

Continuum

The mission of the LLL Alumnae Association is to support La Leche League as a resource and inspiration for future generations, encourage lifelong connections with the LLL community, and share the insights and wisdom that began with the breastfeeding relationship.

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Why I Renewed My LLL Alumnae Membership

Last fall when I renewed my La Leche League (LLL) Alumnae Association membership, I had no idea that I was also renewing my membership in a surprisingly small circle of members who live outside the United States. To my surprise, I discovered (thanks, Fran!) to be connected to 12 other members who live outside the United States. Until now, I have never given this much thought because, for me, LLL has always felt worldwide and has never been about geography. As a lonely pregnant urban professional woman, transplanted into a tiny farming community in Western Canada, many miles from my friends, I came to LLL, not through a Group or a Leader but through a book—an old copy of the friendly blue-covered 1963 edition of *The Womanly Art of Breastfeeding*. That book was all about the co-Founders, their friends, and their shared yet unique journeys in mothering through breastfeeding. If they could do it, I could, too. And I did. Three years later, expecting my second baby, I read *The LLLove Story*, then newly-published. It gave me a further glimpse into the lives of these women and what they achieved in establishing LLL. It didn't matter that they were suburban housewives somewhere in far-off Illinois. I felt as though I could become part of their family—the worldwide LLL family. And I did. I became a Leader. Eventually, I was able to meet all the co-Founders and actually worked with two of them at the same LLLI Board table—all of us part of our LLL family. When I learned that the LLL Alumnae had been formed, I was delighted and knew that I would join when I retired. When I found that active Leaders were welcome to join the Alumnae, I signed up and have been renewing ever since. Yes, I enjoy the articles in *Continuum* about the latest in breastfeeding, grandmothing, exercising, and downsizing. I'm really to keep up with what's happening in the family—my worldwide LLL family. What I stay for is the LLLove. ~

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Suggested Reading about Native Americans

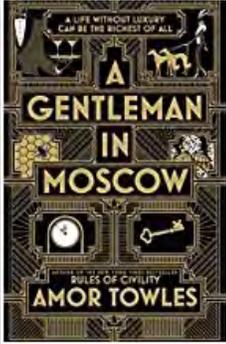
After I attended the Alumnae Trip to San Diego, I re-read the 1884 novel *Ramona* by Helen Hunt Jackson. It is considered a very important book about the unfair treatment of Native Americans in Southern California. It is a melodramatic story. You will learn about the Padres and the Missions we visited. I have it as an audio book so I can listen in the car, while folding laundry, cooking, or cleaning. I recommend another book that also centers around Mexican family adventures in the San Diego coastal region: *Rain of Gold* by Victor Villaseñor who takes you to the 1920-30s. It's one of my favorites. ~



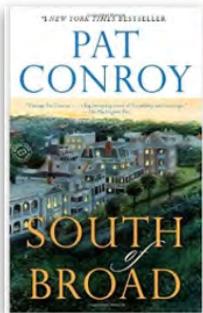
Lupe Forsang with Ann Russell,
Alum member, who attended the
Farewell Dinner.

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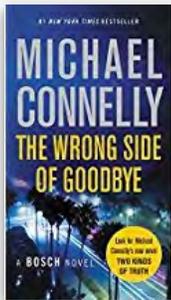
Book Reviews YOU MIGHT LIKE TO READ.....Choose one or more



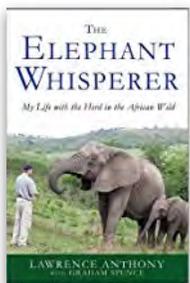
A Gentleman in Moscow by Amor Towles (2016) is an interesting novel, which won many awards. It starts in the 1920s and basically ends around 1954. This Russian story tells of elegant Count Alexander Rostov, a brilliant aristocrat and poet. Count Alexander is determined by the Bolshevik Tribunal to be a threat. He is sentenced to house arrest where he lives, in the Metropol, a grand hotel across the street from the Kremlin. He must move from his sumptuous rooms to the drafty attic. Alexander takes it in stride and continues to live as best he can. He forges friendships with the temperamental chef, a fading actress, an American, and a cunning official. But suddenly he is in charge of a five-year-old girl! Charming!



South of Broad: A Novel by Pat Conroy (2009) is set from the 1960s to 1990s in Charleston, South Carolina. Leopold Bloom King survives family tragedies. He makes friends with others who are considered a group of “misfits.” A set of twins, Sheba and Trevor, move in across the street, hiding from their demonic father. Leo also befriends runaways and the African-American wards of an orphanage. The city makes its way through the horrors of Hurricane Hugo. Sheba and Trevor’s lifestyles in California get them into heart-breaking circumstances. The courage and strength of love of the group for each other, and the courage and strength of the city is uplifting. Thank you to LLL Alum Suzy Graham who suggested this book.



The Wrong Side of Goodbye: A Harry Bosch Novel by Michael Connelly (2016) finds Harry working now as a private eye—so private he does not advertise. His many years as a Los Angeles Police Department detective has ended and so has his semi-retired time solving cold cases, or is it? After losing that job, Harry decides to volunteer for a small San Fernando Police Department working on cold cases, in particular a brutal serial rapist nicknamed the “Screen Cutter.” Whitney Vance, a reclusive rich man, hires Harry as a private detective to try and find a possible heir who was Vance’s Mexican girlfriend from his college years. Vance’s Board of Directors tries to protect their access to Vance’s wealth. Fast paced well-written story!



The Elephant Whisperer: My Life with the Herd in the African Wild by Lawrence Anthony and Graham Spence (2009) is a most interesting look at the actual activities in an African game reserve called Thula Thula in Zululand. Surprisingly there have been no elephants in this area for many years. Even the natives are wary. Lawrence has been asked to accept a herd of rogue wild elephants for his reserve. If he says no, then they will be killed for they are causing lots of problems. It is the herd’s last chance for survival, so he agrees to take them on. They have been mistreated so they are not trusting. It is amazing to learn how his patience and actual love for them prevails despite several mishaps. *Delightful!* ~

Mary Gisch, Westchester, Illinois USA giscmary2@gmail.com

Health Implications for Breastfeeding Mothers

Effects of breastfeeding on a mother’s short & long-term health are important. Many women are unaware of the potential risks associated with choosing not to breastfeed. <https://womenshealthtoday.blog/2017/09/11/health-implications-for-breastfeeding-mothers/>

Help Wanted

Are you currently an active Leader with experience using MailChimp, an email campaign program? The **alums need your help** to send group email messages to members 3-4 times per the year. Questions? Interested? Want to learn? Contact info@lllalumnae.org Looking forward to hear from you! ~



Letter Writing Becoming A Lost Art

In the historic part of Cambridge, Maryland USA, there is a quaint little store called "Dropping Acorns." Inside is a writing desk equipped with cards and paper and pens and stickers and all sorts of fun things to make writing letters a pleasurable experience. The owner believes that letter writing is becoming a lost art and she wants to encourage people to sit at the desk and appreciate how beautiful this experience can be. I thought this would be a great thing to make available in my own home. I do have a desk and I do send cards and letters. But it's for me. I have inspirational cards, pictures of flowers, and ancient ruins and landscapes. I haven't encouraged it with my grandchildren. Maybe I should make my desk a fun place for children to sit at with all the things that they would find exciting to work with. They would be very different from the things that interest me. While I was thinking about this, I decided to take it one step further. One of my daughters wants to encourage her daughter to send cards and write letters. So for Christmas, I gave her a perpetual calendar that I made on the computer, decorated at no cost. I will help her fill in names that she wants (with the year of the event). I bought a zippered binder and collected an assortment of cards, stickers, pens with assorted color inks, and postage stamps to put in it. I asked her aunts and uncles to give me some of their address labels and I ordered some pretty ones, especially for my granddaughter. She may still come and use my desk any time and I will have all the supplies she wants. ☺

Carol Meredith, Trappe, Maryland USA
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Carol, granddaughters Charlotte & Anna



San Diego Group Photo

27 Active Leaders, 27 Retired Leaders. Attended previous trip(s): 43. First alum trip: 13. 56 attendees from 22 states. Jane Atkin, Carroll Beckham, Marie Bevins, Carol Bollin, Pam Bridgmon, Geneva Carnahan, Joan Crothers, Connie Davis, Fran Dereszynski, Bonnie Douglas, Judy Elder, Judy Ellison, Sharon Fairborn, Leanne Feuerborn, Lupe Forsang, Sue Garcia, Jacque Gates, Susan Giroux, Mary Gisch, Mickey Hardert, Anne Hutton, Janet Jendron, Edna Kelly, Charlotte Knopf, Paula Kutcher, Andi LaMar, Sharon Lazorwitz, Tanya Lazorwitz (Sharon's daughter), Katy Lebbing, Lou-Ellen MacDonald, Sande Malinich, Gayle McLean, Joan Meyer, Gail Moak, Sandy Moore-Furneaux, Barbara Mullins, Pat Orzech, Pam Oselka, Leslie Ostyn, Sandy Patton, Martha Pettinger, Pat Purdy, Amy Shaw, Nancy Sherwood, Evy Simon, Julie Stock, Sheree Stoppel (Connie Davis' sister), Brigitte Stuetze, Susan Mocsny Thomas, Marian Tompson, Carolyn Vemulapulli, Mary Wales, Ginny Wilkinson, Marge Yeager, Kathy Zeterval, and Alice Ziring. ☺

"We Remember" List of Deceased Leaders

This list is maintained by the Alums. Go to <http://lllalumnae.org/We-Remember> to submit a Leader's name or find a name. If using a mobile device, screen size varies. Scroll from left to right to look for names already posted. For a more accurate view of the page, a larger screen device, laptop, or desktop computer is recommended. ☺

Valuable Feedback from Member Survey

In October 2017, the LLL Alumnae Association conducted two separate online surveys to gather feedback about our programs and services.



- Slightly different questions were asked of current members vs. those whose memberships expired in recent years.
- We are thrilled that 35% of current members completed the survey sent to them. The response from the former member surveys was 19%.
- In addition to the statistical feedback from multiple choice questions, the majority of respondents included write-in comments and suggestions about programs.

Go to http://lllalumnae.org/sites/default/files/2017_survey_findings_1.5.pdf to view the summarized survey results. Survey findings were discussed at the Alumnae Council meeting following the October 19-23, 2017 San Diego trip. The results form the basis for several program changes to be implemented in 2018. These will include: updates

to the website to make it easier to read and navigate; simplification of the membership program and forms; an option for a new online only membership wherein a member receives the link to each electronic copy of the *Continuum* newsletter; and an additional focus on the Leader tribute and recognition programs. Thank you to everyone who completed the survey. We always welcome members' input. ☺

Anne Hutton, LLL Alumnae Association Membership Chair
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San Diego Alum Trip: Thank You from Marian Tompson

I can't think of a better way to start this piece about the Alumnae trip to San Diego than with Mary Ann Kerwin's remarks in *Continuum* about the trip to Charleston, two years ago: "It's always better than expected. Sightseeing is always interesting but it is the connections with other Alums and the conversations that make me look forward to the next trip." I think all of us who have been lucky enough to take these trips would agree. It is such a delight to reconnect with long-time LLL friends and meet new ones. Come to think of it, how often do any of us have the chance to go someplace interesting, have all the details for accommodations, side trips and meals taken care of by someone else, and just have to enjoy ourselves?

During my San Diego weekend there was a treasure trove of activities to choose from. I especially enjoyed the courtyard entertainment on Friday night, lunches at the Hotel del Coronado and Balboa Park, the sea tour of San Diego Harbor, strolling through Old Town and the Farewell Fiesta dinner.

It is only on an Alum trip that we participate in the "We Remember" Ceremony honoring Leaders who have died. This ceremony was started by the Alums and used to be part of our International Conferences. A bonus for me was spending Saturday evening to catch up with my grandson Nate and his wife, Jessica. They lived near me [in Chicago, Illinois USA] until moving to San Diego a couple of years ago. Mary Ann Kerwin was not able to come to San Diego after all. So we were each thoughtfully provided with Mary Ann's address and a postage stamp [thanks to the Alumnae Council] so we could send her our greetings with a personal postcard. What a great idea that was! It is also the Alumnae Council that encouraged donations in recent years to enable the co-Founders to attend. Thank you to all who made this happen!



Jacque Gates & Marian Tompson sit on a bench outside the Hotel del Coronado, by the beach walk where visitors strolled and sightseers sat in the sand to enjoy the coastal panorama.

Borrowing from a Facebook meme for the New Year:
"Wishing you all a song in your heart and blessings all year long!" ☺

Marian Tompson, LLL co-Founder
Evanston, Illinois USA m.tompson@comcast.net

Mary Ann Kerwin's Note Cards and Postcards from San Diego Alums



October 31, 2017. Throughout the past week, an array of delightful note cards and postcards from Alums, who were able to be in San Diego, arrived with every mail delivery! Each Alum included a personal note commenting on the various special activities she enjoyed and also made me feel I was missed. I surely was with all of you in spirit! Most recently, Katy Lebbing included a card with a picture of the Hotel del Coronado and a lovely photo of eight Alums including Marian with whom I had hoped to share a room. Your thoughtfulness is incomparable! Please kindly convey my wholehearted gratitude to all the Alumnae Council members and to the Alums who were able to be in San Diego and also found

time to send personal notes to me. I am very grateful for each and every card that was sent to me and am surrounded by them. In fact, I just reread each one as I have a number of times already. This was a lovely gesture and made me feel that I was connected in spirit with all of you—as I was. As I have said over and over again, anything I ever might have done to help others through my La Leche League contacts has been returned thousands and thousands of times! Now I am hopeful that all of you in the words of what now has become my informal motto can: "Keep on keeping on!" well into the future. With deep appreciation and much love to you, all the Alumnae Association Council members, and to all the Alums. ~

Mary Ann Kerwin, LLL co-Founder
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Update January 7, 2018. Mary Ann wrote: I sent a \$100 donation, lovingly made with deep gratitude for the Alumnae Association Council Members, Edna Kelly, Fran Dereszynski, Patti Hope, Anne Hutton, Janet Jendron, Gail Moak, and Pam Oselka, and their sustained dedication to La Leche League. ~

Pam Oselka, Retires from the Alumnae Council

At the October Alumnae Council Meeting, Pam Oselka, Alumnae Council Member-at-Large, announced that she will retire from the Council on December 31, 2017. Pam was an active Leader for about 39 years and retired as a Leader several years ago. She held the following Alumnae Council positions: 2007 Liaison to LLLI; 2009 Public Relations/Area Outreach; 2011 Member-at-Large; 2012 - 2014 Member-at-Large and Alumnae Representative Coordinator; 2015 - 2017 Member-at-Large and Alum Trip Coordinator.

Tributes and Memories

I knew Pam before I became LLL Alumnae Association Coordinator. I worked with her at LLLI Conferences and encountered her at various LLL events over the years. I always admired her commitment and love for LLL and the way she got things done. When I agreed to serve as the Association Coordinator, a plus was working more closely with Pam. She has been my "go to" person when I needed to bounce ideas off someone. I will miss her wisdom and insights. Pam worked with Areas to promote the Alumnae Association. When we needed a coordinator for the 2015 Charleston, South Carolina trip, she stepped up and did a magnificent job. For the 2017 San Diego trip, Sandy Patton and Gayle McLean were local coordinators. Pam helped to make sure all went as planned. Pam gave her all to the Alumnae Council. She will be missed. In addition, Pam is a dear friend. I look forward to staying in touch with her and seeing her at the 2019 Alumnae trip! —*Edna Kelly, LLL Alumnae Association Council, Coordinator*

When we are with Pam, we know we are in good hands. She has a flair for organizing that combines pizzazz with attention to detail. She knows how to make each of us feel valuable—whether it is a long-time Leader, the bus driver or someone on the hotel staff. Her charm can smooth away wrinkles and solve any challenge. We will miss your leadership, Pam, but we look forward to your being with us as you sit back and enjoy alumnae reunions in a whole new role. You have set the bar very high, but we trust someone else will benefit from everything you set in place so that we alumnae can continue to gather and appreciate all that we have to offer and share.

—*Evy Simon, long-time trip attendee, Philadelphia, Pennsylvania USA*

(continued on p. 10)

My Memories of San Diego: Jewel of the Pacific Coast



Evv Simon and Andi LaMar

On Wednesday, October 18, 2017, Geneva Carnahan, Mickey Hardert, and I flew from Ohio to San Diego, California to attend the LLL Alumnae trip. It was after dark when we arrived at the Hacienda Hotel Old Town. We were driven [by a hotel staff member] to the building where our room was located. The next morning we ventured out to enjoy the delicious breakfast buffet in the hotel's Tequila Factory Restaurant & Cantina. That is when we discovered our accommodations were on a hill and consisted of several buildings. It was fun to see many familiar faces and chat with other alumnae during breakfast. Since the first scheduled event of Thursday would not occur until the 4:00 P.M. welcome reception, Geneva, Mickey, and I had time to explore Old Town. Across the street was an interesting block full of Victorian houses. On the local map it was listed as Victorian Heritage Park. We walked over to investigate and learned that seven historic homes along with Temple Beth Israel were moved to the park and restored to save from being demolished. After walking through the temple (now a nondenominational rental facility) and viewing the outside of the houses, we made a reservation for a traditional Victorian English tea experience at the Coral Tree Tea House in the historic McConaughy House before heading to the Whaley House Museum situated on the other side of the hotel. Whaley House is billed as "America's most haunted house." Docents in some rooms recounted many tales about the building, its occupants, and its uses as we took our self-guided tour. We checked out a few shops before climbing back up the hill for our afternoon tea, followed by a rest until 4:00 P.M.



Mickey Hardert

At the Welcome Reception, we received a registration packet/itinerary and munched on refreshments while visiting with friends old and new. After receiving instructions about the following day's events, we were on our own for dinner. Some of us ended up back at the hotel lounge to take advantage of complimentary drinks and have a bite to eat before retiring early since our bodies were still on Eastern time. After breakfast on Friday, we met in the lobby at 8:15 A.M. to board one of two private trolleys for the drive to Mission San Diego de Alcala. The original mission was the first of the 21 missions built in California. It was moved to its present location after five years, went through several transformations, and was rebuilt in 1943 to resemble its original structure. The next stop was Mt. Soledad where a veterans' monument featuring the pictures and biographical information of active and retired servicemen and women could be visited while enjoying a magnificent view of the San Diego area. The last stop of the

morning was Birch Aquarium to enjoy a box lunch and spend time viewing exhibits. We saw some truly unusual fish in many tanks. The trolley tour continued through La Jolla and along the coast past several beaches and piers, Belmont Amusement Park, and Sea World before arriving back at the hotel. We had time to freshen up before meeting in the lobby to walk to the Cosmopolitan Hotel. It was then that we saw co-Founder Marian Tompson for the first time. When we assembled in front of the hotel for a group photo I was lucky enough to be in the front row next to Marian who held one of the signs! The always moving and inspiring "We Remember" ceremony was held in the dining room before the buffet dinner. Following the meal, some people ventured to Casa de Reyes entertainment area. But the three of us again were ready to retire to our room for the night. *(continued on p. 7)*

Tribute Memberships

Five-year tribute, posted online from 4/10/2016 - 4/10/2021 from **Barbara Sasser**, Galveston, Texas USA, to honor **Kathy Grossman**, Moab, Utah USA. "Kathy has given much to LLLI as a Leader and editor of many LLL publications."

One-year tribute, posted online from 12/27/2017 - 12/27/2018, from **Melissa Vickers**, Huntingdon, Tennessee USA, to honor **Sara Dodder Furr** of Lincoln, Nebraska USA. Melissa wrote, "Sara passed away on December 27, 2017. An amazing Leader (gone too soon). She worked tirelessly for what she believed in, including La Leche League."

For more information about a Tribute Membership, go to <http://lllalumnae.org> ☺

My Memories of San Diego: Jewel of the Pacific Coast (continued from p. 6)



Marsha Pettinger, Barbara Mullins, and Geneva Carnahan

Saturday found us back on the trolley for a drive through the Embarcadero district and over the Coronado Bridge to Coronado Island and the famous Hotel del Coronado. During our time there, we had a guided tour of the hotel and time to explore the area, followed by lunch on our own. The trolleys transported us back to Seaport Village where we boarded amphibious SEAL vehicles for a waterfront and sea tour of San Diego Harbor. Seeing real seals was a highlight of the excursion. Back on the trolleys we were driven through Balboa Park with a stop long enough to walk through the free Timken Museum of Art and whet our appetites for a return visit to the park on Sunday. Our final stop of the day was in Little Italy where we had dinner on our own before being transported back to the hotel. On Sunday some alumnae attended early Mass at the nearby Church of the Immaculate Conception.



Brainstorming session with Alumnae Council

Later, alums who wanted to take a guided walking tour of Old Town State Historic Park met in the lobby and walked to the park together. Following the informative tour we were on our own for the day. So the three of us decided to use the included trolley ticket to venture back to Balboa Park. We had lunch at *The Prado* restaurant before finding seats at the Spreckels Organ Pavilion for the free one-hour weekly concert featuring the world's largest outdoor pipe organ. After the amazing performance by Jared Jacobsen, former San Diego civic organist, we viewed the 5,017 pipes and

inner workings of the organ. Before returning to the hotel we had time to walk through the botanical building. The farewell fiesta buffet was held in the hotel's La Palma

Ballroom. It was a low-key affair after the busy days of sightseeing and reconnecting with the group. After our final breakfast, Mickey joined with other attendees to brainstorm with the Alum Council. Later she met Geneva and me in the State Historic Park for some final shopping before we checked out of our room and took the courtesy hotel shuttle to the airport for our flight home. We agreed that it was another wonderful getaway with congenial women who share a history of promoting breastfeeding and mothering as a womanly art. Here's hoping another LLL Alumnae Association trip is in our future! ♪

Andi LaMar, Springfield, Ohio USA andilamar@aol.com

"We Remember" Ceremony Now Online!

View the program at http://lllalumnae.org/sites/default/files/lllalumwe_remember_program2017_1.pdf It contains Leaders' names read since the last reading in November 2015 and all names posted over the years. If you need help to access the videos, contact Fran at dereszyn@verizon.net or Gail at gmglesley@gmail.com Thank you, **Gail Moak** for taking the video and **Edna Kelly** for reading the ceremony's history, followed by **Marian Tompson** reading names since the 2015 ceremony. View the reading at <https://www.youtube.com/watch?v=5EuYUyQpAy8&feature=youtu.be> Thank you, **Susan Mocsny Thomas** for continuing to add each name to the "We Remember" book. Thank you to **Joan Crothers**, who along with Susan, read the "We Remember Them" prayer in San Diego. View the reading at <https://www.youtube.com/watch?v=XRRvZe5XCI4&feature=youtu.be> ♪

Thank you to the alums who wrote articles for this issue and especially to Andi for writing an article about the trip.

Thank You from the 2017 Local Alum Trip Co-Chairs



Gayle & Sandy

We hope attendees enjoyed the San Diego Trip as much as we did. Alum trips are held every other year and need more than a year of pre-planning and total embodiment of teamwork. Volunteers from Southern California were visible along with those working behind the scenes. It was a pleasure to work with many loving, giving women. Thank you to Alumnae Council Members, Edna Kelly and Pam Oselka, who were trip consultants from beginning to end as well as Council members Fran Dereszynski, Anne Hutton, Janet Jendron, and Gail Moak, who supported activities during the event. Alumnae treasurer Patti Hope, who was not able to attend, assisted with finances. “Many hands make light work!” Thank you, everyone!

2017 Local Alum Trip Co-Chairs, Sandy Patton, Long Beach, CA & Gayle McLean, Fountain Valley, CA

Attendees: Help the Council plan the next trip: 33 (59%) of the 56 attendees returned a Trip Evaluation Form. Contact Fran at dereszyn@verizon.net to request a digital copy. Enter responses on the form and return to Fran. She compiles the summary for the Alumnae Council and Alum Trip files. Thank you. ♪

Margaret Kenda is a retired author who lives in Sudbury, Massachusetts USA. She recently celebrated 55 years of marriage with her husband Bill. They have three children and three grandchildren. She very much appreciates your comments on downsizing and your stories about this stage of life.

The Downsizing Mailbox

Downsizing is quite a lively topic as it turns out. The readers of *Continuum*, La Leche League (LLL) Leaders for decades, and often old friends, are seeing the humor in downsizing—and in reaching the stage of life that calls for downsizing. They have recommendations for the rest of us. My original article, in the September-December 2017 issue of *Continuum*, also accidentally set up a vote. I wrote that my mother once informed me that she was never going to clean out. She said her plan was to die and then I could do the work. About half voted with my mother on that one.

Love your life—and living with your stuff

My mother was untypically blunt with that remark. I was shocked at the time. My old friend Joanne Polner puts the idea more elegantly and in a way less likely to distress her heirs: “I hope I am cogent when I actually need to clear out my life around me. I love living with my stuff. Take that all away and I will break up with heartache. So much of my life’s work and successes, my joy and my creative self, my wide variety of interests and my respect for delights of earlier ages—are all in my surround.” You may remember Joanne if you attended various LLL conferences. That’s where I first met her. You may have seen a daughter or two of hers at a table about Diaper Free Baby information.

Take creative action

Or perhaps some of you may remember Lorelie de la Reza from Texas. Accredited over 40 years ago and now a retired Leader, she and her husband Rey recently made the difficult move from their long-time family home to a new home—with no attic, no basement, and no garage. She has good advice—practical and useful: “I found a satisfying way to deal with the sentimental, nostalgic items—the objects signaling significant times in my life but for which I had no room in my current life. I photographed them. Now I still have the digital image that invokes the sweet memory, but without the clutter. The scanner has become my friend. It’s a great tool that I use to digitally preserve the boxes of our family’s saved papers. I am scanning the kids’ marks of achievement (award certificates, stories they wrote, programs from their performances) to lighten my storage. Then I send the original, hard copies to them to look at with their own kids and to do with what they choose.”

To keep or not keep

Sometimes recycling and remaking our old objects goes quite well. Joanne also mentions her closet full of costumes, clothes she altered or re-pieced, “from a flimsy curtain see-through skirt and top to a Victorian coat and huge collar,” even an Elizabethan dress created from a bedcover. Among these treasures is her sixth-grade graduation dress. With her frame as slender as it was back then, she still fits into it and could theoretically wear it, although as she says, where to wear it is another question.

(continued on p. 9)

*The Downsizing Mailbox**(continued from p. 8)*

Some readers may remember Marie Foley-Nielsen, the Gingerbread Lady, who attended every LLL International conference from Toronto (1997) to Chicago (2007). As the Gingerbread Lady, she carried a tote bag of handcrafted tiny cloth ginger babies to give to lucky children at conferences. She also ran a small business over the years crafting and selling non-edible gingerbread babies. Accredited over 40 years ago and now a retired Leader, her special collections began as a teenager when she bought her mother a Nativity set. That one purchase has now led to more, perhaps more than seventy. “My antique china cabinet holds Nativity sets of every medium, Lenox, home-made, and every type that are treasures.” Marie hopes someone among her adult children, 14 grandchildren, and three great grandchildren will feel sentimental enough to find homes for items in that collection. Lorelei took the distress out of downsizing by selling, donating, or giving away to people she knew, including her LLL friends. Still, she says it was extremely difficult to part with her books from LLL-related, long-ago “mentors and friends and pioneers in their views about childbirth, breastfeeding, parenting—ideas that are now recognized and valued.” She kept her copy of *The Womanly Art of Breastfeeding* signed by all seven co-Founders at the 1974 LLL Conference. Who wouldn’t!

Embark on a media project

In my downsizing article, I wished for a good, creative solution to my hundreds, perhaps thousands, of photographs, many still now in their dilapidated albums. Lorelei has a solution that she and her husband Rey are putting together in time for their anniversary: “We have 50-plus years of various forms of media that we are going through to preserve in digital form. I am grateful to have photos of both our parents’ 50th anniversary celebrations as we follow in the family tradition. We have photos of me growing up. We saved those from my parents’ collection. There are honeymoon slides of our trip to *Europe on 5 Dollars a Day*, audiotapes of the kids from the 1970s—singing in the many musical theatre productions, photos of them performing in those same shows, family vacations, graduations, our running marathons together. The Super 8 millimeter films had already been transferred to videotape, and now videotapes are going digital.” She found a local company that converts all types of media to digital. The photos, slides, audio, and videotapes are returned on an external hard drive/flash drive. “The cost is not inexpensive,” she says, “but the memories are priceless.”

A new book—with a somewhat shocking title—comes out soon

It is Margareta Magnusson’s *The Gentle Art of Swedish Death Cleaning*. Early reviews make it sound attractive: another country, another culture, another approach. But will a book with “death” in the title reach best seller status in America? I know about this book thanks to my dear friend Louise Schullery Cox, whom I met long ago at—where else?—an LLL Conference. ♪

Margaret Kenda

Sudbury, Massachusetts USA

Get in touch at margaretkenda@aol.com

Locations of Past Alum Trips

An Alum member asked for locations for past trips: Savannah, Georgia; San Antonio, Texas; Philadelphia, Pennsylvania; St. Augustine, Florida; Albuquerque, New Mexico; Charleston, South Carolina; and San Diego, California. ♪

Additional Donors for LLL co-Founders to Attend the San Diego Alum Trip

October 7, 2017 update. In addition to the donors published in the last issue, additional donations were received from: Anonymous, Kathy Doody, Barbara Gillentine, Mary Gisch, Margaret Goebel, Ginny Innocenti, Gail Moak, Leslie Ostyn, Ann Russell, and Patricia Spanjer. ♪

List of donors for other categories from August 15 to December 15, 2017 will be available in a future issue.

Continuum is published three times a year. Articles selected for publication are based on space available and may be edited for length, clarity, and adherence to LLL journalistic guidelines. © LLL 2018

Pam Oselka, Retires from the Alumnae Council (continued from p. 5)

April 2009 in front of Pam's Michigan home, weekend Alumnae Council Meeting with Sue Christensen, Pam Oselka, Sue Steilen, Susan Geil, and Fran Dereszynski

At the 2007 LLLI Conference, Pam asked me to be *Continuum* Editor. I felt honored to be asked. Without hesitation, I accepted. Pam has been a central connection to Areas as well as a fountain of knowledge for the Alums. Her positive outlook, gracious smile, and work ethic are a constant in all her endeavors—from opening her home in 2009 for Council meetings or bringing LLL memorabilia to Alum exhibit tables at an Area Conference. She was the go-to resource on past traditions for the Alums. Pam, you will be missed. I appreciate the fountains of knowledge you shared with the Council and will take your wisdom with us into the future.

—*Fran Dereszynski, LLL Alumnae Association Council, Publications Coordinator and Continuum Editor*

Pam has been a joy to work with on the Alumnae Council. She is always gracious in sharing her wealth of knowledge about LLL history. She is devoted to supporting Leaders and helping preserve the bonds of friendship as well as the LLL legacy. She is truly a kind and considerate soul and wonderful role model.

—*Anne Hutton, LLL Alumnae Association Council, Membership Chair*

I first met Pam when she visited San Francisco to scout hotel locations for the 2003 LLL International Conference. At the time, I was the new Area Conference Supervisor for LLL of Northern California/Hawaii. Pam invited me to join the Alumnae Conference Committee. I was excited to meet Pam and be part of something bigger than my local Area. The Alum style, as represented by Pam, was to "Put a committee together, work them hard, feed them well, and the ideas just flow!" We checked out the hotel room for Alum activities, shopped for supplies, and discussed Alumnae sessions. I felt I was getting to know a classic heroine of La Leche League. Pam welcomed me kindly, was always gracious, and sent me a handwritten thank you note. In 2010 I had the opportunity to join the LLL Alumnae Association Council and work with Pam again to plan Alum trips, fun activities and brainstorming sessions, and keep the LLL Alumnae Association a vibrant group. I learned so much about fundraising and event planning from Pam. In these past seven years, I've experienced the same grace and kindness that I remember from our first meeting, as well as Pam's dedication and easy laugh. To me, Pam embodies the spirit of La Leche League.

—*Gail Moak, LLL Alumnae Association Council, Online Communications Coordinator*

Pam's attention to detail contributed to the perfection of Alumnae trips.

—*Carroll Beckham, Notetaker for Monthly Alumnae Council Conference Calls*

"Can you help?" This question was not from a mother asking for breastfeeding assistance. It was from Pam Oselka. She asked if I could help coordinate activities for the Alumnae Association's Alum Fun room at the 2001 LLLI Conference. And fun it was! How could I refuse? That was not the first time I worked with Pam. I also witnessed her gift years earlier when she would ask for help years earlier when she worked at the LLLI Office on the Capital Campaign. It takes true talent to ask people to help with a cause and to receive that help. Pam asked for donations of time or money in such a selfless caring way. Is there a way to quantify how many people have been helped by Pam using her gift to request others to help in some way? During those years, LLLI received financial support from special donor relationships. Programs continued as Leaders were educated and refreshed at LLLI Conferences. Alums were encouraged to stay connected and continue to support La Leche League. All in part made possible by Pam's efforts. But above all the asking that Pam did, I remember she gave so much of herself. She opened her home for numerous Alumnae Council meetings and always went out of her way to assure that people felt heard and were comfortable. I loved the breakfasts and sitting around her kitchen table to discuss Alumnae activities. I have fond memories of many Alumnae trips made possible with Pam's attention to detail. I was not able to figure out how she juggled a large family, numerous grandchildren, and volunteered for many local community activities while providing much support for LLLI and the Alumnae Association. I consider Pam a friend and a mentor. I cherish the time I was the Alumnae Membership Chair, working with Pam and the Council Members. Pam, thank you for all you have done for LLLI and the Alums, and best wishes for a well-deserved retirement. ∞

—*Sue Steilen, LLL Alumnae Association, Membership Chair, 2007-2016*

Become More Acquainted with the Alum Website

Download past *Continuum* issues in color at <http://lllumnae.org/Publications> Save the PDF to read on a mobile device when you travel, wait for an appointment, etc. Take time to learn more about other alum pages, too! ∞

From the Mail Bag

“You can never get a cup of tea large enough or a book long enough to suit me.” —C.S. Lewis
January is National Hot Tea Month! Did you know that tea is the world’s second most consumed beverage after water!



During the San Diego trip, LLLI Board Member Sandy Moore-Furneaux gave me a rose-shaped reddish stone, the official rock of her home state Oklahoma. Thank you, Sandy! Along with it was a tea bag and a note. Growing up, I often drank a cup of tea with my mom, one of her Canadian customs. In 2015, while in

Charleston, South Carolina, I took a trolley tour of tea plants at the only tea farm in America. This was in my free time, days before the Alum trip. Of course, I took home a box of American Classic tea bags and shared some with local friends. Now and then I make myself a “spot of tea.” These days when I sip tea, I remember times with my mom and also reminisce about the tea garden tour and products in the gift shop. The hand lotion from the store is infused with tea from the plantation. It has been my favorite hand therapy at night. For a 2017 trip souvenir, I now have a Hotel del Coronado coffee cup.

Readers responded to the last issue. Mary Gisch wrote, “I resonate with decluttering! The article about kids swearing was a delight! Also, I appreciated quotes from the co-Founders.” Carole Wrede, former LLLI Board member, former Managing Editor of *Leaven*, Editorial Review Consultant for *Continuum* wrote, “I have many many boxes of things—collectibles, letters, family pictures dating to the early 1830s, newspaper

clippings, etc. I told my adult children that ‘maybe’ I tucked \$50 bills here and there through the boxes. They will have to look through every box, item, and piece of paper, just to be sure! They are not sure if I’m serious. I am not going to tell!” Interested in a cruise at a reasonable price? While in San Diego, Ginny Wilkinson and Sande Malinich fondly suggested TAUCK Tours at https://www.affordabletours.com/Tauck_Tours. Ginny and Sande are frequent travelers on Alum trips and other locations. If interested, check out the site. Remember that Donna Cookson Martin wrote: active Leaders are welcome to join the Alumnae. We want to keep building our membership base, so spread the [lllumnae.org](http://lllalumnae.org) link with Leaders in your Area and Area Network. Thank you to Alums who contributed to this issue. Time for me to start working on the next issue. I encourage you to think about writing an article for *Continuum*. Online quote by Shannon Hale, “When you’re writing your first draft, remember: you’re simply shoveling sand into a box so you can build castles later.” This issue published many sand castles. How about yours? Next deadline is April 15, 2018. ~

Until next time,

Fran

Continuum Editor
 dereszyn@verizon.net



For daily posts and breastfeeding news. Join our Facebook page at <https://www.facebook.com/LLLAlumnaeAssociation>

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



2017 Alumnae Council in San Diego: Janet, Anne, Gail, Edna, Pam & Fran

2018 Alumnae Council Member’s Contact Information

- | | |
|---|--------------------------|
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| <i>To be appointed, Member-at Large</i> | |

Remember to look at your address on the back page. “LAST ISSUE Renew by April 15, 2018” is your alert to renew online or with the form on the back page. If “Expires” with a date later in the year, mark your calendar or mobile device in case you are busy with holidays, celebrations, vacations, etc. ~



Fran Dereszynski, *Continuum* Editor
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Submit articles by April 15, 2018

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Renew online at lllumnae.org Use this form to renew or join.

\$ _____ Donation unrestricted and anonymous to the LLL Alumnae Association.

\$ _____ Donation to LLL Breastfeeding Helpline-US. Indicate amount \$ _____.

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Mail to: Patti Hope, 2457 Vivian Circle, Decatur, GA 30030-1592.

Yes, I want to keep in touch, support the LLL Alums, and join: \$36/year US funds (\$44 **US dollars** outside USA)

My current LLL status: Active Leader Former Leader Current LLL Member Former LLL Member
 Friend/LLL supporter Friend of Alum Membership for a Friend

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