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June 2021 - Volume 34, Number 1

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Welcome, Sue Ann Kendall!

35 years of Friends of LLL and 65 years for LLLI! It's a banner year!

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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

Facebook

Website

Welcome, New and Long-time Friends

FRIENDS of LA LECHE LEAGUE

Welcome! It's been quite a time for most of us, but it looks like we're coming back to life at last in 2021. We have lots to share and reflect on in our 35th year as an organization. After a brief absence, we're shaking off the cobwebs and moving forward.

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

Don't forget to check out our recently revised website! You can easily renew your membership, make a tribute, buy some of our beautiful pins (and very soon a NEW 65th anniversary of LLLI pin), 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.

We are happy that we have many new and returning members, but always want to welcome more friends to our organization. We have no hidden agendas, no requirements other than friendship and shared LLL experiences, and a desire for fun and connection. 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.

As I recover from some "stuff," I've been thinking about how my own LLL experience has both helped and hurt me. In my contribution for this issue, I want to explain a little bit about what I've learned from my mentors as well as people who've challenged me through the years. I'd like to hear about you and your experiences, too.

Your editorial friend, Sue Ann Kendall

Do any of you recall feeling this way?

President's Letter

One Year after George Floyd

Dear Sue Ann,

I was struck to my heart when George Floyd called out to his mother as he lay dying. I feel that he called out to all mothers. Recently I asked the Friends of LLL group on

Facebook, “How have you explored the issue of racism in the last year?” I am grateful for these responses.

I joined an excellent racism discussion group. We read a number of texts, watched or listened to podcasts and webinars, and questioned ourselves and critiqued the authors' arguments. I am especially grateful that when one of the White people says something unthinking that reveals our privilege or unconscious bias, our PoC call us out on it in a compassionate and educational way. -*Sandy Moore-Furneaux*

I participated in a group video/discussion series sponsored by the Chaplains in our retirement community. I just met a white couple who have partnered with a Black couple to hold regular dinners/discussions in both their churches and I hope to join them. *-Barbara Ruff Parker*

I led a discussion of the ELCA's social statement Race, Ethnicity, and Culture in our congregation's Adult Forum. -*Sharon Pauls Vines*

Taken several intensive courses, one year long on how to be an anti-racist, just learning how our own country's laws have worked against BIPOC. This has made me aware of how silent and insidious systemic racism is. How any white person in this country IS racist, most not blatantly so, but so unaware of what a BIPOC goes through daily. I listen to neighbors and hear their fears, often unfounded...I have much to learn. Watching for defensiveness including my own.*-Louise Schullery Cox*

If the pandemic lockdown time has done nothing else, it has opened peoples eyes to uncomfortable truths that have existed in the shadows. Knowing and facing the problems is a start. *-Charlene Burnett*

My workplace is having bookclubs to discuss racism as part of our workday; we are all assigned into small groups for discussion. Those have been great. I also have a group of LLL friends who have been doing a book club as well. *-Teresa Pitman*

I’ve spent so much time reading and talking and examining my biases. *-Sue Ann Kendall*

We participated in planning a peaceful vigil with masks and social distancing at a park. Over 300 people of all colors, ethnicities, and religions participated. We took a knee for the entire time the officer had a knee in Mr. Floyd’s neck and as each minute passed, rang a bell, at which time we would say in unison, “I can’t breathe.” *-Susan Mocsny Thomas*

I brushed off my leading a group Leader skills and facilitated a course, "Faith and Racial Equity: Exploring Power and Privilege." Now I'm co-facilitating the next in the series, "Faith and Racial Healing." *-Gail Moak*

Gail Moak
info@friendsoflll.org

Sending love to our friends and family for Pride month. Image from @nikfish via Twenty20

Friends Board Update

The Friends Board is climbing out from our pandemic seclusion slowly, like so many of us are. Now we can start planning more trips and events! We recently started members-only chats on Zoom, which has let us talk to Friends of LLL around the world, including Founder Marian Tompson. Now, that should be an incentive to join or continue your membership!

We have been working with LLLI to formalize our relationship with them and have enjoyed our conversations in person and via email with Executive Director, Zion Tankard. It's truly a pleasure to work with her.

Our next Board meeting will include one of the founders of Friends of La Leche League, Ellen King (Ellen Goodrich). We can't wait to hear more stories from her. See our anniversary article for some of our early documents and background.

Another way to support Friends of La Leche League and honor retiring Leaders is to order our pins for them. We have designed a special new pin to commemorate the 65th Anniversary of

LLLI, which will be available to ship soon, in advance of the LLLI Virtual Conference in October.

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

AlumBackyard Lunch 3-17-2021 at Sue's House, Fountain Valley, CA.
Top Row: Stacy Rosales, Cindy Egner, Sandy Patton, Fran D.,
Second Row: Sue Garcia, Fran, Tina Pulice. Pat Purdy, Sharon Fairborn, Gayle McLean.
* Note Sandy's fabulous Lucy Logo fabric mask!

Friends got together in March at the home of Sue Garcia.

A Meeting of Friends with Cupcakes

by Fran Dereszynski, Continuum Editor Emerita

I'm sharing a combined photo of us at the latest Friends/Alum 2.5+ hour backyard lunch (we brought our own sack lunch) on March 17 at Sue Garcia's home, some of us with or without a mask at photo time. Most live in the Orange County or nearby Long Beach area. Others from a wider area were invited from our local old "Alum" list if interested.

It was fun! Nice sunny day wearing a mask, sitting in chairs, socially distant, some of us in the sun or under trees in the shade. Thanks to Pat Purdy for taking the photos I was in. Dessert was frosted Wacky Cupcakes provided by Sue. Recipe is at the end of this article.

We talked about what our families and what we have been doing since the last backyard lunch in October. Reminiscing about pre-pandemic days. All had received 2 doses of the COVID vaccine, except for Sandy who opted not to receive it due to her physician's advice for various medical issues. We wore masks except for when eating and near the end. Note the awesome LLL logo material on Sandy's mask. She had a small piece of the material (that was used for tablecloths at Area Conferences) to make the mask.

We are still around and connected to Friends. Many of us were on recent trips and all worked together for many many years on Area Conference committees and went to several LLL International Conferences. California Tough surviving together and having as much fun as we can!!

Wacky Cake Recipe

Ingredients

1-1/2 Cup white flour
1-cup sugar, granulated
4 Tablespoons cocoa, unsweetened
1-teaspoon baking soda
1/2-teaspoon salt
1-teaspoon vanilla extract
1 Tablespoon cider vinegar
6 Tablespoons salad oil
1-cup water

Preheat oven to 350 degrees.

Put flour, sugar, salt, baking soda and cocoa powder into an 8-inch ungreased cake pan or bowl if making cupcakes. Make three depressions. Pour oil into one well, vinegar into second and vanilla into third one. Pour water over all and stir well with spoon or fork.

Bake at 350 degrees until toothpick comes out clean.

Frost with favorite icing.

If making for an allergic person, use 1-tablespoon oil instead of butter, oat milk instead of milk, vanilla, powdered sugar and cocoa powder if you prefer chocolate icing.
If not, they taste really good with cream cheese icing.

Note: This cake is made without milk or eggs and is moist, dark and delicious. This is a brainchild of

the depression era when ingenious cooks developed a cake that could be made without expensive and scarce ingredients.

Wacky Cake image courtesy of The Kitchen Magpie.

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]

If your membership has expired, sign in to renew **HERE**.
Sue Ann Kendall, your membership expiration date is 12/31/2021.

If you are having trouble renewing with the online system, please email Treasurer@FriendsofLLL.org for help.

Apache the Horse says, "I'm afraid that if you don't renew, you'll miss all this fine news! Keep your membership up to date!"

The LLLI Legacy Society: A Way to Share Your Legacy

By Randee Kaitcer, edited by Sue Ann Kendall

Many of us have donated to La Leche League International often through the years. Did you know that you can easily create a legacy beyond your lifetime? Consider becoming part of the La Leche League International Legacy Society.

The LLLI Legacy Society is a group of donors who sustain the organization's work to realize, deepen, and share the love and wisdom found in the breastfeeding relationship through planned gifts. Being a member of the Legacy Society gives you the opportunity to belong to a select group of like-minded people who are committed to supporting the needs of breastfeeding mothers.

There are many ways to support LLLI through planned giving, including bequests, annuities, assigning LLLI as a life insurance beneficiary, and trusts. If you are interested in learning more, please contact *Lisa Mead, t*he LLLI Director of Development at **Lisa@llli.org**.

Now in their 65th year, LLLI has made a huge difference in the lives of families around the world. According to Lisa Mead, "Last year alone, we were able to reach over SEVEN million visitors via our website, providing critical support through this difficult time. One of our volunteers said it was amazing to see all these beautiful little babies, even if just through an online LLLI meeting during the pandemic. 'It brings tears to my eyes to see Leaders getting creative to provide care without missing a beat… I am so thankful for the people who support us!'"

The Friends of La Leche League are people whose gifts help LLLI make a difference. We encourage you to get in touch with the organization that means so much to us all.

Order Our Pins to Recognize Years of Service

COMING SOON! 65TH ANNIVERSARY PINS!

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.

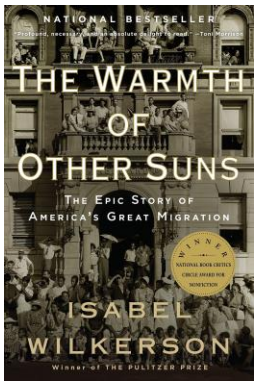
1-9 pins are $6.00 each.
10-25 pins are $5.00 each.
26 or more pins are $4.00 each.

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

You Might Like to Read...

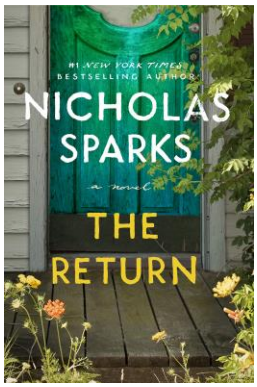
by Mary Gisch
Send Mary your suggestions at Giscmary2@gmail.com

The Warmth of Other Suns: The Epic Story of America's Great Migration, 2010, by Isabel Wilkerson



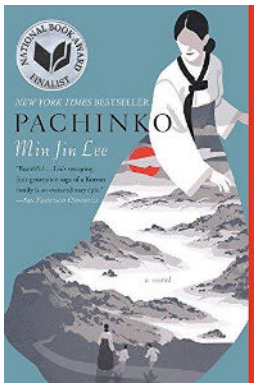
This study is easy to read and powerfully written. It chronicles the years from 1915 to 1970. Six million Black Americans move from the South to the North or the West Coast. The author weaves in the lives of three particular people. Ida Mae Gladney in 1937 migrated from Mississippi to Chicago. George Starling in 1945 moved from Florida to Harlem. Robert Foster, M.D. moved in 1953 from Louisiana to Los Angeles. Their stories are riveting.

The Return, 2020, by Nicholas Sparks



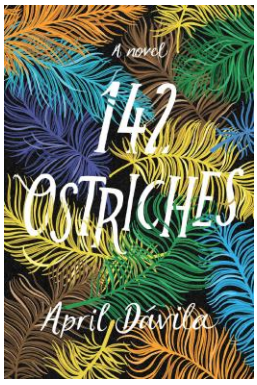
Dr. Benson who is dealing well with PTSD from his experiences in Afghanistan returns to his Grandfather's cabin and honey bee farm in North Carolina.This fast-moving novel offers hope for PTSD, a bit of romance, and mystery. The interesting characters make for a delightful read.

Pachinko, 2017, by Min Jin Lee



The life of a Korean family in Japan is an inspiring novel covering the 1900s to the 1980s. It starts with Isak, a gentle, sickly, visiting minister who offers to marry pregnant Sunja. They are not easily assimilated, but they are determined and work hard.

142 Ostriches, 2020, by April Davila

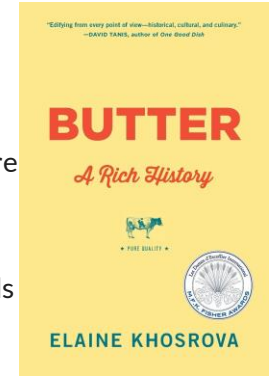


Four days before Grandma Helen passed away, the ostriches stopped laying eggs. Tallulah was now the reluctant sole owner of an ostrich ranch in the Mojave Desert. Aunt Christine, eight months pregnant comes to help her out. A family, with its ups and many downs, come together in this intriguing novel. How nice to read about a mother breastfeeding her newborn!

Reading Recommended by Louise...

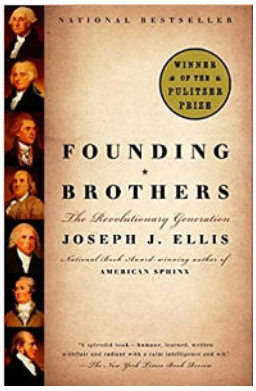
by Louise Cox

Butter, A Rich History, 2017, by Elaine Khosrova



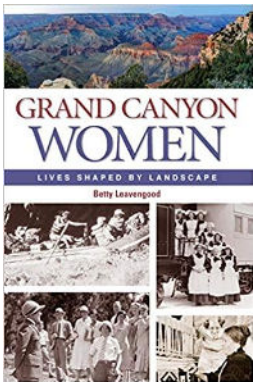
This is a delightful history from ancient to modern all around the world. Readers are encouraged to try new uses and kinds through suggestions and recipes. I loved the chapter on how woman for centuries were milkmaids who knew the art of butter making and tending to cows, often taking pail and milking stools to the field to milk! I learned the secret of the Iowa State fair butter sculpture of the cow and so much more. This book reads easily and has excellent photographs and diagrams.

Founding Brothers, 2002, by Joseph J. Ellis

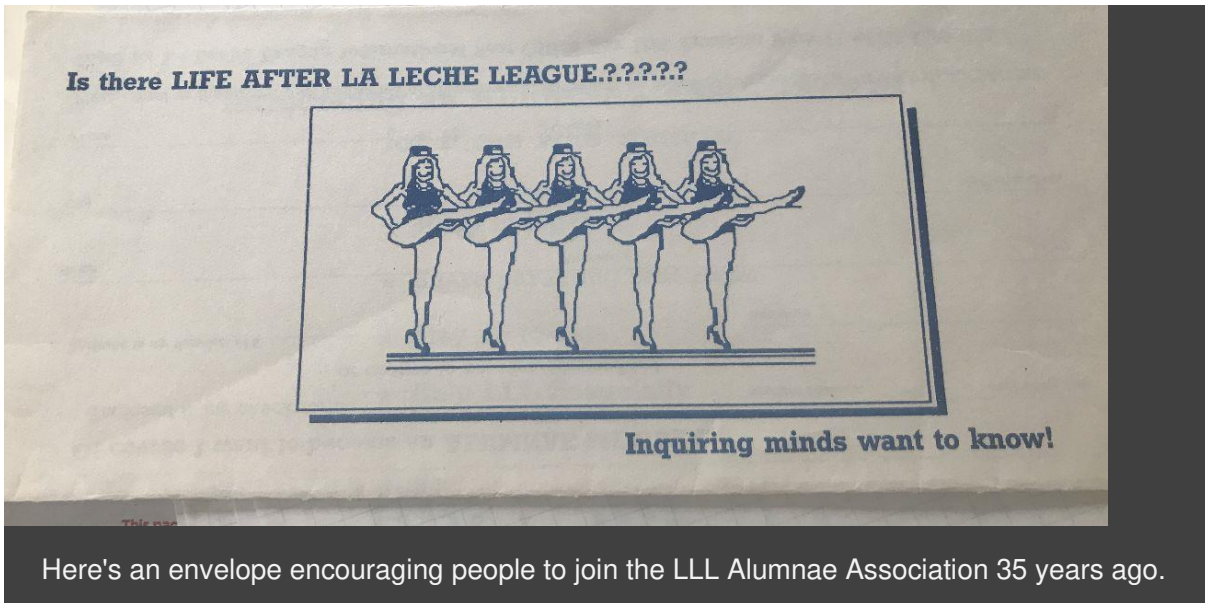


In this book, we receive a rare and brilliant glimpse behind the scenes into the key Founders of the United States of America and their issues during the country's first-generation administrations. This is perhaps the best-written account of the early history into our country's formation. Of special interest was details about the Burr/Hamilton duel and the 1790 Quaker petition to end the slave trade!

Grand Canyon Women (Lives Shaped by Landscape), 2014, by Betty Leavengood



A wonderful read of women's history and gals with the pioneering spirit. These women experience the rugged Grand Canyon from the 1800s to more recent years. Their courage, bravery and sense of adventure makes for an exciting read. Before cell phones or modern facilities, the canyon, just getting there, was a real challenge. We learn how women became enticed with this natural beauty, birthed and raised their children inside, worked for the Park Service, rode rapids, mules, hiked miles, and saved lives. We are introduced to native Americans who were a part of interpreting and saving this area. Knowing about these women running rapids in wooden boats and having to rely upon their non-experience, make me proud to have been part of the LLLAlumni second Havasui trip.



Here's an envelope encouraging people to join the LLL Alumnae Association 35 years ago.

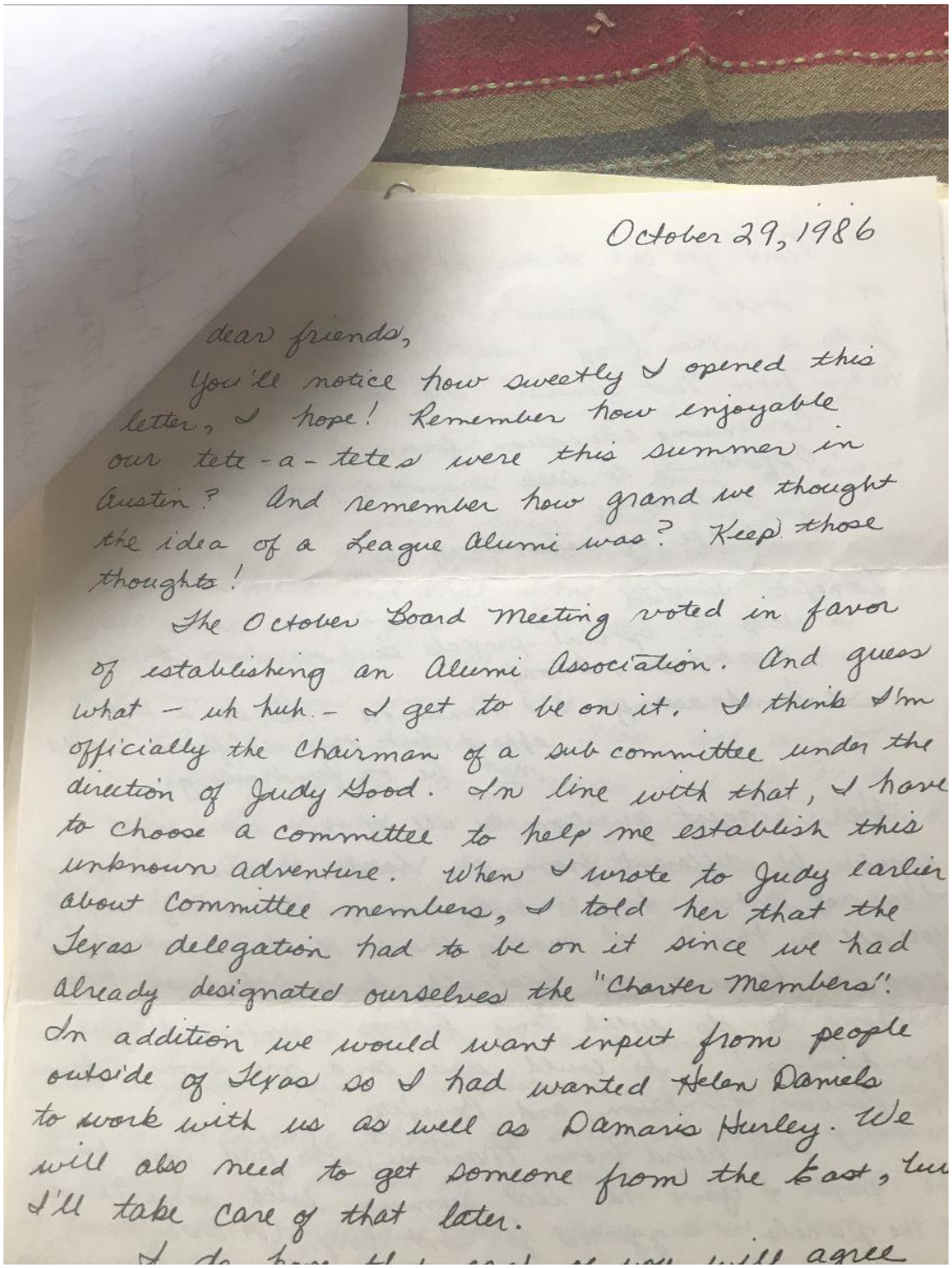
Salute to 35 Years of Us!

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 we now know **our official birthday is October 2, 1986**), the Board thought it would be fun to collect some memories. In this issue, we will share some contributions and memorabilia from early years. Our friends have come through with some real treasures.

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! Thanks to Ellen King (Goodrich) for sending us the letters and other documents from the founding of this organization. We hope to have more to share. And many thanks to Gail Moak for scanning the treasures for us.

According to a letter found by Ellen King, the idea for the association and newsletter was hatched during a Texas conference, and Marian Tompson took it back to the Board for their input. The letter below, from Ellen to Kathy Lyons and others outlines what happened next, as she invited volunteers to help after the July 5-6, 1986 Texas Area Conference in Austin. At this time, Ellen was the Area Coordinator of Leaders in Texas.



October 29, 1986

dear friends,

You'll notice how sweetly I opened this letter, I hope! Remember how enjoyable our tete-a-tetes were this summer in Austin? And remember how grand we thought the idea of a League Alumni was? Keep those thoughts!

The October Board Meeting voted in favor of establishing an Alumni Association. And guess what - uh huh - I get to be on it. I think I'm officially the Chairman of a sub committee under the direction of Judy Good. In line with that, I have to choose a committee to help me establish this unknown adventure. When I wrote to Judy earlier about committee members, I told her that the Texas delegation had to be on it since we had already designated ourselves the "Charter Members". In addition we would want input from people outside of Texas so I had wanted Helen Daniels to work with us as well as Damaris Hurley. We will also need to get someone from the East, but I'll take care of that later.

I do hope that you will agree

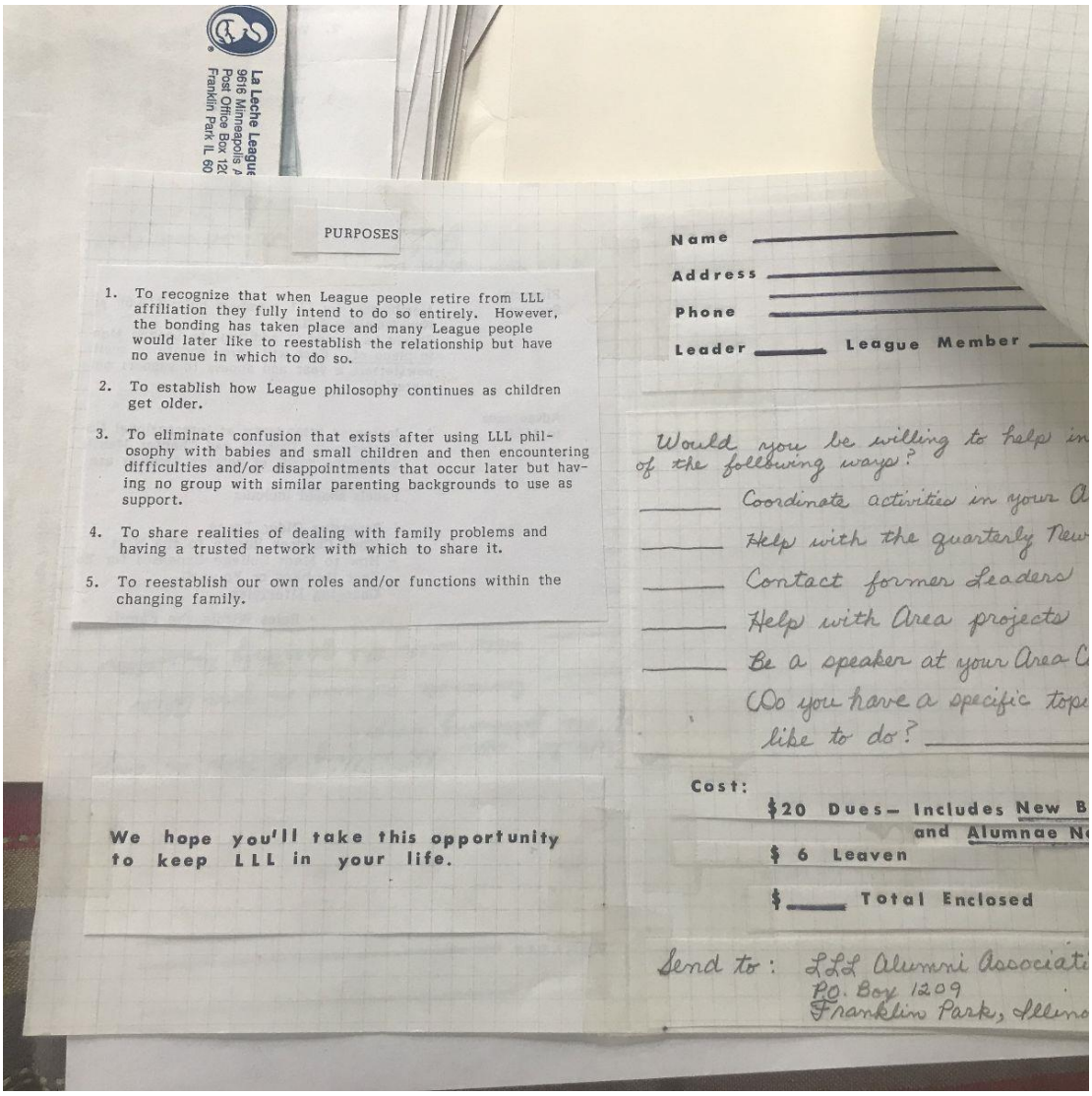
Excerpt from a letter from Ellen soliciting Alumni Association [sic] committee members to get the ball rolling!!

It was not all sweetness and light, however, there were some folks not impressed with the idea. That's no surprise, since whenever you get a group of LLL Leaders together, there will be lots of opinions to sort through!

Another September 19, 1987 letter unearthed by Ellen was from Founder Betty Spandikow. It talked about how the LLLI Board reviewed and approved materials for inviting people to the new organization and made a point that we think is still important today (we have re-typed the relevant text):

> "...the statement on the purpose...will read 'to recognize that Leaders and members often form friendships in League that they would like to continue when they retire from active Leadership' (or memberships). The rest of the Purposes were left intact -- including the ones about disappointments and/or difficulties and to share **realities**. So, I do feel as though that opens the door for us to have some very honest acknowledgments that LLL does not make life 'peachy-keen.' As long as everything does not border on doom and gloom, we should be able to come up with some very interesting articles and insights."

And look, here's the first layout of the membership form in the *Alumnae News*, with that final purpose included.



PURPOSES

1. To recognize that when League people retire from LLL affiliation they fully intend to do so entirely. However, the bonding has taken place and many League people would later like to reestablish the relationship but have no avenue in which to do so.
2. To establish how League philosophy continues as children get older.
3. To eliminate confusion that exists after using LLL philosophy with babies and small children and then encountering difficulties and/or disappointments that occur later but having no group with similar parenting backgrounds to use as support.
4. To share realities of dealing with family problems and having a trusted network with which to share it.
5. To reestablish our own roles and/or functions within the changing family.

We hope you'll take this opportunity to keep LLL in your life.

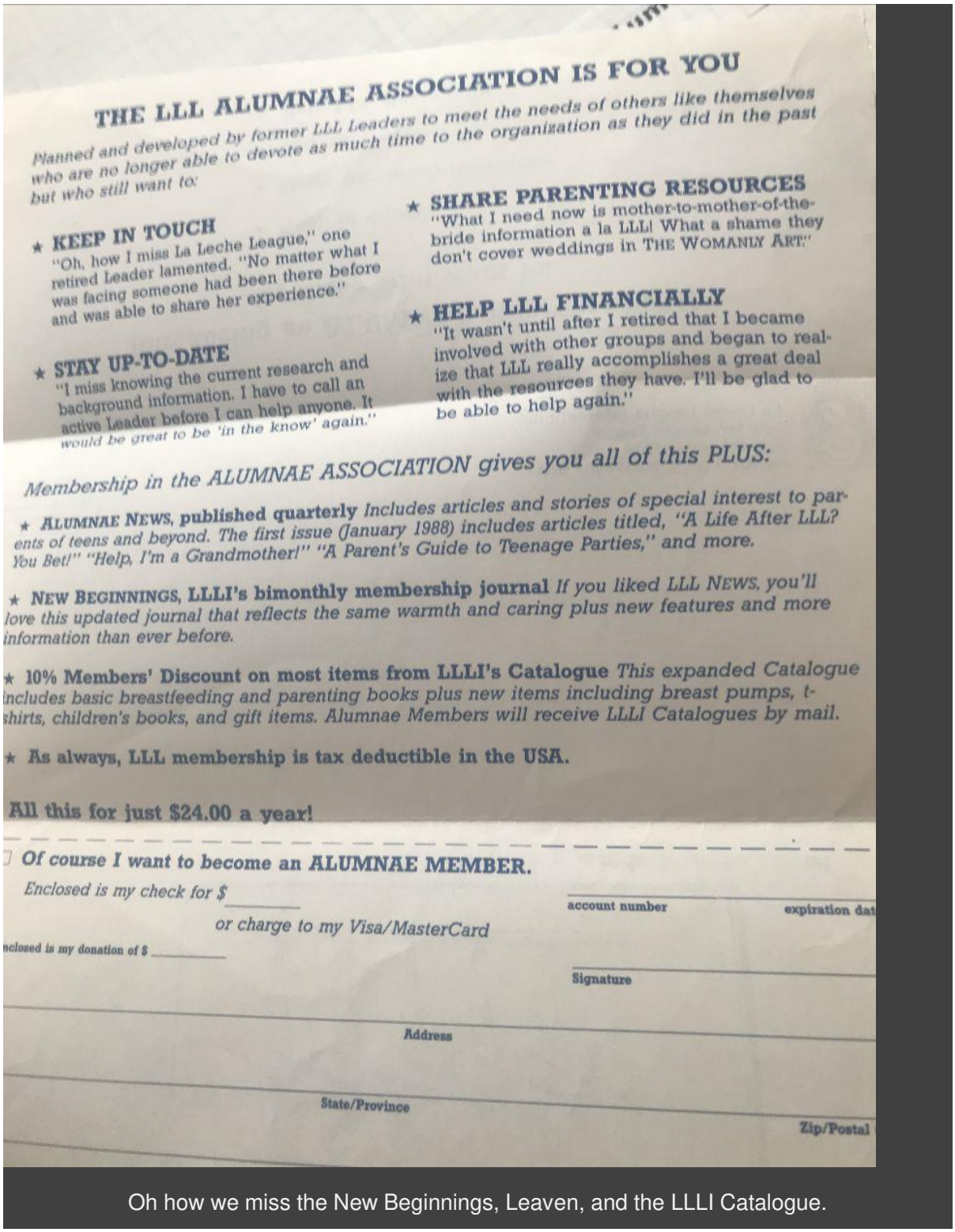
Name _____
Address _____
Phone _____
Leader ____ League Member ____

Would you be willing to help in
of the following ways?
____ Coordinate activities in your A
____ Help with the quarterly New
____ Contact former Leaders
____ Help with Area projects
____ Be a speaker at your Area C
Do you have a specific topi
like to do? _____

Cost:
$20 Dues— Includes New B
and Alumnae N
$ 6 Leaven
$____ Total Enclosed

Send to: LLL Alumni Associati
PO. Box 1209
Franklin Park, Illino

Final version of the Alumnae Association membership form. Is all of this still true today? The top part is, at least!



THE LLL ALUMNAE ASSOCIATION IS FOR YOU

Planned and developed by former LLL Leaders to meet the needs of others like themselves who are no longer able to devote as much time to the organization as they did in the past but who still want to:

★ **KEEP IN TOUCH**
"Oh, how I miss La Leche League," one retired Leader lamented. "No matter what I was facing someone had been there before and was able to share her experience."

★ **STAY UP-TO-DATE**
"I miss knowing the current research and background information. I have to call an active Leader before I can help anyone. It would be great to be 'in the know' again."

★ **SHARE PARENTING RESOURCES**
"What I need now is mother-to-mother-of-the-bride information a la LLL! What a shame they don't cover weddings in THE WOMANLY ART."

★ **HELP LLL FINANCIALLY**
"It wasn't until after I retired that I became involved with other groups and began to realize that LLL really accomplishes a great deal with the resources they have. I'll be glad to be able to help again."

Membership in the ALUMNAE ASSOCIATION gives you all of this PLUS:

★ **ALUMNAE NEWS, published quarterly** *Includes articles and stories of special interest to parents of teens and beyond. The first issue (January 1988) includes articles titled, "A Life After LLL? You Bet!" "Help, I'm a Grandmother!" "A Parent's Guide to Teenage Parties," and more.*

★ **NEW BEGINNINGS, LLLI's bimonthly membership journal** *If you liked LLL NEWS, you'll love this updated journal that reflects the same warmth and caring plus new features and more information than ever before.*

★ **10% Members' Discount on most items from LLLI's Catalogue** *This expanded Catalogue includes basic breastfeeding and parenting books plus new items including breast pumps, t-shirts, children's books, and gift items. Alumnae Members will receive LLLI Catalogues by mail.*

★ **As always, LLL membership is tax deductible in the USA.**

All this for just $24.00 a year!

☐ **Of course I want to become an ALUMNAE MEMBER.**

Enclosed is my check for $ _____

or charge to my Visa/MasterCard

account number

expiration dat

nclosed is my donation of $ _____

Signature

Address

State/Province

Zip/Postal

Oh how we miss the New Beginnings, Leaven, and the LLLI Catalogue.

Is There Life after La Leche League?

by Sue Mundell of Texas (from an early Alumnae News)

I look back on my years of involvement with LLL with deep gratitude. I learned how to be a better mother, a more loving wife, and a stronger woman. My life hasn't been perfect, nor do my daughters always fill me with joy. But I guess if I had to sum up what the University of LLL has taught me, it would be "acceptance"--the acceptance of people and things as they are. I have also learned not to fret over that which I cannot change.

So, is there a life after La Leche League? Yes, indeed there is. Each of us has, or will, graduate on to other things, other lives, but we will take with us a positive self image. After all, we were good mothers. We did the best job we could do, and we enjoyed our work. That attitude of strength, acceptance, and positive thinking spills over into whatever other lifestyle we embrace as our children grow up and our fates carry us forward.

Life after La Leche League can consist of so much, but for many, grandchildren are a major highlight. Image by @Kittichai via Twenty20

Do You Remember Information, Not Advice?

By Sue Ann Kendall, Publications Director

Today's topic is something I've been mulling over for a long time, and I think I finally have come up with a way to present my thoughts coherently. I think it explains why I have close to zero tolerance

for bullying in volunteer organizations and presents an alternative way to make valid points and open people's minds to new and different ideas.

When I was a new mother, my lawyer and one of my mentors, Roberta Bishop Johnson (author of *Whole Foods for the Whole Family*), encouraged me to attend La Leche League meetings. I didn't know any other new mothers, since I was older than most of my friends and the first to reproduce.

By getting to know all these different mothers with all their different babies it became very obvious that the best answer for one of us would not work at all for another one, and that was OK! We had lots of areas where we differed. There was cloth versus plastic diapers. There was jarred baby food versus "whole foods" only. There was the "family bed" versus having a crib for babies. There were vaccinators and non-vaccinators. Some mothers weaned promptly at one year (or earlier), while others kept a-goin' until the child didn't want to anymore.

The thing is, those of us who learned the LLL philosophy (which boils down to a list of ways to be a good parent) mostly got the point that there's more than one right way to parent AND that for some folks, ways other than ours make more sense to them. If a mother asked for help, we gave it and helped her work out a solution that made HER happy, not us.

A picture is worth a 1000 words and can get many words of criticism. For instance reactions to this one might include: She should lift her shirt from the bottom! Why is she white? Is her positioning right? Why are they in a bedroom and not in public? Image by *@nslebedinskaya via Twenty20*

How I Got into a Mess with La Leche League

I eventually became a Leader and learned a lot from the women I was friends with then. It was a lot of fun and such a great way to give to my community. But, when they started begging Leaders to become administrators (there was quite a hierarchy back then), my Leader, Sharon Henson, took me aside and warned me that things weren't always so warm and fuzzy at the State, National, and International levels. Oh, how I wish I'd listened to Sharon.

But, no, I like leading things, and because I'd made a little website for our group (before there were images on the world wide web), Roberta, begged me to help them get on the fledgling Internet, so I went to the 1995 LLLI Conference in Chicago, met the Executive Director, and suddenly I was the webmaster and co-owner of LLLOL, the first email list for Leaders, where we got to meet fellow mothers from all over.

Time marched on, and I had a lot of fun and met many lifelong friends. But, it turned out Sharon had a point. Once I started going to meetings and conferences outside my little bubble, and once I started reading the email lists, I began to see how La Leche League got its reputation as a bunch of breastfeeding...shall we say..."tyrants" (because I prefer not to use pejorative word word other people used). You could tell that there were members who we called "More League Than League" who looked down on you if your choices happened to come on the less radical attachment parenting side of things.

A lot of the time I spent as an administrator, web person, and eventually as a director in the organization involved trying maintain the image of La Leche League (LLL) as an organization open to all who were interested in breastfeeding and parenting, not just a few people of a certain demographic.

Indeed, as the years went by, it came to pass that things got weirder and weirder at the higher levels, and we came under a lot of pressure, no I'll say bullying, to only organize in certain ways, and only meet in certain ways, and...after a couple of years of trying to keep my team going through all this, I ended up being asked to leave.

I did keep what I learned, though. I've always found it much easier to change someone's mind or teach them something new by offering a wide range of information and suggestions and trusting them to figure out what works best for them. I'm so grateful for that lesson. There was and still is so much good in LLL. Honestly, this is a loving critique.

Pause now to enjoy happy Baby Bess and to imagine the love we all have for our wonderful but imperfect organization.

Has Anything Changed?

Now, today, a whole lot of years have passed, but it makes me chuckle a bit to learn that there are still factions battling it out to be the "right" kind of organization. The causes have shifted from Nestle boycotts and "Ferberizing" to trying to cancel members who aren't deemed sufficiently on board with chestfeeding and racial/cultural issues.

All of that just isn't the helpful kind of support parents, members, administrators, and former members need. And confronting, bullying, canceling, and lobbying against people you have a problem with has never, as far as I can see, solved the underlying issue, which is education. You know, perhaps we WANT to listen, but just being called names and treated like we aren't even worth engaging in dialog with won't help us learn a darn thing.

> Giving advice often sends an unspoken message--a lack of confidence and trust. Giving information implies the person receiving the information is qualified to make choices. **In giving information, making suggestions, and presenting options, we convey trust, which is the basis of any successful helping relationship.** Even when we have more knowledge and experience about breastfeeding, it is the mother's responsibility to make

her own decisions.
LLLI Leader's Handbook 4th Revised Edition, 2003, page 7

I can only suggest that people with strong feelings to convey consider this information I'm sharing, just as one option. By listening to the viewpoints of others, seeing where they are coming from, finding areas of commonality, and sharing our experiences as if they are all worthy of respect, I'm pretty sure some of the newer versions of the people I left behind in 2006 might be more successful at attaining their goals. I think they want more people to be welcome and included in LLL. I think that is a worthy goal that may not require tearing down others to achieve.

Breastfeeding is a great thing, and I applaud everyone who wants to do it, in whatever way works for their culture, religious practice, or social group. Sometimes having lived as long as I and some of my long-time LLL friends have, you learn that a little bit of listening and respect go a long way. We don't all have to do things the exact same way, and we all will learn from our mistakes and new experiences.

Please, let's be gentle with each other. I'm simply not going to let myself be put down for being who I am, and I don't think any of you, my friends, should, either. And I do NOT want to put down others who have perfectly legitimate complaints, issues, or ideas! We should all have a chance to grow and learn, even those of us who are more "seasoned," as we used to say.

[This article first appeared in a blog post on April 12, 2021 in slightly different format.]

Wishing you a season of peace and recovery.

Financial Reports for Fiscal Year 2020-21

Submitted by Anne Hutton, Board Treasurer

Friends of La Leche League
Statement of Activities with Notes
Fiscal Year 2020-2021 -- April 1, 2020 to March 31, 2021

Revenues:				
Memberships			$ 3,720.00	
Tributes			$ 210.00	
Donations				
Restricted	$ -			
Unrestricted	$ 1,330.00			
Total Donations			$ 1,330.00	
Donated Goods & Services			$ 1.20	
Pin Sales				
Pin Sales Revenues	$ 1,217.04			
Less Cost of Goods Sold/Shipping	$ (42.85)			
Net Pin Sales			$ 1,174.19	
Other Income			$ -	
Total Revenues:				**$ 6,435.39**
Expenses:				
Mini-Grants			$ 8,000.00	
Website:				
Website Development	$ 1,250.00			
Website Hosting/Maintenance	$ 895.37			
Total Website			$ 2,145.37	
Social Media/Communications/Continuum			$ 64.75	
Friends of LLL Trip (Fall 2021)			$ -	
Board Meeting			$ 175.78	(a)
Other Friends of LLL Events			$ (500.00)	(b)
Supplies and Mailing			$ 252.65	
Financial Fees				
PayPal Fees	$ 136.77			
Other Finance Fees	$ -			
Total Financial Fees			$ 136.77	
Other Expenses			$ 90.94	
Pre-paid Expenses			$ 370.00	(c)
Total Expenses:				**$ 10,736.26**
Net Change in Financial Position:				**$ (4,300.87)**

Notes:
(a) Amount represents Zoom fees to facilitate remote Board meetings; as a bonus, Friends of LLL also uses Zoom for member activities, website training, and other meetings
(b) Amount represents $500 refund for LLL of Texas event cancelled due to COVID-19
(c) Website hosting fees paid in FY 2020-21 for hosting in FY 2021-22

Friends of La Leche League typically operates on a two-year financial cycle, showing net increase in assets in the years we host trips, and a deficit in the non-trip years. Fiscal Year 2020-21 was to be an non-trip year with budget for some expenses associated with a trip in fall 2021 (FY 2021-22). However, the fall 2021 trip was postponed due to COVID concerns, so our budget and actuals cycle were different than expected. Below is the Statement of Activities with Notes for FY 2020-

21.

Friends of La Leche League
Statement of Activities with Notes

Friends of La Leche League
Statement of Financial Position
As of March 31, 2021

Cash Assets:		
Cash - Chase Bank	$41,071.96	
Less Checks Payable	$ (45.84)	
Cash - PayPal	$ 1,081.73	
Total Cash Assets:		**$ 42,107.85**
Saleable Pin Inventory:		
1390 pins @ $4.00*	$ 5,560.00	
Total Assets:		**$ 47,667.85**

* Pins sell for a minimum of $4.00 up to $6.00 each.

Friends of La Leche League
Statement of Cash Flows
Fiscal Year 2020-2021 -- April 1, 2020 to March 31, 2021

Cash Assets April 1, 2020	$46,408.72	
Fixcal Year Net Income	$ (4,300.87)	
Cash Assets Mark 31, 2021		**$ 42,107.85**

Notes:
(a) Amount represents Zoom fees to facilitate remote Board meetings; as a bonus, Friends of LLL also uses Zoom for member activities, website training, and other meetings
(b) Amount represents $500 refund for LLL of Texas event cancelled due to COVID-19
(c) Website hosting fees paid in FY 2020-21 for hosting in FY 2021-22

Do you have any pictures of life where YOU are to share? Send them to **Publications@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.

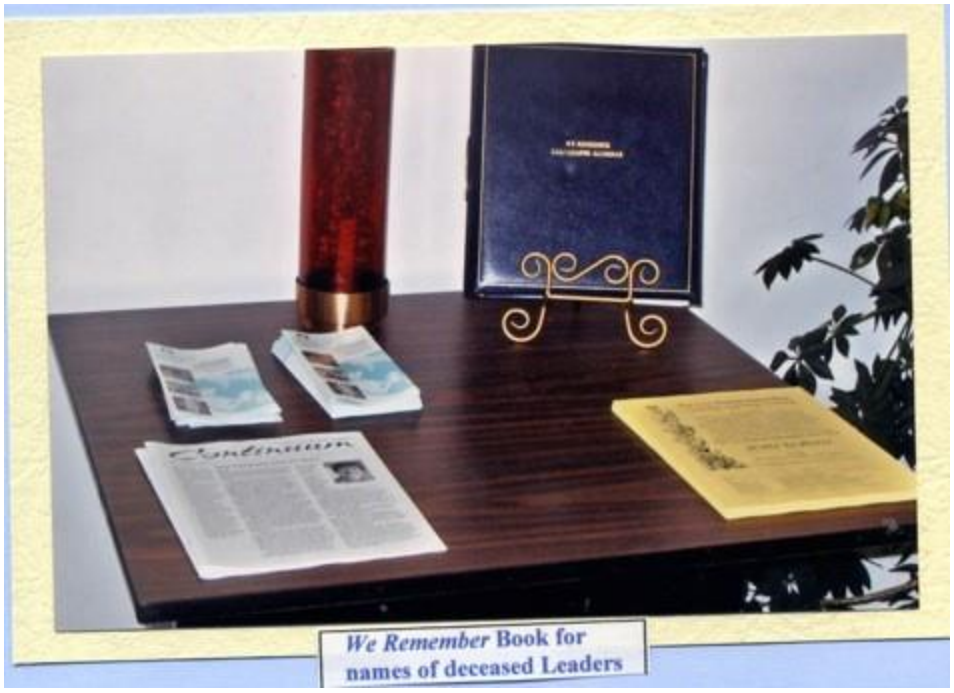
Leaders' names are recorded in calligraphy in the "We Remember" album by Susan Mocsny Thomas and posted on the **Friends of LLL We Remember page.** We also have a special event at

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@friendsofIll.org. When possible, include an obituary link.

Friends of LLL will present the We Remember ceremony during LLLI's virtual Conference, which will be held October 15-18. Join us!

So far in 2021, we have heard of the passing of these Leaders:

Susan Clarke ~ Quebec Canada
Martha Collier ~ Alabama United States (d. 2015)
Carol Esposito ~ Illinois United States
Jane Timberlake Helwig ~ North Carolina United States
Karen Margaret Hill Pearce ~ Nova Scotia Canada
Kathleen "Kady Rachford ~ Illinois United States
Elizabeth "Willow" Willoughby Newton Reed ~ Tennessee United States
Alice Roddy ~ Virginia United States
Karen Rusher ~ New Jersey United States
Marguerite Webber ~ Quebec Canada



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 April 2022

Honoring **Jody Nathanson,** Redondo Beach, California USA
"Jody was a mother to me, when I was an 18 year old new mother . . . She joyfully answered my calls and spent untold time as I became one of the youngest Leaders ever!"
From **Kim Moreno**, Coronado, California USA
4/10/2021 – 4/10/2022

Honoring **Karen Rusher,** Toms River, New Jersey USA
"In memory of Karen Rusher, LLL Leader and friend."
From **Sue Hudler**, Toms River, New Jersey USA
2/25/2021 – 2/25/2022

Honoring **Paula Clay,** Houston, Texas USA
"For being a long-time friend and inspiration, and for all you have done to help breastfeeding mothers and babies in your life, through your work as an LLL Leader, and through your volunteering with Friends of La Leche League."
From **Anne Hutton**, Houston, Texas USA
1/9/2021 – 1/9/2022

Tributes through December 2021

Tributes through December 2021

Honoring **Jo Linsley (Nancy Jo Bykowski),** North Aurora, Illinois USA
"My friend, colleague, partner in ridiculousness. You taught me how to edit an LLL publication with grace and humor and you let me cry all over you way too many times. You made New Beginnings great."
From **Sue Ann Kendall**, Cameron, Texas USA
12/31/2020 – 12/31/2021

Honoring **Agnes McPheeters, RN (Jan 3, 1948 – Nov 19, 2020)**
"Agnes and I immediately connected at a FL LLL meeting in 1975, where we were both breastfeeding our first-born babies. She became Godmother to my third son and we stayed cherished friends for 45 years.

As a RN contracted by the US Army, Agnes served the wounded soldiers in Saudi Arabia. While not an LLL Leader, she was happy to help the soldiers' wives breastfeed when there were no other resources available.
Agness McPheeters has a daughter, son-in-law, and two healthy breastfed grandsons. She will be missed, but remembered and praised by many."
From **Lou Ellen Boyes**, North Palm Beach, Florida USA
12/19/2020 – 12/19/2021

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
12/15/2020 – 12/15/2021

Honoring **Joan Lucille Brennan Moak Gerosa Barbour**
"Loving mother of Friends of LLL Board President, Gail Moak."
From **Edna Kelly**, Houston, Texas USA
12/10/2020 – 12/10/2021

Tributes through September 2021

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
9/30/2020 – 9/30/2021

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
6/29/2020 – 6/29/2021

Quilt recently completed by Marsha M. Blanck Pettinger from squares given to her by LLL friends many years ago.

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, December 2020 to Present:

Anonymous (1)
Jane Bland
Ann Calandro
Sherron Collins
Jacque Gates
Anne Hutton
Edna Kelly
Rebecca Magalhães
Gail Moak
Barbara Mullins
Cyd Reynolds
JoAnn Rosenbaum
Susan Smylie
Linda Wieser

In-Kind Donation, 2021:

Jane Tuttle

Donate

Call for Articles

We hope the fun of all the Friends of LLL memories makes the wait for this online *Continuum* feel worth it. We would love to hear from you, whether an article, an idea, a photo, or something else. What's going on in your life? Did you safely get together with an LLL friend from the past? Is there something you wish you'd seen here? Send 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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