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Welcome, Sue Ann Kendall!

Welcome to the new online *Continuum*, the newsletter exclusively for members of the Friends of La Leche League. We have much news for you! Sit back and enjoy our fresh journey.

Sue Ann Kendall, Editor

Friends of La Leche League Board:

Anne Hutton
Janet Jendron
Edna Kelly
Sue Ann Kendall
Gail Moak
Kathy Parkes

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Moving Forward

Whew! We have changed so much. We have a new name, a new logo, and a new way to keep in touch with you, this online Continuum. We are about to launch a new Friends of La Leche League website, too, which will bring you all your favorite content, plus more. You will be able to join our organization, make donations, buy Leader pins, and learn about upcoming trips and other activities.

Speaking of trips, we hope you are planning to join us on our trip to New Orleans, Louisiana this November! Check out our article for more details.

Most important, though, is that we remain committed to the spirit of friendship and connection to our colleagues, friends, and associates from La Leche League. Let's see what's going on!

Many thanks to La Leche League International for hosting our site.

Membership Options - Less Cost, More Benefits

With all the changes and innovations going on with the Friends of La Leche League, we encourage you to keep your membership up, and tell your friends about us. Register here and you'll get our quarterly online newsletters, access to members-only content on the Web, and more.

We want to keep innovating and helping mothers and babies as an organization, but we can't continue to offer scholarships for new programs or plan for more ways to support our members and friends unless we have members. YOU can help us greatly by sharing our membership link on social media or however you keep in touch with your friends whose membership may have lapsed or who might want to join us.

There's so much out there after our little ones are no longer nursing, and we want to share it with all of you.

Join Us in New Orleans in November! Register NOW!

Follow our Facebook event if you're interested in going, and be sure to join our closed Facebook group for registrants as soon as you turn in your registration!

by Carroll Beckman and Evy Simon

Registration is now open for our Friends of La Leche League trip to New Orleans this November. We are looking forward to this chance to gather with LLL friends for fun, learning, and reminiscence. Staying in the historic French Quarter, our group will experience the warm hospitality, enriching culture, delectable cuisine, and general *joie de vivre* of New Orleans.

The Friends of La Leche League trip will offer time to reconnect with old friends and make new ones as we explore this wonderful city. Our itinerary includes a variety of cultural activities and tasty meals. We will also commune together and hold our unique We Remember ceremony to honor LLL Leaders and Friends who have died since our San Diego trip in 2017. The New Orleans trip schedule also includes free time for you to see and do activities on your personal "bucket list" for travel and adventure.

We are thrilled that La Leche League co-Founder, Marian Tompson, is planning to join us on the trip. Friends of LLL is collecting donations to fund her travel

expenses. The Friends website has full information about the trip, including registration forms and links to donate for the co-Founders' travel expenses. We look forward to seeing you in November! And don't forget to tell your friends.

Laissez le bon temps rouler!

Let the Good Times Roll!

La Leche League International Legacy Society: Another Way to Give Back

The La Leche League International Legacy Society has been recently formed as a way to include La Leche League International in your estate planning. According to LLLI, joining the society:

..."gives you the opportunity to belong to a select group of like-minded people who are committed to supporting the needs of breastfeeding mothers."

The first 50 members will become the **Founders' Circle** of the Legacy Society and will be recognized in upcoming LLLI newsletters and receive a commemorative pin to mark this commitment.

Learn more about this wonderful new way to give back to the organization you love.

Friends of LLL Teams Up with Attachment Parenting International and LLL of Kentucky/Tennessee at Conference in Nashville, Tennessee

by Janet Jendron

La Leche League (LLL) of Kentucky/Tennessee and Attachment Parenting International (API) are joining together to offer a unique event on Saturday, November 2, 2019, in Nashville, Tennessee. This is the first time LLL and API have collaborated to make a bigger impact on our collective communities. The conference theme is "Rock the World," and will be held at West End United Methodist Church in downtown Nashville, within walking distance of Vanderbilt University, The Parthenon, Centennial Park, and not far from the Frist Art Museum, Nashville Music City Center, and many other attractions.

Rock The World

Breastfeeding and Parenting Conference

Nashville 2019

La Leche League of KY-TN

API attachment parenting INTERNATIONAL

Friends of La Leche League is supporting this conference in several ways. Friday night, November 1, Friends of LLL is hosting a reunion gathering for LLL Leaders and API supporters with the theme of "Sisterhood," featuring Rebecca Wells, author, actor, and playwright known for the *Ya-Ya Sisterhood* series. Friends of LLL will also have an exhibit promoting our mini-grants and memberships. On Saturday night Gary Nicholson (husband of API Founder Barbara Nicholson) is hosting a music event at 3rd and Lindsley with other acclaimed Nashville artists.

The Conference program includes a wide variety of speakers and topics related to breastfeeding, parenting, non-violent communication, childhood trauma, the latest research on "The Evolved Nest" and topics related to mental health. Marian Tompson, LLL Founder, Wendy Middlemiss, Darcia Narvaez, and Kathy Parkes are among the many speakers. Bill, Martha, Hayden, and Peter Sears will be interviewed by Janet Jendron on the real world of AP and LLL philosophy as it worked in their family.

For more information and if you'd like to help promote the conference, contact Janet Jendron, API Board President and Friends of LLL Council member at jjendronjanet@gmail.com.

Pins!

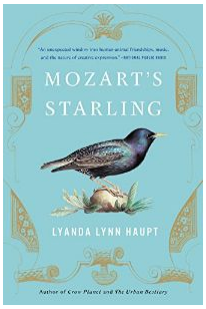
Don't forget that the Friends of LLL is your source for Leader recognition pins. These make great gifts, and are treasured by long-time Leaders. Pins are available for 5, 10, 15, 20, 25, 30, 35, 40, 45, or 50 years of active Leader service to La Leche League.

1-9 pins are $6.00 each.
10-25 pins are $5.00 each.
26 or more pins are $4.00 each.

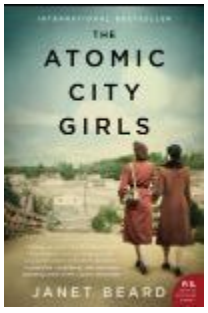
Order at the link above!

You Might Like to Read...

by Mary Gisch



Mozart's Starling (2017) by Lyanda Lynn Houpt, is her memoir and study about *Carmen*, her rescued starling. She learned that Wolfgang Amadeus Mozart owned a starling. Surprisingly, his *Star* could sing an improvised version of the theme from his music! In Europe starlings were valued as pets. In the U.S. even conservationists despise the non-native birds. However, Houpt was enchanted by the intelligence and playfulness of *Carmen*, who sings, whistles and mimics. Interesting educational memoir.



The Atomic City Girls: A Novel (2018) by Janet Beard, takes place in Tennessee. This historical novel during World War II gives a glimpse of how everyone was caught up in the war effort. A secret city was built in the mud of Oak Ridge. "Loose lips" meant lost jobs. June, age 18, one of hundreds, is thrilled to have a job, as are the others. Some of the men are from New York or Chicago. Few knew what they working on, but Sam did, for he was a physicist. Intrigue among everyday people!

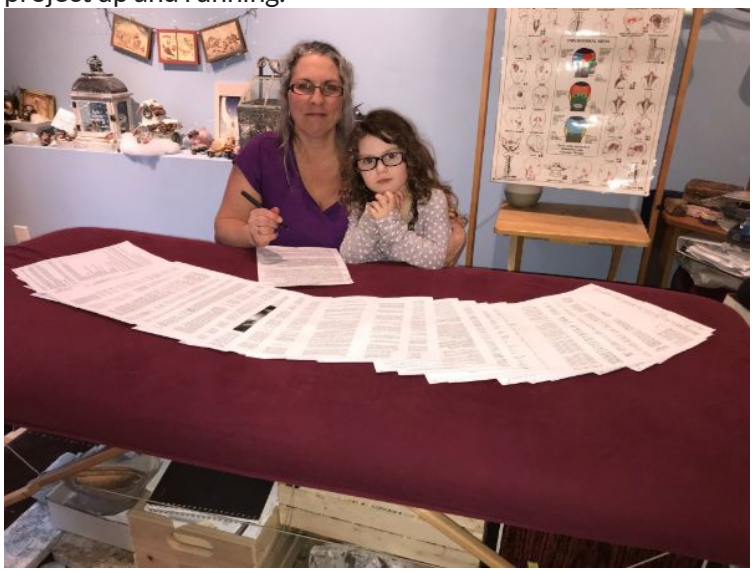
Mini Grant Update

In 2018, the Friends proudly funded five mini-grants totaling $6,850 to projects around the world. Projects included placing copies of The *Womanly Art of Breastfeeding* in public libraries in South Africa, production costs for a flyer targeted to African American mothers, an online resource for Leaders to promote meeting attendance, materials providing breastfeeding information and support to women at a Houston hostel for under served women, and an expansion of La Leche League Italia into southern Italy. Here are some updates on what our recipients are doing with

their projects.

Laura Miekle, La Leche League Canada

This project involves the creation of Prenatal Initiative Kit. It will include an online class and a parenting manual for mothers in Canada. The mini-grant from Friends of LLL helped get the project up and running.



Laura reports that while one component had to be deleted, she has submitted over 30 documents to LLLC for review and is preparing to rewrite the Parents' Class Companion. The photo above shows Laura and her daughter Lily Anjaliya, working hard on the Prenatal Initiative Kit.

Simela Petridou, La Leche League South Africa

This project involves distributing current copies of the *Womanly Art of Breastfeeding* to libraries throughout South Africa. At last report, the books had been ordered and they were awaiting delivery. It's been quite an odyssey for these books, which were ordered from the United Kingdom. They are literally on a slow boat. A very slow boat. We have confidence that the books will eventually arrive and get delivered to the libraries.

We look forward to the opportunity to provide more grants in the future. Your membership dues and donations fund these worthwhile projects.

Keep Connected with Your Family by Blogging

by Sue Ann Kendall

Some of you know that I'm a fan of blogs. I've been blogging off and on for a long time, because I find it a convenient way to organize my memories and photos, like a scrapbook in the Cloud.

I got away from blogging for a while when I got Facebook, because when Facebook first started, it was such a great way to keep in touch with my friends from various parts of my life, especially all

those people I worked with when I was doing all the La Leche League internet stuff. I certainly couldn't visit all of them, and there were no more international conferences for catch-ups.

Of course, I also kept in touch with my family this way. I loved seeing what my children, siblings, aunts and uncles were up to, especially since we used the phone less and less. It was great.

But, as Facebook changed, my children stopped sharing, I mostly saw endless memes rather than personal updates, and that made me sad. I was getting so many texts that I was getting confused, because they weren't organized. However, when a friend told me she used a blog to keep her family and friends organized and updated, I perked back up. That might work.

Why Blog?

Blogs address issues that were causing my family to share less:

Privacy: A family blog can be set to where only members can see it. You can share with the people you care about, but not everyone you've ever met. (I know you can do this on Facebook, too, but it's a chore.) And it's much less awkward than group texts.

Flexibility: With a shared blog, everyone can share what they want, ranging from long rants (my specialty) to bulleted lists, to just a bunch of photos of the kids or pets. And they don't scroll off and get lost forever like texts.

Time Management: Blogs let you look at content on YOUR schedule. They will wait until you have time to sit down and read or write. That's one of my favorite aspects. When I have time, I can write a lot and schedule the posts to come out at various times, if I want to, and if I don't have time to read someone's long rant, I can come back to it.

Simplicity: Believe it or not, blogging software is pretty easy once you get going. Check out this article on how to choose what works for you (note that it's sponsored by WordPress). Kids can do it, adults can do it, technophobes can do it.

This Photo by Unknown Author is licensed under CC BY-NC-ND

Ideas

You don't have to use a blog to write letters, be brilliant, or share deep thoughts. I talked to a couple of friends, and we came up with these ideas:

Funny stories: no matter how old the children are, they can make you laugh. Save those stories and photos for the future.

Honey-do lists: keep a running list of what needs to be done around the house.

Shopping: everyone can see and edit the week's list.

Planning: what are we going to do for vacation? Everyone weighs in.

Education: share research, book reports, items you've read - lots of fun for home-schoolers and lifelong learners alike.

Prayer list: who in the family needs our good thoughts right now?

Recipes: you can use tags to tag various types of blog posts, which would make finding a recipe you post to the blog easy.

Maybe this article has given you an idea for organizing your family life around a blog. I'd love to hear your feedback (was this a crazy concept?), ideas, and suggestions for making life more fun. Contact me at suna@hermithaus.com if you'd like to contribute to *Continuum*. If you have a public blog, we'd love to read it and can add it to a future article. You can also visit my blog about my life on our ranch in Texas at The Hermits' Rest blog.

Have You Seen Our Facebook Groups?

We have been very pleased at the response to our Friends of La Leche League Facebook groups. Led by Gail Moak and a team of administrators and contributors, our main organizational page shares parenting and breastfeeding links daily, and is followed by over 1,600 people. The discussion group, where friends can interact, has over 1,000 followers, as well.

We have a special shout-out to Kate Kerr, of the social media team, for her recent viral post with over 88,000 people reached, 714 shares, and 9,800 engagements. Go Kate!

We encourage all our members who use Facebook to join these pages, which provide a welcome

diversion from negativity and encourage continued learning and connection with fans of La Leche League.

We Remember

Remembering our friend Judy Torgus.

In this ongoing column, a long-time tradition for the Friends of LLL, we pay tribute to La Leche League Leaders who have passed away recently. We welcome additional tributes. Please send them to Janet Jendron at jjendronjanet@gmail.com.

Patricia Hamilton
From her obituary: One of Trish's hobbies was singing in The Strawberry Pickers, a band composed of fellow Kappa alums. She also enjoyed traveling, running, singing, reading, and spending time with friends. She was the Vice President of La Leche League of Texas and a Texas representative to the National Organization, where she worked with new mothers to help them and educate them about breast feeding. She had empathy for young children and served as a Court appointed Special Advocate of Travis County or CASA, where she worked to advocate in court and in other settings for the best interests of children who had been abused or neglected.
(submitted by Nancy Franklin)

Tributes

These are the tributes to Leaders and friends of La Leche League that we have received recently, including a couple that accidentally had been omitted before. Want to honor someone with a tribute? Use these instructions and form to submit them.

5/23/2019 One-year tribute from Janet Hilton, Corpus Christi, Texas USA, to honor **Ellen Flood**, Corpus Christi, Texas USA.
"In love and gratitude in memory of George Flood, MD"

5/17/2019 One-year tribute from Judy Mieger, Camano Island, Washington USA, to honor **Chrissy Anderson**, Cottage Grove, Oregon USA.
"You were PERFECTION in a Co-Leader. What a great time in my life!"

5/11/2019 One-year tribute from Ellen King, Houston, Texas USA, to honor **Trish Hamilton**.
"Trish introduced me to LLL, and we then served together as ACL & ACLA in the '70s."

4/18/2019 One-year tribute from Chris Newlon, Bull Valley, Illinois USA, to honor **Randee Kaitcer**.
"My dear friend Randee, who has supported me from our first meeting."

3/25/2019 One-year tribute from Kathleen Lange, St. Louis, Missouri USA, to honor **Marcella Lowe**, deceased.
"She was my 1st Leader and my adopted mother. She asked me to be a Leader."

3/17/2019 One-year tribute from Carol Meredith, Trappe, Maryland USA, to honor **Dr. Polly and Scott Roberts**, Cockysville, Maryland USA.

3/13/2019 One-year tribute from Kim Moreno, Coronado, California USA, to honor **Jody Nathanson**, Redondo Beach, California USA.
"For encouraging and guiding me as I forged my path to maturity"

8/30/2018 One-year tribute from Patricia Spanjer, Dalton, Georgia USA, to honor **Marian Tompson**.
"For all you have done to enhance my life. I cherish our time together."

7/31/2018 One-year tribute from Becky Sadler, retired Leader, to honor **Barbara Parker**, retired Leader.
"Barbara has been a loyal and helpful friend for many, many years. Signed, Kathy, Marti, and Becky"

7/8/2018 One-year tribute from Marge Yeager, Riverside, California USA, to honor **Becky Konegan**, Wexford, Pennsylvania USA.
"Becky is the best mother I've ever known, a Leader who truly embodies LLL philosophy"
7/8/2018 - 7/8/2019

5/19/2018 One-year tribute from Anne Hutton, Houston, Texas USA, to honor **Gail Moak**.
"Thanks for sharing your wisdom and skills!"

3/24/2018 One-year tribute from Margaret Loffelman, Corunna, Michigan USA, to honor **LLL Leaders serving US military communities world wide**.

4/10/2016 Five-year tribute from Barbara Sasser, Galveston, Texas USA, to honor **Kathy Grossman**, Moab, Utah USA.
“Kathy has given much to LLLI as a Leader and editor of many LLL publications.”

Call for Articles

Congratulations! You've reached the end of our first online *Continuum*. Is there something you wish you'd seen here? You can always fix that by sending **Sue Ann** an email with an idea, some words, or a picture that you'd like to share with fellow Friends of LLL. We would like to see articles about various stages of parenting, all the way through the years, memories of special Leaders, members, or friends of our organization, notices of books by former Leaders, and photos of friends enjoying life.

Not a writer? Not a problem! Sue Ann's an editor!

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