

Continuum

Our Mission:

To provide an opportunity for current and former LLL Leaders and members to continue a lifelong connection with one another, extend LLL values and wisdom into all stages of life, and support the mission of La Leche League.

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September - December 2011

Opportunity to Pre-Order Passionate Journey

Marian Tompson will be available to sign her book while she is in St. Augustine with the Alumnae group on November 10-13. A limited number of books will be available for sale. Pre-ordering is recommended to assure there will be enough books. If you already have a copy, bring it with you to be signed. If you are not attending the Alumnae Trip, ask a friend to buy a book for you and have it signed. **Price is \$18.** Payment is by cash or check when you pick up the book. **Pre-order by October 15** from Judy Torgus at: Torgusjudy@yahoo.com.

THE LONG ARM OF LA LECHE LEAGUE

Welda Hoerz became a Leader in 1978 and helped start LLL in Germany (LLLD). She wrote, "Over the years I worked for LLL Europe and was on the LLLI Board of Directors. At present I am in a sanctified retirement position without ever having really retired. My last job for LLLD was in a tempestuous time and having resigned from the LLLD Board, I decided to finish my other work and pass it on to the younger generation. With my 'new life' including months on the road, I wouldn't want anyone in LLL to be dependent on me. I keep in touch some through email and love to hear what is happening in LLLI, LLL Europe and other countries. Occasionally an old LLL friend visits, like Edie Boxman and her husband last fall. I cherish the memories I have of so many of you lovely women I have met over the years, especially meeting up at the LLLI Conferences and singing for those events. Wouldn't it be fun to meet up again—most of us in our 50s, 60s and 70s?"

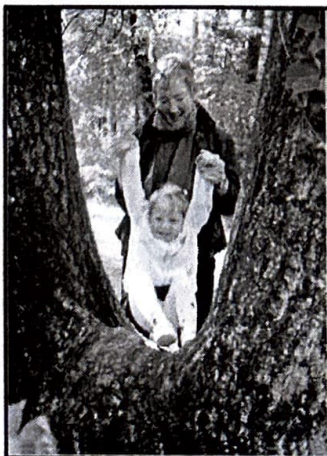
Welda adds, "Wolfram and I had three children who were a mainstay during his long illness and after his death in 2005. Wolfram remains very much in all our hearts. My son, Michael, 38, lives in Berlin with his partner, Neeltje, and is an online journalist for a university institute. Susanne, 35, has a doctorate in psychology, works at the Munich University and recently vacationed in Thailand with her boyfriend, Volker. Anne, 30, lives about five minutes away from me with Thomas and has two little girls: the famous little red-haired Isabella (6) and Emilia (3). They are lucky to have Thomas's parents in the same house upstairs, but this grandma (me) gets to do her part, too."

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✕ It Only Happened Because of LLL... and a Little Help from My Granddaughter ✕

Can you imagine a new and wonderful era in your life opening up because of La Leche League? You may be thinking of all the wonderful people you have met during the years of your work with LLL and the joy these friendships have brought you...or of a famous person you have met during your LLL work...or a new job, which you got because of skills you learned during LLL work. The possibilities are myriad. When I asked Barbara Sturmfels, Director of LLL New Zealand, to visit me in Munich after the LLL cost-sharing meeting in Frankfurt in September 2009, I was anticipating showing a new LLL friend around Munich, the Alpine area, and enjoying a bit of relaxation after some stressful LLL work. We had planned to hike in the foothills south of Munich on Sunday and then spend my other non-working days seeing the sites in the city during her short four-day stay. Then a late-night text message from my daughter, Anne, reminded me that my granddaughter, Isabella, would be singing in the children's choir—her first time ever.



Welda & Isabella, October 2009

(continued on p. 2)

✧ It Only Happened Because of LLL . . . and a Little Help from My Granddaughter ✧ *(continued from p. 1)*



Welda and Tom, October 2010
*Who says that falling in love
at 63 is any different from at 16?*

So, with grandma being a children's choir director herself, of course, Barbara and I decided to go to the little Lutheran church first and hear Isabella's choir. After the service Isabella insisted on staying with us. Barbara and I decided that hiking in the Alps with a three-year-old might be a bit strenuous, so we opted on short notice to take her with us to the gardens of Nymphenburger Palace, right here in my neighbourhood. As we approached a large fountain towards the end of our visit, I noticed a tall, silver-haired gentleman standing there quietly, looking at the water. I was intrigued but we continued on our way.

About one minute later, little Isabella decided that she had had enough of being pushed in a carriage and dug her feet into the ground. The man was approaching and I knew I *had* to say something. To this day I have not told my daughter what popped out of my mouth and led me to meet this wonderful man: "Well, if you don't want to go with us, we'll just ask this nice gentleman if he wants to take you with him." (Talk about going against all

the pedagogical principles one has exercised your whole life with your own family and hundreds of kids you have taught. Oops!)

The kind gentleman, Tom, removed his (slightly forbidding) sunglasses and answered in perfect English, saying that he indeed had three daughters and wondered if he could help us. We started talking and before I knew it, I was walking ahead beside this Tom, leaving Barbara to push the astonished Isabella and feeling pretty much

like a "gooseberry"—a New Zealand expression, also known in other English-speaking countries for a "third wheel." Tom went to lunch with us, had espresso at my daughter's, then spent the afternoon and evening talking in my front yard. (I whispered to Barbara before that she needed to take a nap!)

That was almost two whole years ago. In the meantime this silver-haired gentleman is my life-partner and we share a completely different life than I had experienced before. Many of you know that my husband Wolfram died of cancer in 2005 and that we had been together for over 37 amazing years. I had hoped to someday find a partner again, but never imagined I could be this lucky a second time. Tom is German, a writer, teacher, father of four adult children, plays guitar, draws, and is a quiet, intuitive man who meditates and can teach this to others.



Barbara Sturmfels

His first German book on meditation (*Meditative Living and Loving*) has just come off the press—with the same layout and design experts, Benno and Holger, who do all the books for LLL Deutschland/Germany (LLLD). He is currently writing a second book about meditation in English. Over the past two years my time for LLL has changed into time to type and help edit Tom's books. My music teaching job at the international school in Munich was over in June 2010 and since then we have been enjoying a supposedly calmer life-style: where the unexpected still keeps happening, with people stopping by, workers in and out, repairing our house and his or my children and grandchildren dropping into our lives periodically. I have to admit that my children and friends were a bit put out with me for the first six months or so of our relationship, as I didn't want to see anyone but Tom. Who says that falling in love at 63 is any different from at 16?

This past winter Tom and I spent three months in North Carolina (where I grew up) and Florida. We bought a used small camper van and are storing it in Florida for next winter. We hope to travel more through America, so perhaps I will meet some of you along the way. Do write.

When I consider that if Barbara hadn't been here, if Isabella hadn't sung, if we had gone on to the Alps that day . . . all these things lined up to make our paths cross, but all in all, it was Barbara and LLL which brought this man into my life. When Barbara is asked about being the godmother of the second love-of-my-life, she could only answer that, "You naturally fell in step with one another." Anyone else need a visit from Barbara? She loves to travel. ☆

*Welda Hoerz
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Send your story about the "Long Arm of La Leche League" to: dereszyn@verizon.net

✧ Announcing New Alumnae Association Web Site ✧

Since January the Alumnae Council and the Web designer, who is an LLL Leader, worked together to create a new look and update content. The site was launched in June, using an independent server and new format! Go site seeing at <http://lllalumnae.org>. The shopping cart feature is great to add a new or renewal membership, donations or a donation to the LLL Breastfeeding Helpline-US (which is sent directly to the Helpline fund), or order pins for Leaders in your Group/Area to recognize Leaders at LLL gatherings. Three Alum members have volunteered to be trained with the new system, to add news features and fill in pages. We are thrilled to have them share their talents with us. If you check out the new site, take a few moments to share your impression. Please share our excitement about the new site with current and former Leaders and members. It's been a great lift-off! ☆

I discovered a book about many women who played a significant role in St. Augustine's history. Alumnae member Edna Kelly was willing to read it and write a review for *Continuum*. It would serve as a prelude for those attending the St. Augustine trip in November. For those not able to attend, you can enjoy Edna's review. *Daring Daughters: St. Augustine's Feisty Females 1565-2000* by Karen Harvey brings to life the timeless stories of women who over the centuries have faced adversity with courage, character, and often humor. The women presented in *Daring Daughters* found a way to live their lives as they desired. Some overcame obstacles; some created their own roadblocks while seeking a dream. Whether their historic contributions were by default or intent, they left their mark. All of them were survivors. Harvey is a local authority on Florida history.

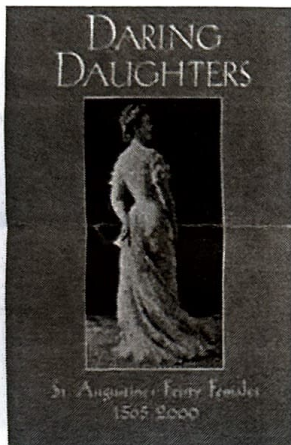
Fran Dereszynski, *Continuum* Editor

BOOK REVIEW



✧ *Daring Daughters: St. Augustine's Feisty Females 1565-2000* ✧

When describing the feisty females in her book, Karen Harvey could be talking about some of the LLL Leaders I know—sweet, tough, smart, genteel, daring, and even feisty. The span of these women's lives covers the history of St. Augustine, including settlement by the Spanish, Native Americans, British, freed slaves, and the new United States citizens.



The first feisty woman chronicled is Antonia, an Indian princess. She was married—perhaps in name only because the groom had a Spanish wife back home—to 1500s Spanish governor Don Pedro Menendez de Aviles, founder of St. Augustine, the oldest European settlement in North America.¹

After the Spanish colonized Florida, they traded it to the British in exchange for Havana, Cuba, in 1763. The Treaty of Versailles in 1783 returned Florida to the Spanish. Finally, Florida became a US territory in 1821.

Anna Kingsley, born Anta Majigeen Njaay of royal descent in Senegal, Africa, was brought to Florida in 1806 as a teenage slave. Purchased by wealthy plantation owner Zephaniah Kingsley, the two were soon married. Kingsley is said to have had other wives, although Anna was the mistress of the main house. She never lived in slave quarters; Kingsley officially emancipated her in 1811. Anna herself became the owner of 12 slaves. She and her children, George, Martha, and Mary, narrowly escaped being captured by rebels and sold as slaves, despite her emancipation. Anna and Zephaniah were married for 37 years when he died. Kingsley Plantation is the family home on Fort George Island and is owned by the National Park Service.

Miss Lucy Abbott, a real estate entrepreneur in the late 1800s, speculated in land and built homes, nine of which remain. Her Abbott Mansion at 14 Joiner Street has most recently been the Old Mansion Inn. Other homes she built are on Water Street. Spinsters Sarah Mather (descendent of Cotton Mather) and Rebecca Perit came to St. Augustine from the North in mid-1800s to work as teachers for the "untutored," specifically Indians and African Americans. Fort Marion, now Castillo de San Marcos, was the site of their work with Indians, where they even produced a version of *Mother Goose* complete with Indian dances, war whoops, love songs, and Indian sign language.

Over 20 independent women are profiled in *Daring Daughters*, including

the mother, sister, daughter, and three wives of Henry Morrison Flagler, co-founder of Standard Oil. He was devoted to his loving and caring mother who gave him permission to leave school after the 8th grade to seek his fortune. The death of Henry's beloved first wife Mary was a turning point in his life. He moved to St. Augustine with his second wife, Ida Alice, who had been the caregiver for Mary. While there he was responsible for an era of prestige and prosperity. In memory of daughter Jennie Louise, who died following childbirth, he erected the Memorial Presbyterian Church. His lavish Ponce de Leon Hotel is now a Flagler College campus building. In 1899 Ida Alice was declared incurably insane and committed to an asylum where Henry continued to provide for her. Upon her death in 1930, she was worth more than 15 million dollars. To learn more about Flagler, his female entanglements, and other remarkable women, you'll just have to read the book. Order a copy for \$9.95 at www.ancientcityechoes.com/book-gallery/daring-daughters (160 pages, 20 photos) ☆

¹ In July 2011, I attended a lecture about the history of separation of church and state. The speaker noted that Menendez led an early *matanzas* (massacre in Spanish as in Fort Matanzas in St. Augustine) of Protestant French Huguenots at Fort Caroline in Jacksonville. He was ordered by King Phillip II to "hang and burn the Lutherans."

Edna Kelly,
Houston, Texas USA

✧ We Remember ✧

If you know of a Leader who has died: Log on <http://lllumnae.org/We-Remember>. Then select "send us the information." Enter her name, city, state and country, where she served LLL, obituary link (if available), and year of death. Or you may send the same information to Nancy Franklin at: nancyblake.franklin@gmail.com Please note this is Nancy's new email address. You may choose either one of these options in order for the names to be added to the *We Remember* list. ☆

Wendy Minniear Masters was accredited as a La Leche League (LLL) Leader in 1971 and is happy to say she was able to attend the LLL International Conference 50th anniversary celebration. Married to her husband, Bill, for 50 years, she has been an Alumnae member for many years, is a past member of the Alumnae Council, and helps with Alum activities from time to time. A former teacher, she still substitutes in the classroom. Her interests include golf, playing bridge, reading, and crocheting lapghans for nursing home patients. Wendy says, "I am struggling to learn to knit. I still have a sense of humor—most of the time."

Wendy wrote, "I am a child survivor of the Pearl Harbor attack, December 7, 1941 and I remember. My mother, sister, husband, and our youngest daughter and her husband were able to attend the 50th Pearl Harbor anniversary in 1991. Due to my sister's diligence, we were among the honored guests on that occasion. US President George Herbert Walker Bush shook my mother's hand and I don't think she washed it the whole time we were in Hawaii. We took a trip down memory lane that year. My mother's mind and tongue remained sharp. Our parents are long gone. I do not think we will be able to attend the 70th anniversary and it may well be the last one. This is my story—my sister's and mine."

✧ Pearl Harbor: I Remember ✧

My name is Wendy Louise Minniear Masters. I was born at Mare Island Navy Base, northeast of San Francisco, California. My father was a sailor and my mother a hotel maid. My dad Carl W. Minniear graduated from high school in Warren, Indiana. He joined the Navy in Indianapolis in 1930 and went to Great Lakes, Illinois, for Boot Camp. He was an electrician. In 1940, he was assigned to the USS Langley, the Navy's first aircraft carrier, based in Honolulu, Territory of Hawaii. My mother packed up with me in tow and off we went to Honolulu by ship. Dad was soon transferred to the USS Phoenix, CL-46, a light cruiser, and assigned to the engineering department. That September he was made an officer, an ensign. In those days with hard work and study you could become an officer without going to Annapolis or Officer Candidate School (OCS). My sister was born in Honolulu on September 22, 1941.

On the morning of December 7, 1941, I was 3 years, 4 months and 25 days old. My sister, Wanda Gay, was nine weeks old. We lived on Aupuni Street in Kamehameha Heights in a house with large picture windows facing the bay, high above the harbor. My father was dressing to return to his ship and my mother, Martha Louise Bacon Minniear, was in the kitchen.

"Carl, Carl, come quick," she said. "Something has happened. There's smoke."

"Oh my God," my father replied, "we are at war."

Pop put me on his shoulders and we walked to the end of the street for a better view of the harbor. We could see clearly the thick smoke from the burning ships. What I remember the

most was a Japanese pilot in his plane flying right past us—just like the scene in the movie *Pearl Harbor*—with his "Snoopy" pilot hat and aviator scarf. I remember that the pilot grinned, gave a quick wave and "a thumbs up" as he disappeared from sight. I won't repeat what my father said.

We returned to the house. My father said to my mother, "I am leaving. I do not know when I will see you and the girls again. You will just have to deal with it." A Japanese family owned the house that we lived in. My mother noticed that they had been stockpiling rice long before December 7th.

As Dad was getting ready to leave, he and Mother took the mattresses from the beds to form a shelter for us under the kitchen table in case of another attack. They also pushed a chest of drawers to block the door leading from the basement where the Japanese family lived. Daddy told her that her Christmas present (a pin) was in the bottom drawer of that dresser. When she died 57 years later, we buried that pin with her.

Dad drove the car to the base. He told Mother that he'd leave it there for her for whenever she would be able to pick it up. After going a short distance, he had to abandon the car and continue on foot—the roadway was impassable because of the destruction. As he was running toward the dock, he met up with a shipmate. They were able to catch a ride in a shuttle boat that took them to the USS Phoenix that was at anchor in the bay.

The ship's boilers were cold, which means that the fires had to be lit and pressure brought up to start the engines. As soon as the harbor mouth was opened, the Phoenix cleared the

harbor for open waters with a partial crew and the ship was under way with chaos reigning all about her.

James Rounding, a seaman, recalls: "By the time the USS Phoenix was able to move out, all the planes had left, leaving behind burning battleships and destroyed planes." Rounding said the USS Phoenix was one of the largest ships that managed to get out of the harbor that day. As they made their way through the harbor, they witnessed several sinking battleships as they headed for the open sea, trying to locate enemy aircraft carriers. They were underway by 10:30 a.m., seeking to form a task force to defend the Island against invasion which all expected. Rounding said after spending three to four days at sea searching for the enemy, the USS Phoenix returned to Pearl Harbor and what they saw was destruction everywhere.

"Oh God, it was horrible. It was horrible," Rounding said of the destroyed battleships. "All the battleships were down, and the Navy yard was a mess."

Although the USS Phoenix had not been hit, they needed to replace one of the guns on their ship because they had fired it so much during the attack, that it blew the barrel out on it. They headed to San Francisco and spent about a week there before picking up a group of ships and escorting them back to Pearl Harbor. They made several trips to San Francisco before heading to Australia as part of the Navy's 7th fleet. The Phoenix was in every major battle in the Pacific during World War II." She was awarded 11 battle stars. Only two sailors died: one from appendicitis and another fell overboard. The Phoenix was considered the "luckiest" ship in the Navy. (continued on p. 5)

✧ Pearl Harbor: I Remember ✧ *(continued from p. 4)*

When the Phoenix returned to Honolulu for gun repair, Dad made arrangements for us to move. We were placed in the home of a Chinese woman who was so happy to have us with her. During that time one of my vivid memories was of gas masks. We were issued gas masks...yes...the type you see in the movies...wherever we went we had to have the masks with us. Mom wrapped them around the baby buggy for our daily walk. Now can you imagine an infant wearing a gas mask...she would have fit in it!

In April 1942, we were evacuated. We were among the last families to be sent back to mainland United States. We sailed on the luxury liner, S.S. Lurline, comparable to today's cruise ships were no longer a luxury liner.

She was a workhorse now. Her decks were protected by canvas and crewmembers slept on the decks. The many wounded men and the dependent families were given the crew's sleeping spaces. In our cabin were three women and several children. We were rarely permitted to leave our quarters even to go on deck for fresh air. Mother was permitted out more than the others as she had a baby to care for. She would try to get the Marines, who were assigned to us, to tell her what was happening. They wouldn't.

Mother remembers hearing the booming guns and depth charge explosions. Later she found out that we had been under attack on several occasions and one of our escort ships had been sunk

by a torpedo attack. We arrived in San Francisco and went on to San Diego to live during the war years. Dad remained in the Navy after the war, serving a full 30 years as a career officer. He retired as a full Navy Commander.

If you watch very, very carefully the early flashbacks in *Under Siege*, a movie with Steven Segal, there are a few scenes on the pier of the 50th Remembrance of Pearl Harbor. In the audience, you can barely see the top of my head. My family was among the honored guests at that event. Unfortunately Pop was not there. He passed away in 1979. ☆

*Wendy Minniear Masters
Valparaiso, Indiana USA*

✧ Grandchildren Are Healers ✧



Pam, Hannah (3) and Conner (5), May 2011
I was on my quarterly visit to Cincinnati this summer. Early on, I injured my knee, and was in significant pain at first.

My grandchildren understood that we needed to go low energy and asked me regularly how my knee was feeling. I even got a few extra hugs and kisses in the process. I told them that the first night when I was in pain, I had heard that one should think about something else that made them happy. And so I thought of their smiling faces, and was able to drift back to sleep out of pain. The urgent care doctor was concerned that I see an orthopedic specialist and have a magnetic resonance imaging (MRI—detailed digital image of the knee) to

prepare for likely surgery once I got back home. I gave myself Reiki, other holistic treatments, and soaked up the love and attention from my grandchildren and daughter. A week after the injury, I was walking, but with a limp. Once I was home, I went to the doctor in Florida. I was told to keep exercising and being careful, and to call if it did not continue to improve. I'm thrilled with my recovery—a lot of rest and much love is what did it! ☆

*Pam Hayes
Lutz, Florida*

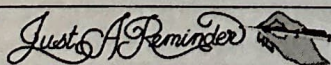
✧ Alumnae Representative Activity Report ✧

In May 2011, La Leche League of Southern California/Nevada celebrated its 50th anniversary. At the Leader Enrichment Seminar, LLL co-Founder Marian Tompson, Jacque Gates, and Barbara Gillentine (former members of the Leader Accreditation Department in the early years) were part of an informative panel that reminisced back to 1961 with stories of the first LLL Leaders and Groups. LLL Group newsletters from the 1960s, 1970s, and 1980s were shared. Leaders present received

the Area's history in a handout compiled by Sandy Patton. A new Leader ceremony recognized 14 mothers accredited as Leaders in the past year as they continue the future of LLL. Two Leaders who reached the 25-year milestone this year were presented with a necklace. Recognition pins were given to 26 women who are current Leaders for 25 years or more. Leaders with more than 30 years and up to 49 years were recognized with a milestone pin. When counting up the total number of years they provided

breastfeeding support, the total was 1,186 years! At the two-day Area Conference following Leader Day, Alumnae members facilitated two grandparenting sessions. Local current and former Leaders are welcome to contact me, Alumnae Representative (AR), to join the Alumnae group in Southern California/Nevada. ☆

*Sharon Fairborn
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Renew your membership before December 31, 2011 to receive *Continuum* in 2012.

✧ Beekeeping for Family Health and as a Family Activity ✧

For many years, my husband and I have suffered from allergies to ragweed, which starts blooming around August 20 and goes until the middle of September around here in Ohio. I was excited when four years ago a stand at our local farmers' market started selling "Fall Honey," taken from the bees in October. We bought a good quantity and started eating a teaspoon daily. We were going on the theory my aunt promoted to me many years ago—that local honey, which contains small amounts of pollens from the flowers it came from—helps desensitize an allergic body over time. This is similar in idea to desensitizing shots for allergies, given by a doctor. While this benefit of honey has not been proven by science, it has shown to work for us.

Three years ago, we met a young lady from Australia. We learned that she has been a beekeeper since she was nine years old. That intrigued me. I thought: If a child can do this, surely I can, too! So, I started beekeeping two and a half years ago in the spring. Together with my two youngest daughters, now 14 and 9, we jumped right in! This is now our third year as beekeepers, and we are still learning so much! I love reading the bee magazine, going to meetings of our local club, but especially have discovered a real passion for talking about the bees to anyone who will listen! I am amazed at how many people have heard about the Colony Collapse Disorder, where a whole colony of bees just vanishes, without known reason or cause.

I keep my bees in the backyard, and can watch them from my kitchen door. I started with two colonies (meaning a queen, lots of worker bees, and the male drones) in their two hives (their boxes, filled with frames, on which the bees build their combs). Unfortunately, neither survived the first winter, due to the very hard, long winter we had around here. My bees, which clustered nicely to preserve the heat, couldn't open up the cluster enough to move a bit to where the honey was still stored. Also, due to the long spells of severe cold, they could not take their short cleansing flights, which led

to disease in one colony. However, in the summer, the bees were very productive, yielding a good amount of surplus honey, more than what they needed themselves for the winter. And oh my! Does fresh honey taste wonderful! The surprising thing, too, is that each time we are able to get more honey, it tastes different, due to the different mix of flowers the bees were getting the nectar from. This is truly some wonderfully alive food, and reminds me, in its variability over time, of breast milk, which, too,

look at the brood, lift off the boxes as we look further down, and then put it all together again. With all the honey, those boxes can weigh, depending on size, upward of 30 pounds!

While the Australian lady was certainly the last push I needed to start on this most amazing hobby, I have always been intrigued by the bee products and their healing powers: Honey for allergies, but also for wound healing, whether burns or scrapes

or rashes. Propolis, the sticky substance bees collect from tree sap, buds and other botanical sources, and which they use to close little gaps in their hives, is anti-viral, anti-bacterial, and anti-fungal. As a tincture, it is great for boosting one's immune system. I have yet to learn how to make my own tincture! And even the bee venom, from the stinger of the bee, has therapeutic effects on arthritis and many other ailments. I have used a purchased bee venom salve successfully for tendonitis.

And yes, bees do sting, though usually in defense of themselves or their colony. They lose their stinger by doing so, and die. I am very happy to have discovered that plantain tincture, made

from the weed plantain (which grows abundantly in my own yard!), is a great antidote for the stings. One errant bee recently stung me in the face, unprovoked, and with the tincture it hardly swelled at all! I love how nature usually has something in store for what ails us, whether bee products, or the antidote for bee stings.

I started beekeeping mostly for the honey, but have found it to be a truly fascinating hobby, one I can share with my girls (my husband loves the bees and the honey, but has no interest in helping us!). The honey is the sweet icing on a rewarding activity, the gift of liquid gold from the bees! ☆

Almuth Koby
Kent, Ohio USA
almuthmom@yahoo.com



Almuth and her daughters in backyard
Three beehives in background, June 2011

changes over the time of day and the seasons of the nursing child. I bought two new starter colonies in the second spring; they survived the last winter. After splitting one colony successfully, I have now three growing and thriving colonies of bees! I see that as "insurance" toward future loss—hopefully I won't have to buy bees again! While I keep my bees in simple boxes full of frames, I have seen the most creative and beautiful hives: One that looks like an old country church on the outside and painted ones that depict flowers and more. The bees don't care, it's only for the amusement and enjoyment of the beekeepers.

My two daughters are a great help when we check on the bees: Dressed in our bee suits with veils, gloves, and boots, they help me



✧ Welcome Judy Torgus, New Alumnae Council Member ✧

Judy Torgus was appointed in June as a Member-at-Large on the Alumnae Council. Judy shares her thoughts about this new position: "I am looking forward to working on projects with the Alumnae Council! I have been reviewing the copy for *Continuum* for Fran for several years and before that I worked on it with Sue Christensen.

The Alumnae organization is very special to me because it keeps all of us in touch with a great group of friends who share a common bond. We can all be proud of the work we did together over the years and the hundreds of thousands of babies who were breastfed because of our dedication and love. ☆

BOOK REVIEW



✧ Passionate Journey – My Unexpected Life ✧

Written by Marian Leonard Tompson with Melissa Clark Vickers

This book tells the story of the life of Marian Leonard Tompson. It starts with her birth and childhood in a close and happy family and her plans for a future in the world of ballet, which changed when she met her future husband, Tom. Marian married young and had three daughters in quick succession, followed by two more daughters and then two sons. Right from her first pregnancy she realised she was going to “swim against the tide” in the way she wanted to give birth and breastfeed. Having read Dr Grantly Dick-Read’s *Childbirth Without Fear*, Marian was determined to have a natural birth at a time when this was just not done. When she arrived at the hospital to have her second baby medical personnel came from all around hoping to see the birth.

Marian met Mary White and her husband Dr. Gregory White through the Christian Family Movement and found that Dr. White did home births. After that, the rest of her children were born at home, and her daughters continued the tradition by returning to their childhood home to give birth when they had children. In the 1950s few people breastfed or took their babies out to public gatherings but Marian and Mary started to make connections with people who felt the same as them including Dr. Herbert Ratner, Edwina Froehlich and Betty Wagner.

It was at a Christian Family Movement picnic at Wilder Park, Illinois, in 1956 that Mary and Marian first realised the need there was for breastfeeding help and support. As they sat nursing their own babies, other women came up to them to talk about how they wished they had breastfed. They decided the most helpful thing to do would be to bring together women who had breastfed to share their experiences and practical information. So a “typical” group of 1950s mothers, Marian, Mary, Edwina, Betty, Viola Lennon, Mary Ann Cahill and Mary Ann

Kerwin, some of whom had never met before, got together at Mary’s house to organise something they decided to call La Leche League (LLL). Much to her surprise Marian found herself elected president and she agreed, thinking it wouldn’t be much work and it wouldn’t be for long! The monthly meetings proved so popular they had to be expanded, and they produced a Course by Mail, which became the first *Womanly Art of Breastfeeding*.



Marian found herself spokeswoman for LLL and soon she was receiving requests to speak, first on local radio and television stations, and then on panels before medical groups, and ultimately at symposiums and conferences around the world. Marian, who had never travelled far away from home, or flown anywhere, found herself being asked to travel the world. She often found herself representing the mother’s point of view when the rest of the panel, attendees, or speakers were eminent medical people, and her views sometimes caused uproar amongst them. Marian says she wasn’t trying to start a revolution with the speeches she gave and the choices she made, she just wanted to be true to herself and provide what she knew was best for her and her babies, and to give a voice to women who wanted the same things.

LLL began to hold its own conventions, and as the number of Leaders grew, so did the number of doctors who joined LLL. Over the years LLL found itself having to defend breastfeeding from various attacks, including controversy over

contaminants in breast milk, formula marketing, and legal battles, such as visitation, nursing in public, work-related issues, and jury duty.

While she was away from home the children were happy being cared for by Tom but Marian was always glad to get home, and in the book she shares some of her family stories and memories. When Tom died suddenly in his early sixties, life changed for Marian. She moved (to a new) house, got part time work to fit in with LLL commitments and family gatherings, and looked after her mother as she got older. With the position of President of LLL being eliminated, Marian looked to do other things. She found herself going down a new road, looking at HIV and breastfeeding. A private chat list called AnotherLook was set up and this became a not-for-profit organization. In ten years this has achieved much, it has got people talking and found some answers, and is now reverting to a chat list and Web site.

Marian resigned from LLL in 2010 but her time is as fully occupied as ever. She continues to speak at conferences, catch up on research and deal with never decreasing amounts of phone calls and emails. She finds time for activities and her life is very much family orientated. Marian reflects that life has taken her along a road she never could have imagined, and (it) has given her friends all over the globe who have enriched her life in so many ways. The book ends with quotes from each of her children who agree that their mother has taught them never to be afraid to swim upstream. It’s thanks to the insight, courage and inspiration of Marian and the other six Founders of LLL, that so many of us have found our own unexpected and wonderful life. ☆

Anna Burbidge
Market Harborough, Leicestershire
UNITED KINGDOM

After she read *Passionate Journey*, Sara Dodder Furr wrote a review that offers practical insights to share with Alumnae members who have not yet read the book. Sara wrote, “There is so much more to say, but I don’t want to spoil the fun for future readers!” I hope her review tempts you to get a copy for yourself or as a gift for a co-Leader and to recommend it to friends. —Fran Dereszynski, Continuum Editor

BOOK REVIEW



After reading *Passionate Journey*, my view of Marian became more multidimensional. At one time (before I met her), I thought of Marian as a La Leche League Founder, someone who did an amazing thing by helping to establish an international organization, a person on a pedestal. But now also I see her as a devoted daughter, wife, mother, and visionary. I see how each of these roles built upon the other, and how they all intertwined to bring her to the point where she is today. I understand more fully how she was able to seize the moment, move forward, and help co-found a movement which dramatically increased breastfeeding rates in the United States and around the world. When the going gets rough or the outcome is uncertain, Marian does not back away from her core beliefs. When she and the co-

Founders of La Leche League realized they had knowledge that could benefit other women, they shared what they knew, mother-to-mother. When they answered questions sent to them by mail, they realized that they could help even more mothers, more efficiently, by writing a book. Because of their willingness to take a chance, we now have *The Womanly Art of Breastfeeding* in all of its editions, a handbook to guide women on their mothering journeys. It is hard for most of us to understand how the Founders managed to stay on top of communications before email was an option. They received a large volume of mail in their homes in the early years. One thing that Marian did, which might be an important lesson for those of us who feel overwhelmed by volunteer work at times, was to take regular vacations from her “LLLlife” and enjoy fun times with her family. (continued on p. 8)

✧ Passionate Journey – My Unexpected Life ✧ (continued from p. 7)

While others may have given up on the medical profession, believing they had nothing to offer to La Leche League, Marian realized there were also physicians who had knowledge to share and who, due to their expertise and connections, could open doors for her to share her wisdom more widely. Marian built alliances with several physicians who were to play a key role in La Leche League's success, including Dr. Gregory White, Dr. Herbert Ratner, and Niles Newton, PhD. Later, Dr. Lawrence Gartner, Dr. Armond Goldman, and many other physicians agreed to assist La Leche League throughout the years as members of the La Leche League Health Advisory Council. It was largely due to Marian's belief that it was important for physicians to learn about breastfeeding that La Leche League came to provide Physicians Seminars from 1973 through 2008, helping physicians around the world to become more knowledgeable about breastfeeding and maternal and child health.

Many times over, Marian demonstrated a willingness to challenge the status quo. Her book has a collection of stories about those moments when she challenged established birth practices, expectations for women (who were supposed to be quiet and just get along), and beliefs about what was possible for one mother of seven to accomplish in a lifetime. She has never been afraid to speak her mind. Some of my favorite stories include Marian:

- Explaining to Betty Friedan that she was empowered by motherhood, not weakened by it.
- Telling a gathering of physicians that the mothers in attendance would not be leaving their nurslings but that they would keep them in arms as they attended a conference.
- Questioning basic assumptions that many assumed to be true—such as asking people to take another look at the evidence related to breastfeeding and HIV, then

starting AnotherLook, a new nonprofit organization to do just that.

- Saying "no" to money from the formula companies.

Marian is a heroine to me because, as demonstrated throughout this book, she is a woman of principle and passion. As she tells her story, it is evident that she gives well-deserved credit for her success to her mother and her husband Tom. It is abundantly clear that they provided a home of love and care for their children, even as Marian influenced the lives of hundreds of thousands of mothers, babies and families since the day she and her friends had that first mother-to-mother discussion about breastfeeding, back in 1956. Marian did not get rich from all that she gave to educate the world about breastfeeding, but she did enrich the lives of those around her.

Sara Dodder Furr
Lincoln, Nebraska USA



Alumnae members who are former Leaders may be a professional in the lactation field or may informally support daughters, daughters-in-law, family members, friends or new mothers contacting them for breastfeeding information. That's time to tap into basic information that is still tried and true, look up new information, or refer to a local LLL Leader. Continuing education is ongoing—offered to Leaders at workshops through an LLL Group, Area or Area Network. The LLL-Alliance for Breastfeeding Education Area Network (formerly Eastern United States) offers a Leader Development Seminar (LDS) in three locations every two years. LLL US West Area Network plans Face2Face for Leaders and Area Administrators every two years as well. Alumnae members who attended these 2011 events tell about their experiences. Former and current Leaders are part of the matrix for mothers needing breastfeeding support. Tune in to what transpired with LLL continuing education events this summer.

—Fran Dereszynski, Continuum Editor



✧ Leader Enrichment Events—Summer 2011 ✧

Indiana: Making Connections



Marian signs her book at LDS in Indiana

LLL-Alliance's Leader Development Seminars offer the same program at each of three workshops held every other summer. Workshop locations are planned to be fairly convenient to Leaders east of the Mississippi. I attended the LDS held in Indiana on July 8-11, 2011. There were about 70 attendees—a nice, intimate atmosphere with lots of opportunity to get acquainted with other Leaders and Leader Applicants. I was told the registration numbers were higher for the

other two LDS events. There are more Leaders in a smaller geographic area in the northeast region, so the LDS held in Connecticut had more attendees. Having Marian Tompson with us in Indiana was an extra special treat! There were about 40 copies of her memoir, *Passionate Journey*, for sale; they were gone within 30 minutes! I snapped up six books for friends who weren't able to be there. There was not a designated time for an autograph session, so Marian and I went into an empty room so she could sign the books. I called my friend Sara Dodder Furr to tell her I was having her book autographed, so Sara was able to talk with Marian for a few minutes. The LDS was lots of fun, as always! Marian was a good sport and put up with a lot of crazy antics that are typical when Leader friends get together! At our Saturday evening pajama party, a deck of cards appeared. The Leaders at our table learned to play Texas Hold 'em (a variation of the standard game of poker) using broken taco chips for money. Chips are chips, you know! During the evening, several Leaders got Cosmopolitans (a favorite cocktail of co-Founder Edwina Froehlich) at the bar and had a lovely toast to Edwina!

Since the last LDS in 2008, I have taken on a Leader Department job on the Alliance staff, so this year I was involved in the planning and implementation of the weekend. Each Alliance staff member had a job to do, and mine was finding speakers for the Indianapolis LDS. The best part of the weekend for me was meeting and working with the ACLs and DAs who attended the Friday Leader Department sessions. There were seven brand new Area Coordinators of Leaders (ACLs) present and we spent a full afternoon talking about Leader Department topics. We broke for dinner and a short meet and greet, and then got back together for ACL-only conversations. An ACL event is the very best way for new administrators to begin their orientation, put names and faces together, and make great connections. It has been great to see all of the connections that were made at LDSs this summer, as the Alliance ACL yahoo list has seen a flurry of messages since the ACLs got back home! ✧

Laura Probst
Speaker Coordinator for Indiana LDS
Associate Leader Dept. Administrator, LLL-Alliance
Lawton, Michigan USA

✧ Leader Enrichment Events—Summer 2011 ✧ *(continued from p. 9)*



Theresa Kinzly (L) quilt winner; Rhonda Harris, Alliance-Education Administrator (R); Maya Egensteiner, daughter of Leader Jennifer Morris, drew the winning number!

The LDS in Atlanta, Georgia on July 22-24 was a conference for Leaders and Leader Applicants, but it was so much more!

Georgia: Reinforcing Ideas and Ideals

- ★ An LDS is a great time to catch up with old friends. From sharing family photos during Friday night dinner at an upscale restaurant to talking late into the night as roommates; it's fun to learn about what's happening in each other's lives.
- ★ An LDS is a great time to make new friends. At a meal I love to talk and sit next to someone I don't know. I realize again how much alike we are, in spite of our ages, hometowns, and backgrounds.
- ★ An LDS is a great place to introduce a Leader Applicant to the LLL culture. After registering a new Leader Applicant, I enjoyed seeing her excitement followed by happy exhaustion as she attended sessions and realized she was surrounded by like-minded people.
- ★ An LDS is learning from each other. Our own ideas and ideals are reinforced by new experiences and new studies, reviving our resolve to share helpful information with the mothers who call us and attend meetings.
- ★ An LDS helps us keep up with our organization, LLL. I appreciated an LLLI Board Member leading a session—explaining changes in LLL, answering questions, and clearing up misconceptions.
- ★ An LDS includes eating! We ate dinner out, a great breakfast bar, delicious lunch

- and dinner buffets, plus the hotel's infamous chocolate chip cookies!
- ★ An LDS has Area gatherings, time to put faces to names, meet new Leaders and Leader Applicants, get reacquainted with Leaders I hadn't seen in a long time, and see the children of Leaders who are growing up so quickly and so well.
- ★ An LDS had a fun Saturday night get together and a word comparison card game. We laughed together until we were so sleepy we had to quit and go to bed.
- ★ An LDS is a quilt pattern. Various quilt-patterned pins appear on nametags and no one wants to leave until they get their new quilt pin. We also gave donations for the opportunity to take home a special handmade quilt. Marsha Pettinger, LLL Leader in Michigan, made three separate quilts for each LDS. This time I was the winner in Atlanta!
- ★ An LDS is memories. I will relish all these memories in the days and weeks to come. Thanks to all who worked on this LDS! We enjoyed it and we appreciate you! Let's plan to meet in Summer 2013 at another LDS! ☆

*Theresa Kinzly
Peachtree City, Georgia USA*

Connecticut: Absorbing the Energy and Enthusiasm of Other Leaders



When I received the registration brochure for the Leader Development Seminar (LDS) series, I was thrilled! With no more LLLI Conferences,

and my Area's last conference over a year ago, I was starved for connection with other Leaders, young and old, experienced and new. I also was hungry for contact with LLL beyond my own Group. I live in Ohio, and decided to go to the LDS in Farmington, Connecticut. This was, by distance, the furthest of all three LDSs from home, but the date worked best for me and my family (family first!).

I had a wonderful time! Maybe the most valuable "learning" I did at the LDS was by talking with other Leaders. I absorbed their energy and enthusiasm, which recharged my own LLL batteries. I watched Leaders in all stages of life, and learned from them the art of transitioning into the "older" generation. Actually, this might have been the most important and valuable lesson of all for me. My children are spread out over 17 years, and so I always had a young child at meetings. Somehow it never occurred to me that, while I had a young child, I myself

got older! Mothers in my Group started to see me as a person of their mothers' generation, and I needed to find a comfortable way to be both a generation older than most mothers, yet feel young and connected due to my youngest child's relatively young age (9).

The LDS helped me find my own comfortable place again, and for that I am immensely grateful. When I attended the LDS, another hope I had for myself was to get re-energized as a Leader. I felt that I had fallen a bit into a rut, a dry spell as a Leader. I know that I really thrive on meetings, and the lack of LLLI conferences, and the time distance from my Area's last conference really started to show in my somewhat tired attitude—though I still loved leading meetings and helping mothers individually! After the LDS, I have new ideas, partly from the sessions I attended, and even more so just by "being there" and absorbing the life and energy.

And last, but not least, the sessions I attended gave me new insights into topics related to breastfeeding, being a Leader, being a woman. Who could not have fun attending "Freeing and Refreshing Your

Wild Side"? That topic alone put me in a playful and happy mood! And a thought-provoking quote by, I believe, Diane Wiessinger, shared in "Breastfeeding vs. Breast Milk Feeding—Does It Matter?" was: "What would you choose: Formula fed by breast, or breast milk fed by bottle?" What an interesting question!



After some discussion and at home, my answer, though undeniably and admittedly side-stepping the deeper issue, is: Yes! Both/And! No need to choose! You can have the best of both: Breast milk via the breast! Aren't we lucky to belong to an organization that promotes this simple, yet profound truth? ☆

*Almuth Koby
Kent, Ohio USA
almuthmom@yahoo.com*

Thank you! LLL Alumnae Association membership information and St. Augustine trip flyers were available at the Indiana, Georgia, Connecticut, and Colorado events. Thank you to the event planners for this opportunity.

Colorado: Restored, Supported, Pampered, and Appreciated



I recently attended the US West biennial Face 2 Face 2011 event in Denver, Colorado, from August 3-7, 2011. A highlight for me was meeting

Diane Wiessinger, one of the writers of *The Womanly Art of Breastfeeding*, 2010 edition. On Wednesday night, Diane was available to sign books. I was so glad I brought my book for her to sign. That night, we were also treated to a viewing of a new breastfeeding DVD, *BabyBabyOhBaby: Nurturing Your Gorgeous & Growing Baby by Breastfeeding*. Breastfeeding is beautifully depicted and the film is designed for pregnant women and new mothers. Although not written or produced by LLL, the film encourages mothers to contact an LLL Leader.

A Leader Continuing Education Day of breastfeeding research related to birth practices, ethics, safe sleep, and "everything else about breasts" was presented by Diana

Wiessinger on Thursday. Diane's perspective is unique and her presentation promoted thought and discussion throughout the day. The next two days centered on topics surrounding Group work, such as challenges at meetings and using technology for Group growth.

There were also sessions that dealt with these topics: recruiting Leaders for Area work, recruiting and working with Leader Applicants, the WHO Code, and Communication Skills, to name a few. Leaders were able to gain practical ideas that have worked for other groups, network with Leaders from other parts of the US, and share views, while always feeling supported and respected.

The weekend closed on Sunday morning with a panel of members from the LLLI Board, LLLI Executive Management, LLL USA, and LLL USW. This was an open question and

answer session where any and all questions were asked and answered. Of course, having one of the Co-Founders, Mary Ann Kerwin, present was definitely a plus. Over the years as Leaders, we are so supportive of the mothers who contact us, whether by phone, in meetings or just anywhere we are. We don our LLL Leader "hat" so easily when we speak to mothers and our caring shows. We give of ourselves—our time and energy to those we help. Face2Face 2011 was a restorative, special time for Leaders to feel supported, pampered, appreciated, and valued while gaining important information to continue the work we do. Although I have been a Leader for 28 years, this was the first Face2Face US West event I have attended. I know this will not be my last. ☆

Cathy Janoka
Colorado Springs, Colorado USA

✧ Update on the CBI Research Library ✧

The former LLLI Center for Breastfeeding Information (CBI) research files are alive and well in New Jersey. We have now scanned and data based 6500+ articles, with only 45 file drawers to go. A lot of paper has been recycled. The topical list has been refined and refined, again and again. On the shelves are 400 books about breastfeeding. The best find was an original copy of *The Womanly Art of Breastfeeding!* Other appropriate finds about LLLI are forwarded to DePaul University's archive collection on

LLLI. One major project was sorting 55 file boxes of books from Audrey Naylor's Wellstart collection. Some went to CBI's shelves and others went around the world to other interested people. Recently we received early copies of the *LLL News* to fill in some holes in the collection. If you are considering downsizing your pile of articles or shelves of books, we will accept most anything. Duplicates will be passed on appropriately. We are hoping to have the majority of the articles scanned and data

based by 2012. The Garden State Area Network (in New Jersey) in LLL USA has agreed to sponsor this project, which gives us nonprofit status without a lot of paperwork and expense. Once we find funding and get copyright clearance, we will be able to share this treasure trove with the breastfeeding world. If you have any items, please contact me at: P. Young, 10 Ferro Drive, Sewell, NJ 08080. ☆

Correction for Last Continuum

In *Continuum*, May-August 2011, p. 5, was a quote from Janet Burr, Pittsburgh: "My daughter is also a physician and comes to Pittsburgh every year to help out speaking at our Area Conference."

Original text and correction was: "My daughter is in MD (Maryland) and comes to Pittsburgh..." indicating that she lives in MD (Maryland) but is not an MD (Doctor of Medicine). We regret the error.

Thank you, Janet, for alerting us. ☆

Caring.com Recommended for Caregivers

Alumnae member Misty Dunn wrote, "I'm suggesting articles from Caring.com thinking that this Web site and/or specific articles would be helpful to *Continuum* readers: 'How can I resolve the conflict with my sisters around mom's care?' and 'What to do when a mother-in-law tries to take over the caregiving of a husband?' Another article, 'So Your Parent Wants to Move in with You—Can you Afford It?' is very comprehensive with good ideas for any caregiving situation." Fran Dereszynski adds, "Some of my friends who are caregivers recommended this site to me, too. I signed up to receive emails. Topics go beyond caregiving—including nutrition, family relationships—and would be interesting to anyone." Check out caring.com for more information. ☆

Gift Idea: Alumnae Membership

Did you know? Membership in the LLL Alumnae Association makes a great gift for the holiday, thinking-of-you gift, or any occasion any time. A *Continuum* subscriber from Europe gave a membership to a friend who is a former Leader. Membership makes a great gift anytime for a Leader who has almost everything,—except an Alumnae membership! ☆

December Alumnae Tea in Sacramento



Alum members, current and former Leaders are invited to an Alumnae Tea on December 3, 2011 in Sacramento, California. If you know a retired LLL Leader, who may not currently be in touch with LLL, please invite her. She may connect with a friend from long ago. Babies and children are welcome. Bring tea sandwiches to share if you wish. For more information, contact Karen Evon at: <gamma7k@yahoo.com> ☆



Announcing New LLLI Cookbook

Feed Yourself, Feed Your Family: Good Nutrition and Healthy Cooking for New Moms and Growing Families!
Pre-orders available for \$13.50 in the LLLI online store at ww.llli.org. Release date: February 28, 2011.
It will have lots of nutrition information and recipes for pregnant women, children, and families.
List price: \$20. ☆

✧ From the Mail Bag ✧

A dream came true this summer! My husband Mike and I ventured forth on a 2800-mile road trip to Yellowstone National Park in Wyoming USA. We had many conversations about this destination over the years. The time was right! We had available time, a reliable car in good condition, and maps. Off we went.

The scenery through the deserts of California and Nevada ranged from flat and barren to the amazing rock formations of Utah. The small towns, farmland, and open spaces of Idaho and Wyoming were an escape from the congestion of metropolitan areas. Of special note were the geological formations and mountain ranges of the Rockies, the Grand Tetons, and Beartooth Pass that I later learned is called "the most beautiful drive in America." It truly is! Mike commented, "Every u-turn was a different vista along the panorama before us" as we climbed to elevations over 10,000 feet. We saw deer and buffalo. A velvet-antlered elk grazed very close to the edge of the road—a traffic stopper for shutterbugs, including me. One outstanding scene was at 5,900 feet on the Utah side of Bear Valley Lake, known as the "Caribbean of the Rockies." Broad-tailed hummingbirds displayed crowns of metallic green and throats of brilliant rose as they whirred at feeders set out for them. Needless to say I had a plethora of opportunities to capture lots of scenes with my camera!

Another distant dream that came true was when we took a casual Sunday drive along the Pacific Ocean, past swimmers, surfers, family vacationers, art galleries, and German Shepherd dogs nonchalantly wearing sun visors as they walked ahead of their owners. My daughter, Diane, was off work that weekend and joined us. It felt like were in a low-flying plane when

we drove on the highway section above sea level. It created an illusion of the ocean's peaceful blue blanket extending for miles beyond the horizon. Mike surprised us with a refreshment stop at the Shake Shack that he had not visited since his days of being single in the 1970s. The shack was there after all those years—standing proudly on the edge of a jagged cliff overlooking an idyllic cove. Of course, we enjoyed a refreshing shake that Mike said tasted as good as it did years ago! The cliff was the site of this photo.



Fran, Diane, and Mike
Summer 2011 on bluff overlooking the ocean,
sailboats, and wispy-clouds on the horizon

San Diego was where we turned around to head home. There was not enough time to take a tour of the USS Midway, an aircraft carrier there. That is adream for another day trip some time.

Weather and geological changes over the centuries created the mountains, lakes, rivers and creeks we appreciated viewing on our trip. Recreation and relaxing was what this summer was all about, even topped off by a long-desired milk shake.

As rows of unending waves rolled to the shore, it reminded me of the mothers who come to the shores of LLL for mother-to-mother support. It reminded me of LLL's 55th anniversary. I thought of St. Augustine's early women who overcame adversity in ways similar to the Founders when they started LLL. I thought about Wendy

Masters when her father was stationed on the 600-foot USS Phoenix, a Navy cruiser. After I saw the immense 972-foot USS Midway, I thought about Wendy's mother with two little girls at home when her husband was on the ship in wartime. I was in awe of the size and dedicated naval crews needed to keep a Navy ship functioning back at the time of Pearl Harbor. I visualized what it must have been like for the Navy officers serving their country back in 1941.

The Founders created LLL for us to continue their legacy for future generations of mothers and babies—building on their vision for the next 55 years. I hope that looking ahead renews your continued enthusiasm for the LLL Alumnae Association and its mission. Your support is appreciated when you renew your membership and encourage others to join.

Many thanks to the members who took time to enhance this issue with stories and book reviews—no easy task these days when many of us seem to be busier and busier. The fall and winter holiday season is approaching. Take time to slow down. Enjoy your own customs and traditions.

In her book review, Sara Dodder Furr reminds us, "One thing that Marian did, which might be an important lesson for those of us who feel overwhelmed by volunteer work at times, was to take regular vacations from her 'LLLife' and enjoy fun times with her family." It's like a gift to you.

Send articles to dereszyn@verizon.net by **January 15, 2012**. Articles selected for publication may be edited for length, clarity, and adherence to LLL journalistic guidelines.

Until next time,

Fran Published September 14, 2011

✧ LLL Alumnae Association Council Contact Information ✧

The LLL Alumnae Association Council is the decision-making body for the organization and its activities. An annual Council Meeting is held, usually in the fall or spring.

The Council stays up-to-date with issues and regular reports through conference calls on a monthly basis or as needed. Open positions: Alumnae Coordinator and Web site/Online Communications. If interested, contact Pam Oselka.

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*Mums and pumpkins,
so rich in their colors.
Reminds me of a fall
rainbow, after the summer
showers.*
Sheri Bresnahan

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Leader Service Pins Available from Alums



Pins for years of service in LLL can be ordered from the Alums! Prices start at \$5 per pin with reduced prices for bulk orders. Available are 5, 10, 15, 20, 25, 30 and 35-year pins as well as a basic LLL Leader pin. Contact Susan Geil srgeil@yahoo.com to place an order or download the order form available at: <http://lllumnae.org>

Join the Alumnae!

Yes, I want to keep in touch and support the LLL Alumnae Association. Dues are \$20/year. Make checks payable to "LLL Alumnae Association." You may renew for more than one year at a time. Send checks to:

Susan Geil, LLL Alumnae Treasurer
4868 N. Hermitage Ave., Chicago, IL 60640
Questions? Contact Susan at: srgeil@yahoo.com

- To pay by credit card log on to: <http://lllumnae.org>
- To pay by check, use this form:

Enclosed is:

- \$ _____ membership for _____ years(s)
- \$ _____ donation
- Check to *LLL Alumnae Association*

Current LLL status:

- Active Leader Retired Leader
- Current LLL member Former LLL member

List Skill/Talent/Resource to share with Alumnae

Name _____
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