

# 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.*

Volume 26, No. 3

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If LAST ISSUE is on the back page above the mailing address, it's time to renew. Keep up with *Continuum's* stories and news.

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## LLL Can Last a Lifetime: A Haven in the Storm

by Ann Lahrson, Oregon

Reprinted from *Alumnae News*, July 1989

adapted for *Continuum* by Fran Dereszynski

My responsibilities in LLL for a recent Area Conference were to find, ask, and stay in contact with possible panelists and moderators on non-medically related sessions. As I connected with each potential speaker, I had the privilege to get to know individuals I had never met—including Leaders and retired Leaders in Oregon and Washington.

What a privilege it was! Within these women, I immediately recognized a common thread of gentle, loving acceptance that Leaders learn naturally as they breastfeed and gently raise their children. I am convinced that while some were no longer actively doing LLL work, they are carrying on the work of LLL most powerfully within their families and personal lives. I look forward to the next generation. What an impact these powerful, gently raised young people will bring to the world. Baby boomers, move over! We ain't seen nothin' yet!

The most precious gift that I took home from that Area Conference was given to me by the retired Leaders or Leaders who had been on leave (in 1989, this was a category for Leaders who needed time off for a new baby, family illness, or circumstances that took them away from their volunteer availability). They came to the event as if they had never been away from LLL and gave so much of themselves. They taught me the importance of staying involved with La Leche League and finding a level of participation that works for our families at each stage of our growth as women and mothers. La Leche League offers opportunities for self-expression and self-renewal that are not commonly available in the community at large. Just as we provide our children with a safe place to come home to as they grow into adulthood, La Leche League provides us with a haven in the storm where we are accepted just as we are. ☆

## Pins for LLL Leaders' Years of Service



New pins are in stock. Red is traditional for a 40th anniversary so the 40-year pin has red tones. The 45-year pin has brown and beige tones—shades not used for previous pins. The 50-year pin shown here is in a precious sandblasted gold! Pins with no year are also available as gifts to new Leaders. Photos of all pins are online. Questions about pins: contact Susan Geil at [srgeil@yahoo.com](mailto:srgeil@yahoo.com) You may share this news with Leaders, Groups, and Areas who may wish to place orders online at [LLLalumnae.org/content/leader-recognition-pins](http://LLLalumnae.org/content/leader-recognition-pins) ☆

## From the Mail Bag

Picture this. An Alumnae member feeling connected when she reads members' stories in *Continuum*. She does not live close to other active or former Leaders. The newsletter is her connecting link. Another member talks to LLL friends from years ago. They get together for lunch throughout the year. In another city, Alums regularly gather a few times a year and invite anyone to join them. An Area has a Leader Day or an Area Conference where long-time active and former Leaders gather for dinner at a restaurant. Memories, stories, and rejuvenation until the next time.

Seasons of motherhood are challenges they share. Writing an article for *Continuum* is a way to share thoughts with sister members—a tool for others riding the wave of a similar experience. Members who can get away from work and commitments, like to travel, and have the resources, will take the leap and participate in an Alum trip. In October this year, over 60 women will journey to New Mexico, and join LLL co-Founders Mary Ann Cahill, Mary Ann Kerwin, and Marian Tompson, as they sightsee, visit museums, and stroll together in Albuquerque's high desert walkways.

A few weeks ago, Marguerite Gravlee in Valdosta, Georgia, sent me an email: "I have determined that I cannot attend the Alum trip to Albuquerque. I'm sorry that I had to miss the St. Augustine trip two years ago because I broke my wrist. The location was so close to southern Georgia where I live that I could drive and only needed to take one day off work. To make the trip to New Mexico, I would need to take three days off work to allow for air travel. Perhaps I will be totally retired for the next one and then be able to travel all I want! Thank you so much for all you do to keep us all in touch. I treasure my relationships in LLL so much."

We have our own unique ways to stay connected, support each other, and feel uplifted when together. It may be in person at a gathering, electronically via email, or a timely phone call to say, "Hi! What's new with you? I thought of you today and wanted to hear your voice." It may be a story you shared in *Continuum*. We are over 300 members experiencing many directions of life, women with adult children, some with grandchildren, some who are caregivers for a spouse of aging parent—remembering connections that started when we breastfed our babies years ago. Moments of diversity and unity of purpose. We take pride in our mission and our accomplishments. With your membership renewals and LLL Helpline donations, the connection continues. Keep on writing your stories for *Continuum*. Send articles to [dereszyn@verizon.net](mailto:dereszyn@verizon.net) by January 15, 2013. ☆

Until next time,

*Fran*

*Continuum* Editor

## LLL Alumnae Goals

- To ensure the existence of LLL for upcoming generations of mothers, children, and grandchildren—including our own
- To develop a network of information and support among members
- To promote LLL's mission and philosophy in our communities
- To locate and keep in touch with retired Leaders worldwide
- To assist in the development of Alumnae groups in communities and Areas around the globe
- To undertake special projects



Patti, Gail, Sue  
Pam, Judy, Edna  
Fran

## LLL Alumnae Council

The LLL Alumnae Association Council is the decision-making body for the organization, its projects, and activities. Council members stay up-to-date through regular email updates and conference calls held monthly or as needed. An annual Council Meeting is held, usually in the fall or spring. The next meeting will be on October 28-29, 2013 in Albuquerque, New Mexico.

### *Alumnae Association Coordinator*

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## Grandmotherly Reassurance: A Key to Breastfeeding Success

When my daughter and daughter-in-law gave birth to my grandsons and granddaughter, I was thrilled to travel to be with them. Providing breastfeeding support and grandmotherly reassurance to their families kept my connection with new family members. My daughter Erin and her family reside in Orange County, California, about an hour away from Los Angeles where my son Ryan and daughter-in-law Leilani live. My husband and I live about 3,000 miles away in Massachusetts.

In June 2011, Leilani gave birth to her first child Liam, and my first grandchild. Leilani had a natural labor with the assistance of her childbirth instructor/doula until her cervix was dilated to 7 centimeters, when her cervix got “stuck.” Apparently Liam’s size was larger than expected and labor was not progressing. After six hours of remaining at 7 centimeters, despite receiving Pitocin, an epidural, and the use of relaxation techniques, she had a cesarean section. She had sore nipples, some breastfeeding problems, and was seen by a lactation consultant.

My son continued to encourage her to keep breastfeeding and she did. He told her “please hang in there until my mom gets here and she will help you.” When Liam was five days old, we arrived from our family reunion cruise and were able to reassure them about the course of early breastfeeding and reinforce the proper latch to help the soreness.

In August 2011, Erin gave birth to Duncan in an uncomplicated home delivery. Soon after birth, he developed jaundice due to a poor latch. I had requested time off from work and made plane reservations based on her due date. My flight was scheduled to fly to California to be with Erin during labor and postpartum but she delivered almost three weeks early.



Susan with Duncan, Keira, and Liam

### Being there virtually

Fortunately, I was able to virtually be “with her” at the delivery. My sister was at their house to bring them dinner and ended up staying per Erin’s request. Then she sent photos to my phone, called me when delivery was imminent, and put me on the speakerphone. I could hear Erin quietly pushing and Duncan’s first cry. I was also able to help Erin find lactation consultation help after Duncan’s jaundice was resolving. I finally was able to be there when he was 10 days old. Leilani was about six weeks postpartum at the time and still needed my support as well. It was an exciting time for the sisters-in-law, with baby boys born five weeks apart! Susan with Duncan, Keira, and Liam

When Leilani announced she was expecting her second baby in March of 2013, I knew in a minute that I would be there for her if she wanted me. She desperately wanted to have a natural delivery. With her second pregnancy, Leilani saw her original obstetrician but became more and more convinced that she would end up with a repeat cesarean if she continued with this physician.

Leilani and Ryan decided to see a midwifery group who did birth center and home births, with obstetrician back up. She became more confident as time went on that home birth would be best for them and it would avoid being separated from 20-month-old Liam and lower the chances of a repeat cesarean. We talked. I told her I would be there around her due date. I asked Leilani if she would rather have me there around the due date or plan to arrive about a week later, giving her and Ryan some time with the new baby.

### Meeting little Keira

She agreed that a week later would be good, so I again requested time off work and made flight reservations to arrive on March 17. Erin volunteered to be there during her labor. Duncan was with her so Liam would have his cousin nearby since they get along so well. Ironically, when Leilani was in labor, Liam had no trouble with sleep, but Duncan never closed his eyes until after his baby cousin was born and he was able to see her. Little Keira was born before 1:00 A.M. on March 7, for a successful home birth. She began nursing as if she had always known how. I arrived in California on March 17 and met little Keira. Since my flight landed late, Liam was asleep so I cuddled with my first granddaughter for a while. Leilani and Ryan were glad I was there. Ryan needed to get back to work instead of running back and forth to check on them and to bring meals.

I truly believe that family support is key to early success in breastfeeding. That, and my daughter’s and daughter-in-law’s strong determination to breastfeed, compounded with their deciding to have births with as few interventions as possible, made their breastfeeding successful. My grandson Duncan continues to breastfeed. - ->

## Grandmotherly Reassurance: A Key to Breastfeeding Success *(continued from p. 3)*

My grandson Liam self-weaned just before his sister was born. My granddaughter Keira is breastfeeding well. She is a happy and healthy baby.

We continue to connect by computer, phone calls, text messages, and mobile

phone, FaceTime or Skype for face-to-face conversations. This meant so much to me, to see the grandchildren as they mature and develop, and now to hear them call me Grammy. It helps them to keep me as an important person in their lives and makes our

visits seem more seamless. I don't need to have them get used to me each time we see each other in person. ✨

*Susan Mocsny Thomas*  
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## Falls Among Older Adults

I recently read an article on the topic of falls in older adults. I was surprised to learn statistics that would be of interest to *Continuum* readers. Perhaps an Alumnae member has a parent or sibling over 65, they themselves may be entering that age group or are already in that age range. With the winter season approaching along with snowy weather and icy walkways and streets in parts of the U.S., it is wise to be careful of falling. Every year, one in every three adults age 65 and older fall, often resulting in bruises or aching muscles. These incidents can result in moderate to severe injuries, such as hip or knee fractures, or head injuries that can increase the risk of early death. Falls are also the most common cause of nonfatal injuries, emergency room treatments, and hospital admissions.

Alum member Rebecca Magalhaes wrote: *Last December, I fell down two steps that resulted in a break in my elbow bone and a finger bone. Since then, I have increased empathy and sympathy for anyone who suffers a fall. What really intrigues me, though, is how these falls can happen out of the blue, no warning, no dizziness, just a fall. I wonder if falls happen when we are distracted, not focused, or thinking ahead to something? I am extra careful going down stairs now, but I know this will not guard me from a fall never happening again.*

### Outcomes linked to falls

- For the 20-30% of people who fall, they will suffer moderate to severe injuries such as lacerations, hip

fractures, or head traumas. These injuries can make it hard to get around or live independently.

- Most fractures among older adults are caused by falls, commonly fractures of the spine, hip, forearm, leg, ankle, pelvis, upper arm, and hand.
- Many people who fall, even if they are not injured, develop a fear of falling. This fear may cause them to limit their activities, which leads to reduced mobility and loss of physical fitness, and in turn, increases their actual risk of falling.
- Falls are the most common cause of traumatic brain injuries that account for 46% of falls leading to death among older adults.

### Who is most at risk?

- People age 75 and older who fall are four to five times more likely than those age 65 to 74 to be admitted to a long-term care facility for a year or longer. Or they may need care in their home.
- Rates of fall-related fractures among older women are more than twice those for men.
- Over 95% of hip fractures are caused by falls. The rate for women was almost three times the rate for men.

### How can older adults prevent falls?

Older adults can remain independent and reduce their chances of falling. It is advised to check with a health care provider if implementing these suggestions:

- Exercise regularly. Focus on increasing leg strength and improving balance. Tai Chi programs are especially good.
- Ask one's physician or pharmacist to review medicines you take—both prescription and over-the-counter—to identify medicines that may cause side effects or interactions such as dizziness or drowsiness.
- Have regular eye examinations by an eye doctor at least once a year. Update eyeglasses to maximize vision. Consider getting a pair with single vision distance lenses for some activities, such as walking outside.
- Make the home environment safer by reducing tripping hazards, adding grab bars inside and outside the tub or shower and next to the toilet, adding railings on both sides of stairways and improving lighting in the living area.
- To lower the risk of hip fracture risk, older women can be sure to get adequate calcium and vitamin D—from food and/or from supplements, do weight bearing exercises, and get screened and, if needed, treated for osteoporosis. ✨

*Fran Dereszynski*  
*Continuum* Editor

Readers, do you have tips to share if you have dealt with a fall? How did you cope? What type of support did you need? Looking back, what might you do in the future to prevent further falls and bruises?

Send your thoughts and stories to Fran at [dereszyn@verizon.net](mailto:dereszyn@verizon.net)

## Connecting with New Zealand Alumnae

In the last issue of *Continuum*, I read the article about Margaret Bennet-Alder with great interest. I stayed with Margaret and her family in 1974 when visiting several LLL people during a three-month trip to the USA and the United Kingdom. In those days, there were meetings for “State Coordinators” at least annually and I couldn’t attend because of cost and distance.

LLLI suggested various people whom I should visit to learn how they ran their “State” LLL activities. I met with LLL women in Hawaii; San Francisco and Los Angeles, California; Minneapolis, Minnesota; Milwaukee and Madison, Wisconsin; Indianapolis, Indiana; Chicago, Illinois for the LLLI Convention; Washington, D.C.; Boston, Massachusetts; and New York. Then I travelled to Toronto where Margaret, like the other LLL women, was most hospitable and generous with her time to a complete stranger. It was all a mind-blowing experience!

It had been a long hard battle to get LLLI to realize that calling me a State Coordinator was just not acceptable! New Zealand (NZ) like Canada is part of the British Commonwealth and an independent nation; so it wouldn’t have been appropriate. As Margaret was the National Coordinator for Canada, New Zealand was brought into line and my



position became that of National Coordinator for LLLNZ.

As I read more articles in *Continuum*, I was sad to learn of Sally Murphy’s passing in January. I first met Sally when she and Judy Torgus visited New Zealand in 2004. I included a small tribute about

Sally in the latest issue of our newsletter for former LLLNZ members, *Kaleidoscope*. When Judy sent me the fine tribute created by Sally’s family, I emailed it to several people who would have known and met her either in New Zealand or offshore.

### A little history

In 1964, shortly after Karen Pryor’s article was published in *Readers Digest*, some New Zealand women wrote to LLLI asking for more information. They started a Group, but had no Leader. The group was still in existence when I returned from Wisconsin, as an LLL Leader in 1966. I attended one meeting. They were lovely ladies although I found it quite strange as outside “experts” like pediatricians were invited to address them. In 1967 while pregnant with my

fifth child, I began a group in Cambridge in the North Island, and the year following Jennifer Wybourne established LLL in the South Island of NZ. She had been living in Chicago so we’d both had the experience of being involved with LLL in America.

### Celebrating 50 Years

LLL New Zealand celebrates its 50th anniversary in 2014 with a National Conference. The coming year will be very exciting for us as well as a lot of work. We are in the early stages of planning an Alumnae day for former Leaders and members. That will definitely be my swan song as far as League activity is concerned.

I feel overawed by the dedication of women, both here and overseas, who have devoted their time, energy, and ability to La Leche League for decades. Having worked in the corporate world for years, I know that many of them could have worked their way to the top echelons of management and been well paid for their efforts. It says much for La Leche League that they (and their families) have chosen to offer their working life, and thus, in effect, hundreds of thousands of dollars, to this organization. ☆

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**Do you use a laptop, tablet, e-reader, or smart phone to stay connected to family, friends, and work?** Do you use electronic devices to read email, documents, attachments? Does *Continuum* get buried in a stack of letters, bills, magazines, and mail?



Are you away from home for vacation, work, family illness, or long-distance caregiver? Did you miss finding time to read an issue? Go to [lllumnae.org/Publications](http://lllalumnae.org/Publications) to access current issues. Away from home with access to a desktop computer at a library, hotel, friend’s home, or other location? **Follow *Continuum* online wherever you are!** ☆

## Her Greatest Accomplishment

By Elizabeth Spannraft, Illinois, USA

One day I read this in my daily paper, “Lucy Williams, 100, proud mother and good neighbor.” It was in bold print on the obituary page usually reserved for special people. But this headline caught my eye. At first, I thought that the reporter had difficulty finding anything significant to mark this woman’s long life and had fallen back on two old standbys to describe her. But, I was surprised to discover that the headline did in fact mark the greatest accomplishments in her life. I read, “Mrs. Williams worked first as a domestic, but

principally as a mother.” She raised not only her own children but those of her deceased daughter and sister. Respected in her neighborhood, her neighbors brought their children to learn history from her—in the African tradition of learning from an elder. I have carefully saved that obituary. I want to remind myself, whenever I feel that being a mother and homemaker is a thankless job, that every so often someone remembers what an important job it is. ☆

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### Alumnae Members Visit DePaul University



Katy Lebbing and Mary Lofton

DePaul University in Chicago, Illinois, holds the LLL Archives which are part of the Social Justice Collections. On May 23, 2013, LLL Alumnae Association members Mary Lofton and Katy Lebbing visited the DePaul University Archives to

attend a reception that was held in the Archives Reading Room to welcome the new Head of the Archives Department, Jamie Nelson. *Continuum* is mailed three times a year to the LLL Archives. ☆

*Katy Lebbing*  
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### “Like” Us on Facebook

Go to facebook.com/LLLAlumnaeAssociation to “like” the LLL Alumnae Facebook page and receive daily posts about breastfeeding in the news and Alumnae announcements between issues of *Continuum*. It’s another way to stay connected with each other. Alum members and non-members are welcome to “like” us. Extend the connection when you mention news links to friends who are not on Facebook. ☆

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### Philadelphia Alum in the News

Alum member Carroll Beckham found an article about Philadelphia’s Mural Tour in a recent issue of *Deseret News*. Reporter Michael Schuman wrote that Evy Simon was his guide for the tour he recently took. Schuman wrote, “Evy Simon, my guide, said that while several cities have had similar murals tagged over with graffiti, the people of Philadelphia are too proud to mar theirs.” Evy works as a guide in several parts of the city.

She is an Alumnae member and commented that she would have been nervous if she had known a journalist was on her tour. She was glad she did not know! Alums who attended the 2010 Trip to Philadelphia took the Mural Tour and Evy was our guide as well as for other activities during that event. Thank you, Carroll, for sharing this news! The article is available at [deseretnews.com/article/865584778/The-best-free-art-show-in-the-United-States-is-in-Philadelphia.html](http://deseretnews.com/article/865584778/The-best-free-art-show-in-the-United-States-is-in-Philadelphia.html) ☆

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### Renew Your Membership Anytime Donate Anytime Year ‘Round

**Renewal time is now, before December 31, 2013** if LAST ISSUE is above your mailing address on the back page. Keep up with *Continuum*’s stories and news. Don’t miss an issue. You may renew for multiple years. Renew before the expiration date to add on a year(s) to the previous date.

**Donate** to the mission of the Alumnae Association anytime, as well as to the LLL Breastfeeding Helpline-US. Use the form in this issue or go to [lllalumnae.org/donate](http://lllalumnae.org/donate) Your generosity is appreciated! ☆

Rhondda Evans Hartman grew up in Alberta, Canada, where she was a public health nurse. After she married her husband Richard, they moved to Colorado. They have five children and nine grandchildren. In 1961, Mary Ann Kerwin started La Leche League in Colorado. Rhondda was a Charter Member and led LLL meetings with Mary Ann for many years. During that time, she held most of the positions on the local LLL board including president, (a term used at the time), as well as the Area Coordinator of Leaders. Rhondda was on the planning committee for the LLLI Conference held in Denver, Colorado in 1968. She recently became a new Alumnae member, is the author of her latest book, *Natural Childbirth Exercises for the Best Birth Ever*; and is anxious to share more information about her new book with *Continuum* readers.

## Why I Wrote a New Childbirth Book



I recently published my second book, *Childbirth Exercises for the Best Birth Ever*. A friend asked me, “Why did you write this book?” It was a shock because most of my friends are impressed, congratulatory, and happy for me in my accomplishment, even though they do not share my interest in

this topic! Why did I write this book? Why now? Why at this stage in my life? What do I have to offer pregnant women of today? I am finished with childbirth and even with the birth of grandchildren so why my compulsion to write this book? Not only that, but this is the second book I have written on this same topic. Why was I not satisfied with doing it just once? Why do it all over again? I answered the friend in a way that seemed satisfactory to her. See if you agree!

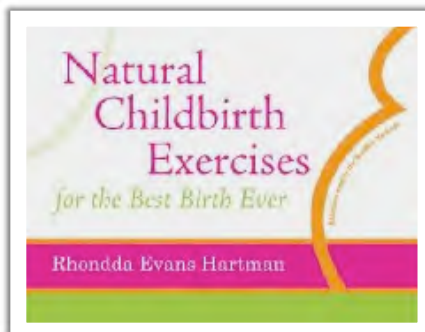
My information on preparing for birth is timeless, effective, simple, and natural. It makes sense that this is information that needs to be available for pregnant women of today. I see a

need to teach young women how they can prepare themselves for this momentous and athletic event. I feel that my exercises are described in a simple, concise way with the reasons for using them explained in a well-defined manner. I believe today’s young women will want this information and my expertise. I believe that what I have to tell them is not given to them by the health care system. I believe that the culture of our health care can be at odds with the “take charge” young women of today. ☆

*Rhondda Evans Hartman*  
Denver, Colorado USA  
[www.naturalchildbirthexercises.com](http://www.naturalchildbirthexercises.com)

After all her children were in school, Rhondda earned a master’s degree in Urban Sociology from the University of Colorado in Denver. For 25 years, she taught childbirth classes, and trained and supervised other teachers in Husband-Coached Childbirth for Dr. Robert A. Bradley in Denver, Colorado.

Rhondda has been a guest on national television in both the USA and Canada. She is also the author of *Exercises for True Natural Childbirth* (1975). She encourages every pregnant woman to read her book. Alums may want to give it as a gift to a daughter, daughter-in-law, or granddaughter—a guide to help expectant mothers have the birth they want and deserve. ☆



Rhondda is on the Advisory Board of the American Academy of Husband Coached Childbirth, The Bradley Method. Rhondda and Dr. Bradley were frequent speakers at natural childbirth conferences. ☆

“Every pregnant woman needs this book. Rhondda’s advice on birth and breastfeeding is pertinent and reliable. She knows childbirth first-hand as the mother of five and developer of childbirth exercises; she successfully accomplishes what she writes about.... Rhondda was an LLL Leader and together, we started La Leche League in Colorado.... If you are a health care provider; if you are a partner or spouse of a pregnant woman; or if you are pregnant—any and all will benefit from learning about and using these exercises that will ease the birth for both baby and mother.” —*Mary Ann Kerwin, LLL co-Founder*

## LLL Alumnae Annual Financial Report April 2012–March 2013

		April 2012 - March 2013
<b>Ordinary Income/Expense</b>		
<b>Income</b>		
	Contributions	1,245.00
<b>Fundraisers</b>		
	Ebay	79.00
	Helpline	55.00
	Leader Pins	1,021.70
	<b>Total Fundraisers</b>	<b>1,155.70</b>
	In-kind donations	6.69
	Interest	27.70
	Memberships	4,450.00
	Memberships -Multiple Years	2,625.00
	<b>Total Income</b>	<b>9,510.09</b>
<b>Cost of Goods Sold</b>		
<b>Fundraising costs</b>		
	Leader pins	61.22
	<b>Total Fundraising costs</b>	<b>61.22</b>
	<b>Total COGS</b>	<b>61.22</b>
	<b>Gross Profit</b>	<b>9,448.87</b>
<b>Expense</b>		
	Advertising	186.00
	Bank charge	134.00
	Continuum	2,093.13
	Council meeting Airfare	2,139.20
	Council meeting Hotel	1,050.00
	Council meeting Meals	1,200.00
	Paypal & Credit Card fees	128.33
	Postage	30.40
	Printing	62.37
<b>Project support</b>		
	Helpline	3,000.00
	<b>Total Project support</b>	<b>3,000.00</b>
	Supplies	176.80
	Website	512.05
	<b>Total Expense</b>	<b>10,712.28</b>
	<b>Net Ordinary Income</b>	<b>-1,263.41</b>
	<b>Net Income</b>	<b>-1,263.41</b>

### Project Support: Breastfeeding Outreach

\$3,000 was donated to the LLL Breastfeeding Helpline-US

### Publications

Published three issues of *Continuum*

Published 2013 Albuquerque Trip Brochure in *Continuum*, also available online and in print for local Alumnae gatherings and Area Conferences

### Membership

330: Members at the end of 2012/2013 fiscal year, includes:

315: Members in the USA

15: Members in Canada and outside the USA

Membership brochure was updated, posted online, and available online and in print for Alumnae Representatives, for local Alumnae gatherings, and at Area Conferences

Special \$15 membership offer promoted new members

### Sales

eBay income from vintage logo material

New Leader pins for 40, 45, and 50 years of service were ordered for the pin inventory

### Online Communications/Social Media

Appointed a new Online Communications Coordinator

Alumnae Facebook page was created. Initial “likes” increased to 240 by the end of March 2013 and continues to grow.

The Coordinator updates the website periodically. The site procured a new web host. Web training for the new Coordinator, adding new features to the store and web page were services completed by our web consultant.

### Alumnae Council Activities

Monthly conference calls were held, along with email discussions between calls. Council members reported activities pertaining to their duties. Monthly financial and membership reports were submitted. The Annual Council Meeting was held in June 2012 in Houston, Texas, during the Texas Area Network Conference. The Alumnae Council presented a session, “LLL Alumnae Association: A Lifelong Connection,” hosted a Dutch treat dinner with 22 active and former Leaders who attended, along with co-Founder Marian Tompson.

Albuquerque, New Mexico, was chosen as the destination for the October 2013 Alumnae Trip. Event planning was started. ☆

*My mother and grandmother were telling me loud and clear that as we live our lives, we have to stop running and chasing what we think leads to happiness, and slow down before we rush past the very thing we'll wish we had more of at the very last hours of our days. —Alexandra Rosas*

## Links to Online Magazines Published by LLLI and LLL USA

Did you know that the Alumnae Facebook page posts links to LLLI’s online journal *Breastfeeding Today* and LLL USA’s online journal *New Beginnings* as soon as they are published? If you are on Facebook, enter “LLL Alumnae Association” in the search box to arrive at the Facebook page to read recent news items and links to current breastfeeding articles. If you are a retired Leader, these journals and links may be of interest to family members, relatives, and friends who have adult children who are new parents or parents-to-be. “Like” the page to receive news items when they are posted.

Alumnae members as well as non-members are welcome to “like” the page and receive news items. ☆



## Key Numbers for the LLL Breastfeeding Helpline-US

The LLL Alumnae Association contributes annually to the LLL Helpline, a toll-free number (1-877-4-LA-LECHE) that mothers can call for breastfeeding information. It is fully staffed by active La Leche League Leaders. If you are an Alum who is an active Leader, your time to volunteer with the LLL Helpline is needed. It is one way to maintain your active Leader status, especially if you are not able to lead meetings or have to cut back on activities due to family needs. Or it may be in addition to what you are already doing in LLL. The LLL Helpline work offers options where the time commitment fits a pace that works for you. Please share this with opportunity to help breastfeeding mothers with active Leaders in your Area. Thank you!

### 3720? 4380? 82? 246?

Do you know the relevance of these key numbers?

3,720 = Number of Active Leaders in the United States (according to the LLLI Relationship Manager (RsM) database on July 20, 2013)

4,380 = Number of 2-hour shifts per year (24 hours per day/2 hour shift = 12 x365 days per year = 4380)

82 = Number of 2-hour shifts per week. (4380/53 weeks per year= 82)

246 = Number of Leaders needed to provide 3 Live Leaders for each shift/week. (82 shifts per week X 3 lines on vocalocity = 82)

If every Leader in the United States took *one two-hour shift per quarter*, we could easily provide 24/7 live Helpline coverage and have 3 live operators on each shift.

### Can you imagine?

- Knowing when to expect helping calls, being able to schedule times that are convenient to you?
- And only taking a shift once every 12 weeks?

### Is your life too unpredictable to schedule a 2-hour shift?

- You can sign-up to receive voicemails.
- You specify how many you want to receive and what days you want to receive them.

### You can do fundraising.

- Many Areas/Groups/Leaders routinely donate a percentage of all their fundraising to Helpline.
- This is particularly appreciated if you advertise the Helpline number on your web page in lieu of Local Leader numbers.

### You can write grants.

- Many grants are geographically limited, making it challenging for the Helpline as an organization to receive funding.
- Local Leaders/Groups can apply and highlight how sharing funds with Helpline eases their load as a Local Leader.

### If you are not ready to volunteer, there are still some things you can do to help.

1. Make sure your LLLID (your current contact information) is up-to-date and accurate in the LLLI Community Network (CN) database
2. Make sure your Area/Group web pages are up-to-date and accurate.
3. Make sure local callers know how to reach you.

These are the systems that LLL Helpline Volunteers use to provide Local Leader information to callers. Your accurate LLLID info is imperative. Frequently look at the Group web page and evaluate:

1. How easy is it for someone who is not local to navigate and find a group?
2. Are your Groups divided geographically?
3. Are your Group names reflective of local colloquialisms?
4. Would outsiders know where LLL-Wiregrass is located?
5. Include your contact number on all flyers, Group Meeting notices, web pages, etc.
6. Submit frequent press releases to your local media outlets. On slow news days they will call and interview you. The more frequently you are in the media, the easier it is for local mothers to find you.

### Ready to volunteer?

Call, text, or e-mail me. I will happy to send you the frequently asked questions document and help you determine how best you can help.



Training takes 15 minutes to an hour, depending on your computer skills. ☆

Laura Goodwin-Wright, Helpline Director  
Hattiesburg, Mississippi USA  
LLGWright@aol.com

*Take time to relax, reflect, and savor each day for the joy it brings—  
time to discover each beautiful gift life has to offer.*

— Author Unknown

## Where Do I Send Names for We Remember?

**We Remember** is a tradition that the LLL Alumnae Association initiated at the 2001 LLLI Conference. You may submit names online or send the name, date of death, state or country, and obituary link to Fran at [dereszyn@verizon.net](mailto:dereszyn@verizon.net)  
The list of deceased Leaders is online at [lllalumnae.org/We-Remember](http://lllalumnae.org/We-Remember) ☆

## Filling a Child's Emotional Tank

In today's world, most parents are juggling jobs, traffic jams, children's activities, self-care, and a variety of other things. We live in a fast paced world in which the speed of email has, in a few short years, overcome the speed of faxing. There seems to be pressure to involve our children in sign language classes, baby swim lessons, music lessons, art courses, and many other activities before they've even reached the age of three. More and more children are in the care of someone other than family members. That means getting them up and dressed and out the door every morning no matter what mood anyone is in. And when everyone is finally back home after a long day, there is dinner and baths and stories and to bed.

Meanwhile, we know that children need their parents' attention as much as they need food. From birth a child looks in his/her parent's eyes and sees who he is. When a parent sits and looks in the baby's eyes, the baby drinks in love and affirmation and self-esteem and belief that he/she is important in this world. At the infancy stages, it is not so much about what we do as it is about being there.

In 1977, Ross Campbell, M.D., stated in his book *How to Really Love Your Child* that a child can handle just about anything if his emotional tank is full. But when that tank is not full, even the seemingly smallest thing can lead to an emotional meltdown (often termed a tantrum.) He went on to describe a variety of ways to fill those emotional tanks. Twenty years later Campbell co-authored *The Five Love Languages of Children* with Gary Chapman. This book gives parents

specific ways to identify how to fill their children's emotional tanks. Each of us has all of the love languages, but in a fast paced world such as ours, identifying a child's primary love language and setting aside time to fill that tank is worth its weight in gold.

The five love languages are:

- physical touch
- words of affirmation
- quality time
- acts of service
- gifts.

It's pretty easy to meet all of these when your child is an infant and just ready to soak up anything and everything you say and do. But, along comes toddlerhood, the pre-kindergarten personality, tween age, adolescence and adulthood! How does one do this while keeping in mind the developmental needs of the child? From the toddler years on, children want touch when they want touch, and when they most need that appropriate touch, parents need to be creative and flexible in finding ways to fill that emotional tank.

I remember sitting on a sofa with one of my daughters many years ago when she was a tween. During that period of her life she seemed to be uncomfortable in her body and with every aspect of her life. So she was sitting in one corner of the sofa watching some show in which I wasn't even remotely interested. *But* I was determined to let her know she was loved through her love language. So I sat. And she moved a bit closer. I sat; she moved closer. By the end of the show she had moved right up against me, not leaning, just next to. I reigned

in my desire to put my arm around her, and she finally leaned into me and began talking. If I had talked back, she would have shut down and stomped back to her room. I said things like, "Hmmm," "That's interesting," "Really?" and maybe something like, "That sounds like a good choice" for close to 30 minutes. She said, "Thanks, Mom" and went off to her room with a spring in her step. And for the first time in weeks I felt like a success as a parent!! It had taken about 90 minutes out of my busy day, but I had met her need for touch, words of affirmation, and quality time.

Later in the teen years that same child sat on my bed as I was dozing; it was probably about 10 in the evening, and I was ready for sleep. She asked, "Mom, how come you don't have stretch marks from having us?" Well, that will wake up a mother! I responded, "Hmmm; what brought that up?" She began to talk...and talk and talk. I think she talked for close to 30 minutes while I did the active listening I had implemented many years before. I waited. I bit my lip. And finally she mentioned that a girl in her 9th grade PE class had had a baby over the summer and had horrible looking stretch marks. And I, even in my semi-comatose state, asked, "What do you think about that?" She said, "I don't know. Thanks for listening, Mom." She got up and left. This took about 60 minutes out of my day while she circled the question she wanted to ask. It wasn't convenient for me; I made no teaching points. Yet, I filled her emotional tank with quality time, focused attention, words of affirmation, and touch as she leaned on me most of the time she was talking. -->>

## Filling a Child's Emotional Tank *(continued from p. 10)*

My daughters, my niece, and my nephews have been my greatest teachers on how to talk to children and how to listen to children. Campbell and Chapman put into writing what I was learning and coached me into being a better parent and, now, a better child centered play therapist. In 2006 Garry L. Landreth and Sue C. Bratton

of North Texas State University developed the Child Parent Relationship Therapy (CPRT) program and published a book to teach these skills to children. It is a 10-week course for parents who want to develop better relationships with their children. CPRT classes are available throughout parts of the US. What do I

like most about the course? It gives parents the tools to listen and hear and affirm in 30 minutes once a week. How's that for something that can work in this fast paced world? ☆

*Nancy Franklin*  
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### BOOK REVIEWS You Might Like to Read...Choose one or more and enjoy!

***The Immortal Life of Henrietta Lacks***, 2010, by Rebecca Skloot is about the life of a lively, caring black woman who died in 1951 at the age of 31. If she died, why is she immortal? Henrietta Lacks loved her children, family and dancing. She lived in poverty and raised tobacco. Henrietta sought help from John Hopkins Hospital when she had a "painful knot" in her stomach that would not go away. Without her knowledge, doctors took her cancerous cervical cells for research. Her cells are still alive, called *He La* cells. They are helping fight various diseases, like cancer, polio, and Parkinson's. Besides that, the *He La* cells are vital in developing gene mapping. Her cells are reproduced and sold for millions of dollars all over the world. The author contacted Henrietta's five children who had no idea that their mother's cells were still alive. It is a powerful story which took ten years to write. Hard to put down!

***Snow Flower and the Secret Fan***, 2005, by Lisa Lee takes place in 19th century China. Lily tells the story of her arranged friendship with Snow Flower. Lily was the "old same" who was to guide Snow Flower throughout her life. Snow Flower's feet were bound and broken. Her "golden lily" feet would enhance the possibility of a good

arranged marriage. She learned to walk daintily on one toe. Only peasants had flat feet. Although a bride was considered a "useless branch," she was expected to do all the work in her new family. Lily taught Snow Flower a secret form of writing on silk fans, called "nu shu." Misread notes caused many hardships. Deep relationships are explored. A terrific story! Sad to say, foot binding did not end until 1951.

***The Virgin in the Ice, the Sixth of the Chronicles of Brother Cadfael***, 1982, is a novel of medieval suspense by Ellis Peters. In 1139 Shrewsbury the Sheriff seeks the help of Brother Cadfael. Why would he seek the help of a monk? Brother Cadfael had a worldly young life as a Crusader in the Holy Land. Now, a wise and kind man, he understands the minds of men and knows how to heal severe wounds. Three young people are missing. Brigands are robbing and killing during the unrest caused by the civil war between the cousins, King Stephen and Princess Maud, vying for the throne of England. All of the *Chronicles* have mysterious happenings, depth of character, and bits of wisdom, which I find calming. Coming upon a young woman frozen in a stream in the woods sounds interesting, don't you agree?

***Susannah's Garden***, 2006, by Debbie Macomber is a vignette of today's world of raising teens, and helping one's parent who has dementia. Susannah returns home to resettle her mother in a facility in town for individuals with memory loss. Her mother does not want to leave home, nor does she want to move to Seattle with her daughter. But, she can no longer live alone. Since Susannah's brother died years ago, she must make the decision. Chrissie, her rebellious nineteen-year-old daughter, comes to help, sort of. Susannah reconnects with Carolyn, an old high school friend. They speculate about Susannah's old boyfriend Jake's whereabouts. Her deceased father did not approve of him. While she is packing up her mother's things, Susannah discovers that someone has come into the house while she was out. It is an interesting, surprisingly light, true to life story with a little mystery, which I enjoyed. Hope you do, too. I chose this story because it resonated with me because my mother has severe dementia. ☆

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*Special request from Treasurer: Photocopy or submit this full page with your imprinted name when renewing by mail.*

Yes, I want to keep in touch, support the LLL Alumnae Association, and join for \$20/year.

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Mail to: Patti Hope Lewis, LLL Alumnae Treasurer, 4303 Ashwoody Trail NE, Atlanta, GA 30319-1436.

Questions or to inquire about receipt of your check and Membership Form, contact Alum Treasurer Patti at: [pjbalances@bellsouth.net](mailto:pjbalances@bellsouth.net)