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December 2020 - Volume 33, Number 4

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

It's *Continuum* time once again! Take a break and catch up with your old friends. We've got a lot to share.

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Keep Up With Us

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Friends of La Leche League Board:

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

Moving Forward with Hope, and Enough

Welcome! Thanks for sticking with the Friends of La Leche League for another year! We are ready for 2021 and our 35th year as an organization. Let's look forward to lots of fun!

In this issue of *Continuum* look for tributes to and history of our organization from long-time members, stories to inspire you, book reviews to keep you learning and relaxing, poems, photos, and all your favorites.

Don't forget to check out our recently revised website! You can now easily renew your membership, make a tribute, buy some of our beautiful pins, or let us know about a former Leader to add to We Remember. Now that we have this beautiful and easy-to-maintain site, you'll find more news and information there than ever before.

I need to let you know that our membership is dwindling. We want to grow and reach many more of our great LLL connections. Now, more than ever, we want to bring back old friends and make new ones. Could you encourage someone who'd enjoy our newsletter and good works to join Friends of LLL? It's so easy to join, and you know the membership dues go to good things like our mini-grants and future programs. Share our membership page with your friends and let them know that you enjoy hearing from us four times a year.

Meanwhile, I wish you peace in the coming year. In my contribution for this issue, I tell how I selected a word to think about as the year goes on, "enough." Whatever comes my way I hope will bring gratitude, and whatever I have, I will remind myself, is enough.

Your editorial friend, Sue Ann Kendall

Thanks to Gail Moak for this reminder about my Word of the Year. What's yours?

President's Letter

It Would Have Been Enough

Dear <<First Name>>,

I opened the door to take the dog out for a last Christmas Eve walk and found my first present in front of the door. I was so excited to see on the door mat a slim children's book called, *Dayenu or How Uncle Murray Saved the Seder*. In this story, Uncle

Murray and Aunt Helene realize getting ready for the Passover Seder is a lot of work. Anyone preparing for a family event or holiday knows this and can sympathize. Even my toned-down, COVID-safety conscious 2020 events from Thanksgiving (soup and sandwich picnic in the park with my "bubble") to my grandson's first birthday (with just the socially distanced grandparents in the backyard) kept me busy.

Uncle Murray and Aunt Helene decide to just clean the house and skip some of the things they usually do for Passover, because that "would be enough." They add one thing after another, and with each one, Uncle Murray says, "it will be enough." It turns into a joyous, full and fun celebration for all. Dayenu is a traditional Passover song and means "it would have been enough" or "it would have sufficed." It's a song of gratitude and thanksgiving.

So how did this book land on my porch? Years ago, my co-Leaders and I had inherited a big Group. We had an enormous mailing list, did lots of fundraisers, had multiple meetings (toddler meetings, Group helper meetings, morning and night meetings, Leader Applicant meetings). One day we each showed up at a Leaders' meeting (we had those, too) secretly ready to retire. When we all admitted to being burned out, we realized it wasn't an individual problem. Luckily a Leader from another Group offered some advice. She said, "It would be enough to show up at an LLL meeting with a *Womanly Art of Breastfeeding* in your hand and a smile on your face." My co-Leader, Dale, and I had the first of many conversations on dayenu:

- Dayenu and our Group: what do we have to let go of to keep the joy in leading?
- Dayenu and parenting teens: would it be enough to drive them to the mall?
- Dayenu and our ideals of perfectionism: how many "shoulds" in our life are enough?

Sadly, Dale passed away this fall. Her daughters asked if I wanted anything of hers, and I selected this book. But Dale's collection of Jewish books had already gone to a good home. It would have been enough to have my memories of all our discussions, but one of Dale's daughters found a copy of this out-of-print book and gifted it to me. It would have been enough to have this book, but then I also discovered a video of Dale reading this book.

2020 has given us many opportunities to figure out what would be enough. What have you discovered would be enough in your life?

Gail Moak
Info@FriendsofLLL.org

We wish you all the best in the coming year. Image from @yournameonstones via Twenty20.

Friends Board Update

The Friends Board have been keeping up with our lives and families as best we can during the pandemic. All the events of the past years have reminded us that life is full of joy and sorrow, as we've lost friends and parents while welcoming new lives into our hearts.

While we are doing well as an organization, we know that our recent website issues led to difficulty in renewing your membership. Because of this, we sent copies of the previous *Continuum* to members who had recently expired. Thanks to all of you who re-subscribed. We still need to build up our membership, and can use your help.

We have heard of some LLL entities who are considering offering a membership to Friends of La Leche League to each of their retiring Leaders. That would be a great way to maintain a connection with your contacts, and maybe even make new friends (yes, we DO hope to have another trip some day, which is a great friendship builder!).

Another way to support Friends of La Leche League and honor retiring Leaders is to order our pins for them. In fact, LLL of Northern California and Hawaii is making two big orders for currently retiring Leaders and Leaders who have retired in the last few years. What a great idea!

How can you help keep our organization strong and build connections? Let us know your ideas or what you have done!

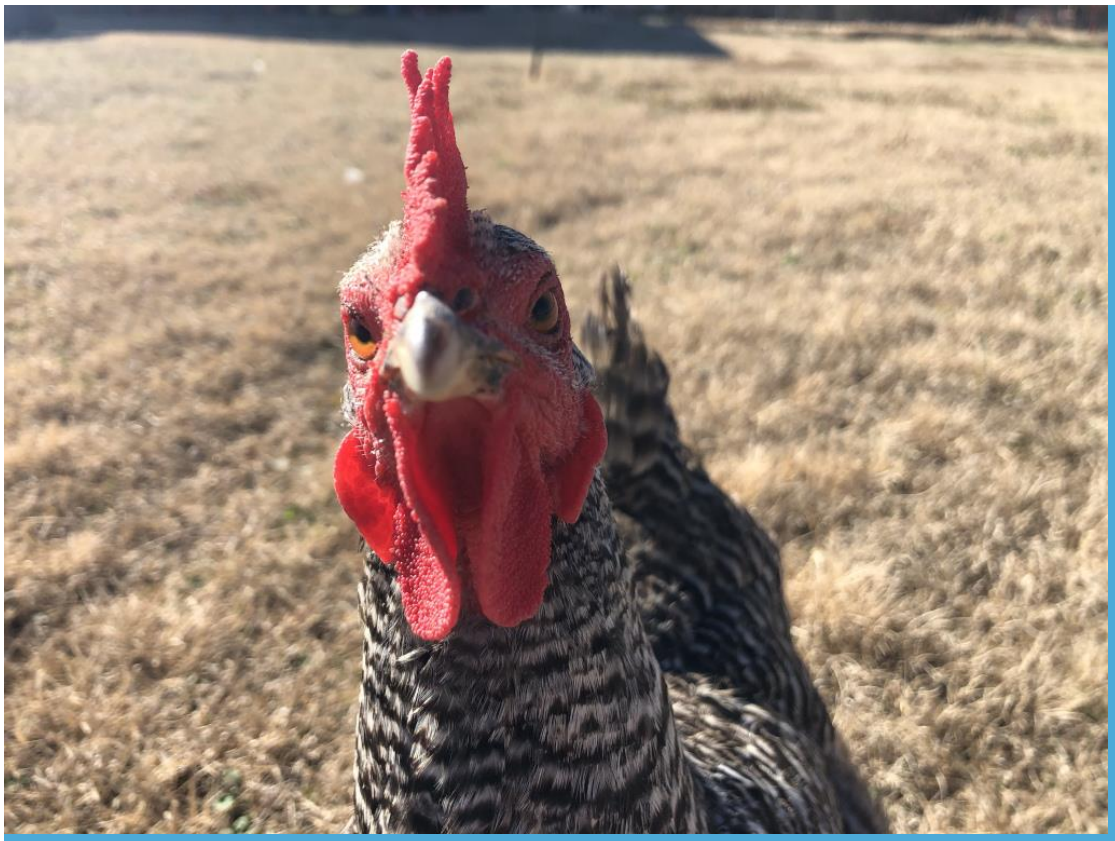
Anne Hutton and her family say hello from the Colorado mountains.

Keep Your Membership Going and Encourage Others!

Your membership information is loaded into our website store. When your membership expires, you can easily renew your membership. Sign in using the following information:

Username or email: <email>
Password: Friend$2020 [we recommend that you change this password after you log in]

Sign in to renew HERE
<<First Name>> <<Last Name>>, your membership expiration date is <<Expiration>>.



Bertie Lee says, "Don't make me come peck your shoelaces! Keep your membership up to date!"

Who Are the Friends Volunteers? Susan Geil

You might be wondering who helps the Friends of LLL do what they do. This month, we feature former Board Treasurer and current Pin Coordinator, Susan Geil. Here's an introduction from Susan:

I became a Leader in 1994 in Chicago with the Lincoln Park group and honestly can't remember when I stopped leading meetings—I suspect I did for at least 10 years. There were plenty of new Leaders coming from our group so that I felt good being able to move on, knowing that the group would still continue and thrive. During this time I got more involved on an Area level—being the treasurer for the Area Conference and then for the Area (Illinois). In 2007, Sue Steilen (former Alumnae Association (Friends) Board member) got me involved helping with the 50th Anniversary LLL International Conference held in Chicago. And then she asked if I would be interested in serving as the Alumnae Association treasurer, which I agreed to. At some point I became the "pin person," and after stepping down from the board and treasurer position, I kept the job of mailing out the pins. So that is what I do now—mail out pins that are ordered.

I've been married to my husband Randy Neufeld for 37 years and have two children—son Jonah and daughter-in-law Annie live in Portland, OR and are soon to make me a grandmother for the first time. Our daughter, Hannah, lives in Chicago.

I am happy to be a part of Friends of LLL because I so value the amount of support I received as a young mother (and beyond) by being part of LLL. The organization helps bring people together and that is so much needed—now as much as ever.

I travel quite a bit. I love to camp, hike, and backpack in all the wonderful natural areas of our country, especially in the west. I'm waiting to see at what age I will need to quit backpacking! So people should know that if their pin order doesn't come right away, it might be because I'm not at home where the pins are! Feel free to email me and check on when I might be able to mail the pins.

Joys and Challenges of Parenting a Daughter with Down Syndrome

by Chris Newlon

I never fully appreciated the impact of the nursing bond until my last child was born. I am the mother of 5 children with an age span of 16 years from oldest to youngest. The first four babies nursed with completely different styles- the leisure nurser, the barracuda nurser, the sleepy one, and the textbook style nurser. Each baby presented with their own challenges and LLL helped me through them all, from allergies to sleeping to parenting in general. My personal mantra I gained from

LLL was to follow my instincts and to trust myself.

Imagine my surprise - not unwanted, just unplanned — when I found myself pregnant at age 42. My friends found plenty to tease me about this but were also very supportive. I was a little embarrassed, and even angry with myself as I was gearing up to return to part time work. I was even contemplating changing careers from an OT to a teacher. So, I altered my plans and looked forward to my 4th home birth as babies 2, 3, and 4 were born at home. I had a wonderful physician and midwife team that knew me and our family well. The baby was due at the end of the school year and I knew I'd have plenty of helpers over the summer.

At 25 weeks, I was in a car accident. I wasn't hurt but needed to be observed overnight at the hospital to make sure baby stayed put. They performed an ultrasound to be sure and discovered a heart defect and duodenal atresia (DA is a narrowing of the duodenum which prevented the amniotic fluid from being processed as quickly as it should have been, resulting in my very large belly at this stage). When the doctor suggested a chromosomal test was needed to check for Down syndrome, I literally fell apart. How did I let this happen?

All the kids supporting Rebecca in some way: Joe, Sarah, John, then Jess and Rebecca. (2010)

One week later, it was confirmed that our new little girl had Down syndrome along with needing immediate surgery for the DA and heart surgery within the first year. Due to the high-risk category I now found myself in, I had to change doctors, plan a hospital birth and make arrangements for the kids at home. I researched doctors, and my husband and I met with the team of support personnel at the physician's office. I discovered that I would be able to nurse this baby and she'd have her own style of nursing, too. More than one specialist stated that our best course of action would be to treat this new baby just as our others. We would need to set limits, have high expectations and love her most of all. This sounded a lot like the LLL philosophy I'd already been trying to embrace.

Rebecca at 3 months, no NG tube for the moment because she pulled it out.

I became the family cheerleader. I reassured the other children that their new baby sister would be more like them than not and that she would achieve many of the same milestones they did, but at a different pace. I reminded my family members that although I wasn't currently practicing as an OT and had never practiced in the area of developmental delays, I had a good grip on the resources we'd need to help her. Little bits of fear jumped out periodically only to be stuffed back in before anyone saw. All this positivity was wearing on me. Could I do this again? Did I have enough energy and most of all, did I have enough love to give?

I continued to be positive in public and with the physicians. I'd gone from a practice of one OB-GYN to one with 10 specialists. I created my very first birth plan. I met with one of the OB-GYNs and an assigned pediatrician to share my ideas. I expressed my plan to nurse this baby on the delivery table as I had my other 4 children. This was one of the first times I had to advocate for something we had decided was best for our unborn child and where I learned to hold my tongue, even if the string of sarcasm ran in my inner thoughts. One of them stated that we'd have to see if she was breathing first and then check her Apgar scores. (Umm, yes, of course, just as you would with any other baby.) He went on to say in a condescending tone, that she would need to have her stomach pumped prior to the surgery that would come within 48 hours of her birth. I calmly stated that those were good points, but it was also important for her to benefit from the colostrum that she'd get in the pre-op time period. And whatever amount she got, whether it was a tablespoon or more, it would in all likelihood be digested by the time the surgery occurred. I went on to say that it was critical for me to assess her sucking ability in case I needed to gather more information from LLL. They looked stunned and finally said, "We'll see."

What I couldn't tell the doctors was that I needed to start the bonding process immediately! I needed my baby to at least attempt to nurse so I could see and feel her realness. I needed to begin to believe that I could be a good mom to this baby I felt so unprepared for.

At 38 weeks, Rebecca was born after 9 hours of labor. She let out a strong cry, was quickly examined by the doctors and handed to me. Her dad and 16 yr. old sister, Sarah, were in the room to welcome her, too. I put her to the breast and she did just as our other babies did-nursed a little, then looked around to see her new world.

Due to a slow weight gain after the DA surgery at 36 hours old, Rebecca had an NG tube until the heart surgery. I pumped every 2-3 hours around the clock, held her skin to skin for the majority of the feedings and attempted the nursing once daily in order for her to remember how to do it. At 5 months, she had her heart repaired. Four days post-op, she nursed with vigor. When she came home after 7 days, she nursed so well I removed the NG tube and we never looked back. The nursing kept her immune system strong and helped her through the extensive family allergy issues, too. We had a wonderful and long nursing relationship that benefitted both of us on many levels.

All the family. This will be the only shot we have until COVID is over. (2019)

Nursing Rebecca helped me see her as the child she was and not the one I'd imagined. Nursing saved not only Rebecca, but it saved me, too.

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.

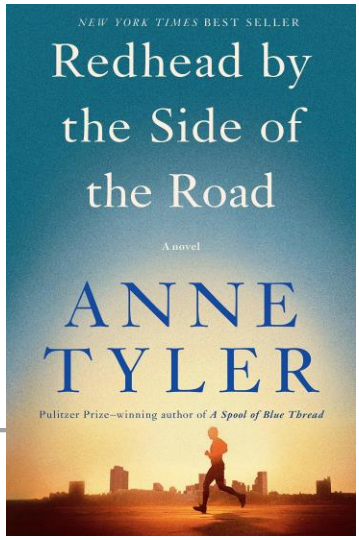
1-9 pins are $6.00 each.
10-25 pins are $5.00 each.
26 or more pins are $4.00 each.

It's easier than ever to order pins! Please visit our pins page to order.

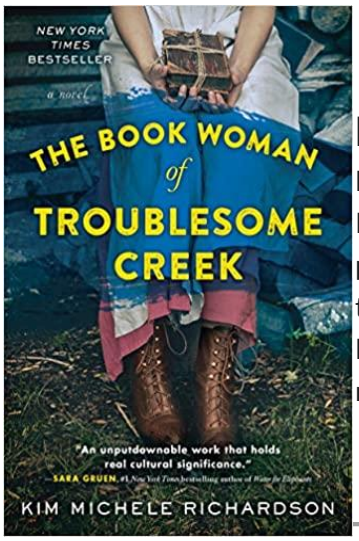
You Might Like to Read...

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

Red Head by the Side of the Road, 2020, by Anne Taylor



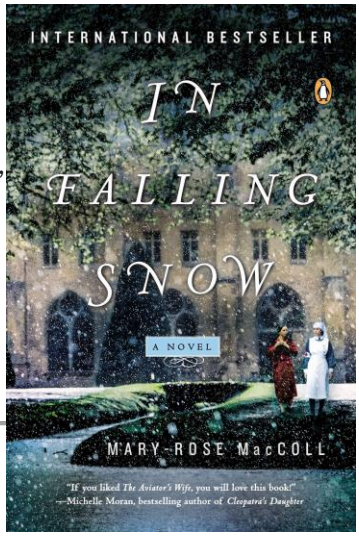
Micah Mortimer, in his 40s, has a certain way of doing things. He is cautious and comfortable as a tech expert and a superintendent of a Baltimore apartment building. His life is disturbed by his teacher girlfriend telling him that she is to be evicted. Also, an unknown teenager needs his help. This gentle novel of misperceptions is a charmer.



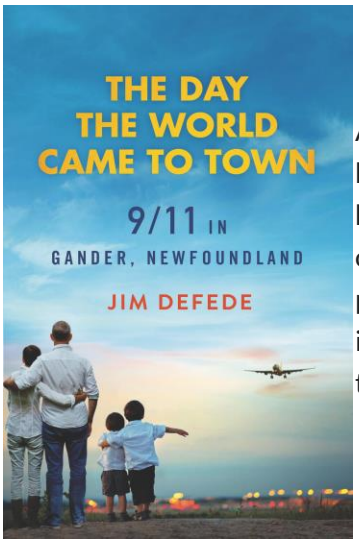
The Book Woman of Troublesome Creek, 2019, by Michelle Richardson

Have you heard of people with blue skin? Truly, there are some in Kentucky who have inherited this condition. Written in the first person, Cussy Mary Carter, "Bluet," tells of her joy as a librarian in the Kentucky Pack Horse Program for single women of the 1930s. Her fulfilling and active life is thwarted by her father insisting she marry. A most interesting historical fiction!

In Falling Snow, 2012, by Mary Rose MacColl



In World War I, Iris, a young nurse from Australia, searches in France for her 15-year-old brother in the English Army. While there, Iris helps Dr. Frances Ivens found a field hospital. In her 80s, Iris is invited to a reunion in France. Her granddaughter, Grace, an obstetrician, poignantly learns of her family's self giving love. A touching inter-generational historical novel!



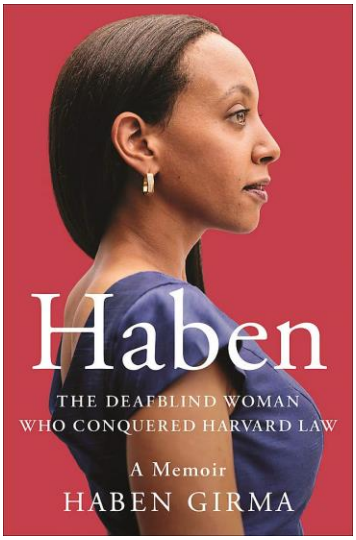
The Day the World Came to Town: 9/11 in Gander, Newfoundland, 2002, by Jim Defede

All airspace was closed over the USA because of the horrific bombing of the Twin Towers. This uplifting book tells what happened in Newfoundland at an airport where 38 planes from all over the world landed. Ordinary Canadians and ordinary airline passengers came together in a kind and marvelous way. The ingenuity of the Canadians was an uplifting experience for all. Now there is a musical play telling the story, *Come from Away*.

Another Book Review

by Louise Cox

Haben: The Deafblind Woman Who Conquered Harvard Law, by Haben Girma



This memoir tells the story of an Eretrian young woman who, despite her being extremely hard of hearing and unable to see except for shadows, managed to graduate from Harvard Law School and live independently. She is a lawyer advocating for equal opportunities for people with disabilities.

The book is warm and optimistic and a total delight to read. The author is especially skillful at showing (rather than just telling) what it is like to be deafblind. For those us us who are fully able, is is a reminder of all we take for granted.

Presidents Obama and Clinton, Prime Minister Justin Trudeau, and Chancellor Angela Merkel have all honored Haben. Her work has been featured in the *Financial Times*, BBC, *Washington Post*, NPR, and more.

It's the Coral Anniversary of Friends of La Leche League. Image by @ilinca.ciubotariu via Twenty20.

Special Section: Salute to 35 Years!

Introduction

When we realized that Friends of La Leche League would be celebrating its 35th anniversary in 2021 (after some debate about the actual year), the Board thought it would be fun to collect some memories. Along with our number one cheerleader, Marian Tompson, we asked a number of former contributors, Board members, and LLLI staff to share some memories. We have a wonderful history of the founding from Ellen King. Plus, Susan Mocsny Thomas shares information on how fitting it is that we are celebrating our Coral anniversary.

We hope you enjoy the memories and would LOVE to share more memories of the early LLL Alumnae days. Send your stories and pictures to publications@friendsoflll.org - thanks!

The Origins of Friends of La Leche League (LLL Alumnae Association)

from an email from Ellen King to Marian Tompson

I cannot actually remember who the other Leaders were when I brought up the idea of an Alum group. Sue Mundell had followed me as Area Coordinator in Texas, then followed by Charlotte Walkowski, and then Diana Lewis. They would have been at the Conference in Austin. Also, Nancy Schweers from San Antonio was there, as well. I was thinking that it must have been in the summer of 1986 because that's when Sue and I started to have a lot of conversations about taking forward steps to get it going. I have sent Sue a message to see if she could remember who we actually talked to about starting a group that summer.

Sue and I had originally wanted to name it "The Doula Division of LLL," by the way.

Judy Good, Betty, and I corresponded over the next year as we pulled together an article for *Leaven* and for the first brochures to be sent out to Leader Reserves and Retired Leaders. At that time there were right under 900 Leader Reserves. I was flabbergasted, mostly because that said to me there were almost 900 Leaders who wanted to still be a part of LLL, but were not able to stay in a Leadership role due to other obligations or just because...

Our main focus was how to keep the contact with La Leche League, when we Retired Leaders felt like "fish out of water" (we didn't say that, but that's what we were!). We would go to our Area Conference, but there really wasn't much that we could relate to—but seeing long time friends either through personally knowing them or having read something they might have written in the *Ten Gallon Tidings* [the Texas Area newsletter] was a connection. (I don't know if you would remember this, but the first issue of the *Alumni News* was mainly a Texan issue.)

Photo: the first 5 Texas Area Coordinators of Leaders, in line of "succession" — Katie Lyons, Ellen Goodrich, Sue Mundell, Charlotte Walkowski, and Diana Lewis.

Additionally, many of us were close to being in the same age range and/or parenting range. AND we were dealing with school-age children, teenagers, or above. So, small private conversations were a way of bouncing ideas off each other (or quietly reaching out to see if anyone else was dealing with a "less than perfect" kid!). Of course, there were panel discussions on school age children, etc., but somehow, it all sounded so perfect if one was just doing the right kind of parenting.

In one letter I wrote (as this was being developed) was that at times it felt that we had been given pages 1 and 2 of mothering children, but that pages 3 and 4 had been left out. Additionally. when something went wrong later, we often came up with the criticism from others that basically said "If you hadn't catered so much to that child when he was a baby, you wouldn't be having these problems now!"

All of this is very simplistic and could be interpreted in so many ways. The fact remained that having believed in and followed the wonderful guidelines of LLL we continued to "need" the support of like minded people - and friends who would be there to support us - in good times and bad.

I hadn't planned to go on so long, but LLL has just been such an important part of my life. I do want to make sure that Sue Mundell has a lot of credit for the formation of the Alumni group. Without the conversations and brainstorming together it might very well have

just died on the vine. Well, someone would have made it happen - I'm just happy that it came into being.

Are we like coral? Susan says we are. Image from @davidbauer1 via Twenty20.

IT'S OUR ANNIVERSARY!
The 35th Anniversary of Friends of La Leche League (formerly known as the La Leche League Alumnae Association)

by Susan Mocsny Thomas, Friends of LLL Board Vice President

Can you believe it's been 35 years since we started as LLL Alums?

Coral is associated with celebrating a 35th anniversary.
Coral is also a red-pink color, as vibrant as the celebration of 35 years.
There is a belief that coral heals and defends against harm.

As I thought about coral anniversaries, I decided since I really didn't know a lot about coral, I would do some research. I discovered that corals are sessile animals that permanently attach to the ocean floor, similar to rooting plants. They are symbiotic creatures, benefitting both animal

and plant ocean life. Most corals are colonial, and the structure we call coral is actually made up of hundreds or thousands of tiny coral creatures called polyps. Each polyp is soft-bodied and no thicker than a United States nickel. Each polyp secretes calcium carbonate (limestone) that either attaches to the skeletons of dead polyps or to rock.

Most corals contain zooanthellae algae which are protected by the coral's structure. These algae make use of the coral's waste products for photosynthesis, a process that produces their food. In return, the corals benefit from the algae's production of oxygen as a side product of this photosynthesis.

Young corals benefit from the structure passed on to them from previous generations and endlessly repeat this cycle to keep their colonies alive.

Those of us in Friends of LLL are similar to the corals. We each are an individual being who started out as a teacher, a scientist, a nurse, a physician, a chemist, a firefighter, a graphic artist, a police officer; from different families, different religious backgrounds, different colors, different ethnicities. Somehow, in breastfeeding and in finding La Leche League to nurture our new world as we nurtured our young ones, we found commonality and grew communities. Now many of us are no longer breastfeeding, but having found and valued our community, we choose to be involved with Friends of LLL, to support La Leche League, helping LLLI to provide structure for young families and generations yet to come.

See? We are like beautiful, supportive coral colonies. We are each as strong as the collective. As we celebrate this 35th anniversary of being Friends of La Leche League, we would love to hear your ideas for how you think we can best support LLLI.

We would also be happy to hear interesting stories of your journey. Maybe a role you played prior to, during, or after your attachment to La Leche League or Friend of La Leche League. How about your tales of anchoring the next generation or the one after that? Send your stories and pictures to publications@friendsoflll.org

Happy Anniversary!

Coral is as beautiful and varied as all of you are.

Tribute: This Is Love

by Paula Clay

In September, I received an email from a man in Rochester,

New York. I'm not sure why I was lucky enough to get the email because I live in Houston, Texas. It touched my heart. The letter was from Frank Russell, and he was asking if I knew where he could donate his wife's collection of Womanly Arts and other breastfeeding related books. He and his wife, Wadia "Dee" Russell, were moving to a smaller home, and he knew she would want to pass these books on to someone who could use them. He wrote,:

"Dee has advanced MS and dementia…. She still has some good memories of all the assistance she has given to LLL. Especially in the number of new leaders she helped certify in the NE. She also has good memories of all the women she helped volunteering with help line."

Some weeks passed, and in late October, I received a box of books in the mail including a 26th edition of the *Womanly Art of Breastfeeding* from 1978. I wrote to thank Frank for mailing them to me, and received this response in an email:

"…Dee has, however, taken a turn for the worse. She is now in Palliative care. She is being treated very well. I cannot find enough good words to describe how kind the people at Strong Memorial's Palliative Care Unit are. It's a whole different world from the rest of the hospital.

…I don't know how long Dee has but if there is a link for donations to LLL International I would put that in her Obit. She would appreciate that instead of flowers.

Take Care be safe

Frank Russell"

So often, Leaders find time to volunteer, because someone behind the scenes is making it happen. They made it easier for us to take that phone call, organize a conference, lead a meeting. It brings tears to my eyes to see how this support continues, this loving husband is still doing his part. Sometimes, I think we ought to have an "Honorary Leader" category for them. They are most certainly true friends of La Leche League.

Dee passed away on November 10, 2020, and indeed, her **obituary** requested that donations be made to LLLI. You will find her name and link in **We Remember**.

Do You Have a Word of the Year?

By Sue Ann Kendall, Publications Director

For a few years, I participated in the practice of selecting a word of the year. The idea behind doing this is to look at the year through the lens of the word you chose and reflect on its significance.

Inspired by simplicity, like this egg from my hen, I go for just one word.

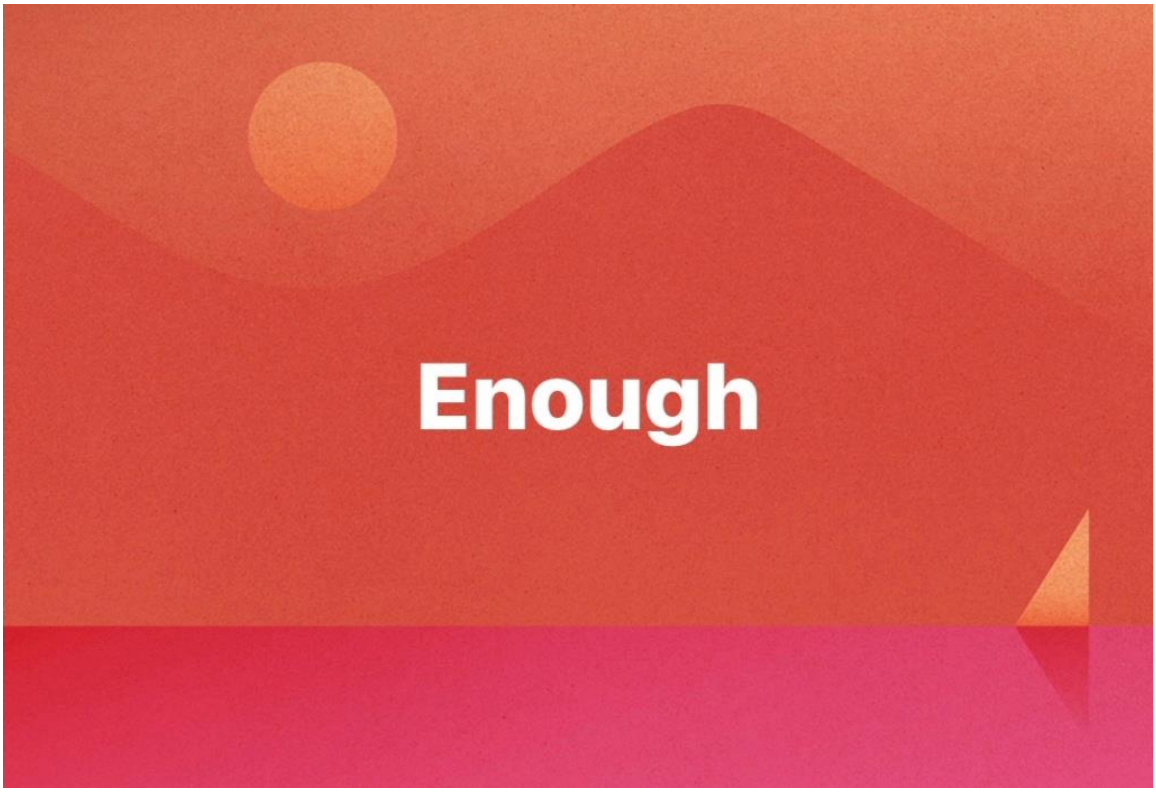
I didn't do the Word of the Year from 2016-2020. But, through the miracle of figuring out where the option to search my old Facebook posts is located, I found previous years. It appears that the 2013 word was "flexibility." Good choice. I needed that. Rummaging around a little further, I then found out the 2014 word was "acceptance" (that's done me good ever since!) and 2015 was "vulnerability," because I was reading a lot of books on allowing yourself to be vulnerable.

Whew. I'm glad I'm healthy for my age, because I can see how long it takes to really assimilate concepts that require fundamental changes in my outlook and mindset, and these words certainly do that!

I'm not sure how I got out of the practice of setting a word for each year, because I enjoyed it in the past. Maybe 2016 was a hard year for focusing. It was the year my high school friend and I found ourselves living in a tiny casita while my current Austin, Texas home was being renovated. That was, indeed, a confusing year. And honestly, I'm glad I didn't pick a 2020 word, as interesting as that might have been.

2021

It took very little meditation to have this year's word come to me. My year's focus and mantra need to be this.



2021 Sue Ann Word of the Year

Yes. Whatever happens, I want to find it to be enough. I'm not going to push this year. I want to appreciate what I have, how things are, who is in my life, and what happens. I'm not looking for perfection. I want to abide and accept my circumstances. It's enough.

I encourage you to find your own word for 2021. Please share, if you would like to.

This article is adapted from a December 27, 2020 post in my blog, **The Hermits' Rest.**

Even in drought, the spring will flow.

Poetry Break

Submitted by Louise Cox

ELECTION PLEDGE
No matter the outcome of the election, I will continue to give gratitude for life.
I will continue to honor those with different views than my own, and will continue to hone my listening.
I will continue to admit when I am wrong.
I will continue to love as deeply as I can.
I will continue to try my best to look first for the good in all people.
I will continue to seek to understand those who are different from me.
I will continue to look for common ground.
I will continue to address my fears.
I will continue to build bridges between myself and others.
I will continue to bring light to the darkness in my own being so I can more readily see the light in others.
I will continue to notice the beauty in the world.
I will continue to make time for self-reflection.
I will continue to embrace life as life comes to me.

I will continue to rest in to the fact that I am part of something much larger than me.
I will continue to realize the power and influence of both the written and spoken word—and will remain mindful not to use either of them frivolously.
I will continue to seek into the mysteries of life, knowing that I will never understand all, but the very act of engaging shall enrich my path and allow me to be of greater service to all.
I will continue to cultivate kindness for myself and others.
I will continue to halt hate from taking root in me.
I will continue to fuel my passion for learning.
I will continue to give myself permission to be imperfect.
I will continue to support the passions of others.
I will continue to remain curious, understanding and flexible.
I will continue to let joy blossom within and around me.
I will continue to lead by example.
I will continue to live solutions into existence.
I will continue to believe that the country that I live in is still young, and like all of us, still evolving.
I will continue to hold onto all that is good in the USA.
I will continue to be the proud child of immigrants and a citizen of this world.
I will continue to be your friend.
Blessings to one and all,

by Glenn Berkenkamp (2016) publicly shared on his Facebook page November 4, 2020

The thrush is hiding in here!

Friends of La Leche League is committed to financial transparency. Please direct any questions about our finances to the Treasurer, Anne Hutton, at Treasurer@FriendsofLLL.org.

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.

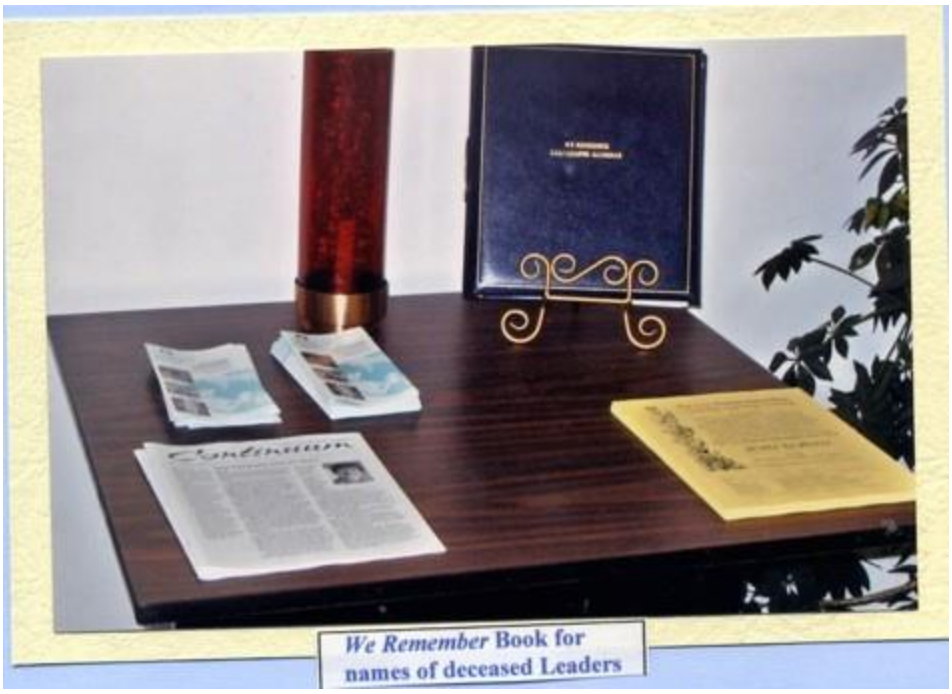
Throughout the history of La Leche League, we have connected to each other on a deep level across countries and cultures. Part of our mission as Friends of LLL is to keep connections strong as we remember and appreciate those who have died.

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. If a deceased Leader's name is missing from this list, please **send us the information** here. Include the Leader's name, year of death, and location (country,

state/province) where Leader was active. If available, submit year of birth and obituary link. Or email these details to WeRemember@friendsoflll.org. When possible, include an obituary link.

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

Lori Ahrenhoerster ~ Wisconsin United States
Linda Jean Coleman ~ Texas United States
Kathleen Gomez ~ Utah United States
Suzanne Lorraine Gullery ~ New Zealand
Christina "Tina" Foulger Harte ~ New York United States
Madeline Carol Kercheck Slamka ~ Wisconsin United States
Phoebe Kerness ~ South Carolina United States
Judy O'Connor ~ Texas United States
Pamela Oselka ~ Illinois United States
Wadia "Dee" Russell ~ New York United States
Jessica Ann Thomas ~ Michigan United States
Karen Tornga ~ Michigan United States
Ruth Williams ~ Ohio United States
Dale Boland ~ California United States



The We Remember book and candle as they once were 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.

Tributes through December 2021

Honoring **Evy Simon,** Philadelphia, Pennsylvania USA
"In honor of my friend, retired LLL Leader, Evy Simon."
From **Carroll Beckham**, Pine Knoll Shores, North Carolina USA

Honoring **Joan Lucille Brennan Moak Gerosa Barbour**
"Loving mother of Friends of LLL Board President, Gail Moak."
From **Edna Kelly**, Houston, Texas USA

Honoring **Edna Kelly**, Houston, Texas USA
"Edna, thank you for serving as President of Friends of LLL from 2011-2020. You led us from an organization with many challenges to a thriving one. As incoming president, you've left me big shoes to fill!"
From **Gail Moak**, Oakland, California USA

Tributes through June 2021

Honoring **Pam Oselka**
"Eternally grateful, dear Pam, for your faith in me, your mentorship, & your kindness."
From **Judith Steele**, The Villages, Florida USA

Honoring **Kathy Grossman**, Moab, Utah USA
"Kathy has given much to LLLI as a Leader and editor of many LLL publications."
From **Barbara Sasser**, Galveston, Texas USA, honors

Honoring **LLL Alliance**
"Many thanks for your work for the mission of LLL."
From **Linda Parry**, Matthews, North Carolina USA

Tributes through December 2020

Honoring **Breast Friends**, RDU, NC
"To my very breast friends who I have known and loved for over 40 years!."
From **Cynthia Reynolds**, Durham, North Carolina USA

Looking forward to the wonders the next generation will bring us. Photo by @paolo_cristaldi via Twenty20.

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 Treasurer@FriendsofLLL.org.

Unrestricted Donations, April 2020 to Present:

Anonymous (1 donor)
Suzanne Christensen
Jacque Gates
Mary Gisch
Judith Gubala
Mary Jeanne Hickey
Anne Hutton
Edna Kelly
Charlotte Knopf

Donate

Call for Articles

Sue Ann finally got to meet her little great-nephew. That was her best COVID Christmas gift.

That's it for the final 2020 online *Continuum*. We wish you courage, perseverance, health, and love in 2021. 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. Contributions 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 (especially photos!) of friends enjoying life.

Not a writer? Not a problem! Sue Ann's an editor! Send us whatever you have, and it will be just fine.

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