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Welcome, Sue Ann Kendall!

Your inbox has delivered your very own copy of the second online *Continuum*, the newsletter exclusively for members of the Friends of La Leche League. The Board all say hello, and we hope you are geared up for a glorious change of seasons.

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Editorial Howdy from Texas

Hello, members of our wonderful organization! Sit down with your computer, tablet, or stand up with your phone and catch up with us, just like our friend in the photo.

This edition, I'm featuring some photos of friends who connected via La Leche League and have maintained that connection through the years. Do you see anyone you know? If not, we'd love for you to send us your photos. (All photos are used with permission.)

Since you love us, we'd appreciate it if you'd encourage your friends to become members, too. Share our membership page with your friends and let them know that you enjoy hearing from us four times a year.

And hey, are you one of the lucky Friends who plan to join us on our trip to New Orleans, Louisiana this November? There's still time to sign up and join our merry band. Check out our article for more details.

However you read your online *Continuum*, we hope you enjoy it.

Your editorial friend, Sue Ann Kendall

Kate Kerr of Colorado, USA and Ruth McAllister catch up with each other in Victoria, BC, Canada back in 2015.

What Does Your Membership Do?

The *Continuum* team want to take a moment to thank you all for being willing to show your commitment to us by being a paying member of Friends of La Leche League. Without your support, we'd be unable to maintain our website, keep producing our very popular Facebook page, or create wonderful trips where we can get together every other year to share memories and make new ones.

We're often asked what you get from being a member of Friends of La Leche League. Of course you get this online newsletter, but maybe it's worth thinking about what you GIVE when you pay your membership dues.

We're a Continuum, and Want to Continue

Like we said last issue, we want to keep innovating and helping mothers and babies as an organization. We want to continue to offer grants for new programs and are actively planning for innovative ways to support our members and friends. We want to continue to be able to offer our pins to mark years of service to La Leche League. We want to be able to attend conferences and events and bring back what we've learned to our 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.
Sue Ann Kendall, your membership expiration date is 11/12/2020.

Patty Lewis, at right, headed out from Arizona and went on a trip in an RV this summer. As she wandered, she visited many of her LLL friends. Here she is with Michelle Reid.

Theres Still Time to Join Us in New Orleans in November!

by Carroll Beckham and Evy Simon

Tempted to join us on our trip to New Orleans? We are rapidly approaching capacity, so if you are planning to register, please do so as soon as possible! And now for some fun!

There's s*o much to see and do in New Orleans - from A to Z -*
Here is some of what we are looking forward to. Can you help us fill in some of the blanks?

A = Architecture, antiques, aquarium, Abita Amber beer

B = Beignets, beads, Bourbon Street, Bananas Foster

C = Cathedral, cooking school, City Park, cemeteries, canals, casino, Creole cuisine, calliope

D = Dinner at Deanie's

E = Etouffee

F = French Market, file (sassafras), Frenchmen Street

G = Gumbo, Garden District

H = Historic New Orleans Collection

I = Iron balconies

J = Jazz, jambalaya, jazz museum, Jackson Square

J is for Jambalaya!

K = King Cake. krewes

L = leeches, live oak trees, Lake Pontchartrain, levees

M = Mule-drawn carriage, Mardi Gras World, Mississippi River, muffuletta sandwiches, Marian Tompson

N = Natchez steamboat cruise

O = Ogden Museum of Southern Art, oysters

P = Pralines, plantations, poboys, pharmacy museum

Q = Quarter, French

R = Restaurants, riverboats

S = Streetcars, street performers, swamp tours, Superdome, Saints
T = Tulane university, tall tales
U = Ursuline Convent
V = VooDoo dolls
W = WWII museum, We Remember ceremony, walking tour of French Quarter
X = Xavier University
Y = Yat (regional accent)
Z = Zoo, zydeco

B is for Beignet!
There's still time to register for our trip this November. October 15 is the last day! 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! We're getting chatty!

Want to Join the Friends Board?

Janet, Kathy, and Sue Ann would love to have you join them on the Friends of La Leche League Board.

Do you want to know what's a lot of fun and fulfilling as well? It's working with the Friends of LLL Board! You probably have the qualifications, which are leadership skills, membership in Friends of LLL, and willingness to make a three-year commitment to our small but mighty organization.

The Board meets monthly by phone, and once a year in person, usually coordinated with a Friends of LLL trip or an LLL conference. Otherwise, we communicate by email.

What Do You Get?

You get to make new friends or deepen current friendships. You gain experience on a nonprofit board. You get a line on your resume, if that's the kind of thing you're into. You contribute to support for the mothers and babies who are building breastfeeding relationships one at a time.

Just ask long-time Board members:

"Working on the Board as Membership Coordinator has given me the opportunity to connect with old friends from LLL and support the causes that are important to me."

— Anne Hutton

"Serving on the Friends of LLL Board is a highlight of my time with LLL—fun, collegial, and I've learned so many new skills."

— Gail Moak

"My two terms with the Friends of LLL Board have enriched my life immeasurably. It's been an honor to collaborate with so many kind, efficient and considerate friends. I've learned so much about how to make decisions with wisdom, love and pragmatism.. I've appreciated the acceptance and empowerment given so freely. It's enabled me to stay in close touch with LLL friends I've had for almost 45 years.

— Janet Jendron

Send a note to Edna Kelly at eekelly@swbell.net if you are interested in being considered.

LLL friends from England meet up with their friend from the west coast of the USA. Bev Johnson, Sherrie Jo Littlefield, and Hannah Bird in York, UK.

Featured Article: Mini-grant for the Benefit of Santa Maria Hostel, Houston, Texas USA

Editor's note: We're sharing Paula's longer-than-usual article in this issue to show you what benefit your donations and dues have to mothers. We hope this will encourage you to give generously to fund our next round of mini-grants, which will be announced soon.

by Paula Clay

My experience at Santa Maria Hostel over the past year has given me much joy, and this "seed grant" has definitely grown and borne fruit. It has been the source of so many wonderful encounters. As always in LLL, frugality reigned in my decisions and I stretched the grant as far as possible.

My first expense was to purchase ten copies of *The Womanly Art of Breastfeeding*. Instead of ordering online, I went to a local, independent bookstore. When I told the manager what I wanted and what it was for, he gave me a significant discount and his card telling me to let him know if I needed *anything.* He was obviously sincere and there was nothing untoward about his words. I plan to make contact with him again soon in regards to the Texas Area Network LLL conference, which will be in Houston next spring!

Plans Can Change

I originally planned to spend most of the grant on ring slings for the mothers, to keep their babies close. The fruit of this grant was that my contact at Santa Maria Hostel told me not to use my money for slings, that she had money in the budget and would buy them for me.

Alas, there were mishaps with purchasing and the wrong type of baby carrier has been ordered twice and we are still trying to sort this out. I used the last bit of the grant to purchase six slings, and I expect we will get more in the near future.I also purchased dolls for the moms to use to practice with the slings.

Other Projects

I purchased breast-shaped stress balls to teach hand expression. The mothers laugh as they play with them, and the balls were more economical than breast models sold by the health education suppliers.

I created my own Benefits of Breastfeeding Box with gadgets that reflect a benefit. Some examples are the pretty box containing the items, because “Breast milk comes in a pretty package;” a tampon, because “Breastfeeding delays the return of your period;” a trash bag, because “there is no waste with breastfeeding and nothing to recycle,” etc.

I asked my contacts at Santa Maria Hostel to select their favorite original art featuring breastfeeding mothers by Miriel Smith, a La Leche League Leader and artist. You can see her work at this website. I ordered two copies each of five original art works and had them framed. One of each is shown in the photo below.

When I presented the art pieces, my contact at Santa Maria, Teresa Garcia, said that this might be the most significant thing that I’ve done. I agree.The images are beautiful, and I hope they inspire all who see them to help normalize breastfeeding.

I have primarily been working with moms in the BAMBI (Baby and Mother Bonding Initiative), WHO

(Women Helping Ourselves) programs at Santa Maria. These moms were incarcerated and finish their sentence with their baby at Santa Maria.

Unexpected Results

My involvement at Santa Maria is still an evolving work-in-progress. While things have not progressed as I expected, this is not necessarily a bad thing. As I spend more time there with the moms and getting to know the staff, I am better able to assess their needs and collaborate on effective support. I do think my work has had a significant impact in reminding the staff and mothers of the importance of breastfeeding.

I expected to lead meetings similar to a typical LLL series; however, most of the moms are not breastfeeding. Instead of the often-used intro at LLL meetings of "Take what works for you and leave the rest behind," mine is, "Even though you are not breastfeeding, you may learn something new and be better able to support your friends who are breastfeeding, or this might make it easier for you to breastfeed a future baby."

I try to make breastfeeding information relevant to those who are not breastfeeding by including information about infant development, reading the baby's cues, starting solids, etc. Mothering through breastfeeding and loving guidance can be adapted for all. More than once, a new mother told me that they were encouraged to breastfeed by one of the other mothers there and decided to continue because of her support.

I have established very good relationships with several of the staff members in leadership roles. We recognize our mutual good will and shared goals and are brainstorming ways to overcome the unique barriers and challenges in supporting the moms in residence at Santa Maria who want to breastfeed.

Spreading the Word

I've made others in the community aware of the good work done at Santa Maria Hostel by reporting on my efforts at INTENT meetings (the Houston-area breastfeeding coalition) and other organizations. The University of Houston recently received a $5 Million grant targeted to certain areas in Houston, including Santa Maria Hostel, with the highest rates of morbidity and mortality surrounding birth. While open to anyone, they are targeting the African American community.

The grant from the Friends of La Leche League has indeed planted a seed. The seed has germinated and fruit-bearing branches are growing. I look forward to continued involvement with Santa Maria Hostel, and many more years of Leadership.

When LLL friends visit our editor, Sue Ann, they get to pose with Fiona the mini-donkey.
At the top is Diana West, and at the bottom is Elaine Shirron.

Pins! We Have New Ones!

We recently received an order of beautiful new Friends of La Leche League pins, which feature our logo and our motto, "A Lifelong Connection." Order yours today!

The Friends of La Leche League are still your source for Leader recognition pins. These make great gifts for all occastions, 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!

Pam Oselka, Cindy Smith, and Sue Christensen met in LLL in the 1970s, and continue to get together yearly. They all contributed much to the organization.

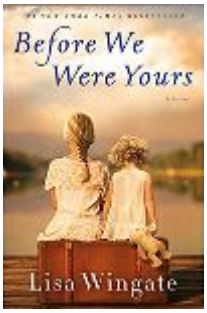
You Might Like to Read...

by Mary Gisch

Lights All Night Long *by Lydia Fitzpatrick, 2019*
Ilya, a fifteen year old Russian boy, goes to Louisiana as an exchange student. He reluctantly leaves his Mother and his brother, Vladimir, who is accused of murder in their small village. *A Mystery.*

Resistance Women *by Jennifer Chiaverini, 2019*
Actual events in this powerful novel tell of the German women and Mildred Fish Harnack, an American married to a German professor. In the 1930s they joined the Resistance Network to oust Hitler.

Before We Were Yours *by Lisa Wingate, 2017*
A river family of six lives on a skiff. While the mother is taken to the hospital for breach twins, the police remove the four children who were left. *A novel of the Tennessee orphanage scandal.*



Do You Remember the La Leche League Doll Collection?

Back when the La Leche League International offices were in the Meacham Road location in Schaumburg, Illinois, a prominent feature was a large display of breastfeeding dolls from around the world that were created by Nadine Bowlus, a very talented Leader. All of us who worked there were familiar with them and often showed them to visitors.

Many readers may be aware of how the dolls were recently rediscovered, because Illinois LLL Leader Katy Lebbing posted about them on many LLL-related Facebook groups. Continuum asked Katy for more of the story, which we know will be of interest to the Friends of La Leche League. Here's what she shared.

Almost a year ago, in late 2018 Carol Kolar [former LLLI staff member] was contacted by LLLI headquarters. They had discovered that LLLI still had a storage unit they were paying for in Schaumburg, Illinois. They asked her to work on cleaning it out so they could close it. Carol asked me to help her, and our husbands and my three sons went there many times to empty it out.

When we first opened the storage unit we found the Doll Collection. Unfortunately, many dolls had been removed from the protective clear acrylic boxes. Many boxes were missing, and many were severely cracked. And sadly, two dolls are missing, Australia and Zimbabwe - even though those dolls' boxes were in the storage unit.

I volunteered to find a way to repair the dolls by figuring out how to get them secured in the boxes again, finding and adding small missing pieces of the vignettes - e.g., the "LLL Meeting Tonight" sign is missing from the USA doll's vignette setting - replacing broken and missing boxes, and finding the Doll Collection

a public permanent home. The collection is currently stored in my home.

At a Leader Meeting this year, my co-Leaders, Applicants and I made a plan to let others in the breastfeeding community know about the Doll Collection, and what needs to be done for it. So, during World Breastfeeding Week and National Breastfeeding Month in the USA this year, I posted one or two pictures of the dolls, with a little explanation of each vignette, each day on seven different Facebook groups so that by the end of August, all 49 dolls had been posted.

Interestingly only 10 of the dolls are nursing. The other 39 dolls are doing other work that mothers do all over the world. The LLL Leader/artist who made the doll collection, Nadine Bowlus, wisely highlighted all of our concepts in the vignettes: breastfeeding, childbirth, nutrition, and gentle parenting. And she named the collection "Mothers Around the World."

See the next article for how the Lombard LLL Group is raising money to fund the restoration of the dolls.

Funding the Renovation of Mothers Around the World Dolls

by Katy Lebbing

Continued from previous article

To figure out how to raise enough money to repair the boxes, my group Leaders started an ongoing Breastfeeding Art Sale, which is live now.

We hope this sale will pay for Doll Collection box repair costs (estimated to be a little over $1,000, as the boxes are, unfortunately, custom, not standard sizes). We may also need additional shipping funds, if a public permanent home found for the collection is outside of our local area. Once we finish the Doll Collection project, proceeds will help with Group expenses, such as Leader dues and sponsoring a rural Leader.

My thought about the Breastfeeding Art Sale is that there are probably LLL Leaders and lactation consultants who are at the end of their years of volunteer and professional work and may want to donate some of their beautiful art pieces. And, there are many new Leaders and LCs just starting their years of volunteer and professional work, who are looking for beautiful breastfeeding art to start decorating their homes and offices. Our ongoing Art Sale will be a way to meet the needs of these people.

How to Find the Dolls and the Fund

Our Co-Leader and website guru, Megan Nunziato, added a Doll Collection tab to our Group website. It includes a slide show of all the Doll Collection vignette pictures (even the missing two dolls), the description of each vignette written by Nadine Bowlus, and more info from Nadine about how she created the dolls.

Then to pay for the Doll Collection repair project Megan also created a tab on our website for the Breastfeeding Art Sale. We ask interested viewers to donate art to our sale, purchase art from our sale, or make a cash donation. Details are on the website.

We already received some art pieces, and some have already sold. I have more art pieces to add to the website soon, and we will continue to add new pieces as they are donated. Visitors can also order 8 X 10" color photographs, suitable for framing, of pictures of their favorite doll vignette picture(s).

Part 3 of this story will appear in the next Continuum.

The Oakland/Berkeley, California group had a lot of fun at a recent reunion.

Breastfeeding Tour of Southern Italy Highlights

by Francesca Garofalo, Area Coordinator of Leaders, summarized by Edna Kelly

La Leche League Italia presented LLL to under-served southern Italy communities this summer, thanks to a Friends of La Leche League mini-grant. They met with health professionals and mothers to share experiences, provide support, and present *The Womanly Art of Breastfeeding* (WAB) and other LLL publications. Northern and Central Italy has 112 Leaders; Southern Italy has only 10, so the need is strong.

So the Tour began! Leader Patrizia Lombari presented at a scientific conference in Melfi. The Ministry of Health in Rome was visited by Leaders Chiara Toti and Carla Scarsi as they secured protection for breastfeeding. Carla then traveled to Matera, where she conducted a meeting at a hospital along with Leader Valentina Losaco and a Leader Applicant. Fifty mothers, two grandmothers, five children and a couple of neonatologists and midwives attended! Carla reported that if she had brought 50 WABs, she thinks she could have sold them all. More meetings followed with as many as 25 professionals attending.

Sicily is the Italian region with the worst statistics regarding breastfeeding, and they have only one Leader, who resides in eastern Sicily. Leader Ludmilla Wolf led five meetings in three days, covering 700 km with a total attendance of 50 mothers, children and health professionals. One mother traveled over 130 km to Palermo to meet with a Leader and attend one of the meetings. Time was spent with a Leader Applicant also. As a result of the Tour, there are four prospective new Leader Applicants! Person-to-person meetings led to establishing online meetings (set to begin in the fall) and strengthened collaboration with other supporters of breastfeeding.

Ludmilla wrote, “Thank you so very much to the Alumni [Friends] because without your help, this trip would have not been possible."

Sandee Luttkus and Cheri Singleton met when they were Area administrators in the Minnesota/Dakotas area and have been friends for over 25 years.

Member Update: Dorothy Fitzgerald

[We would like to include one or two member updates in Continuum each quarter. We would love to include yours! Please make them less than 500 words, and send along a photo of yourself for our readers to enjoy. Send your updates to Sue Ann at suna@hermithaus.com. We hope you enjoy hearing from long-time Leader, Dorothy Fitzgerald.]

I attended my first LLL meeting in Franklin Park, Illinois in the fall of 1962. It was at the home of founder Edwina Froehlich. At the end of that evening meeting I spoke to founder Betty Wagner. I had read a magazine article that included mention of home births as a way to have a husband be with his wife through the entire birthing process. (At that point in time husbands were not allowed in delivery rooms.) That evening I got information from Betty about Gregory J. White, MD (his wife, Mary White, of course, was also one of the Founders of LLL). My husband and I went in to see Dr. White, and we then immediately switched doctors — to him. It was the smartest choice of my life! All five of my births were home births. — four of them while we were still living in the Chicago area, one of them in Oregon.

During the time we lived in the Chicago area, I continued attending LLL meetings in Franklin Park. When my first child was just about six months old, Betty Wagner phoned me one day and asked if I would help set up new LLL Leaders. So, I began that paper work from my home on what eventually became the LLL New Groups Committee. I was in charge of setting up new LLL leaders in six states on the East coast. After a couple of years each state began to be able to have its own new group chairperson and then I was in charge of the initial training of that state's new groups chairperson.

In September 1970, fewer than two weeks after my fourth child was born, we moved to Corvallis, Oregon. Shortly thereafter the New Groups Chairperson for Oregon resigned, and I took over her work for Oregon. I then became New Groups Chairperson for both Oregon and Idaho, which I did until June 1981.

In June 1981 we moved from Oregon to the Los Angeles area, when my husband took a job in the aerospace industry. Very soon afterward,we started the difficult task of taking personal and financial care of the mother and four children of my husband's brother. (She was a Leader in Oak Park, Illinois.)

Soon after our move, I received a nice phone call from a Leader in a nearby Los Angeles suburb, but I had to tell her I could not continue to be an active Leader while I was caring for nine children and also having — myself — to work in order to help support the enlarged family.

I will always treasure the influence of La Leche League on my life and the life of my own family. I have six grandchildren and all of them were been breastfed.

First Joint LLL and API Conference in Nashville, Tennessee, USA – Rock the World!

Friday Nov 1 evening - Celebrating Sisterhood with Rebecca Wells (author of the Ya-Ya Sisterhood books) with the sisterhood of LLL and API, **hosted by Friends of LLL**. Join us for this lively, fun, and poignant event and help celebrate the nurturing and enrichment that LLL and API bring to our lives and the lives of those we touch.
Saturday Nov 2 - Joint LLL and API Conference "Rock the World" in Nashville.

Saturday evening Nov 2 - Benefit Concert "Rock the World" with Gary Nicholson (husband of Friends member Barbara) and Friends featuring The McCrary Sisters, Beth Nielsen Chapman, Jonell Mosser, Kimmie Rhodes, Don Henry, Jessi Alexander, Jon Randall, and more!

Lifelong Learning: Mental Health First Aid

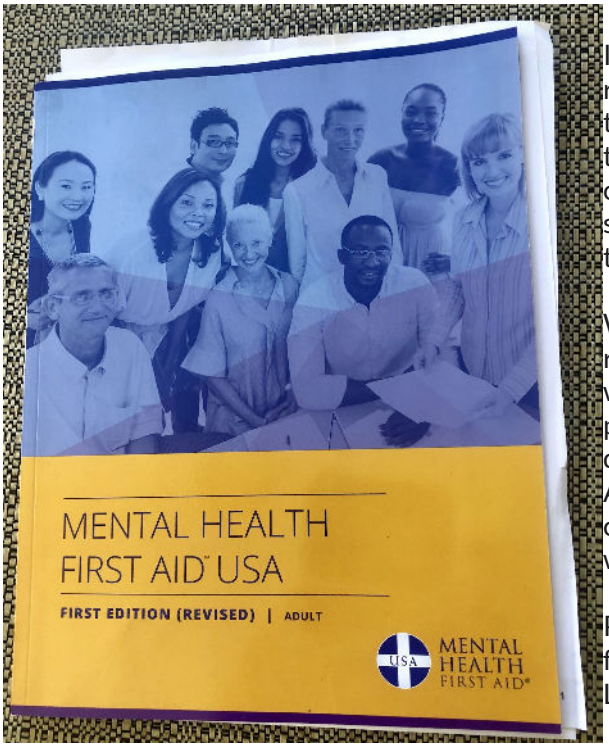
by Gail Moak

I am now a certified Mental Health First Aider. What does that mean? It means I'm better prepared to respond to a person experiencing a mental health or substance use challenge. Just as with the (physical/body) first aid we already know about, this training helps us to provide initial help until professional resources are available.

NATIONAL SUICIDE PREVENTION LIFELINE™
1-800-273-TALK (8255)
suicidepreventionlifeline.org

I became interested when I heard a presentation about the Mental Health First Aid program. She told the story of a friend who was walking in the park with her nephew, home on a college break. She became concerned about what he was saying and worried he might be suicidal. Because of this training, she didn't clam up or panic. While she was nervous, she knew what questions to ask and what suggestions to make. Staying calm and engaged helped her nephew to listen, feel accepted, and follow through with professional help.

I jumped to sign up for the course at the first opportunity. I was looking forward to attending until (receiving) the email that said coffee and pastries at 7:45 am and be ready to start at 8 am. How did I miss that this is an 8-hour training? Did I really want to get up that early and spend my whole Saturday discussing difficult topics?



It turned out that the class was full of lively activities, role plays, scenarios, and fascinating info that made the eight hours fly by. Many of us have had our lives touched by mental illness or substance abuse. This course was not a therapy session, but the teacher was sensitive to feelings that arose, and we kept a box of tissues available.

We discussed some of the misconceptions and stigma relating to mental illness and substance abuse. There was an overview of depression, anxiety disorders, psychosis, substance use disorders, and eating disorders. The philosophy behind Mental Health First Aid is that "individuals experiencing these challenges can and do get better, and use their strengths to stay well."

Parts of the Mental Health First Aid Action Plan were familiar to me from my training as a La Leche League Leader:

Assess for risk of suicide or harm
Listen nonjudgmentally
Give reassurance and information
Encourage appropriate professional help
Encourage self-help and other support strategies

Reading quotes like this from the course text made me feel that La Leche League is attuned with the Mental Health First Aid program.

"The most basic and powerful way to connect with another person is to listen. Just listen. Perhaps the

most important thing we ever give each other is our attention… A loving silence often has far more power to heal and to connect than the most well-intentioned words."

-Rachel Naomi Remen
Clinical Professor of Family and Community Medicine
University of California, San Francisco School of Medicine

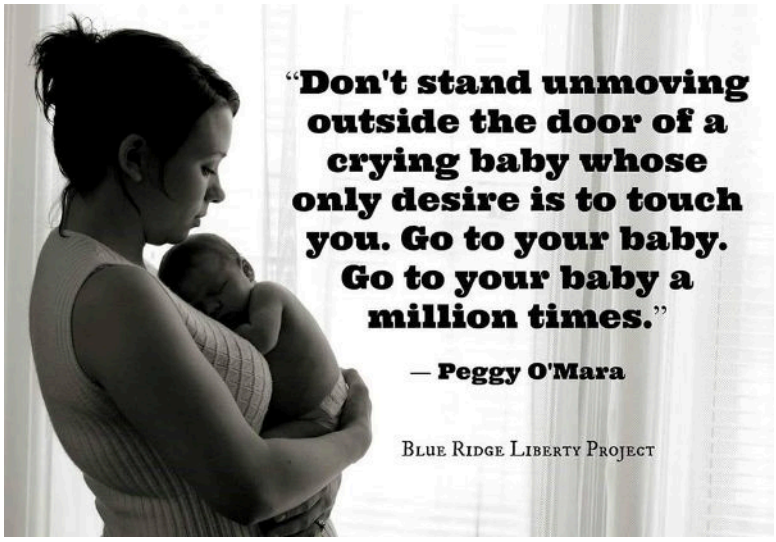
I encourage you to find a course near you or bring the course to your organization. If you do only one thing after reading this article--please put the National Suicide Prevention Hotline phone number in your phone contacts: 1-800-273-TALK (for the USA).

Are You a Member of 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 2,240 people. We've added over 600 members since the last *Continuum*! The discussion group, where friends can interact, has over 1,100 followers, as well.

Wouldn't it be great if the Friends of La Leche League organization had over 2,000 members? We would have $60,000 each year, which would allow us to do so much more. We could have regional gatherings or trips, and maybe even a larger conference with speakers. We could publish a book on the history of LLL through the eyes of its Leaders, members, and friends, and of course we could provide more grants to people doing good work with mothers and babies!

How could we do that? Well, you could help us encourage Facebook group members to join our organization. At $30 a year, each new member's money could go a long way.



A recent example of the encouraging and uplifting content our Faceook team brings its members.

We Remember: A Friends of La Leche League Tradition

by Janet Jendron

"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 LLL's history, 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, this year being held in New Orleans November 7-11. Help us keep an updated list of deceased Leaders' names by completing the online form, or by emailing Janet Jendron the Leader's name, year of death, and state/country where Leader was active. When possible, include an obituary link.

Since our last newsletter, we have heard of the passing of these Leaders:

Sherryl L. Dombeck ~ Illinois United States
Pamela Marion Kerr ~ New Zealand
Laurie Mastropolo ~ Connecticut United States
Lois Christine Murphy ~ Maryland United States
Doris O'Connor ~ Bedfordshire United Kingdom
Judith Eleanor Russell ~ Michigan United States

You never know where you will run into your LLL friends, but you are guaranteed to see these three on our New Orleans trip!

Tributes

These are the tributes to Leaders and friends of La Leche League that we have received recently. 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."

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."

Call for Articles

Congratulations! You've reached the end of our second 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!