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March 2020 - Volume 33, Number 1

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Continuum to the rescue, packed with ideas, memories, and news. Hope you enjoy it!

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Greetings from an Isolated Basement

Hey, Friends! Well, things are different now, aren't they? Only ten days ago I was sitting in my car, going on a vacation. Today my only travel is between my home and my office, each of which I happen to share with the same family members. Sure, things are different, but our love for our friends and our families most definitely has NOT changed.

And that's the focus of this issue of *Continuum*: supporting each other and finding ways to bring peace and a little joy into our lives. Isn't it great to have an inbox to get this newsletter in?

In this issue there's good information on staying in touch with and entertaining our families while we can't see them in person.

Now is the time to make and keep connections as we navigate uncharted waters. We would truly like to reach more of our former LLL friends and colleagues, as well as those who have supported us over the years. Share our membership page with your friends and let them know that you enjoy hearing from us four times

a year.

Your editorial friend, Sue Ann Kendall

We need you!

A Letter from the Board President

Dear Sue Ann,

Into my second week of "social distancing" in Houston, I can't help but think about all my LLL friends and their families. I hope to hear from many of you about your situation and your

concerns. Aren't we glad that we know that breastfeeding helps protect babies from the coronavirus?

My husband Larry and I are hunkered down at home, receiving grocery deliveries and watching more movies in the last week than we've watched in months. Yesterday was our 51st wedding anniversary, and we celebrated with a long walk at a beautiful park followed by takeout Mexican food. Not our usual celebration!

The Friends of LLL continue with projects, rolling out the 2020 Mini-grant program and eagerly awaiting our new website design. The Board is working with Leaders in two cities to decide the best spot for our 2021 trip, and we are very close to signing a hotel contract. In fact, we may have 2023 lined up also because the two cities are both very appealing. Stay tuned!

Janet Jendron and Kathy Parkes ended their Board terms and I extend my deep gratitude for sharing their wisdom. The Board welcomed Susan Mocsny Thomas and Randee Kaitcer as Board members. Their talents and insights will help the Board run smoothly and I thank them. I hope to hear that you and your family are well and are managing the pandemic in the best way possible. Please keep in touch.

LLLove,
Edna
eekelly@swbell.net

Meanwhile, outdoors, the pollinators are doing their thing.

Soon there will be dewberries here!

Friends Board Update

Edna Kelly and Susan Mocsny Thomas

We're happy to report that we have two new Board members and some new jobs for 2020. We had planned to elect them at our in-person meeting, but since the Texas Area Network meeting was postpones, we did an email election on March 24. We extend deep thanks to Janet Jendron and Kathy Parkes for their service as Board members.

Susan Mocsny Thomas is a long-time Leader in North

Randee Kaitcer and Sue Ann Kendall

Carolina, USA. She has held many LLL positions through the years and is the keeper of our We Remember book. We are very happy to have her join us on the Board.

Randee Kaitcer is originally from New York and has also lived in Illinois, but makes Fort Worth, Texas her home now. She has many years of nonprofit experience to share with the Friends of LLL, of which we hope to make lots of use!

Sue Ann Kendall has taken on the position of Board Secretary in addition to editing this newsletter. Since she likes to type, this is great for her.

As soon as our new website is ready, Gail Moak will become Board President, while Edna Kelly will remain on the Board as Past President.

Anne Hutton is serving as Treasurer. She's done an amazing job with our financial records, and reports we actually made a profit on our New Orleans trip, which means more money for good things...

...like the mini-grants we are announcing later in this issue!

By the way, we will reschedule our in-person Board meeting as soon as things settle down and we can safely travel again.

Keep Your Membership Going and Encourage Others!

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. And if your membership is expiring, update it now:
Sue Ann Kendall, your membership expiration date is 11/12/2020.

Announcing the 2020 Friends of LLL Mini-grants

Do you have an idea for a special project and need seed money to get started? Consider applying for a Friends of La Leche League mini-grant! Mini-grants of up to $2500 will be available for projects that support our mission. Deadline for application is **June 1, 2020**, and projects need to be completed within nine months of the award.

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.

The Guidelines and Application Form are available at LLLAlumnae.org. Questions? Contact Paula Clay at pcclay@swbell.net.

The Friends look forward to hearing about your unique proposal!

Cathy Baldizon, Paula Clay, Lupe Forsang, Linda Parry
Friends of La Leche League Mini-Grant Team

FRIENDS of LA LECHE LEAGUE

LET'S DO SOMETHING TOGETHER!

APPLY FOR OUR 2020 MINI-GRANTS.

The mission of the 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.

LLLALUMNAE.ORG

Making Connections—Long Distance!

*by Melissa Clark Vickers**

Way back when, families tended to stay together with multiple generations in one household. Certainly, there are many families today who still live with grandparents and other extended families. And we've all seen the stories like *Little House on the Prairie*, where a young family sets off for parts unknown, leaving the grandparents behind on the other side of the country. The families stayed connected as best they could, through mailing letters that might take weeks to arrive. Today we have a speedier postal system, and the host of electronic means of connecting families.

3-year old Oliver demonstrating sticker creativity!

The coronavirus scare has created some artificial separations of families and friends as we are urged to "shelter in place" and practice "social distancing." How can you *stay* close when you are deliberately not trying to *be* close? The intergenerational separations are the hardest, whether it's aging parents or grandchildren who are off-limits for physical hugs and time together.

Here are a few ideas for things to do to stay connected, even when you can't be there:

Supplies to have on hand, many of which are in the grocery stores. If you happen to be out anyway, see what you can pick up:

Supply of greeting cards for various occasions.

Colorful paper and envelopes.

Stamps. You can order stamps online without going to the post office.

Stickers—especially if you have younger kids to connect with. Kids love stickers! They come in all kinds of topics and sizes, and are typically sold in the greeting card section.

Ideas for Children:

Write letters to your grandchildren. Keep them short and sweet. If they are too young to read, draw silly pictures, or put stickers on the page. A good collection can allow you to create a simple "rebus" letter where a picture substitutes for a word, and a pre-reader can "help" read the letter. Send extra stickers to the child and ask for a letter in return.

For early readers, you may be able to get a list of sight words that the child can read, and you can build most of a letter around those.

For older children who are reading well enough, try creating a mutual story. One of you starts it, sends it to the other, and the other person adds to the story. This might work well by email—a little faster than snail mail.

Make use of technology—make a video call either through a smart phone app, or use the Facebook Messenger. While you have the kids on the phone try:

- Read a book to them. If they can read, ask them to read to you.
- Videotape you reading a story. It might go viral like the Scottish grandma reading her young grandbaby *The Wonky Donkey*!
- Tell them a story about when you were little. Maybe you had to deal with your grandparents living far away. What did you do?
- Put on some music and dance on both sides of the call.
- Sing songs together!
- Try teaching them a simple craft by video call. Show them how to fold a paper airplane, or something fancier if you are into origami.
- If you have a very simple recipe, try cooking together. Pick one that doesn't require much in the way of "kinesthetic" knowledge (such as making bread from scratch and knowing when you've kneaded enough) that can't be easily shown by video.

Ideas for Older Friends and Relatives:

Pick up the phone. A call will put a smile on both ends of that call.

Send a greeting card. Remember all those Hallmark commercials showing how cards touch the recipient? Create your own Hallmark Memories!

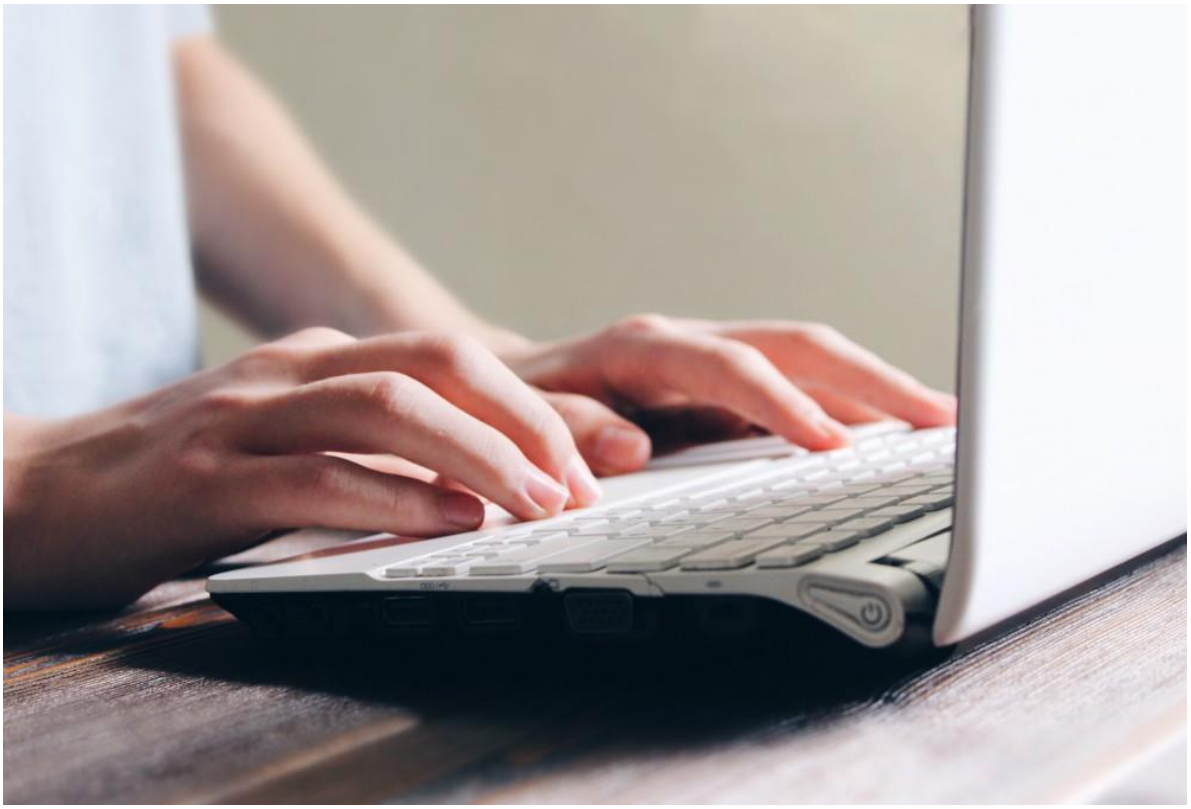
Send a letter. It doesn't have to be long or earth-shattering. Fill it with the mundane things you do every day. Include cute-kid stories if you have young children. Include a picture or two.

Send a tea bag. Remember the days when LLL District Advisors used to send tea bags in the mail? It's a simple and cheap way to say, "Hi! I care!"

Send an email. Depending on the age or circumstances of your recipient, an email landing in an inbox can be a day-brightener. You can attach pictures. Just realize that some older folks may not have access to a computer or a smart phone. Video calls for seniors are great, too, if they have the technology and knowledge to handle it on their end.

If you have the time and extra cards, send some general greeting cards to a local nursing home. It doesn't matter if you don't know the person who ends up getting a card from you. They will appreciate the thought!

None of these ideas are earth-shattering, complicated, expensive, or hard to do. But any of them lets folks know you are thinking about them—and missing them as much as they are missing you.



Reach out and touch
Somebody's hand
Make this world a better place
If you can
--Nickolas Ashford and Valerie Simpson

**Melissa is the grandmother of five, from 17 months to nearly 7 years old—three of whom live*

two hours away, and two live 12 hours away. She doesn't get to see the grandkids as often as she'd like—but stays connected as best she can!

We're all still connected, even if we're keeping our distance. Photo: @crystalmariesing via Twenty20

The Art of Downsizing, Part 2

by Barbara Parker

As I told you in the previous *Continuum*, I worked for almost two years on downsizing in preparation for moving into a retirement apartment, balancing the "all deliberate speed" preference I have in

making decisions with the 'keep it just in case' preference of my husband. Now that we are moved into our new quarters (currently with no visitors allowed!), I'll share a few more things that have worked for us, continuing right where I left off!

6. **Stuff of your kids' or that you no longer use:** If you are still keeping childhood mementos of/for your adult children - especially if s/he has a place of his/her own now - pick a mutually convenient date (visiting you?) and ask them to go through and/or take with them all their mementos. Maybe even video the reaction as they encounter their old stuff! And if you have more than one set of dishes, lots of table and bed linens, take a good look at what you will actually need and/or use and set the rest aside. This is hard when lots of it is sentimental. My husband is an only child, so we got all his family's stuff. And I grew up in India so lots of my "stuff" is unique and irreplaceable.

7. **Keep in mind that your kids probably WON'T want most of your stuff.** They have their own stuff already and live a different lifestyle than you did. I am fortunate that our son/daughter-in-law JUST bought a house that is twice the size of their apartment, AND that my daughter-in-law has agreed it is okay to take some furniture that isn't her style, because it was my husband's when he was a child, made by a long-time family friend. Our other son has also just bought a house and wants my husband's shop tools, so we are building him a shed to house them. Whew! I KNOW we are lucky in these things.

8. **Pictures/wall decor, photos:** I have one suggestion on this, and it is one we have not implemented yet. For photos in frames, take the photos out of the frame and put in a folder. A

photo folder takes up a LOT less room than the framed photos would! Some suggest adding to this strategy by planning to display a few of the photos at a time, maybe on a shelf, rotating them over a defined period of time (every week?) so you can still enjoy looking at them. I confess I have several boxes of old family photos and the accouterments to organize them into albums and I plan to take them with us when we move, keeping them in our storage unit for the time being and taking out groups of them for particular albums to work on over time.

SO many dishes! So few people to pass them on to! Photo: @mppllc via Twenty20

9. **Holiday stuff:** We started passing along some of our Christmas ornaments and other holiday items to our adult kids last year, and what they didn't want, went to charity. My daughter-in-law has asked that all the family members consider "gifting" their toddler with ornaments that have special meaning or stories for us, so he can continue a chain of memories we started in years past. If you have celebratory traditions that don't involve stuff, by all means continue those! I make sugar cookies each Christmas that kids in our family get to paint with food coloring, and that will continue since it only involves keeping a few Christmas cookie cutters.

Same goes for Independence Day, Easter, etc.

10. Here are some questions you can ask yourself in downsizing or de-cluttering efforts:

A) Do you love it? Are you keeping it out of guilt? Did you use it in the last year? Will there be room for it? Is it a duplicate?

B) Does it have value? If so, do you need it? If not, sell or donate it. If not, can it be recycled? If not trash it. Does it serve a purpose? Does it make me happy? Do I need this many?

[Barbara has said she'll write up a post on what they did with all the stuff, now that they've moved.]

Do you enjoy the Friends of LLL Facebook page? Do you like to work with fun, social-media savvy LLL friends? Then why not join our merry team of social media funsters, Kate Kerr and Randy Kaitcer (under the leadership of Gail Moak) and help us bring breastfeeding news, humor, and friendship to over 1,100 readers. We all need

something fun to read at this time. Come help us! Contact Gail Moak at gmgesley@gmail.com to learn more.

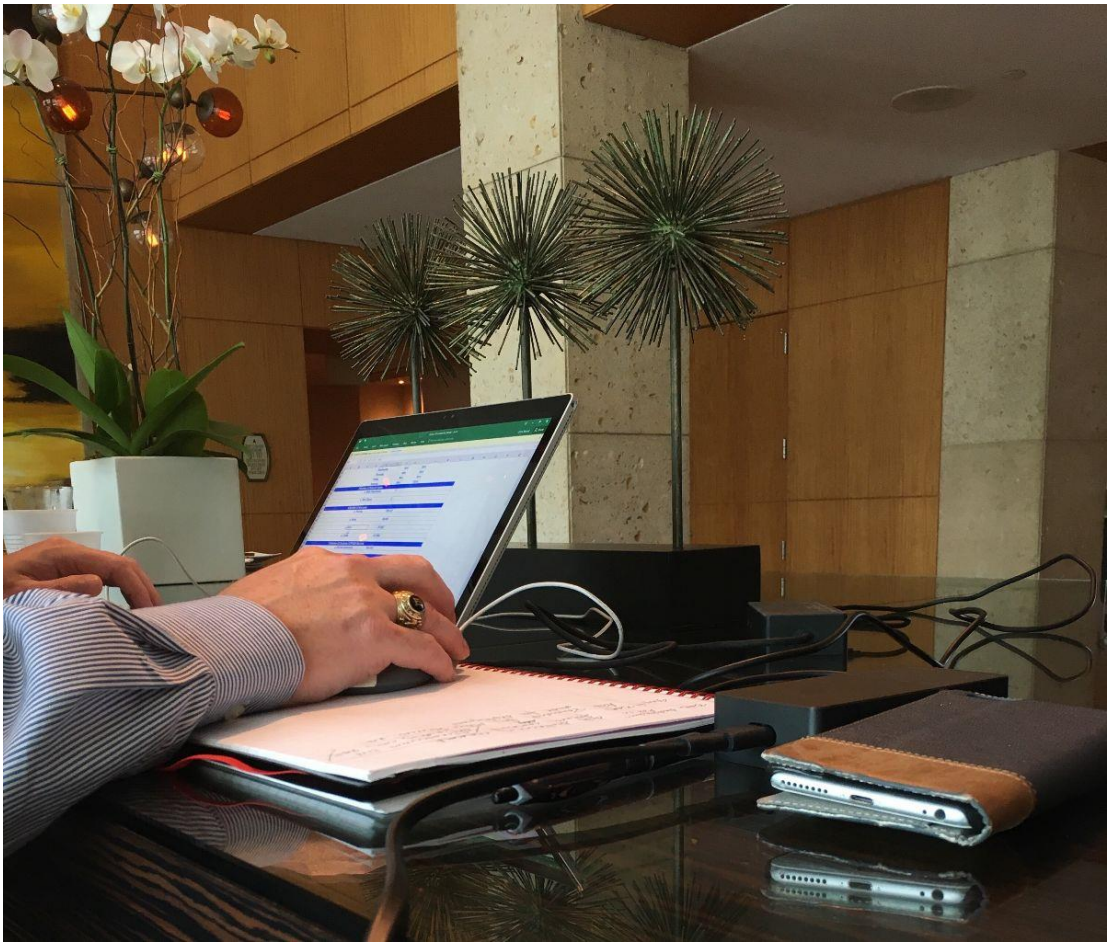
Order Our Pins to Recognize Years of Service

We recently gave each attendee at the New Orleans trip one of our new Friends of La Leche League pins, which feature our logo and our motto, "A Lifelong Connection." We still have plenty left, so you can have one of your own, or one to give as gifts. Order today!

The Friends of La Leche League are still your source for Leader recognition pins. These make great gifts for all occasions 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, as well as pins without a year designation.

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!



It's valuable! It doesn't take too long! You can do it anywhere! It's the Membership Coordinator job!

Join the Membership Team

by Anne Hutton

Want to be a part of the fun and connect with everyone at Friends of LLL? Join our team as Membership Coordinator – the hub of the network!

Our Membership Coordinator maintains our spreadsheet of member information, prepares member lists, and provides mailing list information for *Continuum* and special communications.

The Membership Coordinator will work together with our Treasurer (and former Membership Coordinator), Anne Hutton, and with our website and *Continuum* teams. Requiring only a few hours per month, the Membership Coordinator job involves working with Google Sheets online spreadsheets and downloaded data, viewing membership purchase records from our website store, emailing with current and lapsed members, and answering the occasional member inquiry. The biggest job qualification is an interest in connecting with others to support Friends of La Leche League.

If you have any interest in this position, or would like to help the organization in any way, please contact Anne Hutton at achutton1@gmail.com for more information. We look forward to expanding our team and broadening our reach.

Recognizing Cecily Harkins

Cecily Harkins has completed her term as Chair of the LLLI Board as well as 53 years as a Leader. Cecily has been instrumental in so many areas of our organization, and serves as an inspiration to many generations of Leaders. We salute her!

You Might Like to Read...

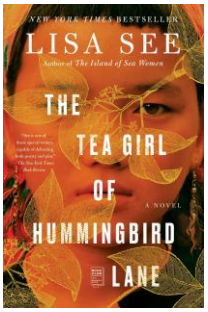
by Mary Gisch

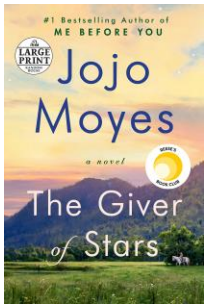
Send Mary your suggestions at Giscmary2@gmail.com

The Tea Girl of Hummingbird Lane, 2017, by Lisa See

A young Chinese girl in a mountain village sells tea leaves in the 1980s. Li-yan has a baby girl, whom she gives up for adoption. She lovingly hides a teacake in her baby's blanket.

Fascinating novel! Suggested by Carol Huotari.





The Giver of Stars, 2019, by Jojo Moyes

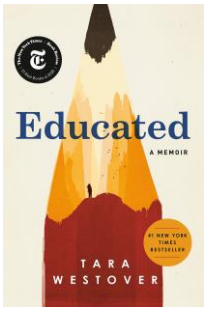
Danger lurks for the Packhorse Librarians of Kentucky! They find rugged terrain and fearful mountain folks. But, indeed, books and magazines are full of ideas and precious information.

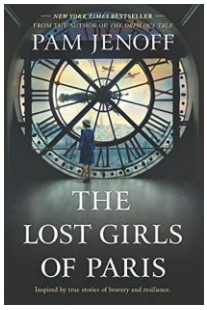
Delightful historical fiction.

Educated: A Memoir, 2018, by Tara Westover

Despite the notions of her isolationist father and fearful mother, Tara wants to learn more than how to cull junk in her Dad's junkyard and how to steep herbs. A brother urges her to learn on her own from second-hand books. She applies to Brigham Young University at 17 and graduates with honors.

Powerful biography!





The Lost Girls of Paris, 2019, by Pam Jenoff

This book is inspired by true stories. An intriguing novel about French-speaking English women, recruited and trained to infiltrate Nazi occupied France. They bravely left England to sabotage and guide planes. Spies are shot.

Who betrays them?

A Heartfelt Thanks to Carroll Beckham

For the past four years, our friend Carroll Beckham attended all the Friends of La Leche League telephone Board meetings and took notes for us. Her thoroughness has enabled us to remember what we said and did, and helped our team work most effectively. Good minutes are important for all nonprofit organizations, and it was a real joy to not worry about this for four years.

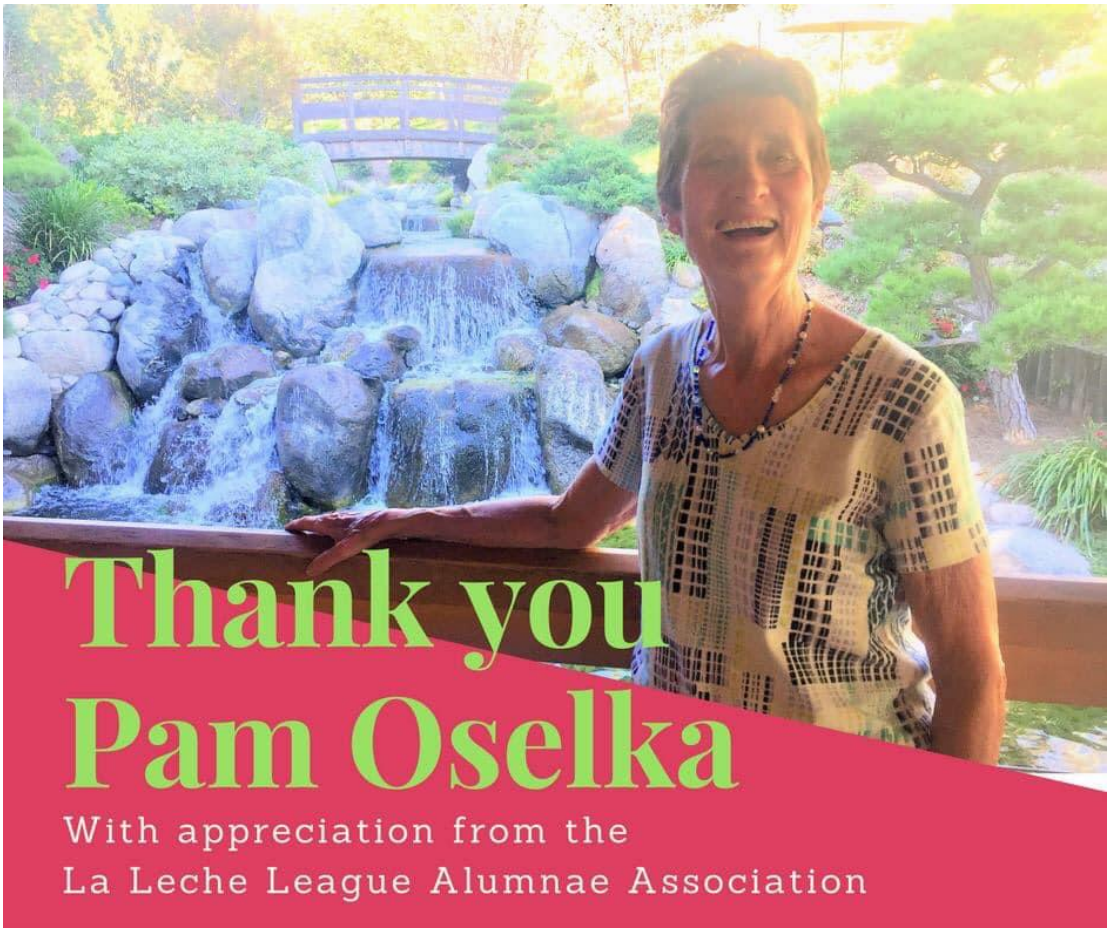
Carroll also was part of the planning team for our most recent trip to New Orleans, and we appreciate the huge effort that was for both her and Evy Simon.

Remembering Pam Oselka

We are deeply sad to announce the passing of **Pamela Mendenhall Oselka**, longtime La Leche League International staff member and volunteer. Pam served for many years on the board of the Friends of La Leche League (when it was called the LLL Alumnae Association Council). The photo above dates from Pam's retirement from the Council at the end of 2017.

Rest In Peace, Pam, our dear friend and colleague.

We would love to read your memories of Pam, and hope to publish more remembrances in upcoming issues of Continuum. In the meantime, here's her beautiful obituary.



We Remember: A Friends of La Leche League Tradition

"So as we live, they too shall live, for they are now a part of us, as we remember them."

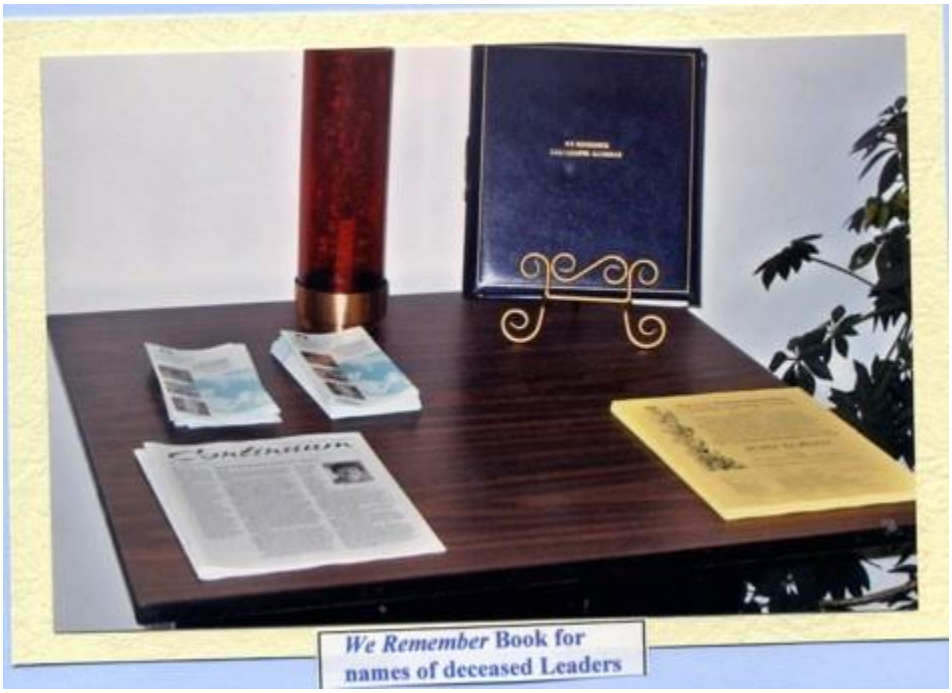
"We Remember" is a tradition started by the Friends of La Leche League in 2001. We pay tribute to Leaders who have died.

Throughout the history of La Leche League, we have connected to each other on a deep level across countries and cultures. Part of our mission as Friends of LLL is to keep connections strong as we remember and appreciate those who have died.

Leaders' names are recorded in calligraphy in the "We Remember" album by Susan Mocsny Thomas and posted on the Friends of LLL We Remember page. We also have a special event at each Friends of LLL trip. Help us keep an updated list of deceased Leaders' names by completing the online form, or by emailing Nancy Franklin the Leader's name, year of death, and state/country where Leader was active. When possible, include an obituary link.

So far in 2020, we have heard of the passing of these Leaders:

Deirdre (Dee) Ann McOnie - New Zealand (d. 2019)
Pamela Oselka - Illinois (d. 2020)



The We Remember book and candle as they used to be displayed at the LLLI offices in Schaumburg, Illinois.

Tributes

These are the tributes to Leaders and friends of La Leche League that are current. Want to honor someone with a tribute? Use these instructions and form to submit them.

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."

12/30/2019 One-year tribute from **Cynthia Reynolds**, Durham, North Carolina USA, to honor **Breast Friends of RDU, NC**.
"To my very breast friends who I have known and loved for over 40 years!."

9/10/2019 One-year tribute from **Karen Berg**, Eugene, Oregon USA, to honor **Kathleen Glucksman**, deceased on August 1, 2019.
"In memory of Kathy Glucksman, Tolland, Connecticut, who devoted her life to helping mothers."

8/16/2019 One-year tribute from **Judie Gubala**, Rocky Hill, Connecticut USA, to honor **Kathleen Glucksman**, deceased on August 1, 2019.
"Dear friend, fellow IBCLC/RN, chased CA for 12 years."

8/14/2019 One-year tribute from **Elizabeth P. Connelly**, Houston, Texas USA, to honor **Edna Kelly**, of Houston, Texas USA.
"Her volunteer time with LLL changed my life for better."

8/5/2019 One-year tribute from **Gloria Glidewell (Cotney)**, Tampa, Florida USA, to honor **Freddie Furnas**, formerly of Eustis, Florida, now Maine USA.
"The LLL who precepted me into Leadership."

7/31/2019 One-year tribute from **Ann Rosenwinkle**, Houston, Texas USA, to honor **Edna Kelly**, Houston, Texas USA.
"Edna Kelly's compassion helps LLL, and also has her in other critical community endeavors."

7/4/2019 One-year tribute from **Cindy Garrison**, Canonsburg, Pennsylvania USA, to honor **Amy Shaw**, Hull, Massachusetts USA.
"A friend, a colleague, an amazing Leader, and now Board member!!"

6/30/2019 One-year tribute from **Rhondda Hartman**, Denver, Colorado USA, to honor **Mary Ann Kerwin**, Denver, Colorado USA.
"My dear friend who has brought help and encouragement to mothers around the world."

6/21/2019 One-year tribute from **Mary Jeanne Hickey**, Weymouth, Massachusetts USA, to honor **Rosemary Peterson**, Melrose, Masssachusetts USA.
"Rosemary was a Founding Leader in Massachusetts and one of the first Lactation Consultants in the country."

6/19/2019 One-year tribute from **Barbara Sasser**, Galveston, Texas USA, to honor **Carol Roberts**, Billings, Montana USA.
"For her continued enthusiasm for helping new mothers breastfeed their babies"

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."

Thanks to Our Donors

Friends of La Leche League is very lucky to have a wonderful group of donors who enable our organization to thrive and who fund out activities and projects. Here is a list of the donations we have received for recent projects.

Friends of La Leche League gratefully acknowledges the generosity of those who have contributed to the organization. If your name has been omitted, misspelled or listed incorrectly, please accept our sincerest apology and inform us by contacting Treasurer Anne Hutton at achutton1@gmail.com.

Unrestricted Donations, April 2019 to Present:

Anonymous (1 donor)
Pamela Ahearn
Carroll Beckham
Kathleen Chiu
Jacque Gates
Mary Gisch
Barbara Greenfield
Judith Gubala

Restricted Donations to Fund Co-Founder's Attendance at New Orleans Trip, April 2019 to present:

Anonymous (3 donors)
Jane Atkin
Carroll Beckham
Carol Bollin
Joan Crothers
Judith Elder
Jacque Gates

Anne Hutton
Edna Kelly
Margaret Loffelman
Donna Cookson Martin
Judy Mieger
Sandra Sahl
Susan Switzer
Merike Tamm
Carol Timmreck
Carolyn Vemulapalli
Patricia Young

Unrestricted Donations, April 2018 to March 2019:

Keisha Colson
Barbara Dunlap
Jacque Gates
Janet Hann
Mary Jeanne Hickey
Edna Kelly
Agnes Leistico
Kathleen Michelotti
Judith Polley
Rae Schopp
Susan Switzer
Barbara Werbel
Louise Wills

Restricted Donations for Helpline, April 2018 to March 2019:

Susan Giroux
Michelle Hardert
Janet Jendron
Dottie Johnson
Randee Kaitcer
Rebecca Keepers
Edna Kelly
Charlotte Knopf
Andrea LaMar
Katy Lebbing
Lou-Ellen MacDonald
Gail Moak
Pat Orzech
Rae Schopp
Evy Simon
Patty Spanjer
Carolyn Vemulapalli
Margaret Yeager

Restricted Donations to Fund Co-Founder's Attendance at San Diego Trip, April 2018 to March 2019:

Marguerite Gravlee
Margaret Yeager

Restricted Donations to Fund Mini-Grant Program, April 2019 to present:

Carroll Beckham
Lorelei de la Reza

Pamela Ahearn
Agnes Leistico
Pauline Swain

Judie Ellison
Jacque Gates
Linda Wieser

Call for Articles

Congratulations once again! You've reached the end of our first 2020 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. As you can see, they can be long, short, or in between. 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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