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Friends of La Leche League Board:

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President's Letter

Dear *|FNAME|*,

We've declared our Friends of LLL Board work to be an apology-free zone. That means no, "My apologies that I didn't finish…" on Zoom Board meetings; it means no "I'm sorry I missed the meeting…" on Board emails. It's amazing how often we start to say or write something apologetic as we work together.

In spite of that, I will go "counterculture" and apologize for this Continuum issue being late. I am personally sorry, especially since this issue's articles are outstanding and you've had to wait to read them.

You'll notice Judy Good appears in two articles! Judy was one of the many Leaders whose ripples spread far and wide. In October 2022 we mark the 66th anniversary of the first La Leche League meeting. We include an article on the history of Wilder Park, site of the picnic that sparked the idea of a breastfeeding support group and site of many events over the last 66 years. Friends of La Leche League celebrates 36 years in October also. That date recognizes when the LLLI Board signed the LLL Alumnae Association (our original name) into existence.

On behalf of the Board for Friends of LLL, we thank you all for how much you've given to the cause of breastfeeding and for making a difference in the lives of mothers and babies.

Warmly,
Gail

Happy 66th Anniversary La Leche League International!

LLLI History, Wilder Park, and LLL of Lombard, IL

By Katy Lebbing

"The idea for La Leche League started at a picnic." We have all heard or shared this in LLL meetings. Do you know the story behind the picnic?

In 1956, Founders Marian Tompson and Mary White were at a church family picnic at Wilder Park in Elmhurst, Illinois, USA. Women came up to Marian and

The History of Wilder Park

By Katy Lebbing

Around 1868, wealthy Chicagoans established country cottages and estates in what is now the Cottage Hill section of Elmhurst, Illinois. Seth Wadhams built an Italianate-style manor house and planted dozens of trees on what had previously been flat prairieland. When Mr. Wadhams died, the estate was inherited by Henry King. After Mr. King's

Mary that day, as the two breastfed their babies, and talked about how they were sad they hadn't had enough information or support from their doctors to breastfeed their babies.

Marian remembers it being so hot that day. She said she was nursing her fourth baby, Laurel, and had suspicions she was pregnant with her fifth. She had the idea that night, mulling over the womens' concerns at the picnic, to help other women with breastfeeding.

Marian told me she visited Mary White the next day, and they talked about the idea of helping other women to breastfeed. Mary said Marian should be president of the new organization because it was Marian's idea for what would later become La Leche League. Both Marian and Mary then called other friends to help with the project. Two became seven, and these seven Founders held a meeting to help a few women learn about breastfeeding, never knowing it would grow to be LLL International.

So why write an article about Wilder Park? The La Leche League Group closest to Wilder Park is our Group, La Leche League of Lombard, in Illinois. Our Group goes to Wilder Park all the time. It is a beautiful place!

During LLLI's 25th Anniversary Year, and its 50th Anniversary Year, commemorative LLLI picnic events were held at Wilder Park. Trees were planted

death, the ornate summer home and grounds went to his son Francis and his new wife Louisa. They made more renovations, added a second wing, and more estate gardens. Louisa King went on to become an established horticulturist, authored books, and organized garden clubs across the country. When the Kings moved in 1902, the estate was purchased by T.E. Wilder, and a large stable was added. When Wilder died, his descendants donated the property to the City of Elmhurst, IL. The Wilder Mansion eventually became the Elmhurst Public Library and the estate property became Wilder Park.

Wilder Park Today

Today Wilder Park encompasses one large city block and is managed by the Elmhurst Park District. There is a Conservatory that is open to the public with beautiful flower shows. There is a formal garden, and an area with a giant white tent set aside for outside weddings in the park. There are many large and small picnic areas. All the local LLL children have played in the beautiful playground area. The park still has the original Wilder Mansion. A few years ago a beautiful new Elmhurst Public Library was built at the northwest part of the park, and so the Wilder Mansion was remodeled from the local library to an event venue. Many indoor weddings and other events are now held in the Wilder Mansion. The Elmhurst Art Museum is on the northwest corner of the property.

with plaques telling the history of LLL, and remembering different people and groups. A La Leche League bench, and a large plaque telling the history of LLL, were placed by the Wilder Mansion for our 25th Anniversary.

Marian Tompson's children planted a tree, and placed a plaque by her tree, for LLL's 50th Anniversary. That plaque says:

To Marian Tompson (8-06)
Thanks for the LLLove you have given to us and to the world.
Your 7 Children

LLL of Lombard had our combination celebration for Live, Love, Latch! event, and LLL's 60th Anniversary, at another picnic in Wilder Park where over 100 local LLL friends gathered – including Marian Tompson.

(**Note:** LLL Leader Charlene Lee-Freislinger is a talented artist. She had a whole room devoted to her work for a month-long single artist show at the Elmhurst Art Museum!) Elmhurst University is across the street, and the Elmhurst History Museum is just a short distance away, and shares a lot of Wilder Park history on its website.

Please come and visit Wilder Park!

We encourage you to come and visit Wilder Park in Elmhurst, Illinois when you are anywhere near Chicago. We would love to give you a personal tour of this historical LLL place.

LLL Founders seated in Wilder Park for LLL's 50th Anniversary. They are around the giant LLLI plaque that explains the history of LLLI. That plaque was placed at Wilder Park during LLL's 25th Anniversary. Picture taken by Mitzvah Photography/LLL Leader Annette Leibovitz.

LLL Leaders and LLLI Staff Members with Marian Tompson in Wilder Park. Pictured left to right: Sally Murphy, Marian Tompson, Judy Torgus, and Rebecca Magalhaes.

LLL Leader Fran Dereszynski visited Wilder Park and is pictured by the LLLI Historical Plaque near the Wilder Mansion.

The most recent visitor who got a tour by Katy Lebbing: LLL Leader Janine Pinkham from New Zealand.

The Present: LLL of Lombard, IL, USA

by Katy Lebbing, LLL Leader, LLL of Lombard IL USA (western suburb of Chicago)

Top left: LLL of Lombard IL Leaders in 2017 with Marian Tompson at Wilder Park for LLL's 60th Anniversary Year Picnic. Pictured left to right: Katy Lebbing, Emily Smeltzer, Megan Nunziato, Denise Karhoff King, Marian Tompson, and Gabi Reczek.
Four more Leaders were accredited in LLL of Lombard since that 60th Anniversary Picnic: Heather Woods, Sonrisa Parker, Jessica Ewald, and Erin Stisser.
Top right: LLL of Lombard Leader Jessica Ewald with her husband and children.
Jessica is a 2nd generation Leader. Her mom was LLL Leader Kathy Baker. Jessica just opened another LLL of Lombard meeting in nearby Wheaton, IL. Now we have two meetings per month.Thanks for your work with that, Jessica!
Bottom left: LLL of Lombard Leader Sonrisa Parker. Sonrisa led our virtual LLL meetings during the pandemic. She is an IBCLC also. Sonrisa, thank you so much for leading our virtual meetings!
Bottom right: LLL of Lombard Leader, Heather Woods, with her newborn baby and older children. Note: Heather is a retired Marine, with two tours in Afghanistan. Thank you for your service, Heather!

Erin Stisser is the newest Leader. She Is the mother of 9 year old triplet daughters and a three year old daughter who is now nursing. What an asset she will be to LLL! Erin also recently started working at the local WIC office as a Peer Counselor.

The Future!

LLL of Lombard Leader Katy Lebbing's grandchildren playing in Wilder Park by Marian Tompson's tree and plaque.

"I'm not completely sure I'd have a writing career if it weren't for La Leche League."

A conversation with author and retired LLL Leader, Susan Elizabeth Phillips

By Susan Mocsny Thomas

As a young mother and new La Leche League Leader in Southern California in the 1980s, I remember hearing about a Leader who was writing novels and becoming well known. I began picking them up at the library and found them fun to read during the short periods of time I had as the primary caregiver of young children! Her name is Susan Elizabeth Phillips, and many of you have also enjoyed her books over these years.

Not long ago, we on the Friends of LLL Board were discussing topics for *Continuum*. I mentioned Susan Elizabeth Phillips and that I would try to contact her for an interview.

I was able to reach her via email and she agreed to do a Zoom interview. Though we'd never met, we had a memory filled conversation. As many of us have noticed, having common bonds of birthing, breastfeeding, and LLL can often make it seem like we are lifelong friends.

When I asked how she thought becoming a mother, breastfeeding and being a La Leche League Leader influenced her writing, Susan replied, "I'm not completely sure I'd have a writing career if it weren't for La Leche League." She then went on to tell the story of her involvement in LLL of Ohio.

She joined La Leche League in 1973 in Columbus, Ohio, and she said, "I don't know if you remember Judy Good? I just loved her when I met her." Susan became Judy's "unpaid admin" organizing her files, handling her correspondence and then helping to coordinate Area Conferences. Susan detailed, "We started having these conferences in Ohio. At that point they were pretty big. You could have a lot of mothers and babies there but it was sort of a free for all. Every group that was trying to organize a conference was doing it without a lot of help or a handbook or anything like that."

Judy turned over conference planning to Susan, appointing her as the Ohio Conference Chair. Susan immediately wrote a handbook on conference planning for Ohio. Other

Areas adopted it, and Susan became the first Conference Director for the Eastern United States (EUS.) She also began a newsletter for Area Conference Chairs in the EUS. All the correspondence was typewritten and sent out by mail. There was no budget for phone calls. Susan recalled," A lot of the time I'd be typing one handed and breastfeeding while I was doing it."

Talking about her experiences with birthing and breastfeeding, Susan shared, "I think the 1970s were a really exciting time for La Leche League and an exciting time for the women's movement. Those of us who were having babies in the 1970s know what a struggle it was to have the kind of birth experience we wanted and to breastfeed our children as we wanted to. I tell these stories now to young mothers and they're incredulous."

"One of my favorite ones that always make them drop their jaw is when our oldest son was six weeks old (December 1973), and I took him in for his six-week checkup. I was just a first-time, nervous, tense mother. The pediatrician--and I was told that he was the most breastfeeding friendly pediatrician--told me that I needed to get him on rice cereal. And I told him I didn't want to, I just wanted to keep breastfeeding him. And the pediatrician said to me, 'What's the matter, are you afraid it will make you less of a woman?' I remember crying all the way home, but thanks to La Leche League, I also sat down and I fired him by letter and wrote a detailed letter about why I was firing him and of course, I cited all the references we had through La Leche League."

"Younger mothers now cannot believe what we had to go through to get a better childbirth experience in the hospitals. I remember in New Jersey with my second one lobbying the hospital to keep the baby in the room with me. How traumatic that was. Those of us who are older have a lot of institutional memory. It was a very interesting time."

"I got in the habit of writing every day, and I think that was huge when I made my progression into starting to write fiction. I just slid from doing all the writing for La Leche League into working on fiction. The writing crowded out the La Leche League work, my boys were getting older, and that was when I stepped aside. I have wonderful memories [of La Leche League], got to know so many really, really wonderful women, and I still miss Judy Good. I have some contact now with her daughters."

Susan started writing her first book in 1980, when her sons were six and three years old. Her first solo book was published in 1984. She co-authored a book under a pseudonym in 1983. She dedicated her book, Heaven, Texas, published in 1995, to La Leche League.

When asked about author friends, Susan shared, "Diana Gabaldon is a wonderful, wonderful writer. She and I have known each other since right when the first *Outlander* book came out. She is just amazing…We have a whole group of authors that I'm just dear, dear friends with. Because when you're part of any profession, you're looking for wonderful women who are part of that profession that you can share experiences with. I'm very good friends with Jayne Ann Krentz, who also writes as Amanda Quick, with the great Kristin Hannah, (I've known Kristin since she was a baby writer), Christina Dodd, Robyn Carr, who has the Virgin River series on television right now, Kristan Higgins, I mean, I have a lot of longstanding friends who are writers."

"I don't have a writers' group. If I get stuck on something I might call one of them and do what my husband calls "broadcasting" where you just talk and get feedback. We're always there for each other with something like that. It's much more fun to help a friend when they've got a plot problem than when you've got a plot problem."

Susan's writing has garnered her many awards. She is the only four-time winner of the Favorite Book of the Year Award from the Romance Writers Association (RWA). In 2001, she was inducted into the Romance Writers' Hall of Fame and in 2006, Susan received the Lifetime Achievement Award from the RWA. Much like LLLI, she has fans internationally, with her books published in more than thirty languages.

The first book she remembers making her cry was by Dale Evans Rogers, about her daughter with Down Syndrome. "Remember Dale Evans? Dale Evans and Roy Rogers? She wrote a book called Angel Unaware. I was very young when I read it; I might have been fourth grade or so. And I read it again and again and again and I cried every time through. I hadn't thought about that in a long time."

As for the nitty gritty of writing books, Susan says that she spends two to three hours weekday mornings writing and one to two hours on the weekends. When asked about her inspiration to write, she said, "Show up! If I waited for inspirations, I'd write ten days out of the year. The only way I get inspired is to put my seat in the chair and struggle through it until the lightbulb goes off."

She also says to aspiring writers, “Don’t think about it, talk about it. Just do it. And give yourself permission to write the worse, most miserable, most awful, most ridiculous rough draft in history. You can fix it later!”

Regarding character development, Susan had the following comment, “I always say that it takes me about nine months to understand a character. I always laugh at that because it seems like a very symbolic number.”

Of course, referring to the dreaded writer’s block, Susan states the way she deals with it is, “Butt in the chair. Yellow pad, instead of computer in my lap. Stream of consciousness writing such as, ‘I have no ideas how to fix this. I am miserable. I can’t think of anything…’ I go on that way for a while and then some stupid idea comes to me. And then a better idea. And then a better idea. I go through this a couple of days a month. It’s miserable but part of my process.”

Susan is known for several book series; however, she says that she “works really hard to make each book a stand-alone” and that they do not be read in any order. Many of her books are not parts of series. Many of us will find it interesting that one of these, Dance Away with Me, features a midwife as the main character.

She shared the philosophy of her writing, “My books have a certain ethic behind them and I think it’s pretty evident. You know you’re going to get a happy ending and you’re not going to be depressed when you’re done with one of my books. I want to throw love and light and those things out into the world. The books always are about family and community and friendships and all the bonds that hold us together.”

Susan and her husband Bill live in Naperville, Illinois, in the greater Chicago area, spending their winters in Carlsbad, California. Besides three grown sons, they have four grandchildren.

You can follow Susan on her **website**, on Goodreads, and at her Facebook page: Susan Elizabeth Phillips; there is an additional Facebook group: The Seppies (Susan Elizabeth Phillips fans.) She is on Instagram as sepauthor.

How did being an LLL Leader affect your writing career?

What was it like as a new Mom in the 1970's?

Do you remember the first book that made you cry?

"...the bonds that hold us together."

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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]

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|FNAME| *|LNAME|*, your membership expiration date is *|MMERGE5|*.

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

Discovering La Leche League with Judy Good as my Guide

By Judy Sanders

As a college undergraduate, I enrolled in human physiology and was fascinated to learn of the delicate dance of hormones that supervises pregnancy, labor, birth, and lactation. “Hey,” I thought, “I’ll bet nursing your baby is the reward for going through the previous nine months.” I decided I would nurse my babies. I didn’t want to miss that reward by lopping that hormonal journey short.

Rick was born in 1959, Dave in 1960. I tried and tried to nurse Rick; I know now that engorgement, coupled with thrush, could have been overcome, but my medical provider believed that breastfeeding was nice if you could do it, (meaning many women can’t) and he had no practical advice for me. Devastated, I stopped trying. After my second son was born, I stood in my kitchen, milk dripping from my breasts, afraid to try to nurse him, due to the grief I experienced when I stopped nursing my first baby. I just couldn’t face that anguish again. So I didn’t try.

Within a year or so I read an article about breastfeeding and it mentioned La Leche League. “I’ll bet these mothers could have helped me nurse my babies,” I thought, and kept the paragraph with LLL’s information in my stationery box.

My third baby, Kathleen was born in 1964, at Lockbourne Air Force Base near Columbus, Ohio. I had met two mothers who had nursed their babies for several months, which was encouraging. I was determined. Unfortunately, during several moves, I had lost the little slip of paper in my stationery box. I had sore nipples. The advice I got from the Air Force doctor was wean the baby because she and I would get sick if I continued. I felt like someone was taking my baby away from me. I could not stop. I called my sister in Seattle and asked her to check with her OB about what to do about sore nipples. She called with his advice to apply Mammol cream, which I did. I kept nursing with my teeth gritted and it got better! As I nursed Kathleen in the rocking chair, I felt that this was what I was meant for, that this was what I had been waiting for all along.

I had my six-week postpartum check and the Air Force doctor dismissed a physical concern of mine as unimportant. I was sure it was not normal so I made an appointment with Dr. Fernald, an OB I found in the Columbus yellow pages. I sat in his office before my exam as he asked routine questions, and then he asked if I was breastfeeding or bottle feeding. I said, “Breastfeeding! And I feel like I invented it!” I told him that years before I heard of an organization with a funny name that helps women with nursing and I wanted to find them. He smiled, opened his desk drawer, and pulled out a slim leaflet. It was the brochure of La Leche League of Ohio. There were about eight names of LLL Leaders on the back page.

When I got home from the doctor’s appointment, I called the first name on the list, Mary Patterson. I learned that after we hung up, she immediately called Judy Good, whose name was also on the list. Mary told Judy she had just talked with a young mother at the Air Force base and, “She’s hooked but she doesn’t know it yet.”

I talked with Mary almost daily, asking questions and enthusiastically sharing my happy journey of self-discovery. She ventured that I likely had started solids and I had, but thought it was kind of silly because the carrots and other food came out just as they went in. Mary explained about iron and when babies would likely need it. I stopped the solids that day. My baby thrived.

When Kathleen was about two months old, I told Mary that she was staying awake longer and then crying before she went back to sleep. Mary said, “Nurse her to sleep.” This hit me like a sign from the heavens: It’s all right to love your baby that much. I hadn’t known that it was not only all right but the best thing for both mother and baby to be aware of the baby’s needs and to respond to them. It sounds so simple and basic now. I now had permission to respect my baby’s needs, whatever they were, whether they fit into what was considered normal or not. My life, and that of my family’s, headed into a new direction that day.

I went to my first La Leche League meeting a few weeks later at Judy Good’s home. Wow! Such relaxing mother-to-mother sharing! There were babies--some as old as a year, for Heaven’s sake--nursing and enjoying other babies and their mothers.
Judy was a lovely hostess and a clear example of a mother of a large family who thrives on it. What a gift to be in her warm family home. An example of her child-centered philosophy were the words in Spanish taped to items around the room to aid one of her children who was learning Spanish. That evening, some 50-plus years ago, I started to absorb the essence of “League philosophy” from her. Love freely given, the value of tuning into a child’s needs, and the joy in meeting those needs, honoring the wisdom of one’s body, honoring the unique qualities of each child, trusting your instincts, and opening up opportunities for a woman to discover more of her essence; her unique self, and her strengths.

Over the years, I stayed active in LLL. Through my time on the Board of Directors of LLLI, I continued to connect with Judy and continued to learn from her. I doubt she realized how many practical parenting tips she imparted to those of us whose children were younger than hers. I was thirsty for information on how to make my way through the challenges ahead.

I am so grateful that Dr. Fernald pulled that leaflet out from his desk drawer that day! My mother used to say, “Just grab hold of a string; you never know where it will lead you.” That brochure led me to Judy Good and led our family to a way of living that was right for us, that we had been leaning toward already.

La Leche League is rich with wise, loving women who enjoy helping women, at one of the most vulnerable and unsure times in their lives, to embrace motherhood with confidence. Women like Judy Good. Her influence continues today through La Leche League Leaders and in my family as well. My first baby, Rick, is now over 60 years old and a grandpa himself. So many of those six decades are now a blur, but my memory of that first League meeting is clear as a bell. I can still feel the loving atmosphere of Judy's home and see her smile.

Leader Pins Recognize Years of Service and More

Our beautiful Friends of La Leche League pins, which feature our logo and our motto, "A Lifelong Connection," are available for you.. You can have one of your own, or one to give as gifts. Order today!

The Friends of La Leche League is 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.

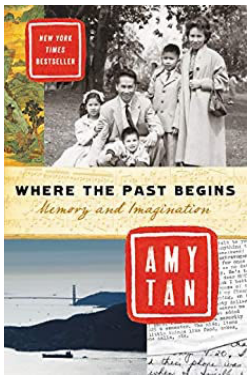
It's easier than ever to order pins! Please visit our pins page to order.

You Might Like to Read...

by Mary Gisch

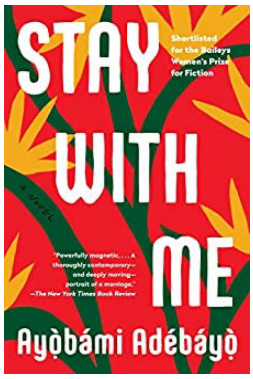
Send Mary your suggestions at Giscmary2@gmail.com

Where the Past Begins, A Writer's Memoir, 2017, by Amy Tan



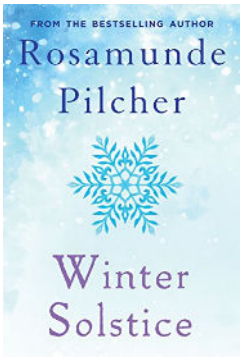
Interestingly this autobiography is not in linear style. Tan chose to share some of her writings, muses, and notes to her publisher, with photos and her family's history. She shares her vivid memories as a daughter of Chinese immigrants with mysteries in their past. She reaches back in her memory to understand herself and them in her captivating novels.

Stay with Me, 2017, by Ayobami Adebayo



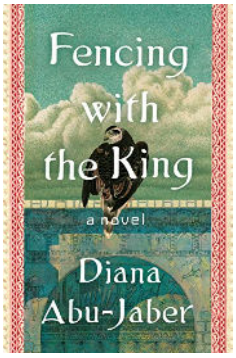
This Nigerian novel, covering 1985 to 2008, tells the story of a loving husband and wife, Akin and Yejide, who met at University. They have decided not to accept cultural polygamy in their marriage. After four years and no baby, Akin's mother forces him to accept a second wife. Each tells his/her story, a chapter at time. *Nature and customs collide...powerful.*

Winter Solstice, 2000, by Rosamunde Pilcher



Elfrida retires to a quaint village in Hampshire, England. She is quickly befriended by the villagers. One couple especially makes her a member of their family. Due to a terrible accident, grieving Oscar is alone. He asks Elfrida to come at Christmas to an estate in Scotland, which he partially owns. Her lonely relatives come for Christmas, too. *Uplifting novel, rugged Scottish landscapes.*

Fencing With the King, 2022 by Diana Abu-Jaber



Amani, an American poet, finds a scrap of blue paper with poetry by her grandmother. At the same time her father, Gabe, is invited to return to Jordan for a fencing match with the King for his sixtieth birthday. His brother Hafez, an advisor to King H, says the King wants his former partner, Gabe. Amani finds falconry, a sumptuous palace, and her family roots. *Engaging novel!*

Many thanks to Mary Gisch, who has faithfully sent us her helpful and varied book reviews for so long. We salute you, Mary!

In the rustling of the leaves and in the beauty of autumn, we remember them.

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.

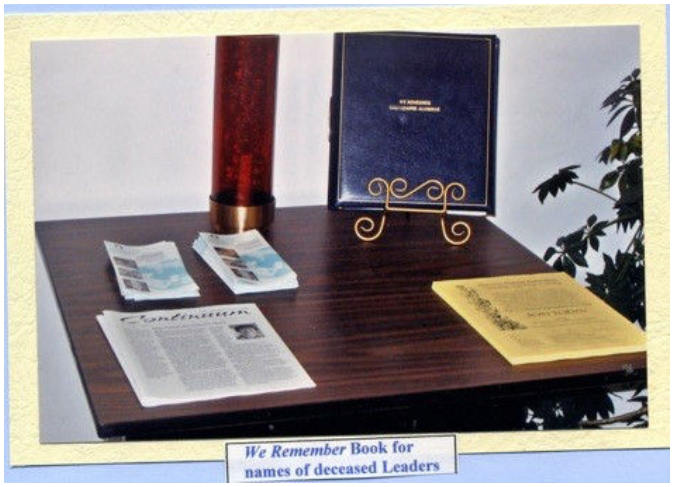
Throughout the history of La Leche League, we have connected to each other on a deep level across countries and cultures. Part of our mission as Friends of LLL is to keep connections strong as we remember and appreciate those who have died.

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.

From January to September 2022, we heard of the passing of these Leaders:

Judith M. "Judy" Adamek ~ Ohio United States
Christine Jill "Jill" Allan ~ New Zealand
Tracey Ashworth-Graham ~ New Zealand
Mary Ann Bessman ~ Georgia United States
Jacqueline Bolander ~ Michigan United States
Janet Burtt ~ Pennsylvania United States
Barbara Clem ~ Iowa United States
Margaret "Peggy" Brooks Legault ~ Quebec Canada
Lynette "Lyn" Polwart ~ New Zealand
Mary Seagrove ~ Texas United States
Gonneke Van Veldhuizen-Staas ~ Germany

The We Remember book and candle as they once were displayed at the LLLI offices in Schaumburg, Illinois.
Susan Mocsny Thomas now keeps the two books in safekeeping and maintains the calligraphy listing at her home.



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 2023

Honoring **Trish Hamilton**, Austin, Texas USA
"ACLA served in 1975-1977, a treasured friend"
From **Ellen Goodrich King**, Houston, Texas USA
8/27/2022 – 8/27/2023

In Memory of **Janet Burtt**
"Long-time Leader with LLL of Canonsburg-Houston in PA-West, Area Conference planner extraordinaire, and dear friend and co-Leader"
From **LLL of Canonsburg-Cecil**, Pennsylvania USA
8/1/2022 – 8/1/2023

Tributes through March 2023

Honoring the following:
Carroll Beckham
Sue Christensen
Paula Clay
Fran Dereszynski
Nancy Franklin

Susan Geil
Patti Hope
Anne Hutton
Janet Jendron
Sue Ann Kendall
Kate Kerr
Randee Kaitcer
Mary Ann Kerwin
Ellen Goodrich King
Gayle McLean
Gail Moak
Pam Oselka
Kathy Parkes
Sandy Patton
Penny Piercy
Nancy Sherwood
Evy Simon
Sue Steilen
Susan Mocsny Thomas
Marilyn Thompson
Marian Tompson
Judy Torgus
Alice Ziring
"With deep gratitude for their friendship and for their dedication to mothers and babies, I extend tributes to these Friends and Alumnae. It's been my good fortune to work alongside these and other exceptional women with the LLL Alumnae Association and the Friends of La Leche League. Indeed, my life is richer for having known them."
From **Edna Kelly**, Houston, Texas USA
2/3/2022 – 2/3/2023

Tributes through December 2022

Honoring **Terry Stafford,** Salt Spring Island, British Columbia, Canada
"Terry Stafford's Power-Surge Friends treasure and honor her memory, and her love and service to children, families, and LLL."
From **Power-Surge Friends**
10/11/2021 – 10/11/2022

Honoring **Terry Stafford,** Salt Spring Island, British Columbia, Canada
"In loving memory of my friend."
From **Carroll Beckham**, Pine Knoll Shores, North Carolina USA
9/7/2021 – 9/7/2022

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

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 from April 2022 to Present:

Anonymous (3 donors)
Judie Gubala
Anne Hutton
Margaret Loffelman
Merike Tamm
Marianne Vakiener

In-Kind Donations from April 2022 to Present:

Penny Piercy

We published our annual report recently and emailed it to you. Please let us know if you would like it and have not received it.

Donate

After reading this issue and getting inspired by all the activities and ideas you read about, please be sure to visit our website! You can easily renew your recently expired membership, make a tribute, buy some of our beautiful pins, watch video interviews of Leaders who've contributed to the Friends, 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.

Call for Articles

We hope all the 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 us 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! We have editors on board! Send us whatever you have, and it will be just fine.

Coming Attractions

The next issue of *Continuum* will be published in December 2022. We're excited to include an interview with a Canadian Leader, updates from several recipients of our 2022 Mini-Grants, and to introduce a new Editor for *Continuum*. We are grateful that *Continuum* continues as a way to share information and memories and connect with Friends of La Leche League members.

2022 Mini-Grant Team Members Anne Hutton and Paula Clay enjoy fall foliage in Colorado.