

Continuum

THE LLLI ALUMNAE ASSOCIATION

VOL. 19, NO. 1 ~ 2006

Letting go. Inside these pages, Alumnae members give sage advice about it for young adults leaving home. We know it starts so early, that process of letting go. We've been doing it for a long time.

But there's also a time for holding on. That's what our countless donors have done, supporting through their dollars, programs and practices that they don't want to see lost.

And we see it in the Alumnae drive to reconnect with "lost" retired Leaders, whom we want to hold onto as well.

We are holding onto memories, too, as we celebrate the 50th Anniversary of LLL at the picnic and other events you'll read about inside.

Letting go? Holding on? Perhaps if we look closely at the very acts of letting go, we'll see that they are really very healthy ways of holding on.

Who ya gonna call?

Information and support. That's the essence of La Leche League. It's not only what we do, it's what we do well. So when a mother has a question about breastfeeding, LLL is often the first place she calls.

But too often these days, she's put on hold. The LLLI Alumnae Association wants to change that, with a goal of raising \$25,000 by the 2007 Conference to add another Leader to the LLLI 800 Helpline.

The Helpline is one of the most basic services the organization provides to breastfeeding women. And it's often a pregnant woman or new mother's first introduction to La Leche League.

The Helpline was established over 15 years ago to provide easy access to women who needed answers to their breastfeeding questions. The goal of each phone call is not only to provide answers, but also to connect the caller to a Leader in her community where she can receive the continued support that is often crucial to her breastfeeding success. Each call is followed up by a mailing of educational materials on the importance of breastfeeding, technical aspects, and other information relevant to the call.

During business hours (9 to 5, Monday through Friday), one of three parttime LLL Helpline Leaders is on the line at her home computer. In addition, about 12 Leaders volunteer their time to answer calls after hours, or the caller can choose to go to the automated Leader locator to find a Leader in her area. More volunteers are always welcomed—and much-needed.

The Helpline has always been a free service to callers—over 81,000 in the past year. About one call in four is for direct support. That's about 1,600 calls each month. (Other

callers may select to go directly to the order department, the Leader locator, or a specific staff member.)

With only one Helpline Leader working at a time during business hours, there are always three to five callers waiting and the queue may swell to 10 or more at times.

Calls to the 800 Helpline increased after the U.S. Department of Health and Human Services' Office on Women's Health National Breastfeeding Awareness Campaign began receiving publicity.

Mary Kolar, one of the Helpline Leaders, says that when the phones are up and working properly, she can average 8-12 calls per hour, depending on the subject of the call. Sometimes, explains Mary, moms have waited till everything is really wrong and they have a long, long list of questions; other moms have no

Leader in their calling area, or there is no one around them for 50 miles or more. Still others have been calling for days or weeks and have had no luck getting through, so they are reluctant to take the phone number of someone else and risk that it will be another week before they talk to someone.

"Our calls mainly come from the US, but I have talked to people from Germany, Canada, Puerto Rico, Switzerland, and Denmark. As you might suspect, in the morning we generally have the eastern people calling—New York, New Jersey, Pennsylvania, but by 11 a.m. they really are from everywhere, and then by 2 p.m. the western people start to have more calls.

"My dreams for the 800-line are to have two to three people on from 9-5 Monday through Friday," says Mary.

We're hoping the Alumnae, with your help, can make this happen.

*"I love this job
and never
in my life
have I helped
so many people."*

—Mary Kolar, Helpline Leader

Compliance is mandatory

Three years ago, active military Air Force (AF) Leader Barbara Cooper had a terrible time breastfeeding her first child due to Air Force issues. She didn't want it to happen to any other Air Force mother. She is just recently out of the Air Force, after 11 years, and nursing her second baby.

While still on active duty, she initiated a change in a section of an AF document that was recently signed by the Surgeon General and has now been published as official AF policy on Community Health Management. It says on the top of the publication: "Compliance with this publication is mandatory." The new directives on **Breastfeeding and Breast Pumping** read:

4.15.1: AF Members shall be authorized 15-30 minutes every 3-4 hours to breast-pump. This should be allowed for approximately 12 months after delivery.

4.15.2: The obstetrician or PCM shall annotate on an AF Form 422 that the member wishes to breast pump and makes a request for a room or office that provides adequate privacy for breast pumping be designated to allow AF members to pump. The AF member must supply the equipment needed to breast pump and store the breast milk.

4.15.3: The obstetrician, pediatrician or PCM shall annotate on an AF Form 422 a recommendation for deployment for those AF members who choose to exclusively breastfeed, i.e. the infant does not take formula at all.

4.15.4: Breastfeeding/breast pumping AF members may participate in field training and mobility exercises. Decisions to continue to breast pump must be made by the patient, in collaboration with obstetrician or PCM, supervisors, training instructors and the MDG/CC in regard to having a place to safely express and store breast milk.

Barbara is pleased that now AF mothers will be able to pump—and also will *not be deployed* when their babies are fed breast milk. Her supervisor said, when hearing about these new directives, "Then every Air Force mother will want to breastfeed!"

It's the celebration of a lifetime!

What's all the hoopla? La Leche League is turning fifty—and there are big plans to celebrate this milestone anniversary at the 2007 International Conference! So plan now to join parents and professionals from all over the world at the Chicago Hilton on July 20-23, where La Leche League will be *Celebrating the Power of Breastfeeding* and taking a bow for its accomplishments and significance over the past five decades.

The Alumnae will again sponsor a Conference kick-off event. As in the past, it will be a chance to visit with LLL friends and enjoy a unique good time "out on the town."

Special Alumnae gatherings will take place during the three day conference including Late Night Chats, the Founders Tea, a gathering for Leaders who have served for more than 25 years, and numerous activities in the Alumnae and Rejuvenation rooms.

For those of you who enjoyed the Billy Dean video *Let Them Be Little* at the Founders Tea in 2005, you will be delighted to hear that Billy Dean will be performing at the Gala Dinner at the conclusion of the conference.

Need to relax and renew? The Alumnae conference planning team is currently in the process of planning rejuvenation sessions. We will be offering a variety of sessions to appeal to all of your senses. If you have a special skill that you would like to share in the Rejuvenation Room, please contact Sue Steilen at 708-301-0890 or suesteilen@comcast.net.

Want more Conference information? Visit the LLLI Web site at www.lalecheleague.org/07conf/07conf.html or phone 847-519-7730, ext 257. More details will come your way about Conference speakers and the Alumnae kickoff event in the next CONTINUUM, too.

International Celebrating the

1956 | 2006 La Leche League

50th Anniversary

Conference

2007



Power of Breastfeeding

July 20-23, 2007 Hilton Chicago

Less stress for children who are breastfed

A new study shows that babies who are breastfed cope better with stress when they are older than babies who are bottle fed.

The study, "Breast feeding and resilience against psychosocial stress" by S. M. Montgomery et. al., was published in *Archives of Disease in Childhood*, Online First: 3 August 2006. It is based on the information collected in the 1970 British Cohort Study, which is following the lives of everyone who was born between April 5 and 11, 1970, living in Great Britain. It is a public data set that provides the basis for myriad studies.

Midwives interviewed the mothers of children in the cohort study shortly after giving birth, gathering information such as age, education, social class, husband's occupation, smoking during pregnancy, birth weight, and depression.

When their child turned five, parents were interviewed by health visitors and completed a questionnaire. Mothers were asked the following question pertaining to breastfeeding: "Was the child breastfed, partly or wholly, even for only a few days?"

When the cohort group was ten years old, their teachers were asked to rate "if the child was worried and anxious about many things" on a scale from 0 to 50 (very anxious).

Meanwhile, the mothers were asked about family disruption by parental divorce or separation in the past five years (between ages 5 and 10 for cohort children).

The researchers found that at age 10, the children who had been bottle fed as babies had a more difficult time dealing with stressful events such as parental divorce. This held true even when taking into account other factors that might be linked with a child's reactions to stress, such as maternal depression, parental education levels,

social class, or smoking habits.

Montgomery and his colleagues wrote that they "initially chose to investigate breastfeeding as a marker of exposures relevant to the stress response, because stimulation associated with maternal contact during nursing may beneficially influence development of neuroendocrine aspects of the stress response as indicated by animal models."

It is possible, according to the researchers, that breastfeeding is simply a marker of "other more important, but unmeasured, material characteristics" that contribute to greater resilience against stress.

Or, they suggest, "breast milk itself may reduce stress in infants through its action on the hippocampus, hypothalamus, pituitary, and adrenal glands."

Another possibility for the reduced stress among breastfed children "may be that the close maternal contact associated with breast feeding indicates improved parental attachment: mothers who develop a better bond with their offspring due to personal or family characteristics may be more likely to breast feed."

Similarly, the very act of breastfeeding itself "might also contribute to the development of attachment."

San Antonio, here we come!

What do most people envision when they think of San Antonio, Texas? The Alamo? The Riverwalk? What about the San Antonio Spurs basketball team? All of these are parts of what make San Antonio unique, but there's much, much more as well! The LLLI Alumnae Association excursion November 9-12, 2006 will show you some (but not all!) of the things that make San Antonio the place to be.

We're staying in a hotel that's on the quieter part of the river. There are barges and trolleys to take us to the livelier part of the river to eat, drink, dance, and party.

We'll be touring the missions that are still standing and more complete than the Alamo and we will learn about the huge Catholic influence in this part of the country. Of course we'll eat Tex-Mex fare, the south Texas version of Mexican food. There'll be chances to shop in the Mercado and see the

grounds of the 1968 Hemisfair.

Few people realize the multi-cultured nature of south Texas. The Museum of Art, the Institute of Texan Cultures, and the King William neighborhood walking tour will broaden our knowledge of what makes Texas more than cowboys and sports. Since there is so much of Texas and so little time to see it all, a trip to the San Antonio Botanical Gardens will be an opportunity to experience the multiple topographies of the state.

Phoebe Kerness, our amazing tour chair, has planned a well-balanced, fun and interesting time for us. There are free times planned in, so we can choose to check out the Tower of Americas, La Villita, or some of the clubs and sites along the Riverwalk on our own. And there will be lots of time to visit with old friends, make new ones, and enjoy the incredible connections we all share through La Leche League.

How to launch a young adult, LLL-style

*I*s this your year for a child headed out the door and into the world? It may be college, the military, or the world of work, but one thing is sure: the parting is inevitable. Whether that moment for you is an "alas" or an "at last!" here's some wisdom from LLL colleagues who have traveled this road before, collected and compiled by LLLI Alumnae Council member *Nancy Franklin*.

On staying connected:

♦ *Kathy Hays, Maryland USA*, teaches at a community college and three of her children followed her there. She had dinner with her son once a week when she was on campus, and her husband met him for dinner a couple of times each month. After his oldest sister moved into an apartment close to his, the two of them got together for pizza every Friday night. "This helped him and all of us to transition to his college life," according to Kathy.

♦ *Twink Lester, North Carolina USA*, says she wanted to call her children at college often, but let the children call her when they wanted because she found out that when she called them, she interrupted them and they didn't talk much. "But if I waited until they wanted to talk to me, they were talkative—sometimes needing me for a sounding board, a whining call, or just because they missed me."

♦ *Pam Oselka, Michigan USA*, and her family always mailed a letter or postcard from the local post office in the town where they took their daughters to school. That way, they knew their daughters would have mail right away. They also visited the college during those homesick early weeks rather than encouraging their girls to come home frequently.

♦ *Johanna Horton, Illinois USA*, learned at an LLLI conference to not only write about what has happened and is happening in your life, but also to tell your young adults how you feel about it.

♦ *Janet Jendron, South Carolina USA*, like many others, made it a family trip to take the children to college. "We helped them unpack their rooms and we put notes in 'secret' places—like clothing and desk drawers—that they would find unexpectedly throughout the year."

On choices:

♦ *Sue Steilen, Illinois USA*, writes about the son who was her high need baby who did not like to separate easily. "Again this proved to be true when it came time for college." The community college offered him a nice transition with plenty of support close by and also a chance to see how well his home-schooling prepared him for college. It gave him the opportunity to separate gradually. Now, in his last year, he has decided to participate in a study abroad program in London.

♦ *Terry Stafford, Vancouver, Canada*, says that one of her daughters decided after high school that she "wasn't college material." She then took an eight month intensive course in tourism training and passed the exam to become a certified travel agent. She was hired by Disney World for their year-long internship. "There must be something empowering about living and working on her own so far from home," writes Terry. "She has now written that she is planning to go to college when she returns."

Growing,
bearing,
mothering
or fathering,
supporting,
and at last
letting go...
are powerful
and mundane
creative acts
that rapturously
suck up
whole chunks
of life.

—Louise Erdrich

♦ *Mary Swisher, Michigan USA*, found her daughter and son approached separation very differently. They took their firstborn to college with a U-haul trailer "packed to the gills" and their daughter wanted them to stay as long as possible. Three years later, they dropped their son off with very little fanfare. "Guys think as long as they have a change of underwear and a toothbrush, they're good to go."

DePaul University to preserve LLLI history

On goodies:

❖ **Marilyn Thompson, Minnesota USA**, regularly sent her boys chocolate chip cookies.

❖ **Cecily Harkins, Oregon USA**, says her family valued snail mail containing comics, local newspaper clippings, news of the family, photos, and snacks. She also found that inviting roommates to their home for holidays or summers was another way “to accept and affirm our children.”

❖ **Sue Christensen, Indiana USA**, tucked a lizard into every care package and letter for their daughter Lizzie—tiny plastic critters, stickers, pictures, glow-in-the-dark shapes, pens and pencils, cards, candy, even a toy lizard embedded in handmade soap. “It engaged the whole family to find unique, inexpensive items to send.” After graduation, Lizzie kept a few favorites, donated a bucket of toy lizards to a child care center ... and (be forewarned!) sported a discreet lizard tattoo.

❖ **Nancy Franklin, Texas USA**, sent her daughters special treats just before final exams, along with a magic wand or study angel or some little thing to “wave over the books so information will become imbedded in your head.” These also went to any and all roommates.

❖ **Linda Parry, North Carolina USA**, always offered to take friends out to dinner when visiting their daughters at college. “That way, we got to know their friends—and had some wonderful meals.”

La Leche League International is going to college! Early in 2006, DePaul University contacted LLLI with a proposal to archive materials of historical value, providing a means for researchers to access this information for current and future research purposes. DePaul, founded in 1898 and located in Chicago, IL USA, currently serves more than 23,000 students who reflect a broad range of ethnic, religious, geographic and economic backgrounds. After careful consideration, an agreement has been reached whereby DePaul will provide a permanent repository for our historical records. LLLI will retain the copyrights, and materials may be “borrowed back” for a specific purpose and time period, such as a display at a conference.

Archived records include materials published by La Leche League, personal correspondence that deals with LLL, annual reports, training materials, substantive public and official documents, official correspondence, responses to media, and collaborative actions. In other words, materials can be anything that provides evidence of the growth and development of La Leche League. No materials regarding transactions, contracts, salaries, resumes, or personnel files will be transferred.

The Department Head of the Special Collections and Archives and Edna Kelly, a La Leche League Leader and retired librarian, are working closely together to assemble the records, taking into account the needs of LLL and the scope of the project. The initial transfer of records is set for September 21, 2006. DePaul is generously providing boxes and a moving crew to transfer materials from Schaumburg to the Special Collections and Archives library at DePaul. Future transfers will

be made on a regular basis in order to maintain the collection.

The professional library staff at DePaul will process the materials, arranging and describing them according to established archival procedures. Initial processing of the records could take as long as a year, as the staff carefully sorts and catalogs items. Materials will be housed and safeguarded in the Special Collections and Archives library with climate and lighting control and stored in acid-free boxes and folders for long-term preservation. Once archives staff arrange and describe the collection, the guides to the collection will be posted on DePaul’s website with other collections. These services are provided at no cost to LLLI.

The LLLI collection adds to a growing university resource on contemporary women’s issues. DePaul will promote the use of the LLLI collection in Women’s Studies, History, Sociology, and other appropriate disciplines. Both graduate and undergraduate Women’s and Gender Studies Program students are anticipated users of the LLLI collection.

What an exciting opportunity for LLLI! Our history will be housed at a respected academic institution and made widely available to researchers and students. Our history will be organized by professional librarians and available to representatives of LLLI as well. DePaul recognizes that LLLI has made significant contributions to our culture and our society and our records are of significant historical value.

You can find out more about the range of DePaul collections at www.lib.depaul.edu/speccoll/index.htm

Edna Kelly, Texas

A heartfelt thank you to La Leche League donors

During LLLI's 2005 fiscal year (April 1, 2005 - March 31, 2006), 1,943 Leaders, mothers and friends of LLL made donations, including companies and corporations that gave grants and other support. Over 600 donors gave \$100 or more. These special donors are listed below. A ♥ designates a Pacesetter donor of \$500 ~ \$999; Founders' Circle donors of \$1,000 or more are designated by ♥♥. Donors of \$5,000 and above are designated by ♥♥♥ and listed in bold. The Leadership Circle is made up of donors who have given a cumulative amount of \$5,000 or more since November 2004; they are also listed in bold. A heart-felt thank you to every one of our donors, at all levels of giving.

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Diane Adams
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Claire Davenport
Helene Scheff

South Carolina
Elisha Brownfield,
MD
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South Dakota
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Tennessee
Anna Childress
♥♥Sandra/Phil Davis
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Marianne Smith
Betty/Paul
Spandikow

Kerri Brimmer
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Brandon Gromada
Marian Klieber
Christina/Michael
McCann
Charlene McCoy
Cynthia Morris
Cynthia Morris, MD
Lorraine Myers
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Melissa Prebe
Bernice Rothman
Mary Wales
♥♥Karen Buchwald
Wright

Texas
Sandi Araiza
Rebecca Austen
♥♥Janet Barrilleaux
Honey Barton
♥♥Paula Carriere/
Robert Clay
♥♥Mary Clifton
Lorelei de la Reza
Susan Dial
♥Kathy Anders Eng
♥Melanie Evans
♥Nancy Franklin
Cindy Garza
Cindy Harmon-Jones
Allison Hinton
♥Frankie Holmes
♥Edna Kelly
Susan Leverenz
Cathy Liles
♥♥Marcia/John
Lutostanski
♥♥DeeDee Lynn
♥♥Kim McCollum
Donald Murphy
♥♥Julie Nelson
Karen Ruja
♥♥Barbara/Dominick
Sasser
Barbara Scaife
Melissa Scully
Sarah Talley
Cari Tasin
Theodor Wilks

Utah
Lisa Barrus
Elizabeth Holt

Virginia
Susan Brown
Angela Burton
Giona Ciagne
Tina Cobb
Kathy Duda
Karen Graf
Jane Helwig
Terri M. Kenley
Elizabeth Lacher
Susan Lannak
Marian McCabe
♥♥Jean Moneyhon
♥Brady O'Beime
Margaret O'Toole
Leslie Payne
Shannon
Rittenhouse
Natalie Seiling
Lorri Stein
Twila Stoltzfus
Sharon Vines
Kathleen Watkins

Marian Varner
Jean/Harry Yeatman

Texas

Sandi Araiza
Rebecca Austen
♥♥Janet Barrilleaux
Honey Barton
♥♥Paula Carriere/
Robert Clay
♥♥Mary Clifton
Lorelei de la Reza
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Susan McLuen
Anette Olney
Reselyn Olson
Molly Pessl
Deborah Martin/Ian
and Reid Sleeman
Grace/Wayne Steele

Wisconsin

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Jennifer Grimes
Sherry Petersen
Alice Rouleau
Gene Walton
Faye Wollaeger

No State

Eric Heutchy

AE

♥Deirdra Owens
Patricia Stadler

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Measuring the Code

What do USA, Sierra Leone, Chad, and Somalia have in common? None has taken any action on the International Code of Marketing of Breastmilk Substitutes (the WHO Code).*

In 1990, only nine governments had adopted the Code into law. Today, more than 70 governments have all or many of the Code's provisions as law.

It matters because the Code is used as a tool to curb unethical marketing practices such as false or misleading

health claims, using medical personnel to promote products, and providing gifts to health workers—all with a goal to influence a mother's feeding choice in favor of breastmilk substitutes.

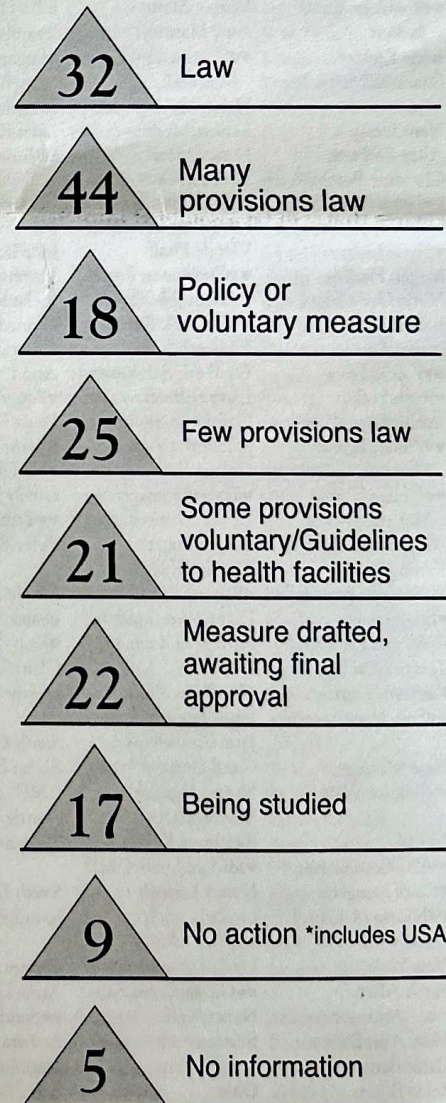
It matters because "inappropriate feeding practices remain the greatest threat to child health and survival globally" (Innocenti Declaration on infant and young child feeding 2005).

It matters because "a millionaire's baby who is not breastfed is less healthy

than an exclusively breastfed baby whose mother is in the poorest social group" (Professor J. Stewart Forsyth, Ninewells Hospital and Medical School, Dundee, Scotland 2006).

The International Baby Food Action Network (IBFAN) is one of the groups that monitors and documents the Code. You can find more of their information at www.ibfan.org.

2006 IBFAN SCALE: The Code in 193 countries



Celebrate the 50th Anniversary of La Leche League International with a gift to the 50th Anniversary Fund!

During the Capital Campaign, donors made it possible for LLLI to purchase its first property in the mid-90s—a wise investment that has served the organization well.

Can you now help to keep LLL going for the next 50 years?

The 50th Anniversary Fund has been established to support La Leche League programs and services, which will allow LLL to continue mother-to-mother support in 70 countries, reach underserved populations, build LLL credibility, and transform LLLI into a truly global organization.

Would you want anything less?

Even more, every dollar you donate also enhances the ability of LLLI to seek outside funding, since the evidence of healthy individual donations speaks strongly to the commitment, passion, and effectiveness of the organization and its Leaders.

You can make a contribution to the 50th Anniversary Fund:

...in honor of your children or grandchildren

...in honor of the seven Founders of La Leche League International

...in honor of a birthday, an anniversary, or the birth of a new baby

...in honor, or remembrance, of a La Leche League Leader who helped you and your family

...or simply in honor of the organization that served you so well during your breastfeeding days.

Visit www.lalecheleague.org
to make a donation today.

A celebration kick-off picnic

According to LLLI Alumnae member Wendy Minnear Masters, August 20 was “a perfect midwest summer day—warm, blue skies, puffer billy clouds, a gentle breeze.” Just right for the multigenerational crowd of over 300 mothers, fathers, babies, children, Leaders, and friends of LLL to celebrate at a picnic in Wilder Park, Elmhurst, Illinois. The festivities were held to launch a year-long 50th anniversary celebration of La Leche League. All the Founders were there, with many of their children, grandchildren, and great-grandchildren present as well.

There were kids’ games and races, a sing-a-long, face painting, and bubbles to blow. LLL Leader Annette Leibovitz took photos of attendees with the Founders. Alumnae member Helene Scheff gathered signatures on quilt squares that will be assembled into banners for the LLLI Conference in Chicago July 20-23, 2007. (If you’d like to do a square, email Helene at hscheff@cox.net)

Retired Leader Faye Young came up from St. Louis to act as the Mistress of Ceremonies, as she had done at the 25th Anniversary Picnic in 1981.

Paul Froehlich, Edwina’s son, who is an Illinois State Representative, presented a Proclamation from the Governor declaring August as Breastfeeding Promotion Month. Paul also told the group about the Breastfeeding Laws in Illinois which he has co-sponsored.

The Mayor of Elmhurst proclaimed August 20 as Breastfeeding Awareness Day in the city.

Karen LeBan, Executive Director of CORE, presented a plaque to the Founders of LLL for their courage and vision and belief in the role of breastfeeding in maternal, infant, and child health. CORE is a consortium of 44 private voluntary organizations that

are dedicated to improving the health and well-being of children in developing countries.

Brenda Snyder, the Breastfeeding Coordinator for the Illinois Department of Health, also gave a tribute.

It was fitting that LLLI would host its 50th anniversary launch at Wilder Park because almost 50 years ago, at another picnic at the same park, Marian Tompson and Mary White first realized the need that mothers had for breastfeeding information and support. Later that year, in October 1956, Marian and Mary met with Mary Ann Cahill, Edwina Froehlich, Mary Ann Kerwin, Vi Lennon, Betty Wagner Spandikow at the first La Leche League

meeting.

At the 25th Anniversary Picnic in Wilder Park, trees and benches were donated by various groups and dedicated to LLLI. Three additional trees were donated at the 50th Anniversary Picnic, one by LLL of Illinois, one from current and former LLLI Staff members, and a surprise tree that was donated by the children of Marian Tompson.

The next 50th Anniversary Celebration event is a dinner at the Hilton in Lisle, Illinois USA on October 28. A reception starts at 5:30, with dinner at 7:00. Details can be found at lalecheleague.org/fiftieth.html#dinner. We hope you’ll consider joining in the festivities!



La Leche League Founders at the 50th Anniversary Celebration Picnic, from left to right: Row 1 - Betty Wagner Spandikow, Vi Lennon, Mary Ann Cahill, Mary White; Row 2 - Marian Tompson, Edwina Froehlich, Mary Ann Kerwin. Photo by Annette Leibovitz.

5,000 for the 50th! The joy of finding "lost" Leaders

We've begun finding lost Leaders and it's been such a pleasure to hear from them. With the approaching 50th anniversary, the Alumnae Association is continuing its "lost" Leader search and plans to contact as many of these women as possible in order to reconnect them with LLLI and honor them for the significant role they have played in this organization's history.

The names of "lost" Leaders are being added to the list at www.lalecheleague.org/Alumnae/5000.htm as we are made aware of them. If you have information on any of these "lost" Leaders (or if you find yourself on the list), please contact **Kathy Hays** at FoundLeader@llli.org.

If you'd like to help, Kathy is looking for volunteers to do Web searches for "lost" Leaders. She also needs volunteers who live near Chicago to go to the LLLI office and enter information into an Excel spreadsheet.

When retired Leaders and their families and friends contact Kathy, they not only send their current contact information, but sometimes write about the value of LLL in their lives and what they are doing now. The following are some of the comments from these Found Leaders.

- ❖ **Carol Aljets:** "My 'babies' now have children of their own and each of them was nursed too!"
- ❖ **Susan Althof:** "I was Leader, then Professional Liaison, and then ACL for NYW in early 80s...have recently joined the Alumnae Association as now am a grandma helping daughters-in-law with nursing!"
- ❖ **Linda Benetti:** "I'm so happy to be back in touch with the very best 'Mothering' support group in the world! I just signed up for the LLLI Alumnae membership. I'm planning on attending the big 50th Anniversary Conference in 2007. I'm so honored to be part of the celebration!"
- ❖ **Eileen Benthall:** "I am a past Leader who may be interested in providing phone support and group leadership. I have four children and the youngest, nine years old, has a significant neurological history and 59 surgeries. I nursed for a total of 13 years and through multiple hospitalizations and brain surgeries. Supporting a friend through her recent birth and beginning nursing has brought it all back. I love reaching out to moms and babies and now have the special needs experience as well. Thanks for being there for me and so many other moms."
- ❖ **Pat Bielecki:** "Both my daughters have successfully breastfed their children. I thank LLLI for their inspiration in order to support my daughters!"
- ❖ **Karen Carter:** "My children are now 24, 21, 19, and 16. They present many new challenges and I draw on my training with LLL to still provide the best parenting I can."
- ❖ **Kristi Patrick (daughter of Sandy Chambers):** "My mother was a Leader in Richmond, Indiana in the 70's. I hope we can attend the conference in '07... My mom takes care of my dad at home who battles with ALS, so it may be difficult to coordinate the trip."
- ❖ **Majorie Diehl:** "How far we have come, how much further we have to go. I'd like to join the Alumnae."
- ❖ **Julie Hill:** "Every time I see a young mother breastfeeding her baby as if it's perfectly normal, my heart beats a little faster. With my youngest baby at 22, I am proud to be one of the women who helped change a culture."
- ❖ **Carol Konecnik:** "I was a Leader in the Crystal Lake Area about 1982 and probably retired 1996. We had lived in Libertyville from 1977 until 1981 near Mary Ann Cahill. Her granddaughter was living with them and was Renee's best friend... I have lifelong friends from those times and cherish them tremendously."
- ❖ **Annette Leiblic (Soto):** "How lovely that LLL is looking for its past Leaders. I was a Leader from 1970 through 1978 in Southern CA. I attended the 1974 conference with my 3 month old son, Jedd, the fifth of my six children and now a strapping 6'4". I live in Springfield, Illinois near my oldest daughter, who is expecting twins this year.... all of my grandchildren have also breastfed until they weaned themselves. What a wonderful gift to pass from each generation of mothers to the next!"
- ❖ **Cam Smith:** "Life has brought many changes my way. I have often thought fondly of my years with La Leche League and the ten years I served as an IBCLC. Thank you for being there when I needed help and for giving me the privilege of helping others."
- ❖ **Andrea Smith (daughter of Janice Smith):** "Mom was an Area Coordinator in 70's and also directed testing for WHOLE FOODS FOR THE WHOLE FAMILY."
- ❖ **Terri Sturm:** "Wow! How exciting to get re-connected"
- ❖ **Debra Swift:** "Through many amazing years of motherhood, my favorite times were those nursing my children. Now my daughter Leslie is 31 years old and expecting her first child, Leah Rose. Please add me to your list of Leaders and any mailing list for the 50th anniversary. I could never repay LLL for the experiences I've had. But you have my eternal thanks!"

La Leche League is often behind the scenes giving good information

When the media want dependable information about breastfeeding, La Leche League International is only a phone call away.

The following list was fielded during the months of May and June 2006 by Mary Lofton and Mary Hurt in the LLLI Public Relations Department and by Katy Lebbling, Center for Breastfeeding Information. It is a good representation of the calls LLLI receives.

LLLI represented at symposium on breastfeeding and HIV

Rebecca Magalhaes, USA; Yanet Olivares de Saiz, Dominican Republic; and Mimi de Maza, Guatemala represented LLLI and each gave a presentation at the Conference *Gender, Child Survival and HIV/AIDS: From Evidence to Policy*, primarily sponsored by WABA and York University in Toronto Canada May 7 - 9, 2006.

Rebecca co-presented with Liew Mun Tip from WABA on "Framework for Collaboration: Outcomes of the Breastfeeding and HIV Symposium, July 2005."

Mimi gave a presentation titled "The implications of HIV for infant feeding policy: The Case of Guatemala" that outlined the challenges that Guatemala is facing.

Yanet presented the UNICEF funded study that LLL/DR carried out with HIV+ women who are told to not breastfeed. It was an excellent presentation with very significant information. Information on this Conference and the Joint Statement that came out of the Conference is on the WABA website: www.waba.org.my

Newsweek: Breastfeeding

Our Bodies, Ourselves: History of breastfeeding

NPR - Morning Edition, Kitchen Sisters: Mothers Day Story

Working Mother: Foods to help breastfeeding

The Learning Channel: Segment on long term breastfeeding

The Dallas Morning News: Breastfeeding

Fox TV News: TV interview at LLLI on Breastfeeding in Public

Child Magazine: Breastfeeding article

MSNBC News: Two live interviews in Chicago studio on the Breastfeeding Awareness Campaign

New York Times: Infant health and breastfeeding

People Magazine: Breastfeeding Awareness Campaign

Women's e-News: Breastfeeding and formula bags

CN8 - Boston, Nightbeat: Radio interview on benefits of breastfeeding

Wall Street Journal: Cultural history of breastfeeding

Wisconsin Public Radio, Katherine Brand Show: Radio interview on Breastfeeding Awareness Campaign

ABC News 20/20: Video - How to breastfeed

Time Life Publications: Breastfeeding facts

Wall St. Journal: WHO growth standards

New York Times: Milk donations

San Francisco Chronicle: Chemicals in human milk

Parenting Magazine: Storage of human milk

Stateline.org: Breastfeeding legislation

Associated Press: Breastfeeding and SIDS

Time Inc., Pregnancy Basics: Breastfeeding photo update

Chicago Parent: Breastfeeding after breast surgery

Wall St. Journal: Breastfeeding problems

The Oregonian: Breastfeeding in the workplace

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)
- 800 Helpline donation for \$_____
- 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
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Viola Lennon
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50 Years Celebrating the Power of Breastfeeding

La Leche League International Conference
July 20 - 23, 2007 ~ Chicago, Illinois

MARK YOUR CALENDAR! SEE YOU THERE!

LLLI & Alumnae updates

- ❖ LLLI's newest Board Member from the EUS is *Don Buckley*, a Professor of Biology and Director of Learning Technology for the School of Health Sciences at Quinnipiac University, Connecticut. His wife, Susan, has been an LLL Leader for 21 years and is current PL Administrator for the EUS. Don is father to Heather, a nurse and nursing mother in Chicago, and Chris, a student at Quinnipiac.
- ❖ Check out the new look of the LLLI Web site at lalecheleague.org! It's gone through a whole renovation to make it more user-friendly. Launch should be any day now.
- ❖ Sales of the first LLLI-branded nursing bras at 23 Nordstrom Department Stores in the United States have gone well, paving the way for more revenue-producing products for nursing mothers.
- ❖ If you have not yet sent in a quilt square for the backdrop of the stage at next summer's 50th Anniversary Conference in Chicago, there is still time! Whether you are planning to attend or not, your square is welcomed into this quilt that will reflect the ideas, emotions, and personalities of LLL Leaders, families, and friends throughout the world. To receive a square to decorate, send a check for \$5.00, payable to LLLI to: Helene Scheff, 210 Brookhaven Road, North Kingstown, RI 02852.
- ❖ LLLI Conference speakers are being added daily. Find out who's on the list at the La Leche League Web site—and keep checking back for new additions.
- ❖ Remember to give to the LLLI 800 Helpline.