





















## LLL Alumnae Association 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.

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 and an email discussion group. Annual Council Meetings are held as needed.

### Council Members' Contact Information

<i>Alumnae Association Coordinator</i>	<b>Edna Kelly</b> eekelly@swbell.net	<i>Online Communications</i>	<b>Gail Moak</b> gmgesley@gmail.com
<i>Finance/Treasurer</i>	<b>Patti Hope</b> pjbbalances@bellsouth.net	<i>Alumnae Rep Coordinator</i>	<b>Pam Oselka</b> poselka1945@att.net
<i>Continuum Editor</i>	<b>Fran Dereszynski</b> dereszyn@verizon.net	<i>Member-at-Large</i>	<b>Janet Jendron</b> jjendron@usit.net
<i>Membership/Secretary</i>	<b>Sue Steilen</b> suesteilen@comcast.net		

## Tribute Membership: Another Choice When Joining the LLL Alumnae Association

A Tribute Membership connects you in a special way to **one individual**—an Alumnae member, Leader, former Leader, colleague, family member, or cherished friend. Tributes are published in *Continuum* and posted on the Alumnae website for one year; \$5 of each membership is donated to the LLL Breastfeeding Helpline-US. Both basic and Tribute memberships keep the LLL Alumnae Association growing. Use the back page or go to <http://lllalumnae.org/join> and select "Add a Tribute to Your Membership."

The following Tribute Membership was received during the last reporting period, 5/1/2016 to 8/31/2016:

7/12/2016 from **Madrey Swenson**, West Lebanon, New Hampshire USA.

One-year tribute to honor **Kathy Baker**, Illinois USA. She inspired me to greater heights. ~

## From the Mail Bag: Next Deadline Is January 1, 2017

**Dotti Savoy** wrote, "I always like the articles about books. In the last issue, the article on grief, "In This Season of Partings," and the book reviews were very interesting. I certainly looked forward to that issue. It was almost as good as being able to go on the last Alum trip!

**Barbara Parker** clarified in her article, "Retirement Years: Summer Jobs in Yellowstone National Park," that during the two summers they worked at Fishing Bridge, they were as paid employees of Xanterra, rather than as volunteer hosts. She and her husband were unpaid volunteers at Canyon Campground during the 2013-2015 summers.

I sent a sympathy card to an Alumnae member on the passing of her step-father. She responded that there was no funeral. She felt a bit lost without a standard way to mourn. She mailed notes to her mother and step-father's family members, "but I didn't realize how much I needed someone to mark my grieving until I got your card. Thank you."

**Thank you, Alumnae members**, who took time to write articles during the past year. Your stories enrich and inform readers. You are the foundation for *Continuum* now and in years to come. Readers, there is space for your stories in upcoming issues. Share how you met a challenge, e.g., adult children living with you; the joys/challenges of grand-parenting; being a caregiver for a family member; how you take time for yourself; getting together with local active and former Leaders, etc. Choose your own topic. If you don't have a budding article, send feedback about this issue. Authors love to hear your input, too. ~

Until next time,

*Fran*

*Continuum* Editor  
dereszyn@verizon.net

When we get and receive hugs, there is a surge in oxytocin, the "mothering" hormone that brings relaxation. Contact with others through social media or a loved one's phone call also releases oxytocin. Phone users are in continual awareness of an incoming call or if the battery needs recharging. Cradled in the palms of two hands, the phone reminds us of Klaus and Kennell's observation of a mother's intense eye-to-eye contact as she cradles her baby. It is not that the baby looks like a smartphone. Bursts of the bonding hormone during connection are similar whether we carry and connect with a baby or a socially connected smartphone or electronic device. To read more of Kim Allsup's interesting article on "Smartphones and Parenting," go to <http://attachmentparenting.org/blog/2015/09/01/smartphones-and-parenting/> ~



## Recognizing LLLI Commemorative DVD Donors

*Photo, left to right: Fran Dereszynski, Gail Moak, Pam Oselka, Janet Jendron, Coordinator Edna Kelly, Sue Steilen, Patti Hope*

In conjunction with the 60th anniversary celebration, a commemorative video is being professionally produced by LLL Leader Lisa Manning who is also an experienced television reporter, presenter, and executive producer. The DVD will feature interviews with LLL Founders sharing unique insights into their collective journey that changed infant feeding practices around the world. The video will be available during the April 3 - 7, 2017 online International Conference.

During the anniversary year, it will be available for screening, at no cost, at LLL events and Conferences around the world, and available for viewing at other events for years to come. As the DVD executive producer, Lisa donated her time and personal resources towards production.

To complete the project, \$3,700 is still needed. The LLL Alumnae Association has made a donation and now asks Alumnae members and friends to partner with us with individual donations.

Gifts at all levels are appreciated and **100% of your donations to the video via the LLL Alumnae Association will be sent to LLLI.**

As of July 29, 2016, a total of \$1,015 was donated by the following Alumnae members: **Jo Brockhaus, Paula Clay, Lorelei de la Reza, Fran Dereszynski, Judith Gilbert, Mary Gisch, Edna Kelly, La Leche League of Illinois, Valerie Moses, Anne Sanger, Judith C. Smith, and Kathleen Van Blargan.** Lorelei, LLL Leader for 43 years, commented: "With love and appreciation to Marian Tompson and Mary Ann Kerwin, two cherished Founders—60 years each multiplied by 2 for my \$120 donation. With deepest gratitude." *Due to software/computer problems, some donors were not listed here. An updated total and donor list will be published in the next issue.*

Donate online or by postal mail. **Gifts in all amounts are still needed.** Spread the word to LLL friends about donating to the Anniversary DVD! Thank you for your support of this important, global project!

- **Donate** at <http://lllumnae.org/donate> Select "LLLI DVD Donation." Choose the amount you wish to donate and follow the prompts to complete the process.
- **Donate by mail.** Use the form below. Send your donation to Patti Hope, Treasurer, 2457 Vivian Circle, Decatur, GA 30030-1592. ☺

Your donation matters! When you support this historical DVD project, you are building LLL's legacy!

Name \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ City, state, ZIP code \_\_\_\_\_

Home phone \_\_\_\_\_ Cell phone \_\_\_\_\_ Today's date \_\_\_\_\_

Amount enclosed \$ \_\_\_\_\_. Add notation for "LLLI DVD." Make check payable to "LLL Alumnae Association."

Send with check to Patti Hope, Treasurer, 2457 Vivian Circle, Decatur, GA 30030-1592. Thank you!



Fran Dereszynski, *Continuum* Editor  
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Huntington Beach, CA 92649-4821

Next deadline: January 1, 2017

**RETURN SERVICE  
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To keep the newsletter intact, scan/copy this form before mailing.

Donation

*Send all donations to Patti Hope.*

- \$ \_\_\_\_  I prefer my donation to be for the LLL Alumnae Association, unrestricted and anonymous.
- \$ \_\_\_\_  Donation to help fund the LLLI 60th Anniversary DVD, p. 11. Write in your amount. Be as generous as you can.
- \$ \_\_\_\_  Donation to LLL Breastfeeding Helpline-US, Your donation will be sent to the Helpline.  
My Helpline donation is:  \$25  \$50  \$75  \$100  \$\_\_\_\_ (write in amount)
- \$ \_\_\_\_  **My Total Donation.** Check payable to *LLL Alumnae Association*. Mail to Patti Hope, Alumnae Treasurer, 2457 Vivian Circle, Decatur, GA 30030-1592. Questions? Contact Patti at: [pjbalances@bellsouth.net](mailto:pjbalances@bellsouth.net)

MEMBERSHIP

Yes, I want to keep in touch, support the LLL Alumnae Association, and join for \$36/year US funds (\$44 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 a friend. \$56 per 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*.

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

Questions or to inquire about a membership payment, contact Patti at: [pjbalances@bellsouth.net](mailto:pjbalances@bellsouth.net)

*Send all memberships and donations to Patti Hope. Form updated September 10, 2016/FD*