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Welcome to Our New Editor

Trying to fill the shoes of former *Continuum* Editor Sue Ann Kendall has been a bit of a struggle. As a team, the Friends Board pulled together two issues, although these took longer to publish than we would have liked. The Board realizes that the job of editing *as well* as formatting and sending out *Continuum* was overwhelming for one person. Therefore, we decided to divide the position into two: one a more traditional editor role and one for the more technical role. We are looking for someone to take on the technical/ formatting/publishing role. It would be helpful to be comfortable with MailChimp or similar systems.

Going forward, Susan Mocsny Thomas has volunteered to serve as the *Continuum* Editor. Susan will work with contributors and accept submissions, edit content, and oversee the look and feel of the issues. Thank you Susan!

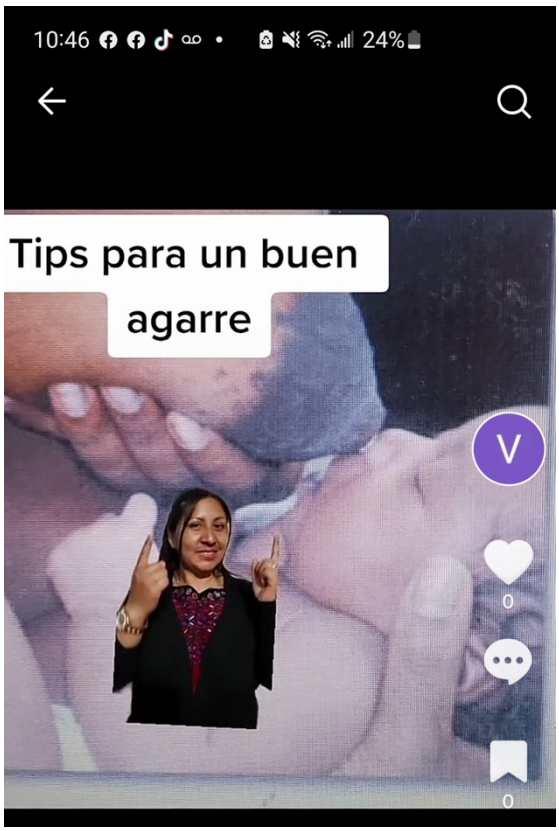
Volunteer Opportunity

As editor, Susan welcomes volunteers to write for *Continuum*, visual artists to share photographs and and graphics, and anyone who wishes to help with online formatting. *Continuum* is a collaborative newsletter, and we welcome input from anyone in the Friends of LLL community. Please consider volunteering and contact Publications@FriendsofLLL.org to discuss opportunities.

2022 Mini-Grants Updates

By Paula Clay, 2022 Mini-Grants Team

In July 2022, the Alameda County Latina Chicana (LatCH) Breastfeeding Task Force Lactation project was in full production of breastfeeding videos for TikTok. Scripts are being prepared in English, Spanish, and Mam languages. We look forward to viewing the final products.



We have received an interim and final report from Crystal Clark Douglas, PhD, RD, from the University of Texas Medical Branch (UTMB) in Galveston, Texas. They have developed four breastfeeding education modules with hands-on learning activities, as well as testing modules to assess the effectiveness of the training for students in Registered Dietitian programs. The initial proposal to be

implemented at UTMB and Louisiana Tech University (La Tech) was expanded to include the University of Central Arkansas (UCA)! Training and assessment was completed at UTMB and UCA, and will begin at La Tech in November 2022. We look forward to a report on the outcomes of the training sessions, recognizing that well-informed dietitians are uniquely positioned to promote breastfeeding to new mothers and babies.

Cecila Göbl reports that Mini-Grant funds were used to pay a sign language interpreter to attend the LLL Austria regional meet-up and educational events, allowing her, a deaf Leader Applicant, to participate. She writes "It was lovely to meet LLL women in person for the first time!" and "I am planning to finish up education to become a Consultant at LLL this year!" We are hopeful that this new Leader can provide support to many other breastfeeding mothers who communicate with sign language, and will inspire them to also pursue LLL Leadership.

Image pt.3. Cover picture LLLÖ Fachtagung

In June we learned that LLL Spain is working with a production company to film Spanish-language videos addressing three breastfeeding topics. They have prepared the scripts, selected filming locations, identified the LLL Leaders to be involved, and scheduled filming, which was set to begin in September. We are looking forward to viewing the videos soon!

LLL of Oakland Leader, Tonya Lang, reports that the Asian, Southeast Asian, and Pacific Islander (ASAPI) Breastfeeding Task Force of Alameda County, California is partnering with the AANPI Lactation Collaboration of California and AAPI Caucus of the US Breastfeeding Committee (USBC) in their effort to develop six different breastfeeding educational messages with social media graphics for individual ASAPI communities. They are translating each message into seven different languages and are working with San Francisco WIC and the Alameda County Public Health Department to select appropriate photos of breastfeeding mothers and babies in the different target demographics. The project expects to start with targeted messages for posting on Instagram. Project team members have also identified many additional needs for the communities that may spur follow up projects.

We will share final reports on all the Mini-Grants projects in an early 2023 issue of *Continuum*. Thank you to all who have contributed to the Friends of La Leche League Mini-Grants program.

A Canadian Friend of La Leche League: Margaret Bennet-Adler

by Jo-Anne Elder

Margaret Bennet-Adler.

As the only Canadian on the Friends of LLL Board, I volunteered to write about a few retired Canadian Leaders who are members. I was delighted with the responses that I received from three of them.

My first exchange was with Margaret Bennet-Adler. Here are some of her memories of La Leche League, other Leaders, and some of her experiences of mothering.

1. What do you remember about the early days of breastfeeding your eldest child?

It was 1963, and I, at age 36, considered an elderly primipara, gave birth in a hospital. I wanted rooming-in, but it was not to be. The nursing staff took baby Alice away from me at night and gave her formula so that I could sleep. Not bloody likely! I became so engorged that the diameter of each breast was 12 inches. At about day three, she developed a cough that sounded like a baby seal, which she has to this day if she drinks cow's milk. At that time, the hospital stay was six days. A friend told us that we could check ourselves out. I was afraid to

go against the rules, but not my husband, so we left after five days. And I wept with joy at home having my baby girl beside me in a bassinet. I had rooming-in!

However, the baby didn't know how to breastfeed, but she would take formula.

There were no Leaders then, but Helen James had started an organization, Childbirth at Home. She had a copy of the Womanly Art of Breastfeeding, but it was out on loan. She gave me a copy of a monograph on breastfeeding by pioneers in the field. It was scientific, but I read it and reread it. Also, I called Helen every day for three weeks to get Alice to learn how to breastfeed. I was to feed her any formula with a coffee spoon, so she would forget about sucking on the bottle.

2. Why did you first become a Leader? Did your reasons for continuing your Leader role change over time? When did you decide it was time to retire?

I wanted to start a Group in Toronto to support mothers in my city, so much smaller at that time than it is now, since amalgamation. Later in 1968, I became the first Ontario Coordinator because we had five groups. I became the Canadian Coordinator in 1971 and watched La League Canada grow to over 400 groups and 700 Leaders by 1981. At our get-togethers, we always had fun. I do know Canadian geography, and so my quirky sense of humor enjoyed the group name of Conception Bay in Newfoundland in the east and Milk River in Alberta to the west. In 1981, I became the LLLC member on the LLLI Board. In 1986 I had to resign from the LLLI Board because my beloved son David had a psychotic break while at college studying computer science. I was so worried that I could no longer concentrate on the reading required for LLLI work. I retired from a leadership when he became ill; he was later diagnosed with schizoaffective disorder. He still lives with me, and as he says, we help each other. There is never a bad word between us.

3. Who are the Leaders you remember best? Did you develop long-term friendships with some of them?

I got letters from Edwina Froelich when I was tandem nursing addressed to Mother Earth Two, the other being a magazine. Helen James did become a Leader and was my co-Leader. Other Leaders were Pauline LeBlanc, who succeeded me as Canadian Coordinator and Saralaine Millet, who was my unofficial support when I was Canadian Coordinator. She had graduated from Wellesley, the college for girls on par with the ones for boys such as Yale, Harvard, and Princeton.

4. What are some of the highlights of your time as a Leader?

Meeting with the Founders, especially Edwina. We both married late, and we were both interested in nutrition. In my various positions, I used to fly to Franklin Park via Chicago at least three times a year for Coordinator meetings chaired by Betty Wagner.

5. What did you learn from LLL that made the biggest difference in your life?

Learning about saving face and giving credit where credit was due helped me to get along with people.

6. What social changes have had an important impact on families since you had your first child?

Accepting baby-led weaning. and bed-sharing as so wonderfully depicted in Sweet Sleep. Books such as the Womanly Art of Breastfeeding, the Family Bed, and Sweet Sleep have impacted my grandnieces and nephews.

7. What other work have you done, either professionally or as a volunteer?

I taught home economics at the secondary level for 13 years before I had my first child. I have self-published books on my Canadian pioneer paternal great-grandfather's genealogy. For 25 years, my son David and I self-published the Toronto Gardener's Journal and Source Book. I sold it when I was 90 years old. You can find it on the net at gardenjournals.ca.

8. What is one person or idea that captures the essence of LLL for you?

For me, Marian Tompson is the essence of LLL. She is such a gifted speaker; she always makes people feel good.

Peter, Noel, David, Rachelle, Alice, and Margaret. 1986.

A Formal Agreement between Friends of La Leche League (FOLLL) and La Leche League International (LLLI)

By Gail Moak, President

"What right do they have to use the La Leche League name?" This was a question asked in a global meeting regarding Friends of La Leche League. The short answer is this: The LLLI Board established this entity on October 2, 1986.

The La Leche League Alumnae Association (the original name) was intricately connected to La Leche League for many years, working together on international conferences, fundraising, and special projects.

However, in 2007, the LLLI Executive Director at the time unilaterally separated us from LLL. The situation was described in the Alum newsletter: "Major LLLI changes impacted the Alumnae Association, now operating as an independent organization. The Alumnae Council is studying options related to legal requirements and finances, mission, goals, organizational structure, budget, membership, recordkeeping, fund-raising, Web site design, and *Continuum*. Leaders can no longer join the Alums or subscribe to *Continuum* when they pay Leader Dues."*Continuum*, 2007 Vol 20 No 2

Fifteen years of "independence" followed. The Alumnae Council secured necessary funding to develop the organization and continue communications with our members. The Alumnae Association thus continued many of our traditions such as trips, We Remember, the *Continuum* newsletter, and Leader recognition pins. Despite our disconnection from the LLL organization, the Alumnae Association continued to make annual donations to La Leche League entities and projects.

Before the LLL 60th anniversary, we began to work directly with LLLI again, and that continued through the 65th anniversary.

In May 2021, LLLI Executive Director Zion Tankard attended our Friends of LLL Board meeting. We identified a trademark agreement between LLLI and Friends of LLL as a goal. This took months of dialogue as the current LLLI Board got to know us. Nine original trademark points doubled as we discussed more issues. One question the LLLI Board asked was would we describe ourselves "as 'an LLLI Alumni entity,' a 'grassroots

alumni organization,' or something different?" Our response was, "An association honoring retired and current Leaders and advocating for LLL."

The agreement was signed by both parties in January 2022.

The first point is: "Both LLLI and FOLLL will seek to find ways to promote the other's organization to further the education of mothers and breastfeeding."

Additionally, the agreement covers the right for FOLLL to use LLL's name, logo, and nonprofit status. FOLLL agrees to support the International Code of Marketing of Breast-Milk Substitutes, the LLLI Inclusivity Statement, and LLLI's publication and social media guidelines.

Zion Tankard, LLLI Executive Director, commented about the agreement that, "La Leche League International is proud to strengthen the ties with the Friends of La Leche League after so many years of mutual support and recognition." We thank the Board of LLLI and Zion Tankard for their sustained engagement with our reconnection. We feel this document protects the future of Friends of LLL.

The mission of the Friends of La Leche League is 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.

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**.

Friends Friends of LLL, your membership expiration date is .

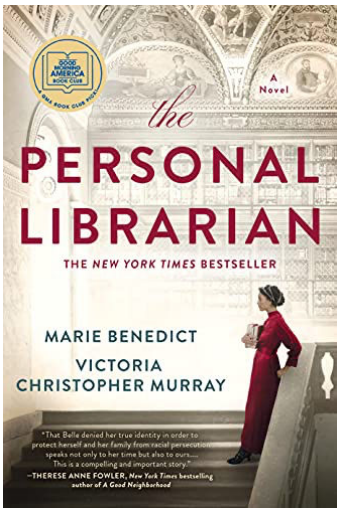
If you are having trouble renewing with the online system, please email Treasurer@FriendsofLLL.org for help.

You Might Like to Read...

by Mary Gisch

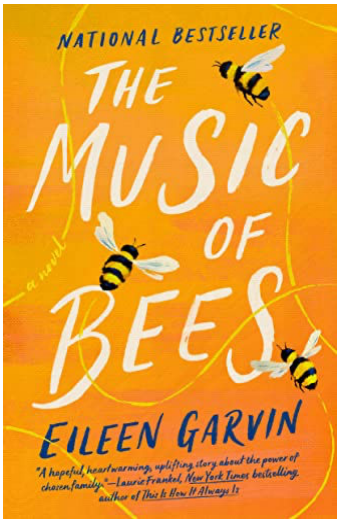
Send Mary your suggestions at Giscmary2@gmail.com

The Personal Librarian, 2021, by Marie Benedict & Victoria C. Murray



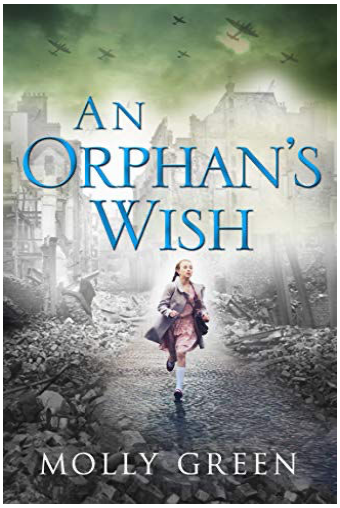
The biography of Belle do Costa Greene is most interesting. Belle was an outstanding librarian who developed the Pierpont Morgan Library of J. P. Morgan in New York. While neither Belle, nor any woman, could vote, she confidently represented Morgan at auctions. However, Belle lives in fear that her black heritage will be found out. Her mother encourages her to hide this so she can do the work she loves, as she moves with ease in society. It is a man's world, but Belle's impeccable taste, savvy and knowledge endear her to J. P., her employer.

The Music of Bees, 2021, by Eileen Garvin



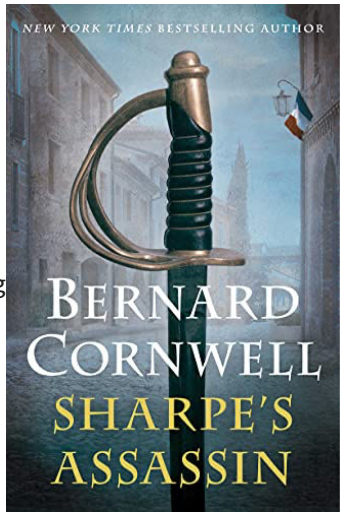
In Oregon, Alice works hard at her office, but, she considers her real job is helping the environment. She has several active bee hives in her yard and sells their honey. As she happily drives home with new honey bee hives, she takes a turn too quickly. Alice doesn't see a boy in a wheelchair! Thankfully seventeen year old Jake is just shaken up a bit. Bee hives however are everywhere. Thus begins a heartwarming novel of Alice lover of bees, Jake with a Mohawk, and Harry, an awkward hired hand as they team up. *Thank you to Andi La Mar for her suggestion.*

An Orphan's Wish, 2018, by Molly Green



How does one help a child of 14 who cannot accept her parents' death? Priscilla lives at a Dr. Barnardo's Orphanage. Lana, the new Head Mistress at a village school near Liverpool takes on that task. Carl, a handsome Nazi defector, comes to see his young son Peter. Carl is helping the Allies at Bletchley Park decode German messages. Can Lana overcome her hatred of Nazis? *Many twists and turns in this World War II historical novel.*

Sharpe's Assassin, 2021, by Bernard Cornwell



Cornwell's historical novel takes place after the Battle of Waterloo. Lieutenant-Colonel Sharpe, a foundling, has made the army is home for over twenty years. He is intelligent, brave and clever. His men, especially the Irishman Sergeant Harper, will follow him wherever. The Duke of Wellington assigns Sharpe to a special task. He must find and eradicate a spy ring in Paris, starting with the Fort protecting Paris. *An exciting step back in time!*

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

EXIT
Mary

Order Our Pins to 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 a gift. Order today!

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.

In the beginning of the year and when it ends, 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.

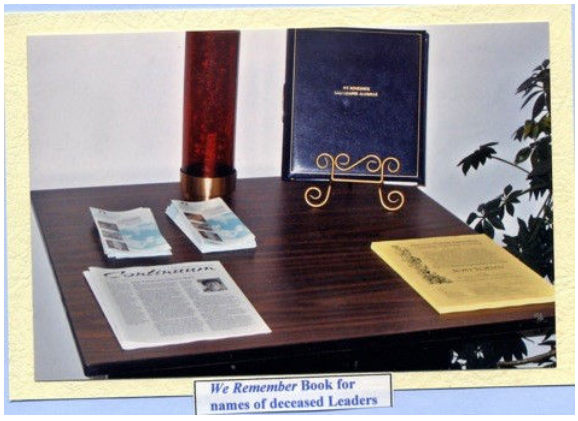
Throughout the history of La Leche League, we have connected to each other on a deep level across countries and cultures. Part of our mission as Friends of LLL is to keep connections strong as we remember and appreciate those who have died.

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
Alison Parkes ~ Great Britain
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 Honor Those Who Inspire Us

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 **Anne Hutton**, Houston, Texas USA
"An inspiration to all who have worked with her in her 25+ years supporting La Leche League. She does everything that she does so well that we might mistakenly think the task was easy. The truth is that she is smart, works hard, and has a high personal standard for excellence that makes everyone working with her do a better job. Thanks!"
From **Paula Clay**, Houston, Texas USA
10/26/2022 – 10/26/2023

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 our 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
Mary Gisch
Marguerite Gravlee
Anne Hutton
Margaret Loffelman
Merike Tamm
Marianne Vakiener

In-Kind Donations from April 2022 to Present:

Penny Piercy

Donate

We do this work with your support, care, and financial commitment. Any amount makes a difference! Please donate by December 31st.

After reading this issue, please be sure to visit our website! Our website has many ways to connect you with the Friends of La Leche League community. You can easily renew your recently expired membership, make a tribute to honor a friend, buy pins, learn more about our Mini-Grants program, watch video interviews, or let us know about a former Leader to add to We Remember. We post back issues of *Continuum* there with even more content.

Please feel free to mention Friends of La Leche League and *Continuum* to others, and encourage those who may enjoy connecting with our community to become members. It is easy to join, and membership dues support our mini-grants, trip scholarships, and other programs. Share our membership page with your friends and let them know that you enjoy being a part of Friends of La Leche League.

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

December brings a special mailing to current and former members and donors: the Top Ten for 2022. The next issue of *Continuum* will be published in winter 2023. We're excited to include interviews wih Donna Cookson Martin and Shelagh Peterson in upcoming issues.

Friends of La Leche League
Mission Statement

The mission of the Friends of La Leche League is 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

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1871 County Road 140
Cameron, TX 76520-5183

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