

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 27, No. 1

January - April 2014



Membership Fee increase to \$30/yr (add \$8 outside USA), starts February 1, 2014. Renew by April 30, 2014 to continue to receive Continuum.

New \$50 Tribute Membership starts February 1, 2014. See page 11.

New! Send all membership payments to Membership Chair, Sue Steilen, at suesteilen@comcast.net

Thanks, Patti Lewis, for processing memberships the past two years.

When a new year rolls around or spring cleaning arrives, it's bound to be time to think about decluttering your closet, piles of books, kitchen cabinets full of gadgets, pots and pans, and dishes you no longer use, especially if you have an empty nest. Or time to recycle items to a family member setting up an apartment or new house.

Decluttering

I have several random ideas about decluttering. You have probably read them before. Feel free to use as they might apply. Give yourself a break for the times you don't achieve what you wish. Remember: batting .300 in baseball is a great batting average, although it means missing 7 times out of 10!

1. Hang everything in your closet backwards. As you use an item, re-hang it forward. After a period of time (six months, one year, or whatever time you choose), it will be clear what you use and what you don't. Making a decision about what to get rid of will be easier.
2. Make several piles/boxes when sorting or editing anything. Categories: Keep. Fix/Repair. Trash. Give. Undecided. Then act on your piles/boxes.
3. When you have chosen things to get rid of, but aren't sure you *really* want to get rid of them, pack them in a box, and put it in a remote location (spare room, garage, etc.). If after six months you did not need anything in the box, get rid of it *unopened*. If you open it to "make sure," you will almost certainly decide to retrieve something in it defeating the purpose of downsizing.
4. Start with small goals: one drawer, only 15 minutes, only one focus, e.g., holiday/seasonal decorations. If you happen to experience success, you can continue. If not, you have already accomplished something.
5. Ask yourself some questions:
 - Do I love it? Do I need it? Is it beautiful?
 - Do I have room for it? Can I find another place for it where someone will value/honor it like I do?
 - Is it flattering? Does it fit? Does it serve a function? Is it fabulous? Does it suit my current lifestyle?
 - Could I easily find this again elsewhere? If so, could I let go of it more easily? If not, would I end up spending a lot to buy it again?
 - Do I use it fairly often or was it a part of a long ago period in my life?
 - Am I so attached to it that I would feel a lot of pain to let it go? ☆

*Barbara Parker, Raleigh
North Carolina USA
brparker@nc.rr.com*

"When you're trying to motivate yourself, appreciate the fact that you're even thinking about making a change. And as you move forward, allow yourself to be good enough."
Alice Domar, PhD, psychologist, author

In This Issue

- 1 Decluttering
- 2 From the Mail Bag
- 2 Leader's Years of Service Pins
- 3 Council Members' Contact Info
- 3 Albuquerque in the Fall
- 3 Invitation to My New Blog: The Magic of Mothering
- 4 LLL Breastfeeding Helpline-US Needs Alum Support
- 4 Book Reviews
- 5 Memories of My Trip to Albuquerque
- 5 Send Names for *We Remember*
- 6 With Gratitude to Donors
- 7 My Albuquerque Memories
- 8 Founders Connect to Travelers
- 8 Ecstatic to Win the Alumnae Basket!
- 8 A Mother's Hands
- 9 Trip Around Part of the LLL World
- 10 Highlights of the Annual Alumnae Council Meeting
- 11 Announcing Tribute Membership!
- 11 Join Alum Yahoo Group for Latest News from LLLI and LLLI Board
- 11 My Experience with Falls
- 12 Membership Form

From the Mail Bag

It's 2014! The Alumnae Association enters its 24th year and is committed to connecting with active and retired/former Leaders. Together we make a difference in the world, supporting breastfeeding through our annual donation to the LLL Breastfeeding Helpline-US. When you connect with other Leaders or former Leaders, tell them of the Helpline's need for donations (p.11). Alums' giving spirit can make it happen for the Helpline. There is always a need for more volunteers. The last issue had an appeal for active Leaders to volunteer for the Helpline. Training is available with flexibility for when calls are taken.

In this issue, I am delighted to share three stories about the October Albuquerque trip—one hand-written story received by postal mail! For members who were not able to attend, you will enjoy their accounts. For those who were on the trip, relive the fun, sightseeing, and friendship. Reader's comments about the last issue are shared here:

Mary Baker (Thousand Oaks, California, USA) wrote: "As usual, an interesting issue! I loved Susan Thomas' account of her grandchildren's births. I knew bits and pieces from messages on e-mail lists. This article covered more and knitted it together. I am mindful of avoiding falls, do yoga, and hold the bannister when using stairs. Still, it is good to read other prevention tips. The article on 'Filling a Child's Emotional Tank' is a good reminder now that I, too, am a grandmother of four."

Nancy Barry (Idaho Falls, Idaho, USA) wrote: "I never let *Continuum* get lost in a stack of letters or bills! I love having a printed copy. I copied Rhondda Hartman's article 'Why I Wrote a New Childbirth Book' and took it with me when I went to the credit union where I made a deposit for an LLL fundraiser. One of the tellers is expecting a baby. Each time I make a deposit, I make a special effort to go to her window and bring her something that will help her prepare for her birth and breastfeeding. She was delighted to get a copy of the article. Thanks for another great issue of *Continuum*."

Rhondda Hartman (Highlands Ranch, Colorado, USA) wrote: "Thank you for sharing Nancy Barry's sweet story about my book and article I wrote. It is really a great support to me and my book. It gave me a great boost in morale and I hope in sales, too! I have a great respect for LLL and the contribution it has made for the health and well-being of mothers and babies worldwide. I was so excited to be honored as an award winning finalist author in the 'Women's Health' category for the 2013 USA Best Book Awards. It is such a validation to receive this award." ☆

Send comments and articles by April 15, 2014 to me at dereszyn@verizon.net Until next time,

Fran Continuum Editor



PINS FOR LEADER'S YEARS OF SERVICE AVAILABLE FROM ALUMS

Prices start at \$6 per pin (plus postage) with reduced prices for bulk orders. Available: Basic Leader pin (without years) and 5, 10, 15, 20, 25, 30, 35, 40, 45, and 50-year pins. Questions about an

order? Contact Susan Geil at: susan4868@gmail.com

To view photos of pins or to place an order online, go to lllalumnae.org/content/leader-recognition-pin

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

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.

Alumnae Association Coordinator

Edna Kelly eeekelly@swbell.net

Finance/Treasurer

Patti Hope Lewis pjbalances@bellsouth.net

Membership/Secretary

Sue Steilen suesteilen@comcast.net

Publications/Continuum Editor

Fran Dereszynski dereszyn@verizon.net

Member-at-Large & Alumnae Representative Coordinator

Pam Oselka poselka1945@att.net

Member-at-Large & 2013 Trip Coordinator

Judy Torgus Torgusjudy@yahoo.com

Online Communications Coordinator

Gail Moak gmglesley@gmail.com

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.

Copyright © LLL 2014



Albuquerque Trip Logo designed by Paul Torgus

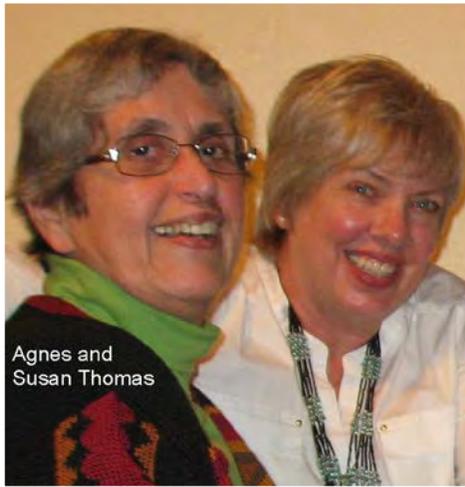
Albuquerque in the Fall



“Red or green?” The nearly 70 LLL Alums quickly got used to being asked this when we ate meals. Dining in the Southwest, a la Albuquerque and nearby places, was an adventure. Did we want red or green chilies on our food (for some of us it was “neither”). I personally loved the southwestern food but a steady diet for a week got to be a bit much! Many Alums came a few days early or stayed for extra days. A few did both. There was so much to see and do. Council members did a magnificent job of planning a variety of activities, allowing for free time to nap, visit, and sightsee on our own.

Our first morning, the *We Remember* Ceremony was held for the reading of names of Leaders who died since the last Alum trip in St Augustine, Florida. The hotel had a beautiful chapel that was perfect for this moving ceremony. The hotel was conveniently located so that we could easily walk to Old Town, restaurants, and a museum or two. Our trolley ride in Albuquerque took us to many interesting sights and neighborhoods while our tour guides kept us well informed and entertained. Unfortunately it was a cold morning so some of us headed to the Rolling in Dough bakery for a cookie unique to the area and very welcome *hot* chocolate.

We ate lunch at a restaurant in the Old Town Plaza and were treated to watching two weddings that took place at the gazebo in the Plaza. The rest of Friday was a tour of a museum, free time with dinner on our own. That evening we attended a local civic theater production that had amazing set changes, costumes, and choreography.



Agnes and Susan Thomas

Saturday morning we were treated to the sight of several gorgeous hot air balloons while about half of us were boarding a bus to the train station for a day trip to Santa Fe. I loved the train ride to Santa Fe with the “beep beep” as train doors opened and closed. Didn’t take me long to figure out it was supposed to be the Roadrunner (after all the train is called the Roadrunner Express).

The other option was to visit Albuquerque’s BioPark for a leisurely day at the zoo, arboretum, and aquarium. We had fun sharing our adventures that evening. After dinner on our own, we spent a hilarious

evening at our own Talent Show. We are amazing people!

Sunday was more of a “wind-down” day, realizing we were going to have to say good-bye to long time friends and newly discovered friends. After a delightful brunch, we broke up into small groups for a bit of brainstorming that was quite productive. Shortly after noon we headed to the Pueblo Indian Cultural Center for a truly fascinating tour followed by a Native American Dance demonstration. The six-year-old dancer/chanter stole our hearts! Many of us admitted that as a result of our various tours in the area, we had to unlearn the Southwest history we were taught in school as youngsters. Our day ended with dinner at a local winery and our goodbyes to those leaving early the next morning.

This trip was more about the women we were with than seeing the sights (that was a fun addition to the trip though!). Because of past circumstances I had not been able to see the LLL women I used to interact with since 1994 and one dear person I hadn’t seen since 1978. I wondered if I was going to feel out of place, especially since I did not even know many of the women. Those fears were quickly laid to rest as I resumed relationships from long ago and made some wonderful new friends in that short length of time.

If thinking you won’t know many women—or maybe even any of them—keeps you away from LLL Alum trips, come to the next one to experience the warmth and acceptance that is part and parcel of LLL Alums! ☆

Agnes Leistico
Lake Oswego, Oregon USA
grandmomagnes@yahoo.com

An Invitation to My New Blog: The Magic of Mothering

Starting in January 2014, my husband and I are off to Australia for his five-month sabbatical. We will be based in Melbourne, Australia but have trips planned for Sydney, the Australian Outback, The Great Barrier Reef, New Zealand, Tasmania and Indonesia. While away I will continue to post to my blog, *The Magic of Mothering*.

This blog is about all those transformative moments that occur when we mother ourselves, our friends and of course, our children.

Additionally I will be posting about our Australian adventure there. Look on the site for the button marked “Australia.”

If you are interested in following, please subscribe at www.themagicofmothering.com Thank you. ☆

Heidi Sloss
Los Altos, California USA (hometown)
heidisloss@gmail.com

Heidi wrote *Fortune Is in the Follow-Up* (2012), reviewed in *Continuum*, September-December 2012.

LLL Breastfeeding Helpline-US Needs Alum Support

Since its founding in 1956, La Leche League Leaders have been answering telephone calls from others seeking breastfeeding help. For many years the LLLI office offered a helpline. When it was discontinued in 2007, the LLL Breastfeeding Helpline-US, a toll-free service, was created to continue providing information, education, and support for women wanting to breastfeed, and to healthcare providers, and others who support them. Callers have access to the most current breastfeeding information, receiving support from a helpline volunteer who is an accredited La Leche League Leader, and contact information for local LLL Leaders and Groups. The service offers both live operators as well as the option for a caller to leave a voice mail.

At this time, the Helpline is in jeopardy of running out of money by the end of this year. Since 2007, the LLL Alumnae Association annually donates \$3,000, but this only covers the cost of two months' operation. The last year the Helpline received large donations was in 2011. One was from a very generous anonymous donor for \$15,000 and the other from the 2011 World Breastfeeding Week Celebrations (WBWC) donations. When the search for WBWC administrative volunteers was unsuccessful, the program was

discontinued. Therefore no more funds were raised throughout the US to support the Helpline. Since that time, donations have been few—most came from a few generous individuals, some LLL Groups, the LLL Alliance for Breastfeeding Education, one corporate sponsor, and the LLL Alumnae Association.

Although the LLL Alumnae Association has been able to donate \$3,000 a year since 2007, more donations from individuals are being sought to maintain this important service. No gift is too small. To learn more, go to www.breastfeedinghelpline.com where you can submit your donation, view donors, reports, and other news. Examples of suggested donations:

- ◆ \$14 pays for the maintenance of the Helpline website for one month; \$28 pays for two months.
- ◆ \$25 supports 25 callers with a one-time donation; \$50 supports 50 callers, \$100 supports 100 callers.
- ◆ \$17 provides a month of Hale's *Breastfeeding and Mothers' Milk* online subscription, a resource that volunteers use when mothers have questions about medications. \$200 pays for an entire year.
- ◆ Donations "In Memory" would honor the loss of someone important in your

or a friend/family's life. Your name and the deceased name will appear on the Helpline Donor page and a lovely card is sent to the family.

- ◆ Donations "To Honor" would observe a milestone or salute someone's accomplishment, the name appearing on the Helpline Donor page if you so choose. A card is sent to the honoree.
- ◆ Any donation of financial support may be made at breastfeedinghelpline.com/donate or contact Pam Dunne, Treasurer, at pameladunne@msn.com or 434-282-2599 to set up a recurring donation.
- ◆ Make a donation by check payable to "LLL Breastfeeding Helpline-US" and mail directly to Pam Dunne, LLL Breastfeeding Helpline Treasurer, 2096 Piper Way, Keswick, VA 22947.
- ◆ Make purchases at the Helpline online store <http://www.cafepress.com/lllbbus> for posters, shirts, magnets, and other ways that support the Helpline while spreading the word in the community.

Thank you for helping fund the Helpline toll-free number. For more information on the LLL Breastfeeding Helpline-US, please visit www.breastfeedinghelpline.com ☆

Laura Goodwin-Wright, Coordinator
706 Crestview Drive, Hattiesburg, MS 39401
LLGWright@aol.com

Latest Helpline Statistics Available, for the Month of November 2013

3,241 calls reported from Vocalocity; 1,225 calls lasting less than 30 seconds; 2,903 calls lasting less than 1 minute; 338 calls lasting more than 1 minute; 4 new volunteers trained; and training discussed with 2 potential volunteers.

BOOK REVIEWS

You Might Like to Read...Choose one or more and enjoy!

Red Water, 2002, by Judith Freeman takes you back to the 1830s. This historical novel is told by three of John D. Lee's nineteen wives. Emma falls in love and marries John when he visits England. She learns of his new religion, Mormonism, and accepts his wives in Utah. Ann, 13, marries him despite her greater love of adventure. Rachel's love is totally accepting of his being married to her sister and to her mother! To his wives' dismay, John is charged with a massacre. Strong, intriguing women!

The Coal Black Horse, 2007, by Robert Olmstead brings part of the Civil War alive via fourteen-year-old Robey's journey to Gettysburg. His mother sends her only son to fetch his father home. She made Robey a special jacket...blue on the outside and

gray on the inside for protection. The blacksmith loans his beautiful coal black horse, powerful and smart. This novel has a poetic quality that I thought my husband Frank would enjoy. While he was in hospice at home, he was able to read half of it. I read the rest to him, which pleased him as did the novel.

Haunted Ground, 2003, by Erin Hart presents a mystery within a mystery. An Irish archeologist investigates when a Galway farmer finds a severed head in the bog he is cutting for turf. The preserved head of a red haired woman is possibly of a woman missing for two years with her son. However, a pathologist declares it to be the head of a woman centuries old! Who was she? Where are the other woman and her

son? Colorful locals are interviewed. Kept me guessing!

The Hunger Games, 2008, by Suzanne Collins is a riveting story of survival in the futuristic world of Panem. Its capital is in the Rockies, surrounded by impenetrable mountains and technology. The submissive Districts must send two young people to the Hunger Games to see who will be the victor. All Districts must view the brutal Games. Katniss and Peeta from District 12 have inadvertently stirred up a rebellion. Complex characters abound. This is a terrific story to discuss with your grandchildren. You might even read the last two books of the trilogy. I did! ☆

Mary Gisch, Westchester, Illinois USA
giscmary2@att.net

Memories of My Trip to Albuquerque *(handwritten article submitted)*



Traveling alone from Ohio to New Mexico went smoothly, including a plane change in Kansas City, Missouri. I felt better when Harriet Smiley met me at the Albuquerque airport. She was a great roommate and I enjoyed her company. The welcome dinner was great! Harriet was the only Alum I knew at my table. I liked the way we got to know others. The idea was to share “what makes your life meaningful outside your family.” We listened to summaries from other tables; I was amazed. I always knew LLL Leaders were very special people. One common thread seemed to be their interest and enthusiasm to help others and stretch their minds. Highlights of my trip:

- ◆ The “We Remember” tribute to deceased Leaders at the chapel was very moving as Marian Tompson and Mary Ann Kerwin read the names. I missed my dear friend Judy Good when her name was read.
- ◆ [Susan Thomas and Joan Crothers read the prayer *We Remember Them*. The

- ◆ 2013 program is online at lllalumae.org/We-Remember
- ◆ The guide for the trolley tour of Albuquerque was excellent and interacted well with the riders. We found out at the end of the tour that he has a young family, including a breastfed baby! Coincidence?
- ◆ I enjoyed the chance to sit with Mary Gisch and discuss books we both liked and other ones we want to read. We’ve been “on the same page” for years. Having a chance to talk with her was “frosting on the cake.”
- ◆ I took a short cab ride to the Center for Action and Contemplation on the day that most of the Alums went to Santa Fe. Sadly, I arrived as it was closing but the cab driver and volunteers there let me go in and see the place (chapel, gardens, and labyrinth) and sign the guest book. The cab driver returned to take me back to the hotel.
- ◆ The Aquarium at the BioPark was filled with so many sea creatures. A few of us had a late breakfast at a table next the tank. Although we were hungry, we almost forgot about food when an opportunity came to take a photo or just stare in amazement.
- ◆ Lunch at one of the stops was at a time when most of us did not want a big lunch. It was past lunchtime. The waitress was accommodating and said

- we could split orders. She kept adding more tables so we could be together.
- ◆ The Native American Dance Program at the Indian Pueblo Cultural Center was especially enjoyable, especially six-year-old, Jeome Turio, who started dancing when he was two! Obviously he was determined to stick with it in spite of the heat and muddy spots.
- ◆ When the weather changed, the tour guide cautioned us to avoid getting dehydrated in the high desert! I did not have bottled water. There was water in the rest rooms but no paper cups. I am most grateful to the rescuers who came to my aide—Mary Ann Kerwin and Judy Elder.
- ◆ I will treasure time reconnecting with long-time friends.
- ◆ The train ride around the BioPark Zoo



Photo by Alice Ziring

was a time to meet new Alum friends, get on and off, and view the three-week-old baby elephant standing between her mother and big sister. Each time out, same line up! She knew where she belonged!

- ◆ The views of Sandia Mountains at different times of day and the gorgeous yellow leaves on the cottonwood trees were also memorable. ☆

*Margaret Walsh Campbell
Euclid, Ohio USA*

Interesting Trip Statistics

64 trip participants
 35% attended their first Alum trip
 16 new members joined for the trip
 24 states where attendees live
 3 Albuquerque Leaders attended the Welcome Dinner

33 Active Leaders
 28 former Leaders,
 1 Leader’s sister
 2 co-Founders

Together the attendees have:
 235 children
 313 grandchildren
 42 great-grandchildren
 652 years breastfeeding duration
 2,039 years accumulated as a Leader

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 The list of deceased Leaders is online at lllalumae.org/We-Remember ☆

With Gratitude from the LLL Alumnae Council

The Council extends heartwarming thanks to the following Alumnae members who sent donations toward the cost of co-Founders, Mary Ann Kerwin and Marian Tompson, to attend the Albuquerque trip in October 2013. Due to a fractured hip from a fall just before the trip, Mary Ann Cahill was not able to attend. About 95% of the donors attended the trip. Thank you to the generosity of the following donors:

Joy Aharon	Connie Davis	Edna Kelly	Joan Meyer	Cindy Smith
Jane Atkin	Fran Dereszynski	Charlotte Knopf	Gail Moak	Patti Spanjer
Mary Baker	Judy Elder	Diane Kramer	Barbara Mullins	Sue Steilen
Judy Beckert-Jones	Mary Gisch	Andy Lamar	Chris Newlon	Mary Strack
Carroll Beckham	Suzie Graham	Katy Lebbing	Pam Oselka	Susan Switzer
Marie Bevins	Nancy Habig	Agnes Leistico	Sandy Patton	Judy Torgus
Carol Bollin	Mickey Hardert	Twink Lester	Teresa Pfeil	Carolyn Vermulapalli
Pamela Bridgmon	Mary Hurt	Patti Lewis	Elizabeth Rickert	Elias Wawi
Mary Ann Cahill	Linda Hussey	Mary Lofton	Carol Roberts	Ann White
Margaret Campbell	Anne Hutton	Arden Lovell	Linda Schmitt	Ginny Wilkinson
Elaine Caper	Janet Jendron	Lou-Ellen MacDonald	Rae Schopp	Alice Ziring ☆
Louise Cox	Dorothy Johnson	Rebecca Magalhaes	Barbara Searing	

Thank You from the Founders

We want to thank you for your generous donations toward funding the Founders' expenses throughout the 2013 Alumnae Trip to Albuquerque. The entire trip was a joyful experience for us! We greatly enjoyed spending time with many long time friends and having many opportunities to get to know Alums we had not met previously while also exploring much of what Albuquerque and Santa Fe had to offer. During the trip, it was especially nice to spend time with Alums again. We always feel a very special bond with our La Leche League sisters. It was a trip that we will warmly remember. And the donors made it all possible! We send our deep gratitude. ☆

LLLove,

*Marian Tompson
(in photo with friend Alice Ladas in Santa Fe),
Mary Ann Kerwin, and
Mary Ann Cahill
(who planned to be with us
but was prevented from
going on the trip by
unexpected hip
replacement surgery)*



Photo by Rebecca Magalhaes

Home Again



greatly working together and each one adds a special dimension based on her skills and talents. ☆

*Mary Ann Kerwin
Denver, Colorado USA*

Marian Tompson and I returned from New Mexico after having had a wonderful time with the LLL Alums. Spending five days with so many interesting, empowering women bonded by our breastfeeding and mothering experiences was delightful! In many ways, this gathering was reminiscent of our LLL International Conferences although the numbers (64 participants) were much smaller. The trip was very well planned from start to finish. The Council members did a superb job! They all enjoy

Time and again I am impressed by all that the Alums do to keep us together. We need those links as much now as we did when a new baby arrived. The Alums who were on the trip sent me postcards with Albuquerque scenes. In January I received one in my mailbox in the midst of one of the coldest winters here on record. It was postmarked October 30! It waited all this time to make a grand entrance in my mailbox!

How I would have loved to be with all of you in New Mexico! I hear it was a marvelous trip. [January 14, 2014] I'm happy to report that I'm coming along physically. I just started to walk on my own in the house, and I have no inclination to go outdoors in all the ice and snow. ☆

*Mary Ann Cahill
McHenry, Illinois USA*

"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. ☆

Renew Membership, Donate Anytime

Renew before April 30, 2014 if LAST ISSUE is above your mailing address on the back page. Don't miss an issue. Renew for one or more years 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. Send by mail or online at lllalumnae.org/donate ☆

My Albuquerque Memories

Virginia Innocenti and I flew early in the morning. My kind neighbor took us to the airport where we met Elaine Caper, Mary Hurt, Katy Lebbing, and Charlotte Knopf who were also on the same flight. We flew with no difficulty. I was surprised to see so much desert from the plane. Duh! The whole place is a desert! We also saw mountains to the East, the Sandia (which looked like watermelons to the Spanish troops, thus the name) and five dead volcanoes to the West.

The first night, we all gathered at a lovely dinner. There were close to 70 women from 24 states! Each table had a reporter who told bits and pieces of what the others had told about themselves and their activities. When my name was mentioned, Fran Dereszynski said I was the one who wrote the Book Reviews for *Continuum*. To my surprise, I received a round of applause! Judy Torgus and Diane Kramer were at another table. They had been close friends for many years, but do not see each other often because Diane had moved to Albuquerque. I was delighted to see Joan Crothers from Rhode Island, with whom I worked closely in the Leader Applicant Department (now Leader Accreditation Department/LAD) many years ago. It was fun to renew acquaintances. A few people talked to me about books and that they enjoyed my column and remembered that I had written one before. This took me by surprise. I had to think a bit to remember that indeed I had written a column in *Leaven*, as Director of LAD for five years! How nice it was to be remembered.

On Friday, after the city tour, the Alums gathered at La Placita restaurant where we enjoyed a delightful lunch, not too spicy! We looked at jewelry that the natives had on rugs for display outside. Then we walked to the Albuquerque Museum of Art and History. After a couple of rooms, I needed to go back because I was exhausted. Virginia and Fran wanted to go back, too. We asked a security guard for directions. To our delight he took us out via a short cut and walked us in the right direction. We were a couple of blocks away. I was sorry to miss the museum but we did plan to stay two extra days at the end of the gathering. So we rested.

On Saturday morning, we boarded the Rail Runner train to Santa Fe, which is the capitol. It was a pleasant ride with gorgeous scenery and a chance to visit with others. There were four trolleys to take us all around



the city. The art galleries were many and quite a variety. The main road where artists seem to live was Canyon Road with fantastic huge bronze sculptures as well as paintings, weavings, and so on. One house was a two million dollar home! After lunch, Virginia and I walked to Loretto Chapel where there is a most unusual staircase crafted by an unknown carpenter. It is a spiral with no supports! Legend had it that it was St. Joseph who came to help the nuns of Loretto. They later asked a village carpenter to put railings on the staircase. It is beautiful and hard to imagine how it was built. Virginia and I took a cab to the train station. The bus driver kindly dropped us off at the oldest church in New Mexico, San Felipe de Neri, built in 1709. It is lovely and was quite full for Saturday evening Mass.

Later we attended the *Alumnae Variety Show!* They changed the name from Talent Show, because they were not too sure about the talent! We had a great time!! One of the women gave a delightful reading of the poem *Little Orphant Annie* by James Whitcomb Riley. I had planned that one as part of my presentation of three poems, so I taught them a little Halloween song, instead, that I said they could teach their grandchildren. Then I read *Jabberwocky* by Lewis Carroll in a dramatic way (hoping to sound scary) and the poem *Racing to Skate* by our dear daughter Kate written for her Dad. All was received very well. Katy Lebbing told funny stories about helping women to lactate. An Alum from Arizona took various *Mother Goose* rhymes and turned them into Grandma Rhymes! Hilarious! Also, two

women talked about how things were/are very different for us in 1963 and in 2013! It was followed by a yummy chocolate fantasy dessert buffet!

Sunday morning was a delicious special brunch. Afterward we broke into groups to discuss where we would like the future of LLL Alumnae to be. We talked about possible places for our next gathering in 2015. We also discussed what we would like to see and or do for LLLI. I always love the brainstorming in LLL. That afternoon we visited the Indian Pueblo Cultural Center. Our guide spoke about the early years for the Indians, the forced schooling, the uprooting of the children, and how things are now for them. We saw

lovely artwork by the various tribes in that region. Members from the Red Turtle tribe did the Rain dance and the Buffalo dance for us. That evening we all went to the St. Clair Winery/Bistro for a delicious dinner and wine tasting. We had a great time. I especially enjoyed chatting with Margaret Campbell about the books we have read.

On Monday most of the Alums left for home. The Alumnae Council members who planned everything stayed for meetings. A few stayed on to see and do more. Virginia and I went with Rae Schopp and Dottie Johnson from New York to the BioPark Aquarium and Arboretum. Rae's friend lives nearby and took us. We were especially impressed by the jellyfish and a huge speckled shark. There was a wedding in the Arboretum. On Tuesday we walked to the Art and History Museum and walked through all of it with Gail Moak who happened to be there at the same time. The three of us went to the Science Museum across the street. It was fascinating. We were bushed! Virginia and I ordered dinner in and watched television and fell asleep early. The atmosphere of less oxygen was catching up with us!

When we left, the weather was 58° F. with a most wished for rain. We had a bumpy flight through the clouds but got home to Chicago just fine. Virginia's son kindly picked us up! We hope to attend the next trip wherever it will be! ☆

Mary Gisch
Westchester, Illinois USA
giscmary2@att.net

Founders Connect to Travelers

My trip to the airport with Randee Kaitcer and Arden Lovell was not only uneventful but our gates were next to each other so we were able to sit and talk until our planes took off, minutes apart. While there I received a phone call from my dental hygienist in Evanston, Illinois, who was actually in Virginia for the birth of a grandchild who was having breastfeeding problems. The three of us did a "consult." I was able to offer more suggestions. ☆

Marian Tompson

I will share the coincidence that occurred during my flight back to Denver. An off-duty flight attendant happened to sit next to me. During most of the short trip, a little over an hour, I was reading my book and

she kept busy. As the plane was landing, she asked what I had been doing in Albuquerque. I told her about the Alum trip. As soon as I mentioned La Leche League her eyes and face lit up! She told me that although she is single and has never had children, she is very familiar with LLL. She said her mother who lives near her in the Albuquerque area had been involved with LLL for many years. She then showed me several photos of her mother who had 12 children and breastfed them all. She gave me her phone number. After I got settled back home, I connected with her mother by phone and had a very enjoyable talk. She was very personable. I felt like we have much in common. She is 81, (a bit younger than I am at 82), and also

lost her husband five years ago. As with me, her first baby was born in 1955. She breastfed him with the help of a friend, who was breastfeeding. She said that she and her husband had their first three children in four years. Eventually a friend, who lived at the Air Force Base where she and her husband lived, recommended that she go to LLL meetings. Therefore she must have been an early member of LLL. She did not become a Leader, but has many good memories related to LLL. Her husband was in the Air Force so they lived in many different places including Hawaii, Missouri, California, Colorado (six months in Denver), and Germany (four years). We had a very enjoyable telephone visit. ☆

Mary Ann Kerwin

Ecstatic to Win the Alumnae Basket!

Janet Burt, Alum member, wrote: At the April 2013 Western Pennsylvania Area Conference, new Leader Cassandra Aho won the silent auction basket donated by the Alumnae Association. Cass was determined to win the basket and she did! The basket contained *The Womanly Art* signed by all LLL co-Founders and a swatch of vintage LLL logo fabric. During the conference, I visited with Cass and learned that she had a brain tumor diagnosed in 2011. She felt breastfeeding her daughter saved her life. Her surgery was 18 months ago. Her daughter, (3½), was still nursing. She has a few side effects of the radiation and chemotherapy. With her permission I'm forwarding her story for *Continuum*.

What a beautiful conference! I was ecstatic to win the Alumnae basket. My husband Timmy and a friend watched the bidding for me. I think I was lucky. People thought it was a copy of *The Womanly Art* and didn't realize it was signed. I adore books. In fact, Timmy proposed to me with a first edition of my favorite book! When I first became a Leader Applicant, I ordered a copy of the first *Womanly Art of Breastfeeding* (blue cover) from the LLLI website and gave it to an Applicant who is now my co-Leader. I ordered it to celebrate that we were Leader Applicants. Another time, while perusing old bookstores, I found a neat old copy from the 1970s. ☆

*Cass Aho
Erie, Pennsylvania*

When Leaders' names were read at the "We Remember" Ceremony in Albuquerque, I pictured the Leaders' hands that cradled their newborn babies, nursed them, nurtured them through childhood and into adulthood, as well as perhaps cared for a son, daughter, spouse or sibling who passed on before them. It reminded me of what this author wrote in my file of inspirational quotes. —Fran Dereszynski, Continuum Editor

A Mother's Hands

[The young girl] said, "Your hands have been here a lot longer than mine. They've done more things, things I don't even know about yet. They've worked hard..." I was so overwhelmed by the flood of memories that issued from those simple words. How full of truth and wisdom they were. How full of images.

I saw my hands very gently lift a baby to my breast. Seven babies of my own these hands had lifted and held while they nursed... I cared that it was these hands that cradled my little girl held close to my heart when she cried after being teased in school because her naturally

curly hair was not in style. And I cared that it was these hands that helped glue endless toys for rough little boys who always broke their favorite tractors and trucks.

It was these hands that held ladders steady for my husband and tools ready for his use. These hands had caressed him in loving, flaming passion and nursed him through hours of sickness. These tanned, bony hands had stroked the hair of my firstborn, my dear son and later also my dear friend, just before and after, when at 27 he passed through the portal we call death. Not even my heart

could do that. It could only go on beating and breaking. It was my hands that did the reaching and comforting. It was my hands, at the bidding of my unaccepting mind, that made him that last cup of tea he never drank.

I looked from my hands to the face of the child, my moist eyes betraying me. Managing a small smile, so she would know it was all right, I said softly, "I never thought of them that way." ☆

—Patricia Pariseau Blouin
Mothering, Summer 1988

Welda Hoerz grew up in North Carolina, USA. After she was married, she moved to Germany. She became an LLL Leader in 1978, and helped start LLL Germany. Welda retired as a Leader several years ago. She has three adult children and four grandchildren.

THE LONG ARM OF LLL

My Trip Around Part of the LLL World

If I were to tell you stories of all the wonderful women I've met during the past 35 years that I have been with La Leche League, they would fill the next ten issues of *Continuum*! So I will dwell on the lovely LLL friends who welcomed my partner Tom and me into their homes in 2013 during a mini-trip around part of the LLL world: Anne Devereux, Barbara Sturfels, and Yvonne Foreman in New Zealand; Fran Dereszynski and Kittie Frantz in California, USA; and Joan Little in Alberta, Canada. In 2009, Tom and I started talking about a trip around the world—saving to buy tickets and finance our travels. I hoped we could visit my international friends whom I had met at various conferences and meetings when I represented LLL Deutschland and Europe, and was member of the LLLI Board of Directors. The first problem occurred when we realized that we tried to include too many friends and countries. So I sadly wrote Mimi de Maza, Waleska Porras, and Monica Tessone in Latin America and Nan Jolly and Esmè Nel in South Africa that we would visit next time! Due to space limitations, Welda's story focuses on sites in the Western United States. Go to llalumnae.org/Memories-Stories to read more about their journey to New Zealand, Fiji, and Canada.

After visiting friends in New Zealand and Fiji, we flew to Los Angeles, California, where we were welcomed in Pasadena by none other than breastfeeding expert, Kittie Frantz, whom I have known since 1985 when I attended my first LLL International Conference in Washington, D.C. Kittie and I met in the elevator on our way up to a Board reception that we both planned to attend uninvited! In 1988, Kittie came to Europe on a teaching tour that I helped organize. At that time, I also met her teenage daughter, Heather, who still remembers that I smuggled her out to a fast food restaurant! Kittie and I worked together to translate LLLI Information Sheets on positioning for German-speaking LLL Leaders. We kept in touch at all the LLLI Conferences. Kittie was the perfect hostess for two jet-lagged travelers. Food was on the stove and the refrigerator full of food when she left to teach at a local medical school. When Tom went to bed early one evening, Kittie and I



went out on the town for a luxurious dinner, an early Mother's Day special! A highlight was observing Kittie help a mother who had sore nipples and whose baby had tongue-tie. After Kittie released the tongue-tie, I saw the baby self-attach and heard the mother say incredulously, "It doesn't hurt!" In her characteristic calm manner, Kittie encouraged the mother in her mothering skills, also subtly showing her how to soothe the infant. I watched the baby, placed on mother's chest in a laid back position, work his way down from under his mother's chin to self-attach and then begin to suckle like a pro—a breastfeeding miracle!

The next day was set for an hour's drive to Huntington Beach to visit the editor of *Continuum* Fran Dereszynski and her husband Mike, who welcomed us into their lovely home and garden, served us Danish pastry, and gave us books and local maps to take with us. We took a drive down to the nearby ocean strand of downtown Huntington Beach, well known in the USA for its beach, tourist sites, and surfing opportunities. Fran is one of the generous LLL Leaders whom I only met through email and while writing an article for *Continuum*, September-December 2011. Fran did several favors for me, like mailing Marian Tompson's book *Passionate Journey* to Germany. Yet, we never had the chance to talk face-to-face. All four of us were immediately at ease with each other and felt like old friends. Mike's calm manner reminded me of the other LLL spouses we met along our trip—men who quietly support their wives' work to make it all possible. Tom's usual comment after meeting my friends' husbands was, "What a lovely man!" He admired the growth and

peace they have found in their long relationships.

From Pasadena we drove slowly up the California coast on U.S. Highway 101 in our rental car and made a short stop in Eugene, Oregon, to visit Lynne Coates, former LLLI Board Member and Chairwoman and dear friend. We felt welcome in her little house, complete with harpsichord, homemade bread, and gardens all around. What fun we had reviving old stories about our Board times with mutual friends Anne Devereux and Kay Batt, but also learning about each other and where we are now in life! Lynne is working as a gardener but is not neglecting her recorder playing and old music group. Music is one of the things we had in common during our Board work. We once planned a vocal, recorder, and piano concert for a Board reception and performed with Nancy Spahr for a memorial concert at the last LLLI Conference in 2007.

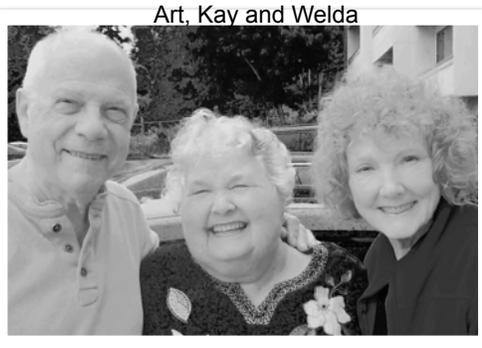
In Portland, Oregon we visited my two cousins, Becky and Jane, the daughters of my father's two brothers. This opportunity was meaningful because we are exactly the same age. We have only seen each other about six times in our lives. They grew up in Oregon where my parents were raised. My family lived in North Carolina. Despite the physical distances, we discovered we have much in common and are very alike. We had an amazing weekend together, trying to catch up on 66 years of being apart, looking at photos, relating stories of our individual families, our marriages, children, death of a spouse, and new partners. My favorite "Tom story" from the trip was when Becky told our 30-year-old second cousin Amy on the phone that Tom was "very handsome, very European, and he'll kiss you on both cheeks," Amy replied, "Oh, I better wash my hair!"

Our last destination Kimberly, British Columbia, was at the vacation home of Joan Little from LLL Canada. From there, we wound our way north through Washington, Idaho, and Montana, discovering Big Sandy, Montana, the town my father grew up in around 1920. There, we visited the historical museum and my grandfather's grave.

(continued on p. 10)

My Trip Around Part of the LLL World (continued from p. 9)

Eerily enough, this is the countryside that my German partner, Tom, loves the most with its wide-open sky and limitless prairie. Before we flew home from Vancouver, Canada, the last dear friends we visited were Kay and Art Batt in Seattle, Washington. Kay continues to lead meetings with the Seattle LLL Group. She was a respected colleague on the LLLI Board of Directors and became a close friend. In February 2006, she and Art flew all the way from Seattle to North Carolina to participate in the memorial service for my late husband Wolfram's memorial service at Duke University Chapel where we were married. Wolfram was Kay's "knight in shining armor" at the end of the 1990s when he helped us send myriads of documents via email. We normal mortals didn't have Internet access yet! Wolfram, my daughter Susanne, and I also visited Kay, Art, and



Art, Kay and Welda

their daughter Melissa in 2003 at their vacation spot on the Oregon coast. Tom and I felt welcomed by this wonderful couple who not only invited us to stay in a lovely motel but spent almost a day driving us to various stores to finish off our shopping for Germany! Kay has mastered many health challenges over the years and continues to beam a smile that can only be described as angelic! I gave her so many hugs from Anne, Kittie, Fran and Lynne, that she

probably had bruises! What more can I say about this trip? Only one simple phrase—*thank you* to Barbara, Yvonne, Anne, Kittie, Fran, Lynne, Joan, and Kay for welcoming us into their homes, and sharing their time and lives with us, thus making this trip possible. Their caring is typical of LLL friends—this time in double doses! All in all, the one thing that such a long and varied trip shows me is how much LLL women in the different countries and cultures are "alike" in so many ways. We share the same love of life, love of sharing this joy with others, and often the same sense of humor. I can only hope that if you and other LLL Alumnae friends decide to realize your "around-the-world" dreams, that you include Munich—Tom and Welda—first in your itineraries. ☆

Welda Hoerz
Munich Germany
welda@gmx.de

Highlights of the Annual Alumnae Council Meeting October 28, 2013



Chris Newlon
and
Judy Torgus

Reports were given by: Fran Dereszynski, *Continuum*/Publications; Edna Kelly, Coordinator; Patti Lewis, Treasurer/Finance; Gail Moak, Online Communications/Website/Facebook; Pam Oselka, Alumnae Representative Coordinator; Sue Steilen, Membership; and Judy Torgus, Member-at-Large and Albuquerque Trip Coordinator.

Membership fee: \$30 in 2014 To maintain cost of operations and due to increased

bulk mail/postage fees, it was decided to raise annual membership to \$30 US dollars, effective February 1, 2014. We have a small number of Alumnae members (14) from outside the US. Copies of *Continuum* cannot be sent at bulk rates so fulfilling these subscriptions requires envelopes, extra postage for first-class mailing, and a trip to the Post Office. It was decided to charge the \$8 additional fee to cover these costs. Membership material in print, via electronic media, and the web store will reflect this change and be announced in the first issue of *Continuum* in 2014.

Announcing opportunity for New Tribute Membership Based on Alums' input for a special level of membership at the October brainstorming session, discussion of a premium Alumnae Membership ensued. At a follow-up Council conference call in January, details of the Tribute Membership of \$50 US dollars were finalized. See p. 11.

New! Send memberships to Sue Steilen. **Thank you,** Patti Lewis for processing memberships since 2011.

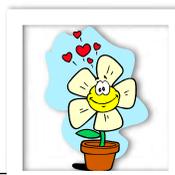
Alum Trips

- Trip Evaluations from 55% of attendees were distributed and discussed. On a scale of 1-5, (hotel, registration form, website, and group trip activities) ratings ranged from 4.09-5.0. Comments/suggestions for future trips were reviewed.
- Based on important criteria, including that a location to be close to a major airport and have the presence of local volunteer Alums/Leader to assist during planning and onsite, a tentative list was created for the next trip, possibly in October 2015. Alums who volunteered for various locations will be contacted to submit proposals for the Council's consideration. When more information is available, it will be published in *Continuum*.

Continued Support for the LLL Breastfeeding Helpline-US The LLL Alumnae donated \$1,500 to the Helpline so far this year. The Council voted to donate another \$1,500 to reach the goal of \$3,000 for the 2013-2014 Fiscal Year. ☆

LLLI 's Latest Book Coming July 29!

Sweet Sleep: Nighttime and Naptime Strategies for the Breastfeeding Family, by co-authors Diane Wiessinger, Diana West, Linda J. Smith, and Teresa Pitman. Pre-orders are available at www.amazon.com and www.randomhouse.com



To all our valued members

Thank you to all new and renewal members. We appreciate your support and donations!

Announcing New Tribute Membership!

The LLL Alumnae Association is pleased to offer this new category of membership. As you know, membership helps to keep the organization moving ahead and helps you to stay connected to others who share a similar background in La Leche League.

♥ Tribute Membership offers you the opportunity to connect in a special way with other Alumnae members, colleagues, or cherished friends. The annual membership fee is just \$50 US dollars (add \$8 for members outside the USA). You can be proud to know that \$5 of every Tribute Membership will be donated directly to the LLL Breastfeeding Helpline-US. When mothers contact the Helpline, LLL Leaders personally answer their breastfeeding questions or concerns.

♥ Tribute Membership also provides you with a print copy of *Continuum*, published three times a year, offers you a discount on LLL Alum trips, keeps you in touch with other Alum members, plus access to news and updates from LLLI if you choose to join the LLL Alumnae Association Yahoo Group*.

♥ With a Tribute Membership you receive all the benefits of regular Alumnae membership, plus the opportunity to honor someone with a Tribute Listing in *Continuum* as well as a Tribute Listing on the Alumnae website for one year. The listing provides the name and state or country of the person you want to honor, along with your name and state or country and **up to 15 words** telling everyone why you wish to honor this person. Content is subject to final review by the LLL Alumnae Association.

♥ We hope you will consider this opportunity to support the Alumnae Association as well as pay tribute to a special friend. You can renew your Alumnae membership or become a Tribute Member at any time. Your *Continuum* subscription will be extended with a new expiration date. Thank you for considering this new opportunity!

Tribute Samples

- Mary Riley, Sandhurst, IL, from Lucy Leader, Chicago, IL: *Thanks for being my friend and supporting my journey to be an LLL Leader. (15 words)*
- Nancy Smith, who died last year, from Lucy Leader, Chicago, IL: *You will always be missed and loved. (7 words)*

* To join the ALLLumnae Yahoo Group:

1. Send requests to Sara Furr at saradfurr@gmail.com or Kathy Parkes at Kparkes@aol.com
2. You will receive an invitation to join.
3. Reply with "accept" and you will be added as a member of the group, and be able to receive and send messages to the other Alum members in the group.

Get Updates: LLLI and Board News!

At the October brainstorming session, Alums asked to know more about news from LLLI and the LLLI Board. One suggestion was to include news in *Continuum*. After discussion, the Alumnae Council felt it would take up space reserved for enriching articles and be outdated by the time *Continuum* was published. The Council felt sharing news with the ALLLumnae Yahoo group would be more efficient. News would be up-to-date. Current Alumnae members are invited to sign up for this e-list. ☆

My Experience with Falls



I never expected that the subject of falls would get me writing for *Continuum*, but here I am with my story. I am now 67. In the past few years I have fallen three times, each time memorable.

• The first time took me by surprise on a late summer morning in South Carolina. I had been outside doing heavy gardening work at my native plant preserve, downhill across the street. As I started to climb the trail back to my house, I suddenly fell, with no warning, no dizziness, or no distractions. I fell on my left arm, on packed earth. I felt shaken and bruised but recovered easily. *Why did it happen? Why did I fall?* As I thought back, I realized I did not expect to stay out as long as I

did. I didn't bring drinking water. The day warmed up faster than I expected. I concluded, that the reasons for my fall were dehydration and heat exhaustion. As we age, our bodies are not as good at adjusting to insufficient water and hot temperatures.

• The second time I fell was for similar reasons, but different circumstances. Traveling home at the end of a trip, I spent the day in air-conditioned planes and air terminals and had not made efforts to stay hydrated. As my plane landed at 4:00 P.M., the pilot announced that it was 100° F. outside. As I walked to my far-away economy parking lot, I fell. The impact scraped a layer of fabric from my jeans at my left knee. My left leg hurt, but I got up and continued to walk to my vehicle and again recovered easily. These two experiences made me vow to make extra efforts to keep water with me whenever I'm active, gardening, hiking, or traveling. It also made me decide to try to avoid physical activity in very hot weather.

• The third fall was different. I was doing errands on a pleasant spring day, two months before I turned 67, not stressed or rushing. As I walked from my car, I tripped at the curb and fell hard on my left side, onto a wide concrete sidewalk. I still cannot understand why I tripped doing a routine activity. I didn't experience any warning signs or symptoms. Slowly, I got up and managed to go into the store. But by the time I arrived home, I experienced symptoms of shock—I felt cold chills and weak. All I wanted was to lie down under a down comforter. The left side of my body from shoulder to ribs was sore. After a long while, knowing I must be badly bruised, I got up and took a homeopathic remedy, recommended by a yoga teacher for bruises. I always trusted my instincts to know what was happening to my body, rarely going to a doctor. This time I knew the fall damaged me, but I believed nothing was broken. I continued the homeopathic remedy and slept eight to ten hours each night plus a two to three hour nap every afternoon. It hurt to lie on my left side or turn over. After six weeks, I felt almost normal but full energy returned after two more months.

The lessons for me: avoid dehydration and heat exhaustion, keep plenty of Arnica at home, and rest when needed. I try to be mindful of my surroundings, but something might happen that I don't understand or can't explain. I continue to exercise, eat well, and feel gratitude. I feel grateful for my falls, because they have come as part of the package of aging, as I continue on the path of my wonderful, magical life. I keep hearing that when older people fall for the first time, it creates a fear of falling again. After a fall, older people tend to become less active, more likely to fall, and more likely to break bones.

I read an article about a man who became blind at age 36 but determined to remain active and independent. He hiked the Appalachian Trail (2,000 miles), fell constantly and stopped counting at 3,000 falls. We need to read inspiring stories like this, so we don't become pitiful, fearful creatures when we're old. I've fallen three times! I expect to fall again. But I will continue to run my three-mile route at least once a week and participate in 5K races. That's why I feel I'm least likely to end up with broken bones when I do fall. ☆

Merike Tamm
Spartanburg, South Carolina
meriketamm@charter.net

Editorial Note: Keep your cell phone handy in case you need to call for help if you fall. It is suggested that you have someone check in with you after a fall. The thoughtful connection and caring can be just the support you may need.

LLL ALUMNAE ASSOCIATION

Fran Dereszynski, *Continuum* Editor
5502 Maryport Drive
Huntington Beach, CA 92649-4821

PRESORTED STD
U.S. Postage
Huntington Beach, CA
Permit #810

RETURN SERVICE REQUESTED



Door in Hotel Albuquerque

Published February 12, 2014

MEMBERSHIP FORM

Moving? Address change or vacation hold does not forward bulk mail. Send changes early to suesteilen@comcast.net Thank you.

Yes, I want to keep in touch, support the LLL Alumnae Association, and join for \$30/year US funds (add \$8 outside USA)

- ◆ Join by postal mail or via credit card/PayPal at lllalumnae.org/join
- ◆ My current LLL status: Active Leader Former Leader Current LLL Member Former LLL Member
- ◆ I would like to share a skill/talent/interest with Alumnae: _____
- ◆ I am interested in writing an article for *Continuum*. Topic: _____

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

Address _____ City _____

Email _____ State/Province _____ ZIP+4 _____ Country _____

Email is used for membership reminders

- \$ ____ **Renewal** for __ year(s) \$30/year US funds (add \$8 outside USA)
- \$ ____ **New member** for __ year(s) \$30/year US funds (add \$8 outside USA) You may join/renew for multiple years.
- \$ ____ **Tribute Membership** \$50 US funds (add \$8 outside USA)
from _____ to _____
(your name, city & state) (name of person, city & state)

(Insert tribute, up to 15 words, why you wish to honor this person. Content subject to final review by the LLL Alumnae Association)

- \$ ____ Donation to LLL Alumnae Association, unrestricted.
- \$ ____ Donation to LLL Breastfeeding Helpline-US \$25 \$50 \$75 \$100 \$____ (write in amount)
- List my name as a donor in *Continuum* and on the LLL Alumnae Association website, without amount of donation.
- I prefer for my donation to be anonymous.
- \$ ____ **Total**. Check payable to *LLL Alumnae Association*.
- Mail to: Sue Steilen, LLL Alumnae Membership Chair, 13958 Grenelefe Lane, Homer Glen, IL 60491-5922.