit, along with name and address, to: Helene Scheff, Pizzazz;
210 Brookhaven Road; N. Kingstown, RI 02852

❖ **Can't find the Alums on the Internet?**

Check out the new links at the top and bottom of the LLLI home page at <www.lalecheleague.org>. This heightened visibility will help us draw many retired Leaders and former members with whom we have not yet connected.

❖ **AARs needed.** Area Alumnae Representatives (AARs) are a key part of the Alumnae Association. Some Areas do not yet have a representative, including Alaska, Iowa, Kentucky, Maine/New Hampshire, Minnesota/Dakotas, New Mexico, North Carolina, Tennessee, Utah, and Washington, as well as many countries outside the USA. If you can help, contact AAR Coordinator Carol Meredith at 1-410-739-2964 or <cameredith@yahoo.com>.

❖ **Go to bat for the Alums!** Whether baseball is winding down or gearing up in your part of the world, invite four friends to join the Alumnae Association. If one joins, you're batting .250—and that's a good batting average for a ball player!