

From the Mail Bag

Readers comment on the last issue

I just read the latest *Continuum*. What a lovely read! Full of the glow and warmth of 60th Anniversary reunions, recognition of Alumnae contributions to your organization and even a "Long Distance Grandparenting" article! The warmth and support that Alumnae members continue with each other in the years after our initial investment in LLL seems universal. Congratulations on quite a universal (as opposed to a "particular to USA") issue!

—Christine Scothern, New Zealand

The article about the LLLI Pioneer Gala event brought me such good memories. Another terrific issue! —Hugs, LLLI Board Members Yanet Oliveres and Constance Pond

I already started reading my copy, enjoying it every time.
—LLL co-Founder Marian Tompson

In this issue

Carole Wrede, former *Leaven* Managing Editor commented that Andi LaMar's lead article is an example of the impact of friendship on the author's life. Might she have traveled as much without the pen pal friendship? Perhaps not. The lives of both friends are beyond what 6th grade girls could have imagined. What changes in communication have taken place since the 1960s and 1970s! Remember when long distance calls were expensive and not done often to places outside the country!

One fact that struck me from "The Hormone of Affiliation" was that eye-to-eye communication is affected by oxytocin. I thought you would enjoy the article, even if as a review.

I noticed that more Alums plan trips out of town in the summer or travel to a warmer climate during winter months. Did you know that bulk mail is not forwarded or saved with accumulated "on hold" first-class mail. Because "Return Service Requested" is on the back page, the U.S. Post Office returns the issue to me for a postage fee and with a note, "Temporarily Away." Or if the Post Office does not have a current forwarding address, it may be returned with a new address not in the automated postal system so we can update the database. It is a benefit to have a new address.

Bulk mail is distributed over a 2-3 week period. If you plan to be away during the weeks of February 15 - March 31, May 15 - June 30, or September 15 - October 31, let me know if you have an alternate address. If there is no address, let me know and a digital copy will be sent to your current email address. When you alert me, it saves on the return fee and you receive the electronic more timely. Please contact me with a temporary address that accepts your name at that location. Let me know when you will return to your home address. Contact me if you have questions.



My daughter and I recently enjoyed a picnic lunch with friends in a wooded area, close to a nearby small river. On that warm day, the water tempted us to sit a while and cool our feet. So we did! We felt recharged!

What a treat to listen to the flowing river sounds and chirping birds nearby, while kids/adults with us waded further or went fishing. We heard, "Oh that one got away!" Others shouted with glee when a small trout wiggled on the end of a hook!

Time by water: restorative, restful, soothing

What exactly happens when you spend time by the water—a fountain, lake, river, pond, or beach? According to Rebecca Jane Stokes, spending time by the water can leave you feeling rested, recharged, soothed, and restored. Your brain relaxes. You drift into a relaxing state. The sound of rippling waves or crashing surf can put one in a meditative state and even bolster creativity. You are likely to unwind more than usual. You de-stress. Water is full of naturally occurring negative ions. Our minds are sent into a restful almost hypnotic space thanks to the soothing smells and sounds of the water. As they continue to study blue space, scientists are sure that spending time in water can't help but boost your mental health.

I look forward to your reply to the survey on p. 12.

If you have an article to share, send by August 15, 2017. ~

Until next time,

Fran

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Submit articles by August 15, 2017

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Renew online at [lllumnae.org](http://lllalumnae.org) Use this form to renew, join or donate.

- \$ _____ I prefer my donation to be unrestricted and anonymous to the LLL Alumnae Association.
- \$ _____ Donation to LLL Breastfeeding Helpline-US will be sent to the Helpline. Name published in *Continuum* and website.
My Helpline donation is: \$25 \$50 \$75 \$100 \$ _____ (write in amount)
- \$ _____ **Total Donation. Check payable to: LLL Alumnae Association.**
Mail to: Patti Hope, 2457 Vivian Circle, Decatur, GA 30030-1592.

Yes, I want to keep in touch, support the LLL Alumnae Association, 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

◆ Gift membership for a: Friend/LLL supporter Friend of Alum

Name _____ Home phone (____) _____ Cell phone (____) _____

Address _____ City _____

Today's date _____ Email _____ State/Province _____ **ZIP+4** _____

Email is needed for membership reminders

\$ _____ **Renewal** for __ year(s) \$36/year in USA. Outside USA: \$44/year, **US dollars***

\$ _____ **New member** for __ year(s) \$36/year in USA. \$44/year US dollars* outside USA. You may join/renew for multiple years.

\$ _____ **Gift membership** for __ year(s) \$36/year in USA. \$44/year US dollars* outside USA.

\$ _____ **Tribute Membership** for myself and add a tribute to **one** person. \$56 for one member (\$64 US dollars* outside USA).

Your name _____ (add city & state/country) My tribute to one individual _____
(insert one person's name, city/state/country). Indicate why you wish to honor the individual. *Content subject to final review by the LLL Alumnae Association.* Name published in *Continuum* and on Alumnae website. Insert tribute (up to 15 words) for one person: _____

\$ _____ **Total Membership.** Check payable to *LLL Alumnae Association.* **Date check mailed:** _____

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

Form updated May 10, 2017/FD