

Continuum Newsletter

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

Volume 31, No. 3

September - December 2018

Transitions in Our Lives

My own life right now is taking me slowly from raising children to the next chapter in my life. Our youngest is 16 years old and will still be at home for another two years. She loves to play the violin. So my husband and I keep quite busy driving her to orchestra rehearsals, lessons, and other music-related activities. My husband and I both love to travel. We also go with her to competitions and festivals. I accompany her on trips and I love it!

All our children are at different stages in life. We deal with a grieving oldest daughter (and her husband) after her stillbirth two years ago—plus the loss of our own grandchild, of course. It is hard to have one's own child grow through grief, and grapple with all the emotions that this entails, without really being able to "do" much for her. Then there is our son and his wife both starting life after earning their PhDs. It is scary for both, too. Our middle child is in town, trying to find her place in life, and working at part-time jobs. Our fourth child just graduated from college. Later this year, she starts a master's program in Cleveland, Ohio. She found an apartment and will need to buy a car—all those "adult" things, each full of choices, reality checking prices, and the excitement of growing up and out ever more.

For the last two years, I myself have branched out by taking a college class in Italian. I plan to continue. It is fun and I enjoy the environment of college! And now I have

also become a deaconess student in the Lutheran denomination, another huge step for me.

I think I would love to read articles on transitions in life. These are all very sketchy ideas. I am not sure I have fully thought about them. Some examples:

- Not only the children growing up, but what it means to mothers who have been giving of themselves all these years and starting to re-discover those aspects of themselves that have been put on the back-burner for a long while.
- An article about grief one generation removed—truly a different way of grief than one directly experienced and in a way a double kind of grief.
- An article about the feelings of us mothers as the children find their own place in the larger world, sometimes more easily, or sometimes with more struggles.
- An article on spreading oneself over all those different stages of one's children, while also feeling pulled within oneself to start doing something new and different. ∞

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Save the Date!
Friends of La Leche League
New Orleans Trip
November 7 - 11, 2019

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

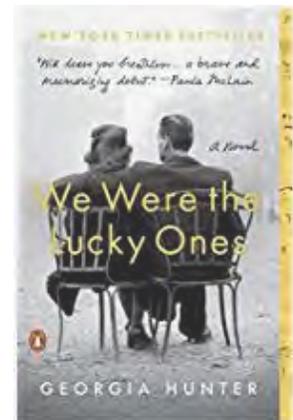
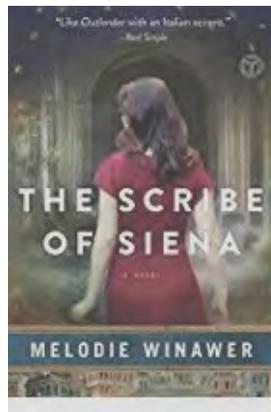
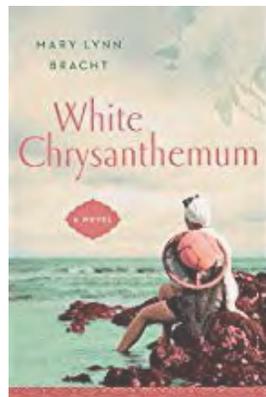
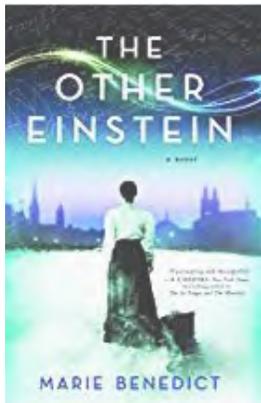
The Other Einstein: A Novel (2016) by Marie Benedict is about Albert Einstein's first wife, Mileva (Mitza) Maric, who also was a brilliant mathematician and physicist. She was the fifth woman to be allowed to study physics at the University of Zurich. She was very shy and had a noticeable limp. At first, Albert is fascinated by her. She worked hard to balance family and science. Mitza loved being a part of the deep discussions Albert had with other physicists at their home. Even though Mitza helped him a great deal with her understanding of mathematics, she received little or no recognition for her contributions. He eventually relegated her to the children and the house. I found myself urging Mitza to assert herself!

White Chrysanthemum (2018) by Mary Lynn Bracht takes place in Korea and Manchuria in 1943 to 2011. It is inspired by the true history of Korea's girls and women taken for "Comfort Girls." The focus is on two sisters and their family of "haenyo" female pearl divers. Morimoto catches the older sister Hana after diving. This Japanese soldier feels Hana is his, but he "shares." Emi, Hana's younger sister, escaped notice and lived with her mother. She looked for her sister after the war. This well-written novel shows the strength of family love and the inner power of women.

The Scribe of Siena: A Novel (2017) by Melodie Winawer is a time travel, historical fiction going from the present time to the 1300s and from New York to Tuscany. Beatrice is a neurosurgeon and lover of art and history whose brother dies and leaves her his home in Siena. As she reads in his diary about an artist, Gabriele Accorsi, she is sent back to medieval times. She becomes involved in the rivalry between Florence and Siena, and the mystery of the Black Death! It is a romantic, historical, and fun read. Thanks to Alum member Joan Crothers for this suggestion.

We Were The Lucky Ones: A Novel (2017) by Georgia Hunter takes us through the lives of a Jewish family with five children, their spouses, and their families as they suffer the Holocaust in Radom, Poland. They survive! We move from one sibling to the next, the travails of each and their narrow escapes. All the while, each one is longing for the other. It shows amazing courage and ingenuity. This gripping, sad but powerful account is the story of the author's family. Through the *Kurc* Family, the author keeps history alive. Thanks to Alum member Andi La Mar for this suggestion. ~

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Breastfeeding Articles in the News

All States in the USA now allow breastfeeding in Public (2018)

<https://www.csmonitor.com/USA/Society/2018/0713/All-US-states-now-allow-breastfeeding-in-public>

Sugars in Human Mother's Milk are New Class of Antibacterial Agents (Aug. 2017)

<https://www.infectioncontrolday.com/antibiotics-antimicrobials/sugars-human-mothers-milk-are-new-class-antibacterial-agents>

Introducing New Treasurer, Kathy Parkes

I am honored to accept the position of new Treasurer for the Friends of La Leche League, starting August 1, 2018. I may know a great number of you from my many years in La Leche League. I promise to work hard to provide accuracy, timeliness, and transparency in the position. Here's a little bit about me.



In 1979, when pregnant with my first daughter, a good friend and I attended LLL meetings, which introduced me to a very new kind of parenting. Not wanting to repeat the dysfunctions of my birth family, I was immediately drawn to this loving, caring group of women who showed respect to their children from day one. In 1983, after my second daughter turned one year of age, I began my LLL leadership journey in Las Vegas, Nevada, USA. I became a Leader 34 years ago, prior to accompanying my then active duty husband to a tiny NATO¹ base on the Azores Islands, approximately 2,000 miles from New York City and 1,000 miles from Lisbon, Portugal. There was no LLL Group there but I was able to hold breastfeeding support meetings at the local Air Force hospital using LLL Meeting guidelines. Two years later, we were transferred to Fayetteville, North Carolina USA. I became very active with several LLL Groups there. From North Carolina, we moved to Oklahoma and finally settled in San Antonio, Texas. During all those years, I was active in many LLL positions but was eventually drawn to the Professional Liaison Department (PLD) where I discovered my life's mission and ambition—to become an International Board Certified Lactation Consultant (IBCLC). For another ten years, I continued to volunteer at the Area

and LLL International levels in the PLD, stepping back from leading Group meetings due to the conflict of interest issue as an IBCLC. I remain an active Leader at this time! My husband eventually retired from military service. We decided to stay in San Antonio. We have been happily married for 42 years and have two daughters, both of whom still live in Texas. Our oldest daughter and her husband have three children whom I totally

adore and who were, of course, breastfed. They live in Houston. Our youngest daughter lives in Austin. In my spare time, I love to do yoga, gardening, 5k walks, and write. Published two years ago, *Perspectives in Lactation: Is Private Practice for Me?* is my first book. The second one is just now being written—no title yet, but will focus on pregnancy loss and lactation issues that arise and will honor stories of mothers, grandmothers, and other family members dealing with a loss of the baby.

I look forward to working with the fabulous Friends of La Leche League Board for active and former Leaders and members who support our mission. ~

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¹ NATO, the North Atlantic Treaty Organization, is a military alliance of European and North American democracies founded after World War II to strengthen international ties between member states, especially the United States and Europe.

Thank You, Patti Hope, Outgoing Treasurer

The LLL Alumnae Association sends its sincere thanks to Patti Hope, Treasurer, since November 2011. We were fortunate to have someone with Patti's experience and background to so capably manage finances. The Alumnae Council appreciates Patti's forward-looking financial expertise, record keeping, processing mailed memberships and donations, as well as financial reports. We look forward to seeing Patti in New Orleans in November 2019. Gail adds, "Patti brought clarity to our finances and helped us figure out complicated decisions, such as what a membership was worth. Since we depended on ourselves so much, it was great to have Patti's financial expertise giving us a strong foundation. On previous Alum trips, Patti and I started talking as if we saw each other yesterday instead of every two years. The words would flow, along with laughter and some tears, too. While I wish we were neighbors and could see each other all the time, I look forward to the next Alum trip with Patti." ~

With good wishes to Patti for all her future endeavors, Edna, Fran, Anne, Janet, and Gail

Before Mom Dies



As our families expanded and now live in homes from the East to the West Coast, it's rare that all seven of my children are able to get together at one time, even on holidays. Yet suspecting that they would all somehow make the trip

when I die, I suggested we set up a weekend, when they could all come home while I am still walking and talking and able to enjoy being with them as well. To make that point, I called it the weekend "Before Mom Dies." And it worked!

First, we picked a date that worked for everyone and then figured out how to make it happen. Plane schedules were coordinated, miles shared [transferred reward miles from one account to another], menus planned and the logistics of who would host us during the day and where everyone would sleep at night were figured out. Everything was covered, from the moment they arrived early Friday morning until the last ones left on Monday evening. This was our plan.

On Saturday, my seven children and I gathered at Allison and Mike's house for lunch and an afternoon of stories and laughter. We were actually all together in one room. Priceless! At the same time their spouses, with assorted grandchildren and great-grandchildren were swimming,

kayaking, paddle boarding and playing cards at Melanie's home situated on the shore of a small lake. Later, we all enjoyed a Chicago hot dog dinner as we all gathered on Melanie's deck.

On Sunday the entire day was spent at Laurel and Jim's spacious home where additional grandchildren and great-grandchildren dropped in, amping up the merriment. Lots of laughing, talking and catching up! Watching them play together you would have thought the great-grandchildren had been friends forever. I got to hold my youngest and twelfth great-grandson, James. James, at eight months, was the youngest partygoer. At 88 years, I was the oldest. While the rest of us slept at the home of siblings, Sheila, who brought her entire family, booked an Airbnb [lodging for short term rental/lease] on a nearby farm to the delight of her grandchildren.

Was it worth it? Everyone agreed it was even better than anticipated. Weeks later the memory still fills me with joy. The Saturday afternoon we spent together was the high point and the 19 grandchildren and great-grandchildren were the frosting on the cake. Everyone wants to make it happen again.

There is no longer a need for "Before Mom Dies." From now on, it will be "The Tompson Family Reunion." ~

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"This is my favorite picture of all my children and me sitting around the table at the start of the 'Before Mom Dies' weekend." — Marian Tompson

Financial Planning for Our Families: “The Conversation”

Photo: Elkin (Fidelity staff), Fran Dereszynski, Jacque Gates, Sharon Fairborn, Karima Khatib, Sue Garcia, Sandy Patton, Gayle McLean, and Fred Chang (Fidelity staff)



The So. California/Nevada Alum group has planned various get-togethers for many years. Some are active Leaders; some are former Leaders or interested friends. All are welcome to join us. Two to three times a year, we brainstorm and set dates for lunch, a pot luck salad, museum/garden tour, meet up at the Area Conference, or time to talk. Although we are spread over a large area, we usually have 10-18 attendees. In March, Sue arranged a visit to a nearby office of Fidelity Investments. The topic was about how to have "The Conversation." This talk opens up different aspects of how to handle situations as we age

- The conversation is between the parents (us) and our children or whomever we look to as our family.
- What is involved? Who will be in charge of the financial and medical decisions for us.
- It involves our wishes as part of the conversation on healthcare and how our finances are to be spent on care, if necessary, what is to be done with finances after we die, what we wish to be done upon our passing.
- We discussed how to approach the conversation and what to include, asking our "family" members what they think and how to divide belongings.

Fidelity Investments, like many financial advisors, helps individuals set up a trust that works for their family. Their advisors

do consult on wills, trusts and how to meet your wishes. Chris Elkin, Fidelity Financial Consultant and Fred Chang, Fidelity staff member, provided a box lunch for each attendee. Everyone received a financial planning resource packet to take home. A PowerPoint presentation related to the packet followed. Many of us already had prepared financial documents/wills for our future; some felt they will take time to talk to family members if changes are to be made, especially when health changes can take place as we are older. ~

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My husband and I are reviewing our trust and taking steps for our future care. —Sue Garcia

I learned about FidSafe, a website that stores, organizes, digital backups of important documents. It is like an "online safe deposit box." The trust owners can log in on any computer, tablet or mobile device anytime, anywhere. It is a no-cost service to Fidelity and non-Fidelity customers. Check with your financial advisor about similar storage apps for your personal/family use. —Fran Dereszynski

I need to re-examine my trust and speak individually with my sons, especially after my recent heart surgery. It is an ongoing conversation for our family. —Sandy Patton

My husband and I had "The Conversation" when all our children and their spouses were together. They listened carefully as we explained our financial situation and relevant information. Each person had interesting questions and comments. Our son, a doctor, was very concerned that our end-of-life decisions and medical information should be updated. He sent us forms to fill out. We felt very comfortable to cover the information. The children are aware of our wishes. We do plan to annually review and update the documents with our children, if necessary. Their concerns and their openness to our decision made "The Conversation" worthwhile. —Sharon Fairborn

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

I asked Judith Elder to write an article on estate planning based on a list of requested topics in a past issue. I hope readers find Judith's research helpful at any stage of their lives. —Fran Dereszynski, *Continuum* Editor

Judith has been a La Leche League Leader since 1983, a past member of the LLLI Board of Directors for five years, and a member of the Friends of La Leche League. She served on the LLLI Legal Advisory Council for many years, and is currently an Ombudsperson for LLLI. She holds a J.D. degree from the University of Oklahoma School of Law, and LL.M. (Masters in Law) and J.S.D. (Doctor of Law) degrees from Yale Law School. Before retiring from the practice of law to raise her five children and now to help with her eight grandchildren, she worked as a law clerk to a federal district judge for the Western District of Oklahoma and as a law professor at Dickinson Law School and University of Maryland Law School.

Estate Planning

We don't like to think about death, our own or that of those we love, but estate planning is taking care of family—our children and aging parents—just as we once cared for our little ones. Providing for people we love and ensuring that property we worked hard for is passed to others as we want it to be, along with planning for retirement, is important. Our estate is comprised of all of our property: homes and other real property, tangible personal property including furniture, jewelry, and automobiles, and intangible property including accounts in banks, stocks, pensions, social security benefits, and insurance.

Dying intestate—without a will or trust—means that the laws of descent and distribution in your state mandate the people who will receive your estate and in what amounts. The state legislature's plan, based on what most people do, might not coincide with your intent. Money might pass to one who needs it far less than someone else. Surviving family may fight over items since your wishes were not specified. Making a will lets you override the state's plan in order to follow your personal wishes and to control many personal issues that state law may not cover by specifying how certain property you own at death will be distributed, although state forced heirship laws may preclude you from disinheriting a spouse or, at times, children. Wills can be simple, outlining the straightforward distribution of assets. A more complex will, a testamentary trust will, may create trust(s) at death. A pour-over will might leave property under the will to a preexisting trust created before you died. Such trusts allow for continuity of management of property, provide protection for surviving family against creditors, divorce, or personal lack of responsibility, as well as facilitating contribution to favorite charities and minimizing taxes. A trust established during one's lifetime



can be revocable—permitting change by the creator, or irrevocable. Wills can also provide for guardianship of minor children, specify an executor/personal representative of your estate, and allow provision for people or entities that would not benefit under state law such as step or godchildren.

Wills do not control the passage of some property, non-probate property, which passes either under law via title or by contract setting out beneficiaries to people other than your estate automatically when you die. Examples include real estate in which title is held jointly with survivorship right, life insurance, plans for retirement, and death benefits for employees. An Individual Retirement Account (IRA) or insurance policy made payable to a specified beneficiary passes to that person outside of the will.

A probate estate is comprised solely of property governed by the will. Probate is the process under law recognizing a will and appointing an executor or personal representative, whose role is estate administration and asset distribution. It is wise to meet with an attorney, cognizant of state and federal estate laws, to help in the drafting of a will. Expert advice in estate planning from a reputable authority working in your best interest can be very helpful. Such professionals can include lawyers, accountants, financial planners, bankers, brokers, or advisors on life insurance. Before meeting with an advisor, it is important to gather information, including:

- Names, addresses, and dates of birth for those to be named in the will including relationship to the testator (child, spouse, sibling, etc.).
 - Name, address, and phone number of individual(s) to be designated as executor
- (continued on p. 7)

Estate Planning (continued from p. 6)

- Contact information for any guardians of minor children
- Source and amount of income (e.g., interest, dividends)
- Source, amount, and beneficiaries of retirement benefits, e.g., IRAs, pensions, government benefits, plans for profit-sharing
- Amount, source, beneficiaries of assets of a financial nature, e.g., bank accounts, annuities, loans owed to you
- Amount of debts, e.g., mortgages, loans
- Listing of property owned and estimated value, including real property, jewelry, furniture, special collections
- Listing of properties held jointly with co-owners' names
- Relevant documents, including deeds of real estate, marriage licenses, divorce papers, tax returns, documentation of already created wills and trusts, prenuptial contracts
- Safety deposit box location and contents

In addition to wills and trusts, other documents are also important in the life and estate planning process, including power of attorney, health care advance directives, health care proxies, and living wills.

A **power of attorney** allows a specified person(s) to act as your agent on your behalf. The power can be limited, for example, closing on a home sale, temporary or permanent, and can be immediately effective or “spring” into effect upon prescribed future circumstances, generally a decision that you are no longer able to act for yourself because of physical or mental disability. Choosing who will act for you and in what situations may be preferable to having a court select a guardian if you become unable to handle your finances or personal affairs.

A **health care advance directive** is a statement in writing

made while you are legally competent that addresses your wishes for future health care that can direct health care decision making when you can't make your wishes known.

This document should involve an ongoing conversation with family and physicians, since end-of-life possibilities may change with age and state of health. A written directive may be more likely to be adhered to than an oral conversation conveying your wishes. A health care advance directive document contains both a living will and a health care power of attorney.

A **living will** sets out general instructions in writing specifying treatments you want or do not want for use in a situation in which you cannot speak for yourself, e.g., unconscious or terminally ill. It generally covers only decision-making at the end of life.

A **health care power of attorney or health care proxy** is a written document appointing a person of your choice as your agent in making decisions regarding health care.

Authority can be very broad or very narrow, depending on your wishes. Decisions can go beyond end of life situations, making this document of wider effect than a living will. The agent has the power to consider the medical situation and interpret the desire of the person granting the authority to the agent.

In conclusion, the subject of estate planning is vast and complex, and this short article is only intended to raise issues for each of us to consider and address personally through advice and conversation with family and legal and financial professionals. ~

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Sources for article: American Bar Association: Wills and Estates, Estate Planning FAQs, An Introduction to Wills, Power of Attorney, Law for Older Americans Health Care Advance Directives, What is a health care advance directive?, How do you plan a health care advance directive?, Is a health care advance directive the same as a living will?, Why can't I just tell my doctor what I want?, Living Wills, Health Care Proxies, & Advance Health Care Directives

http://www.americanbar.org/groups/public_education/resources/law_issues_for_consumers?estateplanning.html; http://www.americanbar.org/groups/public_education/resources/law_issues_for_consumers?estate_noplan.html;
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http://www.americanbar.org/groups/public_education/resources/law_issues_for_consumers/tell_doctor.html
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History of Publications: 1988-2018



LLLI Alumnae News
1988 - 1998



Continuum
1999 - 2006



Continuum
2007 - 2018

January 1988 – December 1998, the first issue of LLLI Alumnae News was published. During those years, past editors or co-editors were: Ellen Goodrich King, Sandy Erickson and Ruth Molar, Sandy Erickson and Sue Christensen, Sue Forrister and Sue Christensen, Beverly Morgan and Sue Christensen.

January 1999, LLLI Alumnae News Changed to Continuum. Sue Christensen, Editor, wrote: “The continuum of an individual,” writes Jean Liedloff, “is whole, yet forms part of the continuum of [her] family, which in turn is part ... of all life.” The LLL Alumnae Association is part of a continuum as well—growing, developing, emerging into a strong and important part of its bigger family, La Leche League International.

The transformation of the *LLLI Alumnae News* into this new look and new name (inspired by Liedloff’s 1975 book, *The Continuum Concept*) embodies this movement and growth. We hope the spirit of this publication reflects the continuum that we all are on—as individuals, as family and LLL members, and as an organization of women linked by LLL philosophy and traditions. Editors: Sue Christensen, 1999 – 2006. Fran Dereszynski, 2007 – 2018.

April 2018 *Continuum* announces LLL Alumnae Association name changed to Friends of La Leche League . . . A Life-Long Connection.

Coming soon! Announcing a new editor’s appointment and the future of publications. ~

Reply to last issue to share a memory of Princess Grace attending the 1971 LLLI Conference

Many people know that my husband, Charlie, attended all or part of International Conferences with me. When Princess Grace of Monaco was announced as the Banquet Speaker, he was ecstatic. We registered right away. It was revealed that so many signed up for the Banquet; all could not be accommodated in the large ballroom. There would be an overflow room nearby, and Princess Grace’s talk would be piped in. Then we were informed that I would be in the ballroom since I was a Leader, but Charlie would be in the overflow room. What disappointment! However, as everything worked out, we were both in the ballroom, and Princess Grace walked right by our table—the highlight of Charlie’s “LLL Follower” career.

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

Friends of La Leche League Trip New Orleans, Louisiana ~ November 7 - 11, 2019



Thinking about a trip? Should you plan to attend the next Friends of LLL trip to New Orleans? Have you missed the LLL International Conferences of the past? Have you pined for the wonderful feeling of being part of something so important to the early days of being a Leader or a nursing mother? Do you miss the camaraderie and fun of being with like-minded women? Making a difference can be yours again when you join us in New Orleans! Arrive on Thursday, November 7. Trip activities will take place on Friday, Saturday and Sunday. Departure would be on Monday. Attendees may come earlier or stay later for their own leisure time and additional sightseeing.

Are you thinking?

But I have never been to New Orleans. Tell yourself:

Here is a chance to enjoy the city with old or new friends.

But I have been to New Orleans.

Tell yourself: There are always new things to see, do and eat, even if you were there years ago or now live there.

But I don't know anybody who will be there.

Tell yourself: If you want a roommate, we will try to find someone who also needs a roommate. Remember the trip includes group tours, a chance to meet new and old friends. Some meals will be included with registration.

Can I bring my mother, daughter, sister, co-Leader, former Leader or friend?

Yes, of course.

A fun true or false quiz! To go on the trip:

- T or F** You must be over age 55.
- T or F** You must have nursed a baby for at least 3 years.
- T or F** You must still have a container of breast milk in your freezer.
- T or F** You must have something made of Lucy Logo fabric.
- T or F** You must live in the United States.
- T or F** You must be an active or former LLL Leader.
- T or F** You must have had a knee/hip replacement, cataract surgery or use a CPAP breathing machine.
- T or F** You must like Cajun food.
- T or F** You must be able to walk five miles a day.
- T or F** You must room with a stranger.
- T or F** You must room alone.

Hint: All answers are false.

Trip registration is reduced for current members of Friends of La Leche League. All those interested are welcome to attend. The Registration Form will be available sometime this summer and includes the option to join. Join at <https://www.lllalumnae.org/join> by April 15, 2019 to be on the summer mailing list. Periodically check the website at <https://www.lllalumnae.org> for trip updates. ☺

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2018 Friends of
La Leche
League
Board Members



Kathy
Janet
Gail

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

Edna Kelly, Board President
Janet Jendron, Vice-President
Kathy Parkes, Director of Finance/Treasurer
Fran Dereszynski, Director of Publications/*Continuum*
Anne Hutton, Director of Membership
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A slightly different version of the following article, "Grandma Drama," was an entry in the January 2012 LLL Canada blog.

Oaklyn's First Christmas

It is Christmas Eve and the whole family is gathering for the traditional Chinese food supper at Granny's house, my house, now downsized to Granny's apartment. Four uncles, three aunts, even Great-Grandma Aileen and Great-Granddad Don have all been ushered to their seats around the living room by Abbey, age 11, who is well experienced in her role as Granny's hostess, not to mention my chief decorator, shopper, wardrobe consultant and sometimes cook. She is now offering them chocolates and nuts in a manner befitting the one-and-only grandchild, the one-and-only niece, who knows that the biggest gifts under the tree and most of the little ones are hers. But tonight, even by Christmas Eve standards, there is a new air of excitement, a special sense of expectation. Abbey is not the only one who is watching the front door.

And then the door opens and an enormous car seat, topped with an even bigger zipped cover, designed to defy the icy winds of a Canadian winter, glides majestically into the room.

Abbey abandons her tray of chocolates and rushes to unzip the portable prison. Deftly she extracts baby Oaklyn, her new cousin, my second grandchild, who is utterly adorable in her "I love Santa" shirt and new Christmas jeans. Oaklyn is just eight weeks minus two days old, and this is her first Christmas and her first visit to Granny's house. Abbey carries her tiny cousin triumphantly into the crowded living room, leaving no doubt as to who remains in charge of the proceedings. Already the line-up of eager arms is forming. The groans are audible when Mummy Sarah intervenes to execute a quick diaper change. It may be the last she sees of her baby daughter for some time.

Mummy and Daddy have had their time to nest with precious baby girl. They have had eight weeks minus two days to be precise. Now it is the family's turn to scoop the already famed Miss Oaklyn into their arms. They have patiently admired her from afar long enough.

Abbey may be in charge, but it is baby Oaklyn who sets the rules. She will not be placed over a loving shoulder or

cuddled close on a warm lap. No, Oaklyn must sit upright, or better yet, stand, facing outward to survey the adoring group before her. Not for her is gentle rocking. She bestows her sweetest smiles on those who demonstrate the best tummy-rubbing technique. She likes to move, and Abbey obliges by moving her frequently from one lucky aunt to another fortunate uncle. As long as the adults follow Oaklyn's rules, they are rewarded generously with her smiles. If they dare to deviate, she responds with indignant cries of protest.

Grannie is not in the line-up for Oaklyn's attentions. The front door has opened again and the Chinese food has arrived from our favourite Lingnan Restaurant. For the first time in years, Abbey is not by my side to help me as I begin to open the steaming dishes on the buffet table. But never mind. Surely when the rest of the family is occupied with their ginger beef, my turn will come to spend some special time with my newest baby granddaughter.

And here she comes! Just as I am spearing a wayward chicken ball, Abbey appears with her precious package. Proud Daddy snaps yet another picture. But even as I reach out to take my beloved Oaklyn into my arms, I know my special time with her is not to be. I can feel her restlessness. She whimpers softly. A tiny clenched fist comes to her mouth. She is searching for something I cannot give, longing for someone I cannot be.

Together Oaklyn and I weave our way through her cheering fans to the one person whom she really wants – her mother. She leaves me behind without a second's hesitation, without a hint of regret.

Being a La Leche League Grannie can be hard sometimes. I am only Grannie after all. My time with Oaklyn is not yet. But it will come. Just as it did with her big cousin, Abbey, my time with her will come. ☺

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From the Mail Bag

As the air gets crisp and cool, traces of autumn are in the air. Our summer tomato and corn crops were harvested and enjoyed. Leaves on the backyard liquid amber tree change to a parade of red, orange and yellow splashes.

I have been working on boxes of family photos with requests to make memory albums. For many years I have created family scrapbook albums and digital photo books. The task has become larger as children grew and we welcomed grandchildren. I now feel a healthy anticipation of this.

Today's families seem to be more digitally-focused and social-media-oriented. Such a fast-paced technology world! Yona Sarber's quote stands out to me: "The experience of sitting down and looking at a photo album, flipping through the pages, looking at them, reinstalling that memory time and again—those experiences have all been disappeared for people." My creative energy will collate memories for the years to come. Following the priority of "family first," I will officially resign the Friends of La Leche League Publications/*Continuum* Editor on November 30, 2018. A new editor announcement and other publication plans will be forth coming. Stay tuned!

My resignation reminds me of a quote from my long-time friend Kathy Grossman, former *Leaven* Managing Editor: "I am not the only one who has had this LLL job. I am part of a team of known predecessors and future successors, whomever they might be. Our jobs in La Leche League get



passed on by Leaders to other Leaders/former Leaders, like bulbs and perennials... We make our own contributions during our terms... Our legacies are the team work, beauty, camaraderie, and usefulness that we pass on the next

'owners' of the work." I treasure the past 11 years of working with Alumnae members, building relationships with contributors, and working relationships with past and present Council/Board members--all who made this job so rewarding. It has been a memorable ride. As I work on family albums, I will miss working with all of you.

Attending biennial trips was a fun time to be with old friends

and meet new ones. I hope to see many of you on the trip next year to New Orleans. Tributes/donor lists from August 15, 2017 to the present will be published in the future and posted on the website.

New beginnings are usually preferred over endings yet every new beginning requires an ending. I feel blessed to have worked with the dedicated members of the Alumnae Council/Board Members of Friends of La Leche League. ~

Sending a heartfelt farewell to all of you,

Fran

dereszyn@verizon.net

Readers Respond

"Thanks, Fran, for being such a wonderful and prompt editor, correspondent, and all-around person! I hope to meet you sometime more than just in passing (yes, we once talked at an International Conference, maybe at the last one but only briefly). Thank you for being such a wonderful editor to *Continuum*! I am sorry that you will pass the baton to another person. You certainly have earned a respite for leading the Alumnae organization for many, many years, and building it up to where it is now. I truly appreciate your hard, quiet work."

—Almuth Koby.

"You have done such a great job and so much else. Thank you! All best wishes in that family album project! I am sure it will be a treasure for generations!" —Charlotte Walkowski.

"The latest magazine is super! Thank you for your outstanding work on the issue. The new name, Friends of La Leche League, is perfect!" — Lorelei de la Reza.

"I'm sorry to hear that you are retiring as editor. You have done a wonderful job with each issue, and managed to keep in touch with everyone. I always found the issues readable and personable. Thank you so much for all those years of editing. Please do stay in touch." —Louise Wills

Friends of La Leche League

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Mail to: **Kathy Parkes, Treasurer, 5851 Lost Creek St., San Antonio, TX 78247-1323.**

Questions? Contact Kathy at Kathyllalum@gmail.com



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Mail to Kathy Parkes. Content subject to review by Friends of La Leche League.

Tribute published in newsletter *and* posted on the website for one year.



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