August 2021 - Volume 34, Number 2

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

35 years of Friends of LLL and 65 years for LLLI! Time to celebrate in friendship and love!

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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

Mid-Year Greetings

We're back again with our second issue for 2021. We have even more to share and reflect on in our 35th year as an organization, plus a special pin for the 65th anniversary of La Leche League International!

In this issue of *Continuum* look for updates on our mini-grant recipients, stories to inspire you, a special article on young adult books by Margaret Kenda, our very popular book reviews, and all your favorites.

Please be sure to visit our website! You can easily renew your recently expired membership, make a tribute, buy some of our beautiful pins (and the NEW 65th anniversary of LLLI pin), or let us know about a former Leader to add to We Remember. You'll even find back issues of *Continuum* there.

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, trip scholarships, 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 a consequence of being a 65-year-old organization, many of the early LLL members and Leaders are passing away. So many of them are still giving back to their communities by sharing their dying process as openly as they shared their birth and breastfeeding experiences in the past. In my contribution for this issue, I am sharing my gratitude for Leaders past and present who have taught me much about the gentle art of dying. I'd like to hear about you and your experiences, too.

Your editorial friend, Sue Ann Kendall

Every day is a new opportunity, so make hay while the sun shines!

President's Letter

Leader Skills as Time Goes By

Dear <<First Name>>,

My Leader skills are rusty. It's been a long time since I led an LLL meeting or answered a phone helping call. I surprised my introvert self last year by volunteering to facilitate a group. It was a program that wouldn't happen without a facilitator stepping forward. I really wanted to take the program, and, with trepidation, committed to facilitating a 10 week series. We were well trained in how to lead meetings in La Leche League and as the weeks went by my dormant skills blossomed. As with LLL, I had great support people I could turn to for advice and ideas. I even navigated the pandemic change to leading via Zoom. This summer I'm comfortably facilitating the second series in the program. I owe so much to La Leche

League!
We've been enjoying Friends chats via Zoom in 2021. The Friends Board is now asking volunteers to co-lead the chats. Thank you to Rae Schopp for stepping forward to be the first. For the August chat, she prepared this great icebreaker question: "How has La Leche League affected your life and have you gotten any new insights during the pandemic?"

Gail's grandson pours pet food into a container, to the delight of Gail's cat.

During this chat, I had a last-minute request to babysit my 2-year-old grandson. Remember the phone helping calls where you let your child play with something you normally wouldn't to be able to focus on the call? Some of you were prepared and had a special basket of toys that you brought out for helping calls. I was the kind of mother who let the toddler unroll the toilet paper during the call. As grandma I fell back on this phone call coping mechanism. During the Zoom chat I let my grandson pour the cat dry food from the bucket to the cat dish. Pouring back and forth occupied him for about an hour. Unfortunately the Zoom chat went on for 1 1/2 hours. During the last 30 minutes kibble spewed throughout the dining room. (His parents were upset to see the mess; the dog was thrilled.)

Have you had the experience of using your Leader skills in other parts of your life? Share your responses to this question or Rae's question by emailing info@friendsoflll.org. We may feature your story in an upcoming *Continuum*!

Gail Moak
info@friendsoflll.org

August is World Breastfeeding Month. Thanks for all you've done to help babies around the world!
Photo from @wanaktek via Twenty20

Friends Board Update

The Friends Board is dealing with the same pandemic confusion as the rest of us, though we still hope to host a trip next year. But we're getting together virtually, with our **members-only chats on Zoom**. Every chat has more participants, and we're all enjoying each other's stories. Now, that should be an incentive to join or continue your membership! Here's a screenshot of a recent chat. We were having fun!

Find the chat schedule on our members-only Facebook group. Not a member of the group, but a member of Friends of LLL? Ask to join!

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 is now available to ship, in advance of the LLLI Virtual Conference in October.

We will be at the LLLI Conference, with a virtual We Remember tea and a session geared toward people like our members. We hope to see YOU there. Our session is at 2:00 pm and repeats at 7:00 pm on Saturday of the conference. Get your teacups ready!

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

Here's a screenshot of a recent chat. We were having fun. Images used with permission.

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

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

Sue Christensen shares her experiences with the LLL Alumnae Association in one of our new interviews. Follow the link below.

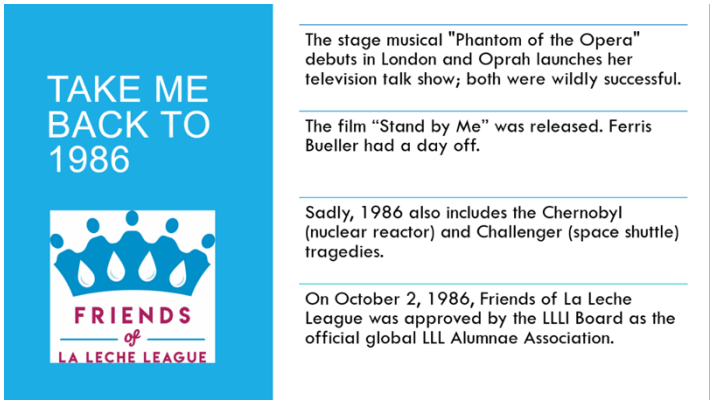
Anniversary Treat: The History of Friends of LLL Interviews

Members of the Friends of La Leche League wanted to do something fun and meaningful to commemorate our big anniversary year. We were inspired to conduct interviews with people who were important to our group through the years. To go with it, we created a History of Friends of La Leche League web page on our site. Anne Hutton has done a wonderful job of condensing 35 years into a compelling story!

And don't leave without viewing our interviews. You can access them right from the history page. So far we have:

- Sue Christensen, interviewed by Edna Kelly
- Edna Kelly, interviewed by Gail Moak

Look for more interviews very soon. It's something we can easily do with Zoom and YouTube. Hooray for modern technology.



Order Our Pins to Recognize Years of Service and More

65TH LLLI ANNIVERSARY PINS NOW AVAILABLE!

Just in time to wear at the virtual LLLI Conference, our new pins commemorating the 65th anniversary of La Leche League International are available to order on our website. It features a beautiful blue stone in addition to the LLLI logo and the number 65. Our fulfilment team is waiting to send you your order!

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

Special thanks to Jack Opatny for photographing our new pin and to Alice Ziring for getting it made.

Reading between Generations: Young Adult Literature for Grandmothers and Granddaughters

by Margaret Kenda

Long ago, when I was writing science and math books for children, I volunteered for programs at the local library. The children's librarian Ellen and I, along with my then pre-teen daughter, conducted science projects for kids. Nothing promotes bonding like acids and bases experiments with 48 active boys and two terrified girls!

Ellen and I remained friends over the years. My daughter grew up and had children of her own. I retired, eventually. Ellen did not.

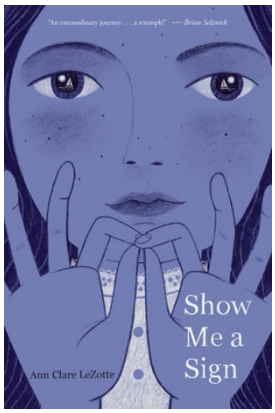
I was delighted to run into Ellen outside the library, a rare meeting during the lonely months of the pandemic. Ellen has been managing a Zoom book club for her twelve-year-old granddaughter and friends, including a cousin in France, for whom English is a second language.

Ellen compiled a list of books for the young adults to read and discuss. The protagonists are strong, smart, lively, and mostly female. They live in variety of places with a diversity of humankind. A few are disabled. Some suffer the problems and prejudices of other eras—or of ours.

I've begun reading down the list, for enjoyment and to read along with my own twelve-year-old granddaughter.

Here are a few of those books, ranging from past to present:

Ann Clare LeZotte, *Show Me a Sign* (2020, ages 8-12)

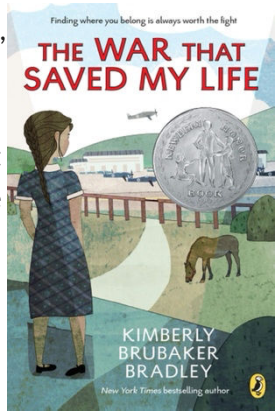


This historical novel is set in 1805, on the island of Martha's Vineyard. Mary is deaf, growing up in a family of both deaf and hearing. The islanders have developed a sign language all their own. They communicate just fine.

Then an obtuse scientist appears to study the "deaf and dumb." He views them as not smart enough to undertake the hard work of farming on the island, barely even human. The genetics of an in-bred population are obvious to modern readers—but not to him. He decides to take a research subject back to the mainland with him. He kidnaps Mary.

In the portrayal of this long-ago community, readers will see prejudices of all sorts. Mary's mother does not approve of Mary's Wampanoag friend nor the black freedmen (whose descendants still populate the island). Quite an education for young readers!

Kimberly Brubaker Bradley, *The War That Saved My Life* (2016, ages 9-12)



Can a young reader tolerate a tale of abuse, neglect, disability, hunger, homelessness, with a hint of prostitution--and oh, yes, a world war?

Ada, age 10, was born in London with a club foot. Her mother doesn't have the money to treat it--and probably wouldn't care to, even if she did. Instead, she locks Ada up in their one-room flat, starves and torments her. Ada's only other human contact is with her younger brother, Jamie.

But war has arrived, and the bombing of London has begun. Children are evacuated to the countryside. Ada and Jamie manage to get away and board a train with the other refugees.

They end up in Kent at the home of Susan Smith, a somewhat reluctant host. With food, kindness, and medical treatment, the children begin to recover. Ada gets help with her foot. She bonds with Susan's horse and begins to learn the skills of horse care.

Then their cruel mother shows up.

The book is subtly controversial. Susan is mourning the death of her long-term partner. An adult reader will realize this as a same-sex relationship and catch on that community and church had ostracized the couple.

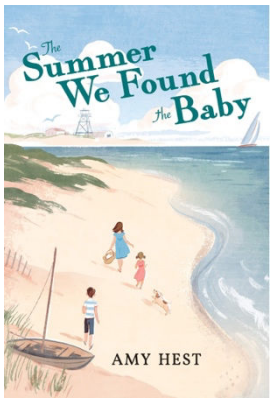
But will young readers read as an adult does? Does the book normalize same-sex relationships? Does the book seed disaffection from organized religion? Some commenters think so.

The book, oddly, contains one inappropriate word, just one. The mother calls Susan a number of insulting names, including “slut.”

That single, fairly mild word turns out to be enough to foment a call to ban the book—or at least not to buy it on Amazon. Did the author realize?

Amy Heist, *The Summer We Found the Baby* (2020, grades 3-6)

T
he title is intriguing. The story is interesting. And Eleanor Roosevelt appears as a character.



This book is told from the distinct points of view of three children, who are spending the summer on Belle beach, Long Island. In the world of these children loom two important events. World War II is raging, and a new children’s library is about to open.

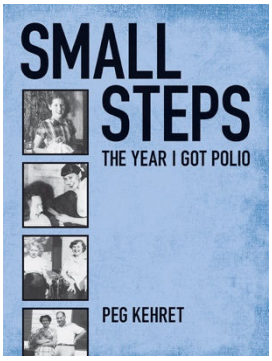
Then Julie, age 11, and her sister Martha, 6, find a baby in a basket on the beach. Their neighbor and friend (or former friend, for the time being) Bruno,12, spots the find on his way to the nearby military base.

These different points of view make for fine complications of understandings and misunderstandings. For example, there was a note of explanation in the baby’s basket, but Bruno has taken the note. The baby is a mystery.

As a mother and grandmother, I found the baby herself a bit of a mystery. What baby, particularly an abandoned one, is that quiet, happy, and undemanding?

Peg Kehret, *Small Steps: The Year I got Polio* (1996, grades 5-8)

The year that Peg got polio is 1949. But, oh, is this book relevant today!

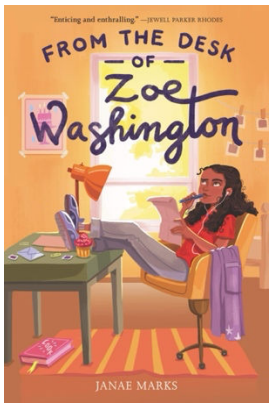


Young readers may not know what an iron lung is nor immediately guess why Peg names her wheelchair "Silver." (She's been listening to the Lone Ranger call out "Hi Ho, Silver, away!" on a radio, along with her hospital companion, a boy in an iron lung.)

In this day of vaccinations, will readers ever have seen anyone paralyzed from polio? I have, and I'm sure most everyone in an older generation has. But I have never seen anyone with small pox scars, although I expect my grandparents would have.

Still, here we are in age of epidemic and contagion. This is a memoir on how a strong and funny girl dealt with the epidemic of her time.

Janae Marks, From the Desk of Zoe Washington (2020, ages 8-12)



Zoe is growing up in a happy mixed-race family. (People occasionally stare when she's out with her white stepfather.) She's an accomplished and ardent baker. She hopes to qualify in a television contest for young bakers.

Then, on her twelfth birthday, she finds a letter from her biological father. He is serving a life sentence in prison as a convicted murderer. She defies her parents by corresponding with him--and investigating the murder case. Will she find out that he was wrongfully convicted? Can she right an injustice?

During her investigation, she will be exposed to hard truths about racial disparities in the judicial system.

Here's what disturbed me: Despite Zoe's first-person point of view, I related to her mother, stepfather, and particularly to her grandmother (who awkwardly attempts to mediate).

In her investigation, Zoe lies to her parents. She keeps major secrets from them. She goes places without their knowledge. She gets into a car with a stranger.

There seems to be a fine line between an independent, strong protagonist and a dangerously disobedient child.

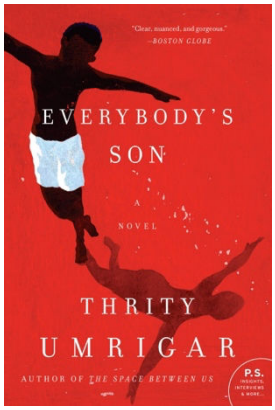
Margaret Kenda is a retired author who lives in Sudbury, Massachusetts, USA. She recently celebrated 58 years of marriage with her husband Bill. They have three children and three grandchildren. Get in touch at margaretkenda@aol.com.

Thanks to our usual contributor, Louise Cox, for asking Margaret to substitute for her as she recovers from a challenge that hampers her typing. Get well, Louise!

You Might Like to Read...

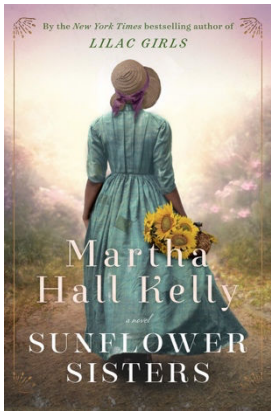
by Mary Gisch
Send Mary your suggestions at Giscmary2@gmail.com

Everybody's Son, 2017, by Thrity Umrigar



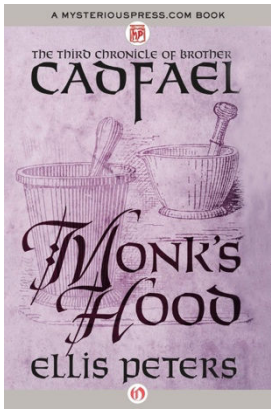
It opens with, "On the seventh day, the boy broke the window." His mother had not returned, he was without food, in a sealed project apartment. David, a government official, and his wife foster a seven-year-old black boy abandoned by his crack addicted mother. Love grows and so does talented Anton. This novel addresses a kind deed. But how did it happen?

Sunflower Sisters, 2021, by Martha Hall Kelly



This stirring historical novel shares letters from the Civil War and much research about the Woolsey family. Three women tell their stories: Georgie Woolsey is an active abolitionist who wants to be a nurse. Anne-Mae is the self-absorbed owner of a plantation she inherited. Jemma is more literate than her owner Anne-Mae. Thank you, Andi LaMar for suggesting this fascinating look into their lives.

Monk's Hood: The Third Chronicle of Brother Cadfael, 1980, by Ellis Peters



Even though Brother Cadfael is wise to the ways of the world, he finds himself in a quandary. Who stole the monk's hood poisonous oil from his herbalist workshop? The wife of the deceased is the woman he loved before he became a knight and then a brother. This charming, medieval mystery takes place during the Civil War of England and Wales. It is the winner of a Silver Dagger Award.

Hawaiki Rising: Hokule'a, Nainous Thompson, and the Hawaiian Renaissance, 2019, by Sam Low

This book tells the happenings in 1975 of Hawaiian fishermen who wanted to find their way across the Pacific to the Polynesian Islands without charts and instruments. They worried their indigenous culture was disappearing. They wanted to prove the Kon Tiki voyage of Thor Heyerdahl from South America was wrong. They believed the Polynesians found the Hawaiian Islands on their voyages. They started to build the storied double canoe. They studied the stars, the winds, and the ocean swells. They dreamed her, built her, sailed her and navigated her to the Polynesian islands! It is intriguing to read of the courage and determination of the voyagers of mixed races, mixed ages, male, and female.

The Significance of World Breastfeeding Week for Friends of LLL

by Randee Kaitcer, Social Media Director

Innocenti Declaration
on the Protection, Promotion and Support of Breastfeeding

"As a global goal for optimal maternal and child health and nutrition, all women should be enabled to practice exclusive breastfeeding and all infants should be fed exclusively on breastmilk from birth to 4-6 months of age. Thereafter, children should continue to be breastfed, while receiving appropriate and adequate complementary foods, for up to two years of age or beyond."

Developed and adopted by 32 governments and 10 UN agencies on 1 August 1990

In 1990 the Innocenti Declaration on the Protection, Promotion and Support of Breastfeeding set an international agenda with ambitious targets for action. World Breastfeeding Week (WBW) honors the 1 August 1990 signing of the Innocenti Declaration by government policymakers, the World Health Organization (WHO), United Nations Children's Fund (UNICEF) and other international organizations, in Florence, Italy. It was co-sponsored by the United States Agency for International Development (A.I.D.) and the Swedish International Development Authority (SIDA). The document helped pave the way for breastfeeding promotion, support, education, research, progressive trends and normalizing breastfeeding as the gold standard for infant nutrition worldwide.

WBW is observed annually on 1-7 August and represents a global focus on breastfeeding efforts. The inaugural World Breastfeeding Week was in August 1992 with the focus of Baby Friendly Hospital Initiative (BFHI). The BFHI provided hospitals with a framework to help mothers and babies form positive breastfeeding habits right from birth, to set them up for a long-term breastfeeding relationship. Since 2016, WBW is aligned with the United Nations' 17 Sustainable Development Goals (SDGs), a call for action by all countries to promote prosperity while protecting the planet. The goals recognize that ending poverty must go together with strategies to help build economic growth and address a range of social needs, while tackling climate change and environmental protection.

This year, the theme for WBW is “Protect Breastfeeding: A Shared Responsibility.” The theme highlights the links between breastfeeding and survival, health, and wellbeing of women, children, and nations.

According to the World Alliance for Breastfeeding Action (WABA), breastfeeding must be considered a public health issue that requires investment at all levels. The concept of ‘building back better’ after the COVID 19 pandemic will afford an opportunity to create a warm chain of support for breastfeeding, which places the mother-baby dyad at the center and links different actors across the health, community and workplace sectors. These stakeholders will provide a continuum of care during the first 1000 days and help build an enabling environment for breastfeeding, protecting against industry influence.

As usual, La Leche League International (LLLI) was right there when it all started. Founder Marian Tompson remembers, “LLL celebrated breastfeeding yearly before the World Walk (it might have been with UNICEF) came about. It became clear to us that we, LLL, were making a difference when anti breastfeeding stories, (i.e., baby killed by the drugs in her mother's breastmilk) started appearing regularly in newspapers around the date of our breastfeeding celebration.”

Betty L. Staley Crase, now in California, served on staff at LLLI Headquarters in Franklin Park, Illinois, as the Center for Breastfeeding Information (CBI) Director. Betty shares, “The first World Walk for Breastfeeding was in 1992, following the founding of the World Alliance for Breastfeeding Action (WABA), in 1991 at UNICEF House in New York City. (Founder) Betty Wagner and I were there on behalf of LLLI at a meeting convened by UNICEF Director, James Grant. It still stands as one of the most amazing experiences I had.”

Betty also worked in the reference library in Franklin Park with Julie Stock for several years before the Capital Campaign allowed LLLI to buy the Meacham Road building in Schaumburg, Illinois. I feel quite fortunate to have been a young Leader around these smart, dedicated and accomplished women. We had an extraordinary Chapter!

More Breastfeeding Observances

The observances continue this month with Native Breastfeeding Week (8-14 August), and Black Breastfeeding Week: Revive. Restore. Reclaim. (25-31 August).

For the first time, with help from the U.S. Breastfeeding Committee, the third week of August 2021 will be national Asian American Native Hawaiian and Pacific Islander (AANHPI) Breastfeeding Week (15-21 August). The theme will be Reclaiming Our Tradition.

“While breastfeeding is traditionally a common practice in most Asian countries, Asian American women have been shown to introduce foods other than mother's milk to their infants earlier than any other ethnic group, according to a 2016 study. Lack of appropriate language and culturally humble lactation support, as well as aggressive infant formula marketing, are the two biggest barriers to breastfeeding in AANHPI communities. According to a 2020 WHO report, the incessant promotion of breastmilk substitutes is especially harmful to Pacific Islander families,” says To-wen Tseng, a journalist, author, and breastfeeding activist with the San Diego County Breastfeeding Coalition and a co-founder of the Asian and Pacific Islander (API) Breastfeeding Task Force.

Look for, Like and SHARE our Facebook posts honoring these important observances.

Finally, please use the following hashtags in your social media interactions: #WBW2021 #WABA #ProtectBreastfeeding #SharedResponsibility #breastfeeding #SDGs #worldbreastfeedingweek2021 #ProtectBreastfeedingaSharedResponsibility #protectbreastfeedingtogether #buildingbackbetter #warmchain4breastfeeding #breastfeeding4publichealth

Want to receive a mini-grant this year? Do This!

2020 Mini-Grant Report: Re+Births Workshop from LLL of Maine/New Hampshire USA

Based on a February report from Jen Rosenthal

I am excited to report that our first workshop with Re+Birth Equity Alliance was held February 27th. We opened it up to Alliance Leaders from around the country. I attached an email with more information that went out to Leaders about the workshop. We made the decision to set a low fee so that Leaders would feel invested and we could help bridge the gap between the costs of the workshops planned ($3,500) and the grant amount ($1,500).

At this time we are in the planning stages with our next workshop with Nekisha Killings, who is a LLL Leader, IBCLC, and Equity Consultant. The plan is to build on what is learned from Re+Births Workshop and relate it to the work we are doing with LLL. We are currently working to meet the gap in funding we have with that workshop, and so we were eager to see what attendance was for the first.

We have not yet spend the entire grant but part of it went as a deposit to for the ReBirth Equity Alliance workshop.

Friends of LLL hopes that we can contribute to many generations of healthy, happy babies with our mini-grants.

2020 Mini-Grant Report: Pennsylvania

Based on a February report from Melina Czymoniewicz-Klippel, PhD, CLC

The mini-grant team in State College, Pennsylvania had many activities planned, but had to pivot when they became unfeasible due to COVID restrictions. They proposed the following changes, which were accepted by our mini-grant team:

One of the main ways in which we feel we can be of best service to local Moms is supporting their access to hard copy and, in particular, E-Books on breastfeeding. To this end, updating our LLL library collection is critical. But more than this, we have also approached our local library, which services the entire County. The library staff are extremely supportive of our mission and have in fact proposed the creation of a special collection on breastfeeding, to be housed in the Children's Department ("Parent and Teacher Education" section). This idea is extremely exciting, as the library is centrally located in our community and highly utilized by many young families.

One of the LLL Israel YouTube videos funded by a Friends of LLL Mini-Grant.

2020 Mini-Grant Report: Breastfeeding Material in Arabic from LLL Israel

by Vered Leb, LLL Israel Inclusivity Committee

We are pleased to share with you some more progress on our project.

The current status is as follows:

- Thirteen translated articles have been uploaded to our website.
- Three recordings of articles are available on our YouTube channel and on our website.
- All the planned articles have been translated, and the last three articles are currently being edited.
- All payments to the translation company have been made.
- An Arabic speaker is currently planning the next recording session.
- We are working on raising awareness of this project in the Arabic-speaking audiences through relevant healthcare practitioners, mothers' groups, Arabic-speaking Facebook groups, Instagram public opinion leaders, and relevant organizations, as well as through La Leche League channels.

Following is a link to the Arabic language page on our website, so you can see our progress:
https://www.lllisrael.org.il/arabic/

And a link to our YouTube channel:
https://www.youtube.com/user/LaLecheIsrael

2021 Mini-Grants Applications Now Open!

Hearing about the progress of the projects funded by our 2020 Mini-Grants has been inspiring, so Friends of La Leche League has decided to accelerate our program. Rather than wait until 2022, we are doing another Mini-Grants program in 2021!

Do you have an idea for a special project and need seed money to get started? Friends of La Leche League is again offering Mini-grants of up to $2500 for as many as six individual projects. The reports above from the 2020 Mini-grants awardees give some ideas for projects. We welcome proposals for projects that connect and celebrate active and former LLL Leaders, support breastfeeding parents, fund breastfeeding education and research, or otherwise further the Friends of La Leche League mission: *to support La Leche League as a resource and inspiration for future generations, encourage lifelong connections with the LLL community, and share the insights and wisdom that began with the breastfeeding relationship.*

The deadline for completing our application is June 1, 2020, and projects need to be completed within nine months of the award. If you have any questions, please contact Paula Clay at FoLLLMiniGrants@gmail.com. The 2021 Mini-Grant Team – including Cathy Baldizon, Paula Clay, Anne Hutton, and Susan Lawrence – is so excited to hear about this year's proposals!

Transitions can be beautiful. Just think of sunsets!

Welcoming Deaths and Treasuring Lives

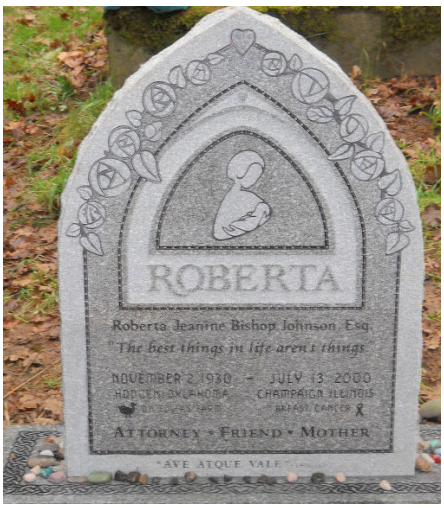
By Sue Ann Kendall, Publications Director

It's an interesting time for me, when it comes to life passages. While I'm fine and not going through a life change, I am privileged to know people who are heading toward the end of their time on this earth, as well as people who are honoring lives of loved ones whose spirits left before their bodies did. I've never been one of those people who feared death or worried about it much, but I have always been intrigued about the legacies our loved ones leave behind. So, I'm going to share some stories that have been causing me to think. Some readers who are mutual friends may be familiar with some of these, but I'm not naming names.

The Strong Spirits

My colleagues at La Leche League tend to be people of great fortitude and spiritual depth. My very first role model in living a good life while facing death was my mentor, Roberta Bishop Johnson, who shared many insights and nuggets while she dealt with breast cancer in the 1990s. She made sure she was participating in the lives of her friends, offering up

ideas, and sharing her love for her family right up until when she passed. That stuck with me. Her passion for LLL was so strong as well, even when she was a voice of dissent. I love that her grave marker has the Lisa logo on it.



Two of my other long-time LLL friends are nearing the ends of their journeys here with us, and both have been incredibly open about sharing their ups and downs, feelings about their bodies and what's happening to them, and coming to terms with the fact that things are winding down. I really appreciate their openness and willingness to share.

One friend, Stephanie Jordan (name and photo used with permission), I have been following along with from her roller derby days as Leche GaGa through many trials and triumphs as she stayed positive and focused on her long battle with breast cancer. How she stayed focused on love and light as she death with the loss of her husband to cancer while she was in treatment I'll never know, but she inspired me to do the same. Her unwavering dedication to her children and her generosity with her friends has been a true lesson in courage and honesty for all of us who are privileged to have known her.

Not everyone is up to doing this; I've known people who didn't share what was going on with them at all, which is a completely understandable option, but takes away their friends and families' ability to share life with them as fully as possible while they are here. But I get it; people don't want to appear to whine, to bring others down, or to share the painful details.

For me, learning about how these two women have made sure to do things they've always wanted to do, while they can (one married the love of her life, and Stephanie made sure to get in travel with her children, especially to the beach), how they carefully planned for things after they are gone, and how they enjoyed their friends and family to the fullest all contributed to making me much more comfortable with dying on your own terms. I'm not saying they are lucky, but they do have the luxury of knowing what is happening and being able to plan accordingly. I know my dad would have liked that chance, so much.

One thing that comforts me greatly about knowing I won't have these friends around much longer is that I know their spirits and legacies will remain. After Roberta passed away, I could still hear her tell me what she thought about what I was doing in my life. And I also still hear my dad (and tell him stuff; I can't help it). We will feel these generous friends with us for years.

Remembering the good times can be healing. Photo by @Varvarushka_NVP via Twenty20.

The Ones Whose Losses Happened before Death

Another set of friends I've learned a lot from in the past few weeks are two dear local friends whose mothers passed away recently, but had been gone in spirit since an Alzheimer's or dementia diagnosis. These women felt like they'd lost their parents long before they actually passed away.

One just had the memorial get-together with her extended family, and it was more of a nice gathering to share good memories and enjoy each other. The mourning had happened years ago, when they lost her personality, or essence, or something. The other friend seems to

have gone more into business mode, of taking care of details. She had been so kind to her mother, though, even with the difficulties of COVID. Who could blame her for feeling some relief and just wanting to move on to the next phase?

I feel a lot of sympathy for these people and their families. They're sad, yet relieved that their parents aren't dealing with confusion now (though, I know some people with dementia who are happy just as they are…it varies so much).

Takeaways

Watching all these events as a third party, not intimately involved like families are, has taught me some lessons, maybe not consciously. I think the reason I've gotten a second horse and plan to start lessons again is that I want to do these things while I still can. If I can't have fun now, when am I supposed to?

AND, as I've been telling myself for the last couple of years, I need to recommit to being with people who bring me joy and make my life pleasant, go places and do things that expand my mind, and take the time to find the fun in whatever I'm doing. I think that's the key to enjoying whatever time we have here in this life–enjoying where you are and who you are with NOW.

With love in my heart for my friends heading toward big transitions or recovering from them, I invite you all to do something fun with someone you care about.

[This article first appeared in a blog post on July 23, 2021 in a slightly different format.]

As you slog through life, remember to look up and notice the sun shining.

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.

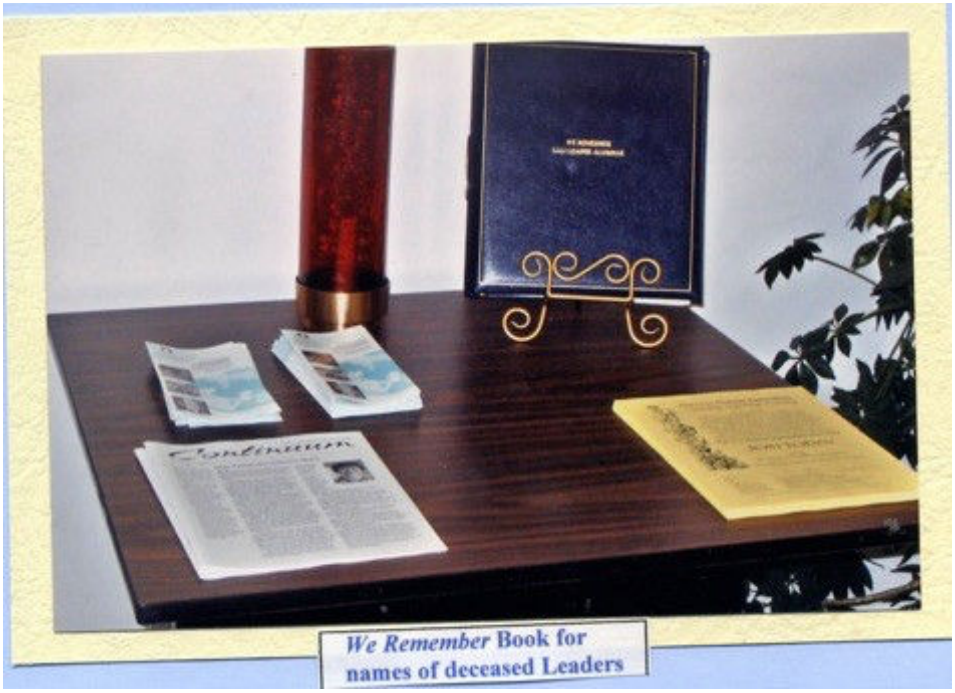
Throughout the history of La Leche League, we have connected to each other on a deep level across countries and cultures. Part of our mission as Friends of LLL is to keep connections strong as we remember and appreciate those who have died.

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.

Friends of LLL will present the We Remember ceremony during LLLI's virtual Conference, which will be held October 15-18. The ceremony is scheduled for 2 pm Eastern Time, and will repeat at 7 pm. Join us!

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

Susan Clarke ~ Quebec Canada
Carol Esposito ~ Illinois United States
Jane Timberlake Helwig ~ North Carolina United States
Mary Ann Makers ~ Wisconsin 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
Marilyn Schroeder ~ Ohio United States
Rebecca Anne "Becki" Smith ~ Texas 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 December 2022

Honoring **Terry Stafford,** Salt Spring Island, British Columbia, Canada
"With gratitude for all you have shared with your friends in LLL, from your books to Flat Terry to Wildwood School to meeting the man of your dreams … to sharing your journey with love and humor, right to the end of life. You'll be forever in my heart."
From **Sue Ann Kendall**, Cameron, Texas USA
8/4/2021 – 8/4/2022

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

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

Here's Rae Schopp, who facilitated our July Friends of LLL chat, with Marian Tompson on our trip to New Orleans in 2019.

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 2021 to Present:
Anonymous (2 donors)
Mary Gisch
Anne Hutton
Andrea LaMar

In-Kind Donation, 2021:
Jane Tuttle

Donate

Call for Articles

We hope all the celebrations and good news in this online *Continuum* have brightened your day. 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.