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**June 2020 - Volume 33, Number 2**

**In This Issue**


- So Good to "See" You All
- A Letter from the Board President
- Friends Board Update
- 2020 Friends of LLL Mini-grants: New Deadline
- Who Are the Friends Volunteers?
- Is it Time Yet?
- Where Can Stuff Go if I'm Downsizing?
- Order Our Pins!
- Reflections
- Introducing Our Social Media Team
- You Might Like to Read...


**Welcome, <<First Name>> <<Last Name>>!**

*Continuum* is here again, packed with ideas, memories, and news. Hope you enjoy it! Thanks for subscribing.


- You Might ALSO Like...
- Join the Membership Team
- Three Friends Travel to Israel
- A Friend's Tribute to Pam Oselka
- We Remember
- Tributes
- Thanks to Our Donors
- Call for Articles


**Keep Up With Us**

Facebook

Website

**Friends of La Leche League Board:**

- Anne Hutton
- Randee Kaitcer
- Edna Kelly
- Sue Ann Kendall
- Gail Moak
- Susan Mocsny Thomas

## So Good to "See" You All!

Welcome! Many Friends of La Leche League have come together to bring you this quarterly newsletter, which is your major benefit of membership (but not the only one!).

In this issue of *Continuum* we're giving you lots to read, including more book reviews than usual. I think everyone's really enjoying losing themselves in books while we've all been socializing less in person.

We also bring you Israel travel memories, a thoughtful piece on how to know when it's time to retire, lots of information on downsizing your possessions if you do decide to retire, and our usual features. Take a break and enjoy this issue!

Could you encourage one of your connections to join Friends of LLL? If we each got one new

member to join, our min-grants could go a lot farther! 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*

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**We need you!**

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## A Letter from the Board President

Dear <<First Name>>,

During this time of staying at home, I've been so grateful for FaceTime. Almost every evening and sometimes during breakfast or even in the afternoon, my almost-four-year-old granddaughter, Claire, requests a story from Genny (her version of Granny). What a joy to read her some of our favorites that were still on our bookshelves, like *Babar*, *Blueberries for Sal*, *Winnie the Pooh*. I had fortuitously gotten a stash of children's books from the public library right before the shut down in March and now the library is doing contact-less check, out so I'm getting new titles.

Our four year old next door neighbor lent us books too, including Berenstain Bears and Llama Llama, which Claire loves. Another neighbor who was one of my children's librarian colleagues shared Clifford books and a frequent request, *There's an Alligator in My Closet*. As you can see from the photo, Claire thinks reading to her doll is just what she should be doing!

Wishing you happy reading for you and yours,

Edna
eekelly@swbell.net

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Bright summer flowers are the reward for the heat of summer up here in the northern hemisphere!

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# Friends Board Update

We've been figuring out how to work together in the current times, which has been a bit of an adventure. We decided to get a Zoom account, so that we can see each other in meetings. It's not the same as having in-person get-togethers, but it's a day-brightener. And especially since Susan Mocsny Thomas is recovering from burns and is home-bound, we're extra grateful for technology!

With the different opportunities for helping mothers and babies that are popping up, we decided to revise our mini-grant applications and **extended the deadline**. Our team is looking forward to evaluating the submissions that have come in.

Our new website is under construction right now, with Gail Moak at the helm and former Leader Susan Smylie's web design firm doing the development. It's going to be well worth the wait: fresh, informative, and beautiful.

And finally the Board wants to express our support of **the statement on Black Lives Matter** recently issued by the La Leche League International Board of Directors and Executive Director. In part, it reads:

*"LLLI is committed to the uncomfortable and long term work of dismantling structural racism by recognizing and addressing historical and current racism within La Leche League. We stand accountable for the pain that has occurred as a result of racism in our organization. We call on our partner organizations to join our thousands of volunteers in offering skilled breastfeeding support to families everywhere who do not have the privilege of looking away from the fear, the trauma, and the grief."*

## 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:

<<First Name>> <<Last Name>>, your membership expiration date is <<Expiration>>.

## Friends of La Leche League Mini-Grants: New Deadline

Good news! If you've been busy and haven't started a special breastfeeding project or completed your mini-grant application, we understand. We live in challenging times! Friends of La Leche League is **extending the deadline for application**. Mini-grants of up to $2500 are available for projects that support the mission of La Leche League.

The new deadline will be **September 1, 2020**. This will give you time to redesign a project or design new projects for helping breastfeeding families. Projects need to be completed within nine months of the award.

Applicants may be La Leche League Leaders, Area Councils, or other breastfeeding supporters who support the La Leche League mission.

These times may inspire new vision for using social media, publications, local communication (such as setting up Group phone lines or Zoom meetings), equity and diversity projects, and/or parent or healthcare professional education. Check the mini-grant guidelines for more project ideas.

Through these turbulent times, Friends of La Leche League remains true to our mission:
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.

More info and the mini-grant application are available **on the Friends of LLL website**.

Please pass this on to anyone you think might be interested!

Friends of La Leche League Mini-Grant Team:

Cathy Baldizon, Paula Clay, Lupe Forsang, and Linda Parry

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

## Who Are the Friends Volunteers?

You might be wondering who helps the Friends of LLL do what they do. This month, we feature Carroll Beckham, who has taken notes for us and helped with the New Orleans trip last year, and Paula Clay, who is a member of our mini-grants team. Look forward to more about our volunteers in the next *Continuum*!

### Carroll Beckham, North Carolina USA

[Carroll is shown at right, with Evy Simon on our New Orleans trip]
I joined LLL in 1986 and became a Leader in 1987. I led a group for almost 30 years in a military town. I also served in Communications Department (HRE), Finance Department, and LAD. I am retired now but still active in Friends of LLL. I have been married to my high school sweetheart for 51 years. We have two adult daughters and three breastfed grandchildren. I am a worker bee. I am most proud of working with the Friends committee to offer mini-grants for projects that promote breastfeeding. The Friends' bi-annual trips to interesting cities is a wonderful way to see the country with people you will enjoy. Even if you have "been there, done that," Friends' trips are special because the people with you are special!

I am a member of Friends because I still believe in the importance of mothering through breastfeeding and want to do what I can to support those on the front lines. And of course there are no better friends than LLL friends. I have made new friends in this group and cherish each one. I love to cook and still make 3 meals most days. I'm a volunteer at the NC Aquarium near my house and play duplicate bridge 4-5 times a week. Living at the beach means lots of company too. We live on an island of the southern outer banks, so sometimes we have to evacuate inland during

hurricane season....the price we pay for living in paradise!

## Paula Clay, Houston, Texas USA

I have been a La Leche League Leader for over 22 years and am still an active Leader. I am married, with a daughter and a married son. My daughter lives in Chicago and my son and his wife are in New York City. Sigh. Yes, as we all know, not only do they stop sleeping with you, they don't even sleep in the same state! It is such a joy to stay connected with my tribe. I know that I will have a lot in common with anyone who has an LLL connection. I went on my first Friends trip this year to New Orleans. It was a milestone for me and the way I chose to celebrate my daughter's graduation from college and the beginning of a new stage in life. I warned my husband well in advance that this trip was a priority for me. Thanks to all of you who were also there, and my roommate friend, Anne Hutton. Your presence was a virtual hug for me, and I look forward to the next trip.

The encouragement and friendship of dear friends made me want to be a part of Friends. I was a recipient of a mini-grant, and I currently serve on the team for the 2020 mini-grant. My husband and I both love to travel, and we go as often as we can. In the past year, I've had the opportunity to spend time with Leaders I've met online through my service on the LLLI committee evaluating the 10 Concepts. Misha Laudicina gave us a tour of Trieste, Italy, and I had a wonderful day with Carmen Vandenabeele and her husband in Paris. In Trieste, we stayed at **a B&B owned by an Italian Leader,** too. It was wonderful and I highly recommend it! We want to go back and stay there longer!

When I am not traveling, I work as an IBCLC in private practice and at a grant-funded clinic that is free to anyone who wants help with breastfeeding. My husband gets tired of me talking about how much I love my work and my colleagues!

# Is It Time Yet?

*by Melissa Clark Vickers*

Rites of passage start from day one with the first breath we take, and continue throughout life. For many of us, a major rite of passage is looming: retirement. It used to be that retirement happened at age 65 (at least in the U.S.) and some image of sitting on the front porch in a rocking chair watching the world go by was the common vision of retiree-wannabees.

Things have changed—there's no set date for retirement, and people are generally encouraged to

be active throughout life, be it through employment or volunteering or just recreation. So how do you decide WHEN it is time to retire?

Many factors affect that decision, and no one answer or plan fits all. Some to consider:

**Finances:** This is probably the one most people think about—can I afford to retire now? Will I have enough money to live on for the rest of my life? Certainly this is a significant factor to consider, and I'll leave the recommendations for your financial future to the financial planners. Having a good financial planner is a great idea, by the way. Just get one that is a fiduciary—one who puts YOUR interests first when looking at options, not the one he or she is trying to sell. Consider finding a **fee-only (not fee-based) financial advisor**, who isn't selling you anything other than knowledge and expertise.

While a good financial planner can crunch the numbers and generate fancy charts and predictions for how much you'll need and how long you'll have funds available, there are other considerations equally important in making this "when should I retire" decision.

Time really IS money. Photo: @Tereza via Twenty20

**Job Situation:** How is your job working for YOU these days? Do you like your job? Do you like the people you work with? Do you get any personal joy or satisfaction from the work you do? Would you consider doing your job if you weren't getting paid? If you balance the pluses and minuses of your job, which way would the scale tip?

Certainly, continuing on with a job that you enjoy and even have some passion about doing is easier to imagine long term than one you hate.

**"When I Retire, I Want to…"** Close your eyes. Imagine you ARE retired, and suddenly don't have to answer to anybody but yourself how you spend your time. Do you want to travel and see the world? Or the country, or maybe just your backyard? Are there projects you have been setting aside for years until you have time for them? Can they wait any longer? Should they?

**Family:** Retirement is not done in a vacuum. Whether or not you are working affects—and is affected by—others around you. If your spouse or significant other is already retired and waiting for the day you two can do things together, that might tip the scales. Or maybe you have an elderly parent who needs more of your attention—or that you just want to spend more time with. You can't get this time back, much as you can't get the time back that you might spend with a new baby.

Can we have that family lake house now, or do I need to work a while longer?

**Health:** Get out your crystal ball here… How's your health, and how do you see that in the future? Are there things that you'd do now if you could but might not be able to as you age?

Unfortunately, crystal balls are just not reliable tools for making important decisions! And, honestly, I'm not sure knowing exactly how the days and weeks and years ahead will play out really would help us make this decision. There are so many moving parts, and we can't just ignore the innate ability of humans to adapt to whatever life throws at us, whether retired or not.

## A Little Planning Exercise

Try making a list of all the factors that are important to YOU about whether/when you retire. Include the above factors, and at least initially, set aside the financial considerations. For now, think more in terms of "My Druthers"—if you could, what would you rather be doing? Which of the factors loom most important to you? Maybe your job is just tolerable, but you are only a year or two away from some milestone that could affect your retirement situation. Or maybe you love your job, but you feel more strongly about having time to be with your family while you are still young enough to do so.

Imagine putting these factors—and their relative importance—on a scale of retiring sooner versus later. Which way does your scale tip?

Now go back and add in the finances. For some, this will be a stumbling block; for others, not so much. If you aren't where you need to be as far as being able to retire sooner, are there any things you can do to get to that point quicker? Here's where a good financial planner might be able to help.

Everyone's retirement calendar will look a little different! Photo @JulieK via Twenty20.

And remember, "retirement" isn't necessarily an all-or-nothing event. Maybe you can cut back on your hours at least a little to allow some more time to do the things now on your "when I retire" list. Quitting a job today doesn't mean you can't ever go back to work or do some kind of income-generating hobby. This group already knows the value of volunteering for a cause we believe in—it's not all just about making money!

One other note—for those who are lucky enough to have a job they are passionate about, nowhere is it written that you *must* retire at some randomly or traditionally determined age.

The point is to try to plan out the years ahead so that you are doing things that matter to *you*. My wish for all of you is to find that plan that will work, and be ready to adapt it as new challenges and opportunities get thrown your way.

And oh, by the way, I *did* just retire—yesterday, from a job I loved and felt passionate about. But it was time to *have time* to do other things I've long had on my list, including time with my husband and my kids and grandkids. You can read about my journey to retirement **here**.

***You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You're on your own, and you know what you know. And you are the only one who'll decide where you'll go.***
**Dr. Seuss, *Oh, the Places You'll Go***

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## Where Can Stuff Go if I'm Downsizing?

*by Barbara Parker*

Our "journey" from contemplating downsizing to moving into a retirement apartment is complete! We are VERY grateful for our timing. We were able to sell our house in November - in a hot real estate market - by marketing it in early November to only a select list of 12 interested buyers. In less than a week we had five offers (!) and closed in mid December. The buyers allowed us to stay,

rent free, until we moved in late January. It was a busy holiday season, with company for Thanksgiving AND Christmas! During that time we also finished our downsizing decisions, arranged for a shed to be built at our son's house for my husband's woodworking equipment, contracted with a mover, and worked on finding places for the things we were not taking with us.

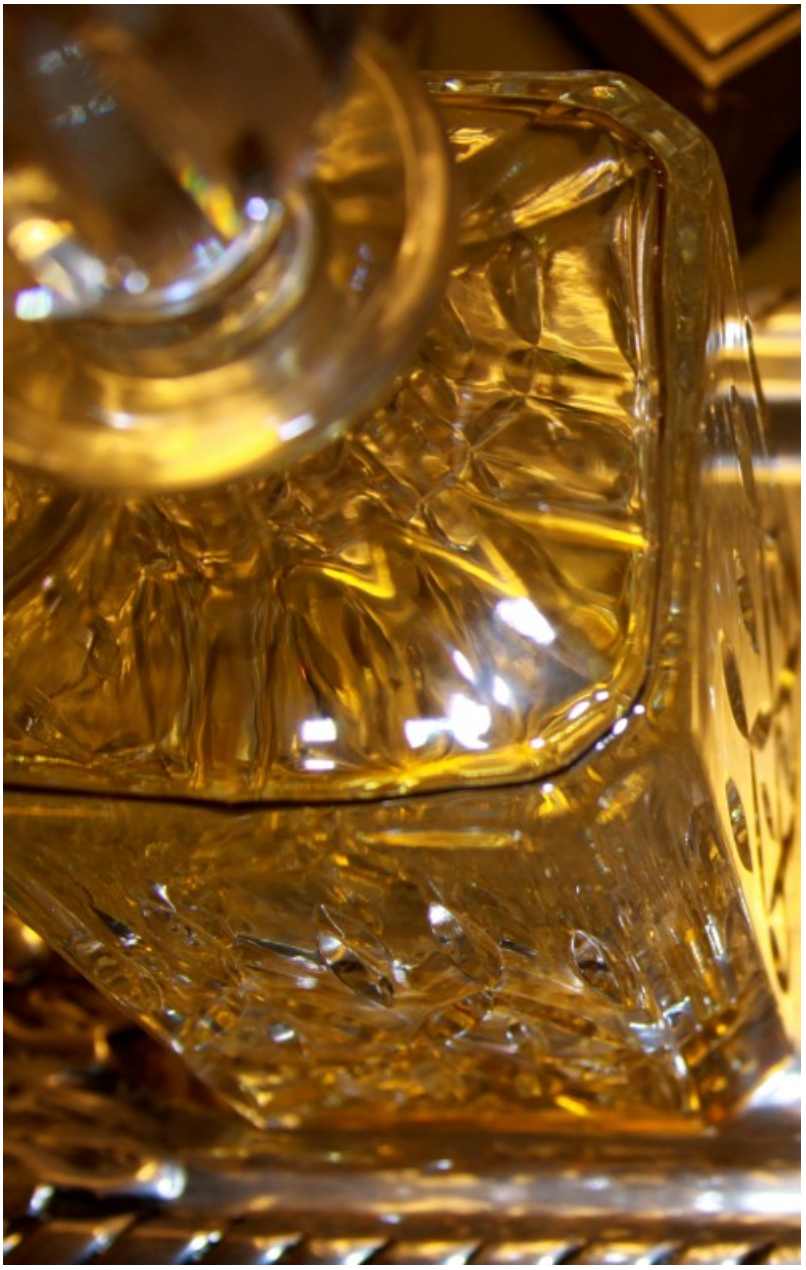
Here's how it worked.

## Furniture

We agreed on what to take without much trouble and our kids took some of the rest. There was ONE group of furniture pieces that we very much wanted to stay in the family and at first, no one seemed to want it. In the end, our daughter/son-in-law took it to be used for their teen son in a future apartment. We tried to sell a couple of antique pieces but found no buyers. I THINK we didn't allow enough time and didn't use the right sales mechanisms. A local charity, The Green Chair Project, picks up certain pieces but since our downsizing process was happening during the holidays, that didn't allow enough time to use this mechanism. I was afraid we would end up taking more 'little stuff' that we wouldn't use like lamps, small tables, artistic pictures, etc, but that wasn't the case. The only things we took that now need another home were a lamp and a framed poster. We did pretty good!

## Family Heirlooms/Cherished Pieces

I learned that I could send photos of certain items to an antique store who might be interested in buying some things. We did that and were able to sell several pieces. They were not interested in any of my cut glass* since there is not a market for those now. I tried posting descriptions in Next Door Neighbor to no avail. (I didn't know where to target my inquiries and might have had more success if I had researched those target markets better.) Some small pieces I gave to friends who were interested in those items. In the end, some items for which I would liked to have found particular new homes (cross stitch kit for bed topper, Italian Murano glass punch bowl set, cradle my husband made) ended up as donations to a thrift store. I have 2 collections (spoons and whimsical earrings), but they are small so I could take them. (* I ended up bringing the cut glass pieces and I know how to display them when I can get out again from coronavirus restrictions. I'll get some floating shelves and mount them near the top of our living room, wall placing my cut glass on them. They will be out of the way but still visible to enjoy looking at.)



Who cares if it's not fashionable? Cut glass is beautiful!

## Pictures

It was difficult to decide on what pictures to display in our new "digs" including only about half of the family photos on display in our den. I had a problem with some of the stuff' my husband wanted to save (his father's legal fraternity photo, newspaper clipping of his high school second string football team, etc.) so I went to an art supply store and bought a couple of portfolios and some archival paper and removed any photos he couldn't part with that I didn't want to display and put them in the portfolios. Those are safely ensconced on the top shelf of our closet, not taking up much space, probably never to see the light of day in our lifetimes! There were two artistic pictures that didn't fit in our new place so we decided to rotate them periodically in one spot. Now both will be treasured and displayed. One more picture he loved but I didn't want to bring with us has been passed along to our local daughter and my husband is satisfied that it will be available for him to look at periodically.

## Books

We donated several boxes of books for the county library annual sale. ONE box my husband had set

aside to possibly take with him. It contained a particular genre of books he loves that are commonly found in thrift stores and libraries, but the logic that he could easily find these again should he wish to RE-read (!) them didn't motivate him to give them up…until moving day. As I had hoped, he agreed to pass them to other fans so we had one less box to take with us. A special category of 'books' deserves mention: old yearbooks. We had an assortment from our own school days AND from our parents! Much to my delight, I arranged donation of those volumes back to the libraries of the all the institutions of learning, simply by contacting the libraries and asking if they wanted them.

Some of us probably have walls of books much like this in our homes!

## Wood Shop

My husband had a 12' X 20' free-standing wood-working shop in the back yard and what to do with that was always a concern. Happily one of our adult kids had recently bought a house and wanted the equipment, so we bought a shed for his back yard and moved the equipment and some of the useful wood pieces/remnants into the shed. We offered the leftover contents to a couple of woodworker hobbyists before we moved. The scraps that were left were taken by a junk removal company after we moved.

## Clothes/Cloth Goods

Over time, in phases, we had already downsized most of the clothes and table/bed linens we were going to let go so that wasn't a problem as we actually faced moving. There were some sentimental items I ended up bringing with us since we had the closet space. (In fact, one entire clothes rod of our walk-in closet contains nothing 3 dozen+ baby sweaters I've knit! Anyone have a grand or great-grand child on the way and needs a baby sweater for a gift?)

## Our Final Strategy

What we did in the end was:

1. We offered to friends what that was left after strategies we tried but before we moved, sort of a pre-sale.
2. We held a weekend "sale" with the first day marketed as "Make Me An Offer" and the second day a free "Grab 'n Go." The weather was lousy and it was January so that may have been responsible but it was a dismal failure.
3. By moving day, we gratefully offered everything that we didn't take to the moving company for their thrift store. (We used a local group: TROSA or Triangle Residential Options for Substance Abusers that operates a moving company, a thrift store and a soup kitchen to provide work for their clients.)
4. There was STILL some "junk" stuff left after all that so we hired a local junk removal company to come get those things.

Thus endeth OUR story.

## Resources Barbara's Family Didn't Use

There were a few mechanisms for selling that might have worked if I was tech savvy enough to use them effectively.

These include: LETGO, OFFERUP, FB Marketplace, NextDoor Neighbor, (Craig's List seems to be *passe* in our area with many warnings about fraud/scams, etc. so I didn't try to use it). Old stand-bys like Goodwill, Salvation Army, animal rescue thrift stores, and Habitat for Humanity* are also possibilities. The main suggestion I have is to decide and start earlier rather than later to dispose of your things. (*will take computers and erase hard drives)

But I want to mention some other resources we did NOT use; they might suit you.

RECYCLING: **www.call2recycle.org** or 877-2recycle, **freecycle.org**, **anythingwithaplugrecycling.com**, **search.earth911.com**.

DONATIONS: Dress For Success (women) and Career Gear (men); **www.glassslipperproject.org** and **donatemydress.org** (collects prom dresses/accessories); **www.cellphonesforsoldiers.com**; refugee organizations (donated my sewing machine); books/magazines to nearby women's/men's prison, or to Books for Africa; Starkey Hearing Foundation and Lions International for hearing aids; paint/tools/building supplies at Habitat; sports equipment to sports gifts.org; yoga mats to various sites; video games to **Gamers Outreach**; for medications - ask your pharmacist (ours gave me a compound to mix with expired medications that formed sludge when mixed with water); National Cristina Foundation for used tech equipment; musical instruments to Roots of Music; Battery Solutions for an iRecycle kit prepaid box holds 12 lbs of batteries; winter coats to **onewarmcoat.org** or local coats for kids sponsored by TV stations,

SELLING: Facebook marketplace; **givingworks.ebay.com**; Next Door Neighbor in your community; uSell, and Gazelle for electronics; Alibis and AbeBooks for valuable books; PlayIt AgainSports for sports equipment, and for mobile selling: **offerup.com**, **letgo.com** (twice as large as offerup).

MISCELLANEOUS: for VCR/slides - Foto Bridge, Photobin or digmypics, scanmyphotos.com, Snapfish.

Here's the "granddaddy of them all" - 16 pages of information on WHERE to donate your stuff!
http://missminimalist.com/2011/04/where-to-donate-your-stuff

I hope this is helpful to someone. Feel free to share.

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# Introducing Our Social Media Team

The Friends of LLL Facebook page has 3,700 fans. What keeps people coming back for more? It's our fantastic social media team! We have some new members, so we thought we'd introduce them all to you.

## Kate Kerr

I was an active LLL Leader for over 25 years in Virginia. I have three grown kids and two granddaughters who live near me. Now I live in Colorado, near Rocky Mountain National Park.

I love to hike, quilt, and read. I especially enjoy jamming with friends on fiddle and mandolin. My band, Prairie Dog Picnic, plays for local dances.

I love Friends of LLL, because it is a way to continue my connection with the many life lessons and parenting strategies I learned through La Leche League that continue to influence all that I do. It's wonderful to continue learning, sharing and connecting with so many others through the Friends.

## Randee Kaitcer

I've been married to Jeff for almost 18 years. We have hree daughters (34, 31, 25), three grandchildren (including a set of twins!), and one dog, Charlie – shitzu/poodle mix.

I became a LLL Leader in Denver, Colorado and Palatine, Illinois. I served on the Finance Committee of the LLLI Board and then served as Treasurer. I nursed my second daughter on breaks from meetings! In addition, I've been IBCLC (International Board Certified Lactation Consultant) for 10 years.

Eventually, I moved to Fort Worth, Texas and led meetings there, while also working as LC in

Arlington, Texas. and as pump depot for local hospital then as reading teacher for the Fort Worth school district for six years. After teaching, I volunteered five years and then was employed five years as a Court Appointed Special Advocate. Finally, I served as Client Services Manager for Meals on Wheels five years. There was something new every five years or so.

Now, I love to read and am in two book groups. I play Mah Jongg twice a week (I should be much better at it than I am!) and am back into needlepoint, creating holiday ornaments for the grandchildren.

## Nancy Sherwood

I am the mother of five adult children, but have no grandchildren (yet). I have been a La Leche League Leader since 1979, when my oldest was just over one year old. I have been active with LLL in the capacity of a Leader, and at times in administrative positions.

My husband is a retired US Foreign Service Officer, so we have traveled and lived overseas much of our married life, and three of my children were born abroad. The first was born in Bangkok, Thailand, the third was born in Tromso, Norway and the fifth was born in Hong Kong. The second and fourth were born in Virginia, USA.

My fifth child, Chance, was a preemie, born at 32 weeks while we were living in China. Based on the support I got from LLL friends, and the knowledge I gained working with lactation consultants (all of whom were LLL Leaders) I decided that I could do that as well. So, in 1993, I became an IBCLC.

I continue to be an active LLL Leader. I'm the treasurer of the Lactation Consultants Association of Greater Washington, DC (LCAGW). I have not been working as an LC for a while due to health concerns, but I cannot imagine I will ever retire as a LLL Leader.

**By the way, we continue to look for one or two additional team members. The more social media, the more the fun!**

## Order Our Pins to Recognize Years of Service

Our beautiful Friends of La Leche League pins, which feature our logo and our motto, "A Lifelong Connection," are available now. 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.

Please visit **our website to order**. We'll

have a new ordering link up as soon as our new website is ready.

Logan Square in Philadelphia, Pennsylvania, USA.
Photo: @sparkleplenty11 via Twenty20

## Reflections

*by Evy Simon*

On March 24 I sat in Logan Square on a warmer, sunnier day and jotted down my reflections.

Tulips have now replaced the daffodils I stopped sitting on the benches. I stopped riding on the bus. My hair is longer.I'm learning to do Zoom. Noses and mouths are covered. Lots of other changes in the past month.

This is what I wrote:

- The daffodils don't know. They stand there proudly in their yellow suits.

- The birds don't know. They fly around and keep up their chirping. Nobody told them to stay home or keep six feet apart.

- The Bradford pear trees don't know. Their job is to stand on city trees and tell us that it's Spring.

- The buildings don't know. They wonder why they are nearly empty, but nobody told them.

- My dear brother-in-law doesn't know. He reads the newspaper and watches the news, but he doesn't know why they can't go to Parc Restaurant.

- The flags on the Parkway don't know. They fly as though nothing is wrong in the countries they represent.

- The Calder statues don't know. Nobody climbs on them; nobody admires them.

- The Basilica of Sts. Peter and Paul doesn't know, but the people aren't there for Mass.

- The dogs don't know. They are happy for the extra cuddling and the longer walks outside.

- Even the people don't know. They wash their hands and clean their shelves and try to act civil.

- They watch the news over and over as though that will make things better.

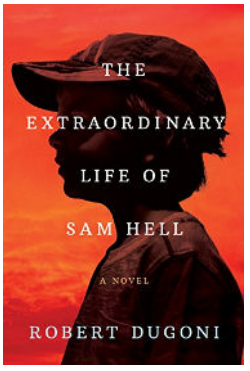
- They don't know.  We don't know.

Photo: @jfdonovan3 via Twenty20

# You Might Like to Read...

*by Mary Gisch*
Send Mary your suggestions at Giscmary2@gmail.com

## *The Extraordinary Life of Sam Hell*, 2018, by Robert Dugoni




Because Sam Hill is born with unusual eyes; he is called Devil Boy. Fortunately for him, Ernie and Mickey come to school and become his best buddies.Sam comes to understand himself and his life, while working in Africa as a volunteer doctor.
*An extraordinary novel about an extraordinary happening!*

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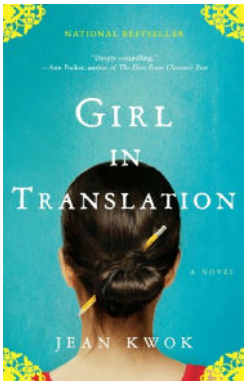


## *Girl In Translation*, 2010, by Jean Kwok

This novel tells of Kimberly Chang and her widowed mother as they travel from China, through Brooklyn to Chinatown. Aunt Paula paid for the journey and finds them lodging and work. She expects back every penny. Kim, a sixth-grader by day/worker by night, has to navigate their way.
*Perseverance!*

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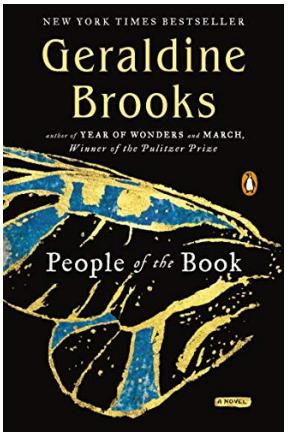
## *People of the Book*, 2019, by Geraldine Brooks




The treasured ancient Jewish book, the *Sarajevo Haggadah* was found in Bosnia! Thus, this true happening inspires a fascinating novel. Hanna, an Australian expert in rare books, begins her search for its source. It began in mid 14$^{th}$ century Spain. Muslim Librarians saved it from destruction. Many tales unfold into the 1960s.

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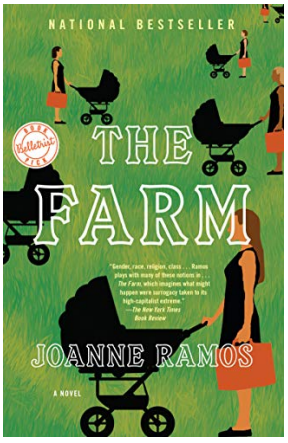
# You Might ALSO Like to Read...

*by Rae Schopp*

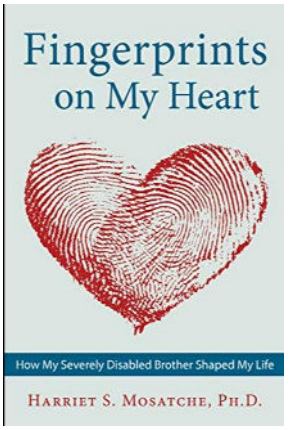
## *The Farm*, 2019, by Joanne Ramos

*The Farm* is an intriguing and compelling story about the trials of immigrants, love of family, breastfeeding, surrogacy, and much more. The story is about Jane, an immigrant from the Philippines whose cousin convinces her to apply to the Farm- a posh surrogacy facility in Hudson Valley, NY, that pays enough for Jane to give her own daughter a better life. It sounds great, but the facility monitors every move and has some very questionable tactics.




This is a real page turner that gives the reader a lot to think about. I believe it will be a favorite of my La Leche League friends.

## *Fingerprints on My Heart*, 2020, by Harriet S. Mosatche




I worked at Girl Scouts of the USA with Harriet Mosatche who has written an amazing book which I highly recommend. *Fingerprints on My Heart*, *How My Severely Disabled Brother Shaped My Life*, is a most compelling book about a sister's love and protection of a younger brother with developmental difficulties. Not only is it a beautiful narrative about growing up with a severely disabled sibling and its effects on each person in the family, but it is a tribute to the endurance of Ian.

It is an important book, because it chronicles a dark period in American health care when people with disabilities like Ian, who couldn't communicate for themselves, were physically abused and emotionally neglected when they resided in institutions. Readers need to be reminded or informed about these dark days, or we are doomed to repeat it. The book spans the changes in Ian's care and Harriet and her husband's unrelenting efforts to improve it.

Despite the harsh conditions described, this book is full of love. Mosatche's family of origin and later her husband and children visited, communicated and expressed love to Ian through stories, jokes, performances, music and unending care. You will love reading about these interactions.

Kudos to Harriet for a well-written memoir. The take-away is a story of hope, compassion, and love.

## Don't Be Chicken! Join the Membership Team! You'll Love It!

*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.

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## Three Friends Travel to Israel

*by Mary Gisch*

*Mary enjoys the view. The Golden Dome/Muslim Mosque and the cemetery at the edge!*

Ginny Innocenti, Debbie Collins, and I flew Lot Airlines to Warsaw for a layover flight to Israel in early December 2019, with twenty-two other pilgrims from Chicago. Our Deacon, Richard Hudzik, arranged the trip via AMi Travel. Our wonderful and very knowledgeable guides were native-born Israelis.

We were excited to land at Ben-Gurion Airport and stayed our first night at the Sharon Hotel on the beach of the Mediterranean Sea outside of Tel Aviv. Next, we rode on paved highways to Capernaum and stayed by the Sea of Galilee at the Magdala Hotel, which was right next to an excavated ancient synagogue. Most of the local streets were narrow with blocks of rectangle stones.

*Church at Capernaum , next to Simon Peters' house*

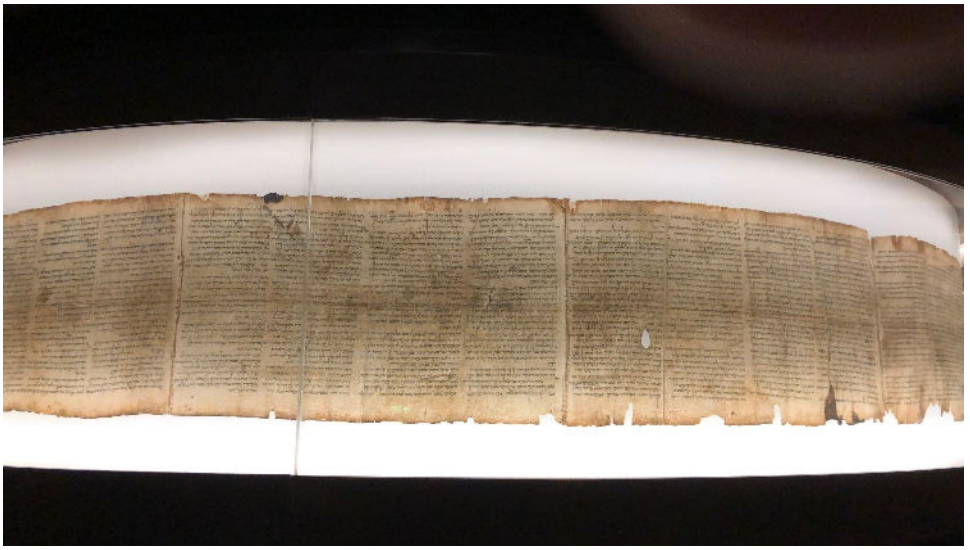
*Debbie writes: "The trip to Israel exceeded all my expectations. Who would have guessed three women who shared La Leche League philosophy would travel together to Jerusalem? In 1975 our first child was born, and I had no nursing experience. I met Sally Murphy and joined an LLL group led by Mary and Ginny. Mary, Ginny and I became pilgrim sisters!*

*"Every morning we got a 6:30 am wake-up call; we dressed for the day then met for a wonderful buffet breakfast in the hotel. At 8 we boarded the bus for our day's itinerary, which began with Morning Prayer and Scripture reading. As I glanced out the window I was surprised to see such rocky, dusty rough terrain. I tried to imagine how Jesus, his disciples, and the crowds that followed them managed a long day's walk in sandals."*

*King David's Tomb*

*Ginny writes: "I went to Israel wanting to walk the paths that Jesus walked, only to find that [the roads were] paved much like ours but probably better, because there's no deep freeze to destroy the highways. I saw fields of huge boulders and wondered how anything could grow there. Then I saw acres of banana and apple trees, fields of various crops growing with drip irrigation. They don't waste a drop of water. The food was very good, always fresh with salads, soups, veggies of all kinds. Farms grow 90% of Israel's food, plus it has an export business for many food products. "*

We saw an ancient site in the Jordan Valley at the mouth of the Jordan River which was very clear, but when we went to the river where the baptism of Jesus took place it was somewhat muddy. We stopped to see the actual Dead Sea Scrolls' particles and then those that were illuminated copies.



*Debbie writes: "Cana, an Arab village, is a short distance from very crowded Nazareth on the road to the Sea of Galilee. Pilgrims come here to visit the newly renovated Franciscan Wedding Church, which is also the parish of the local Catholic Arabs. Five of our couples renewed their marriage vows in the open air Chapel. Fr. Ramill recounted the biblical story of Jesus changing the water into wine at the wedding feast. For all of us, he ended with Mary's statement: "Do whatever he tells you." Jn 2:5"*

Much smaller than any of the Great Lakes, the Sea of Galilee is the main source of water for the whole country. Miles and miles of tubing are used to irrigate the crops. When we visited the Dead Sea, we were amazed at how huge and ordinary it looked. Indeed it was very salty, and most of us walked in it. It was especially rough that day, so we were told not to swim. Many people were there enjoying the sandy beach and watching the waves. A huge camel was there for photos and rides. Here is Ginny and a friendly camel!

We traveled to Manger Square and the beautiful Shepherds' Fields before we went to the ancient Church of the Nativity. It was difficult to bend low to go in the doorway. It was quite crowded in there, as all wanted to touch the silver star of the cave where Jesus is said to have been born. It was quiet, respectful, and very moving. We stayed at the Dan Boutique Hotel in Jerusalem, which was

very nice.

Inside the walled Old City of Jerusalem there were many shopping places. We walked the Way of the Cross among them. A couple of people joined us.

The impressive Basilica of the Agony has the huge rock where it is said that Jesus prayed in agony. We walked in the ancient Garden of Olives, which was beautiful!

*The Rock in the Basilica of the Agony*

*Ginny writes: "One afternoon we went to the Western Wall/Wailing Wall. The Romans tore the Temple down. The retaining wall is what is left of the Jerusalem Temple, which Herod built. It is now considered an outdoor synagogue; and it also separates the men and women for prayer. Many of us had written our prayers on small pieces of paper to leave between the cracks. It was very moving to pray there, and we felt*

*great reverence.*

*"As we were leaving, I met three young Israeli girls in army uniform. They are required to serve three years after high school. The boys serve four years."*

The most special place to me was the Basilica of the Holy Sepulchre, which was built over Golgotha, where Jesus was crucified and the cave in which Jesus was buried. It is a small church within a huge Basilica. There are many altars surrounding it. It is overseen by the Orthodox Church, but the keys to the door are held by a Muslim, who opens and closes it each day. We were allowed to go in for a 30-minute visit the evening before we left. I found this to be an extremely powerful experience, especially when we went back for a Mass on the morning we left for home.

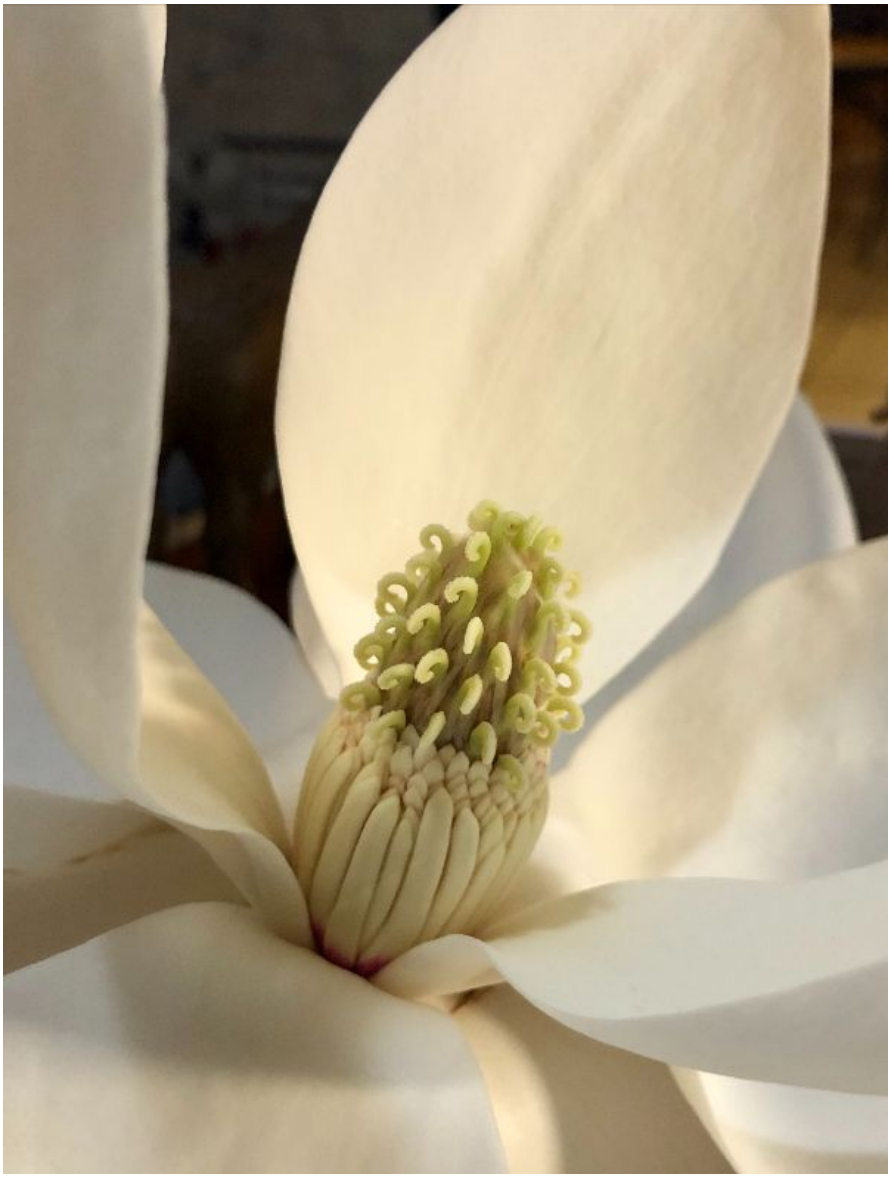
We were also in Jericho, Tiberius, Caesarea, Mount of the Beatitudes, and Golan Heights. We saw King David's Tomb, the Mormon College, US Embassy, the Church of the Nations, the Russian Church, unusual above-ground burial plots, a grave with a roll-away stone, and other many other sights that week.

*Women of the Bible mosaic*

*Debbie writes: "The determination of the people of Israel and their homeland pride impressed me. Sometimes it is hard for me to wrap my head around where I was and the person's life I was retracing."*

*Ginny writes: "So much more to see. I would love to go back, rent an apartment, and stay for at least a month."*

My thoughts: It was an amazing experience, one that was very moving, to actually be where Christ walked and lived. I found it very difficult to go up and down the hills because of my asthma and arthritis, but I managed with walking sticks, a cane, and lots of help from Ginny and Debbie and the guides. I am so very happy I was able to go, even though I missed a few things.



# A Friend's Tribute to Pam Oselka

## by Sue Christensen

*Pam Oselka, who passed away earlier this year, gave much of her life to La Leche League. We hope you enjoy Sue Christensen's thoughts.*

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Oh Pam, dear, dear friend. we will miss you terribly.

I savor our rich, rich history—back through the grandchildren, through family weddings, through child-rearing angst and new baby joy. Back to the beginning of our long, long friendship, almost 44 years ago.

Right from the get-go you were my role model. I remember a meeting at your house and being filled with gratitude to witness your first-born demonstrating her strong will. You, calm as can be. Ah. This is what children do. It's okay. Just stay calm.

I think of your ease and grace with people—all people, rooms full of people. You conversed with ease. You were curious and kind, supportive and concerned. Joyful. Embracing.

You were a strong leader. Unruffled. Fearless. Gentle. Welcoming. Decisive. Tactful. Willing to stand front and center. I am eternally grateful to have been your sidekick.

You tackled challenges with step-by-step matter-of-factness, undaunted. You rarely met a problem that you could not solve—not by steam-rollering your own resolve, but by inviting and honoring others' thoughts and ideas.

You were a soulmate. We traveled to the bottom of the Grand Canyon, the top of Mexican pyramids and to countless Indiana towns we never knew existed. We explored Paris and DC. We savored museums and walks on the beach. We shared meals and shared beds.

We enjoyed reminiscing over the years about so many things. One was late in the year 1979 when each of us declined to speak at an upcoming International La Leche Conference—which is how we discovered we both were expecting one last baby…Kelly and Casey, born four days apart the next August.

People often say of someone, "She was such a lovely person." You will always be the very definition of a lovely person. Kind. Generous. Loving. Positive. Happy. Friendly. Faithful.

I hear your joyous laughter and know it will live forever in my heart. We laughed about motherhood. We laughed at predicaments we found ourselves in. We laughed about things silly and serious. We laughed about growing old.

Dearest Pam, dearest friend, May you continue to find laughter — and peace, and great love — in this new realm you have entered. As we hold you in our hearts, please hold us in your heavenly embrace.

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## 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."

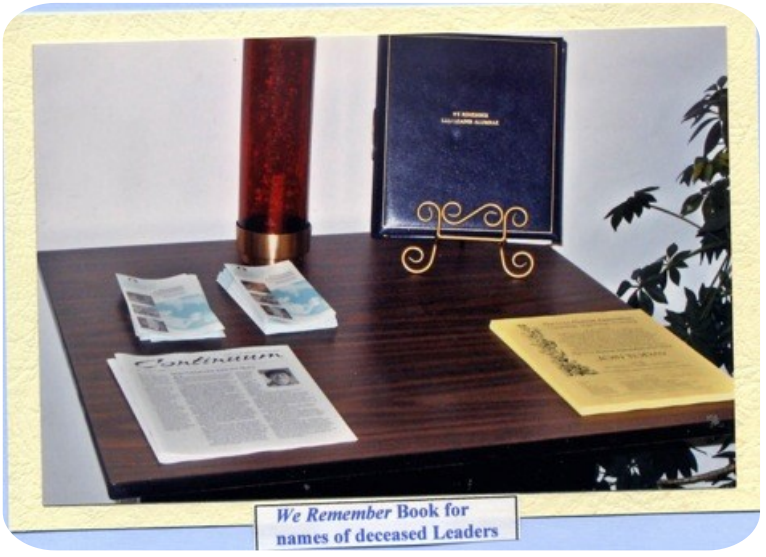
"We Remember" is a tradition started by the Friends of La Leche League in 2001. We pay tribute to Leaders who have died.

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:

Linda Jean Coleman, Texas, USA (d. 2020)
Deirdre (Dee) Ann McOnie - New Zealand (d. 2019)
Pamela Oselka - Illinois, USA (d. 2020)
Karen Tornga - Michigan, USA (d. 2020)
Ruth Williams - Ohio, USA (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.*

3/27/2020 One-year tribute from **Linda Parry**, Matthews, North Carolina USA, to honor **LLL Alliance**.
**"Many thanks for your work for the mission of LLL."**

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, Massachusetts 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"**

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## 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, March 2020 to Present:**

Charlotte Knopf
Suzanne Christensen
Mary Gisch
Mary Jeanne Hickey

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## Call for Articles

Congratulations once again! You've reached the end of yet another 2020 online *Continuum*. It looks like we're getting the hang of it! 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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