Continuum

Members' Newsletter for
Friends of La Leche League—A Lifelong Connection

February 2023 - Volume 36, Number 1

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- Susan Mocsny Thomas

Welcome to Our New Editor

Since this is my first issue of *Continuum* as editor, I want to introduce myself. I've met many of you over these years, but for those I haven't, I am Susan Mocsny Thomas (formerly Baker). Below is a photo of me with my husband Brian in Hilton Head Island.

Friends of La Leche League has been near and dear to my heart since it was known as LLL Alumnae. It is a great way to keep in touch with so many Leaders I knew "way back when," and to support LLLI.

I was born and raised in Los Angeles, and raised my own children in Huntington Beach, California, where I became a La Leche League Leader. I continue to be an active Leader, serving as the Professional Liaison Department Administrator with LLL Alliance.

In Huntington Beach, when my youngest started school, I returned to college and became a registered nurse, practicing for over 25 years in labor and delivery nursing, both in California and Massachusetts.

I moved to Westborough, Massachusetts in 1996 and remained there until 2014. These years saw the end of my first marriage and the kindling of a new relationship with Brian, a "couple friend" whom I'd met along with his wife the year after my moving to Massachusetts. My friend Karen, his wife, sadly passed away from a heart attack the year after my divorce. After two years of dating, Brian and I were married on Feb. 15, 2010.

Brian and I moved full time in 2014 to Pinehurst, North Carolina, to our home we bought together at the end of 2010. I worked in surgery at Chatham Hospital, and then as charge nurse at the Moore County Free and Charitable Clinic, until I retired in 2017. We enjoy being on one of the Pinehurst golf courses where Brian plays three times a week. We also love traveling, especially on cruise ships. I like photography and reading in my free time, as well as a bit of golf.

This issue of *Continuum* has articles that range from a great gift idea for retiring Leaders (hint–it's FOLLL memberships), memories of the making of an LLL cookbook, interview with an LLL Canada retired Leader, and more!

I plan to continue offering articles that interest those of us in Friends of LLL. Please feel free to send me something you've written and would like to see published, or ideas for articles, photos, and other interesting things that may appeal to our members!

Susan

Susan Mocsny Thomas and Brian Thomas

2022 Mini-Grants Updates

By Paula Clay, 2022 Mini-Grants Team

LatCH Videos

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.

Fachtagung (meeting of experts on a certain topic) Online May 14 and 15, 2022

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 [Leader] 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

Breastfeeding Education for Future Registered Dieticians

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 was scheduled to 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.

This student (above) is wearing a MOM Breastfeeding Trainer. The breasts are discreetly concealed behind the pink gingham fabric as she seems to be preparing to breastfeed twins.

The young man in the photo above shows his delight wearing his MOM Breastfeeding Trainer and feeding his doll.

Pumping and bottle feeding breastmilk are essential skills for many parents and caregivers today, when going to work, to establish and maintain an adequate milk supply when a baby is not latching, or because of preference to giving breastmilk via

bottle. The education module also included pump flange fitting and paced bottle feeding techniques, which are so important for helping the baby to go back and forth between breast and bottle and to avoid overfeeding

LLL of Spain Videos

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!

Six Messages, Seven Languages for the ASAPI Communities

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.

Stay tuned for more stories from our Mini-Grant recipients in upcoming issues of *Continuum*. Thank you to all who have contributed to the Friends of La Leche League Mini-Grants program.

Thanks to Our Donors

Friends of La Leche League programs and activities are funded in part by donations. Our decision to expand our Mini-Grant program was driven by a number of generous

restricted donations which allowed us to distribute significantly more money than in the past. We gratefully acknowledge those who have contributed to our 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.

Restricted Donations to Fund Mini-Grant Program from April 2022 to Present:

Judith Ellison

In-Kind Donations from April 2022 to Present:

Penny Piercy

If you would like to contribute to the Mini-Grants project exclusively, please click the donate button below and select the "Mini-Grant" donation type. We also accept unrestricted donations which support all our the Friends of La Leche League activities.

Donate

A Canadian Friend of La Leche League: Donna Cookson Martin

by Jo-Anne Elder

I was happy to have a chance to have email conversations with three members of Friends of La Leche League recently. Here is the second of three interviews with Canadians who dedicated many years of their life to La Leche League. ***Donna Cookson Martin*** *played many roles in La Leche League, including serving in the Leader Accreditation Department (LAD) and on the LLLI Board of Directors.*

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

C. S. Lewis's phrase "surprised by joy," though he used it in another context, sums up beautifully the feeling that dominates my memory of early first motherhood (though some of the many books I'd read in preparation for this momentous life change dared to call me an "elderly primipara"). Growing up in a big extended family in a tiny, isolated farming community, I had heard many stories of the trials and tribulations of childbirth and breastfeeding, each tale designed to outdo the previous one in terms of pain, suffering, shock and awe. But I had prepared myself as well as I possibly could. I had been born blind, and I was the only blind person under age 70 that I or anyone else around me knew. As a result, I had learned early that I would have to figure things out (including motherhood) for myself. I was as well prepared as I could possibly be under the circumstances. That meant reading *The Womanly Art of Breastfeeding [WAB]*, 1963 edition, and *Please Breastfeed Your Baby*, from cover to cover. And then I read them again. By the time baby Margaret actually arrived, she knew she would either breastfeed or starve. I'd like to think we learned together, but frankly, aside from a month of five o'clock dinnertime screaming, she was a pro from the beginning. I did what the book said (not easy in 1976 when kind onlookers were pushing water, juice, pablum) and Margaret gained weight at an embarrassing rate and slept through the night almost from the beginning. Funny thing: nobody ever thought to ask me when she stopped sleeping through the night. My university friends were so impressed that two of them started their own families, and my husband and I were so carried away with our achievement that we had four more babies. They are all wonderful adults now, but none of them came close to Margaret in the "ideal baby" category. By the time they came along, I had a WAB's worth of confidence and was ready for whatever challenges came our way.

2. Did you get support with your own breastfeeding questions from LLL Leaders? Is there something memorable they told you that you've repeated since?

No, there were no Leaders within one hundred miles, and even if I had had a phone number, long-distance calls were at that time a costly undertaking for a family on a tight budget. But I did have "The Book," and with Baby # 2, I had The *LLLove Story* as well, so,

in a way, I got my questions answered by the Founders. I also had the *LLL News* and later *New Beginnings* [the LLLI members magazine before *Breastfeeding Today*], having become a member when Margaret was born.

A decade later, when Baby # 4 gave my nipple a couple of nasty bites, I did phone a Leader who was kind and understanding. In the end, Elizabeth and I had to work it out for ourselves—she had had major surgery (aged 12 months) and was angry about our separations. Each time I returned she would give my breast a quick, pronounced bite to let me know how angry and abandoned she felt. She knew that scowling or sticking out her tongue would not do the trick with a mother who couldn't see. We got over it.

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

When our youngest was 11 months old we attended our first in-person LLL gathering, an Area conference. I attended a session called "What's a Smart Woman Like You Doing at Home?" based on a book by the same name by Linda Burton. Leslie Ayre-Jaschke led the session. This was surely meant for me—a woman with two degrees and a graduate diploma—and when I got home, I wrote to Leslie. We met for lunch when I brought the kids to their next orthodontics appointment, and she gave me her recommendation to apply for Leadership. She became the Area Coordinator of Leaders a few months later, and essentially, she and the Coordinator of Leader Accreditation (Sandi Churchill) were my sponsoring Leaders, and no Applicant could be more fortunate than that. Shortly after accreditation, I met another Leader, with whom I have been involved ever since in capacities both in and outside LLL, and though we never actually co-led a Group together, I will always think of her as my co-Leader. Funny how things work out—we now live a dog's walk down the street from each other.

4. Why did you first become a Leader? Did your reasons for continuing your Leader role change over time?

I became a Leader because I had enjoyed my own breastfeeding experiences, loved being an LLL member (albeit isolated), and wanted to find volunteer work that spoke to my heart. Even though I doubted that I would be able to form a sustaining LLL group in our small community, given my own limitations, such as my inability to drive, I also recognized the need for mother-to-mother support and breastfeeding expertise, and believed I could provide these things in my own way. As a former psychologist, I have to say that I took a

fairly practical look at what I believed LLL needed, what my community needed, and what gifts and abilities I had to offer, and I decided to go for it. By then I was no longer a "young mother"—our youngest child was a toddler, I had no plans to work unless and until we moved back to the city, and I hoped LLL and I could/would be a good fit for each other.

As things worked out, the LAD and I found each other, and I remained an active Leader for 29 years, making friends, developing skills, and collecting memories along the way.

5. What is one quality or interest all your children share? Would you say you did something to nurture this?

All my children are devoted to the Edmonton Oilers to the extent that they share season tickets—definitely an addiction they got from me. Their dad's interest in sports did not extend beyond the chess board.

They are all committed to education and family—commitments that both their parents nurtured.

6. How different are your children's temperaments? In one word for each child, what did they teach you?

Here are my five words, one for each of them: they taught me wonder, admiration, sensitivity, determination, and loyalty and, underpinning it all, a fascinating combination of simplicity and complexity grounded in love.

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

- My accreditation, of course, at an Area Conference in Red Deer, Alberta, Canada, culmination of a very long-term goal, even though I was an official Applicant for only 3 or 4 months. (The heavy lifting was all done in the pre-application phase.)
- My husband's memorial service after his sudden death in 1992 when two Leaders, who knew me only casually, took the time to drive two hours to attend the service.

- My first La Leche League International Conference in Chicago in 1995, accompanied by my daughter Margaret, where I met in person most of the Founders and other fabled Leaders I'd been reading about and listening to via the Area tape library for 20 years.
- My election to the LLLI Board—it happened on the very day at the very hour that Team Canada was winning the Olympic Gold Medal in hockey in Salt Lake City, our first Olympic Hockey Gold Medal since the Edmonton Mercurys won it in 1952 (and, yes, I sort of remember that one, too). Anyway, there I was in Schaumburg, sitting anxiously in a little room outside the boardroom with "the two Sharons", Sharon Vines and Sharon Matuszek, waiting to hear the results of the Board vote to determine whether we had been elected for our first term on the Board. For no one else would I have contemplated missing such a momentous occasion in my hockey life!
- Attending the 2007 50th Anniversary International Conference with both of my daughters and my (then) only granddaughter.
- Every time I initialed a new Leader's Statement of Commitment and issued a *HARK! New Leader* on her behalf. No matter what else I did in LLL, my interest and my heart always lay with the LAD, and it was in the LAD that I spent most of my LLLife. I was so lucky that computers and email were coming into use when I first joined the LAD. I could never have coped with reading the handwritten correspondence of earlier LLL times.

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

The biggest change, from my perspective, is that mothers today not only must work, but expect to work, from the time their babies are small or their maternity leave ends, and some even share their precious maternity leave with the baby's father. When I had my first child, I fully expected to be at home with her and subsequent babies full time, regardless of what the implications might be for my career. We made our financial and other plans accordingly. Gradually more choices opened for mothers, but now we've reached the point where our whole economic system is based on both parents working and often both parents working full time. Parents struggle to find and pay for day care which, no matter how high its quality, can never reach the quality a loving parent can provide raising her/his own child. My daughter-in-law was devastated when her own health issues made it impossible for her to return to her physically demanding job as an

ICU nurse after her maternity leave ended. Being at home without an income, she felt that she was not contributing her fair share to the support of the family. I, on the other hand, was absolutely delighted that she was an at-home mum—she had a very high-needs child, and she was and is a fabulous mother. No day care could have given the hands-on mothering she has provided to her little girls. The girls are thriving now, their mother is back to her career, and all are better for the at-home time.

9. What other work have you done, either professional or volunteer? Did your LLL work help you in this work?

Before LLL I was a teacher and family counsellor. During LLLC I was a (sometimes paid/mostly volunteer) public speaker and writer, and a church and community volunteer. LAD work gave me ideas and skills for working with people and organizations, and LLL in general gave me experience I could use in other roles.

10. What is one phrase that captures the essence of LLL for you? Or what did you learn that made the biggest difference in your life?

The appeal of LLL for me, from the day I first discovered the WAB in a box of books in the public health nurse's office, has always been summed up in the phrase, "mothering through breastfeeding" with emphasis on mothering, and with breastfeeding as far-and-away the best and most rewarding and efficient way to implement, nurture, and grow the mothering. "Mothering through breastfeeding" says it all. Without the intimacy and miracle of breastfeeding, I would never have come to know my children and they would never have come to know me in the way that we know each other.

11. When did you decide to retire from LLL? Why was that the right time to do so?

Retire? I would prefer to think of myself as a former Leader. Working in LAD, an international department, entrusted with preparing Leaders who could serve anywhere in LLL, yet still expected to embrace the changing focus in LLLC, I had long been aware of a growing tension within myself. In May 2019 Canadian Leaders were required either to sign the amended LLLC Statement of Commitment or they would be considered to have retired. I could not, in good conscience, sign the Statement. Consequently, I was deemed to be retired and my direct involvement in LLL ended. LLL and especially LLLC were moving in a direction where I did not wish to go. Had I been a Leader quietly doing her

Group work with no responsibilities beyond the Group, I might have been able to mind my own business and simply concentrate on helping mothers and others. But I was in the LAD and was responsible for preparing and guiding future Leaders, and I could not represent LLL as it was evolving and remain true to my own beliefs.

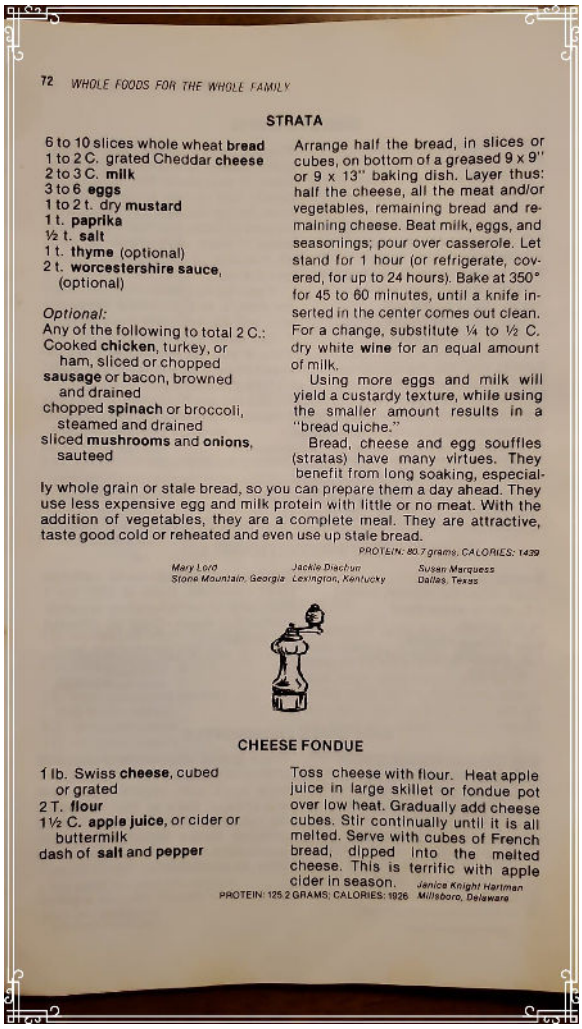
“For everything there is a season,” and LLL and I had a very long, loving, and productive season together. For that I will always be deeply grateful.

Now I’m off to buy another copy of the newest edition of *The Womanly Art of Breastfeeding* for my youngest daughter-in-law. She’s expecting her first baby, my sixth grandchild, in January. In my heart though, I wish I could give her the old blue edition of the *WAB* from 1963!

Donna Cookson Martin, 2022.

The Birth of Whole Foods for the Whole Family (WFWF)

By Janice Hartman



72 WHOLE FOODS FOR THE WHOLE FAMILY

STRATA

6 to 10 slices whole wheat **bread**
1 to 2 C. grated Cheddar **cheese**
2 to 3 C. **milk**
3 to 6 **eggs**
1 to 2 t. dry **mustard**
1 t. **paprika**
½ t. **salt**
1 t. **thyme** (optional)
2 t. **worcestershire sauce**, (optional)

Optional:
Any of the following to total 2 C.:
Cooked **chicken**, turkey, or ham, sliced or chopped
sausage or bacon, browned and drained
chopped **spinach** or broccoli, steamed and drained
sliced **mushrooms** and **onions**, sauteed

Arrange half the bread, in slices or cubes, on bottom of a greased 9 x 9" or 9 x 13" baking dish. Layer thus: half the cheese, all the meat and/or vegetables, remaining bread and remaining cheese. Beat milk, eggs, and seasonings; pour over casserole. Let stand for 1 hour (or refrigerate, covered, for up to 24 hours). Bake at 350° for 45 to 60 minutes, until a knife inserted in the center comes out clean. For a change, substitute ¼ to ½ C. dry white **wine** for an equal amount of milk.

Using more eggs and milk will yield a custardy texture, while using the smaller amount results in a "bread quiche."

Bread, cheese and egg souffles (stratas) have many virtues. They benefit from long soaking, especially whole grain or stale bread, so you can prepare them a day ahead. They use less expensive egg and milk protein with little or no meat. With the addition of vegetables, they are a complete meal. They are attractive, taste good cold or reheated and even use up stale bread.

PROTEIN: 80.7 grams; CALORIES: 1439

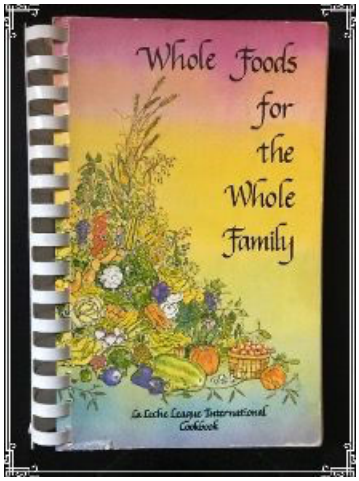
Mary Lord, Stone Mountain, Georgia *Jackie Diechun, Lexington, Kentucky* *Susan Marquess, Dallas, Texas*

CHEESE FONDUE

1 lb. Swiss **cheese**, cubed or grated
2 T. **flour**
1½ C. **apple juice**, or cider or buttermilk
dash of **salt** and **pepper**

Toss cheese with flour. Heat apple juice in large skillet or fondue pot over low heat. Gradually add cheese cubes. Stir continually until it is all melted. Serve with cubes of French bread, dipped into the melted cheese. This is terrific with apple cider in season. *Janice Knight Hartman, Millsboro, Delaware*

PROTEIN: 125.2 GRAMS; CALORIES: 1926



Please note above Jan's recipe for cheese fondue.

I think it was 1980 when I saw the announcement in *New Beginnings* about the new La Leche League cookbook. Roberta Bishop Johnson was a name I already knew from the *Mother's in the Kitchen* (MIK) cookbook. She was looking for Editorial Assistants (EA) to help. I'm not sure that she was expecting to work with over 20 EAs around the US and Canada, but we worked well together via snail mail and some phone calls. This was back before we all had email and phone calls were expensive, but it was a wonderful experience for me. I learned more than I ever contributed, but I worked hard, as did everyone, to make this book happen.

Many LLL Leaders were part of the process as we needed recipes, typists, recipe testers (whole families were involved), proofreaders (very important to get the measures and instructions for each recipe right), and those involved in other special necessary projects. It was a monumental task and not just a collection of recipes like many community cookbooks. Everything was standardized so the recipes were easy to use. Nothing got by the editors. I don't remember any changes that needed to be made after publication as everything was reviewed by so many of us.

Roberta was the one who kept us on track as deadlines were important. Being a procrastinator is not my best asset. I learned that keeping to a schedule was necessary, so I didn't disappoint Roberta or my fellow editors. A few EAs became Associate Editors (not me) as they had the skills, time, and knowledge to do more. We were all kept informed of their meetings by periodic reports sent. As a good leader, Roberta knew that sometimes meeting in person with a few people works better. I felt included as I would not have been able to go anywhere alone at that point. I forget who all had nursing babies and/or toddlers, but many did, and of course we know how well breastfed babies can travel. (I got pregnant during the year we worked on the cookbook.)

Assistant Editor, Helen Palmer, lived in New Jersey, and we were not too far away in Delaware, so our families were able to visit a few times. She was in charge of the Kids' Cookbook part of the cookbook (the salmon-colored pages in the middle). For some reason those pages were taken out of the book when it was reprinted (two of my recipes were in that section). I don't know why I never asked Roberta what happened. But Helen and I did several Kids' Cooking Sessions at several Area conferences in MD/DE/DC where children made a simple meal. They were a big hit. Helen gave me a copy of a cookbook she was working on called *Apples to Zucchini*, but I don't think it was ever published.

It took over a year to do the cookbook. Our deadline was to have it done for the Kansas City LLLI conference in 1981 that commemorated the 25th anniversary of LLL. Lots of things needed to be done at the end: artwork for the cover, final name approved by the LLLI Board of Directors, the extensive index,and tying up all loose ends. Our publisher said he never saw a better index for a cookbook. Many cookbooks barely had a list of recipe names. We wanted recipes to be found many ways like by an ingredient, or even quick and easy, and sections such as "It's 4 o'clock!"

Lots of great discussions ensued throughout the process. For instance, rich in iron and protein, chicken livers are a great first food for kids, but in discussion some wondered if they were a problem, being a filter organ. I learned about tamari. We had always just used regular soy sauce, and I never knew what alternatives were available. Questions arose about the large amounts of cheese in some recipes. Was it necessary? Did the cheese make it too expensive? Those questions were sent to the tester families. Everyone's opinion was very important.

Amazingly, I don't think there were any corrections needed in the final edition. Protein and calorie counts were added at the last minute. I'm not sure how helpful they were, since they were done for the whole recipe and not per serving (which would have taken more time than we had).

I'm not sure why the cookbook is no longer available. [The book is not available because LLLI does not self-publish anymore.] But I do have a resource for "out of print" books. AddALL.com is a good place that checks several online book sellers. I was able to get a copy of my college textbook,*The Basic Cookbook* by Heseltine and Dow. I also have a copy of *More-with-Less* by Doris Longacre. I love my old cookbooks, MIK, WFWF and the others.

We lost Roberta in July 2000. She left us way too soon, but what a lasting legacy she left!

Roberta Bishop Johnson, 1980.

It's easier than ever to order pins!

Friends of LLL Membership: An Area Gift

Late last year, the LLL of Florida and Caribbean Islands Area chose to honor Area Leaders who were retiring by presenting them each membership to Friends of La Leche League. This generous gift allows the six former Leaders to stay connected to the larger LLL community after their active service to the organization. Justine Hirsch, Area Coordinator of Leaders, mailed each retiring Leader a letter of thanks, a certificate recognizing their years of service to LLL, a "Breastfeeding Advocate" sticker, and a gift certificate and letter informing them of the Friends membership gift. Each of the retired Leaders has received their first issue of Continuum, is able to participate in our virtual chats, and be as involved in the Friends organization as they wish.

Justine Hirsch recalls:
The idea for gifting the memberships was first sparked when I was speaking with a long time Leader who was planning to retire. She said, "It feels right at 20 years. I really would like to be in the LLL alumni to keep that small part." And it hit me! Memberships could be a perfect parting gift to help our retiring Leaders stay connected. I told the Area Team and they all thought it was a great idea. We are so fortunate that one of our Team members, Paula Clay, is also active with Friends of LLL. She worked with [Friends of LLL Treasurer] Anne Hutton to get everything set up, from making a certificate template to adding a payment option. I am so thankful to them both. It's truly an honor working with Friends of LLL!

Giving the gift of membership is easier than ever. If you or your Area Team are interested in funding Friends of LLL memberships for others, please contact Anne Hutton at treasurer@FriendsofLLL.org.

Materials sent to one of the retiring LLL of Florida & Caribbean Islands Leaders

Don't Miss Out on the Perks of Friends of LLL Membership!

Your membership information is loaded into our website store and matches this information below:

<<First Name>> <<Last Name>>, your membership expiration date is *|HTML:MMERGE5|*.

If your membership has expired, you can renew it online with the following sign in information:
Username or email: <email>
Password: Friend$2020 [we recommend that you change this password after you log in]

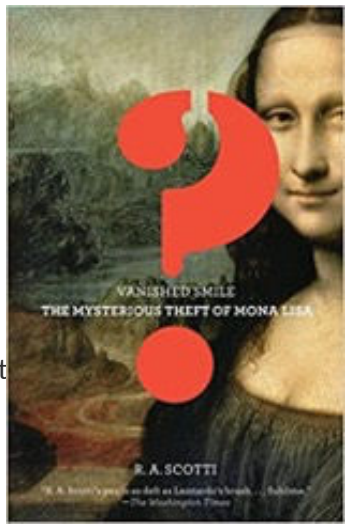
To renew online, sign in HERE.

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

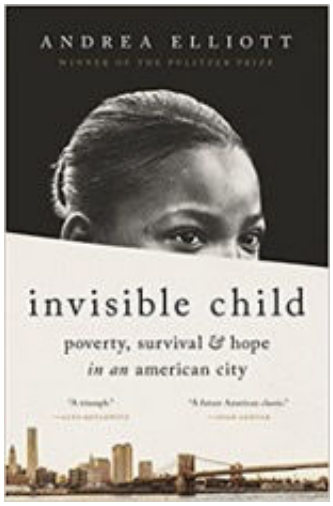
You Might Like to Read...

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

Vanished Smile: The Mysterious Theft of Mona Lisa, 2009, by R. A. Scotti



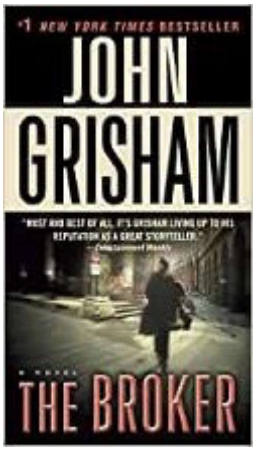
The theft of the Mona Lisa from the Louvre was not noticed until 24 hours later. Thousands of people came to see the empty space. The police searched for two years and arrested other artists, who were not guilty. Even the United States checked known art thieves but to no avail. When the thief, V. Peruggia, returned it, they did not believe him! This is part mystery, part love story, and lots of research. *Intriguing!*



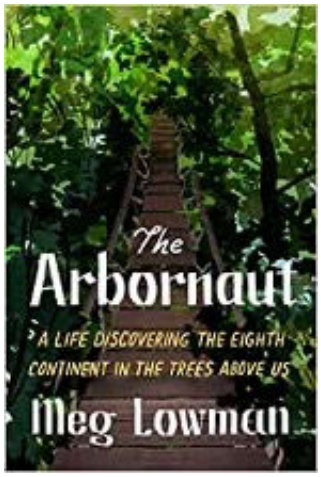
Invisible Child: Poverty, Survival and Hope in an American City, 2021, by Andrea Elliott

The author is an investigative reporter for the New York Times, who spent eight years with access to a family. Her focus was on Dasani, an 11 year old girl who was the backbone of her family. She and her seven siblings live with their parents in one small room with bugs, etc. The parents love each other but have difficulty coping. Dasani has a chance to go to the Hershey Boarding School in Hershey, PA. *Courage and importance of family!*

The Broker, 2010, by John Grisham



The outgoing President, at the behest of the CIA, releases notorious Joel Backman a few years early from his 20 year sentence. He has never revealed a secret he learned that could endanger people. The CIA sends him to Italy with a change of name, etc. He knows no Italian and is given a teacher. The CIA keeps close tabs on him and lets the Israelis, the Russians, the Chinese, and the Saudis know where he is. He comes to understand he is a target. *Exciting!*



The Arbornaut: A Life Discovering the Eighth Continent in the Trees Above Us, 2022, by Meg Lowman and Sylvia A. Earle

Meg Lowman tells her life story while telling how she became the world's foremost arbornaut climbing trees in all seven continents! She helped protect trees in Malaysia, India, Ethiopia, Australia, and others by teaching others how to climb to the top and to study the insects and leaves up there. She was nicknamed "the Real-Life Lorax" by National Geographic because she is a biologist, botanist, and conservationist. She has a personal way of writing/teaching at the same time. *Amazing!*

Many thanks to Mary Gisch, who faithfully continues to send us her helpful and varied book reviews. We salute you, Mary! Below, Marian Tompson in blue and Mary Gisch in white.

Morning Reflections

Nancy Sherwood came across this composition she wrote some twenty years ago. She shares it with us as a snapshot of her life at that time. See if it strikes a chord with your memories of mothering with children at home. Talk about living in the moment! Very zen-like.

The last one is out the door. That's my eleven year old. His yellow bus has driven off with him, so I turn back into the house and look critically at everything. I wonder where to start. Ever the procrastinator, I start with a cup of hot coffee and the morning paper. My ritual involves reading the Metro section, first for the snippets about the area-accidents and murders mostly, divided up by state and the District. Then on to the obituaries. I feel somehow vindicated when someone has lived a long life and left many survivors. And I feel sad if there are "no known survivors."

Folding up the newspaper I stack it onto the dividing wall, straightening the pages my husband has read. He folds them unevenly. It's like origami to me. Next I empty the dishwasher putting everything that is shiny clean in its place. I wipe off the place mats, getting the wet cereal off before it hardens and needs to be chiseled off. Can't stack wet place mats, so I put each one on the chair at its own place. Spraying the table with Murphy's oil soap I smile. The smell is just the right smell for cleaning a wooden table. A kitchen table anyway. Wiping and washing. The dirty dishes have been put into the dishwasher; I wipe the counter. Wiping the clean back into the surfaces and smelling the clean too. It's my aromatherapy.

Next comes the floor. I sweep all the dust, crumbs, dog and cat hair and all of the debris of everyday living that goes on in this kitchen. I make little piles of fluff with my broom. The bristles bring out surprises from under the stove and the refrigerator. A permission slip that sneaked under the fridge flies out when the bristles slide past. An old dead piece of potato has been living under the stove until my broom brings it forth too. It is hard to get anyone to understand the peace and joy in seeing the debris that I sweep up and toss out. I find it a small but very real satisfaction. The broom and dustpan are my tools. The house, my home, is my palette and my tools help me make my art.

I fill the kitchen sink with hot water and ammonia and get the mop. The sponge on the mop is hard and dried out, the water revives it and it goes to work. Skating across the floor making wet places. My own Zamboni of sorts. I drive the mop. Make a clean streak.

Put the mop in the sink and squeeze out the dirt. Over and over I pass the mop until the whole floor is clean. I admire the dirty water in the sink. I thrill at the dirt swirling away.

I feel so at peace with this clean space.

I sit down and feel calm and full and harmonious.

Nancy Sherwood, March 18, 2002

When we are weary and in need of strength, 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."

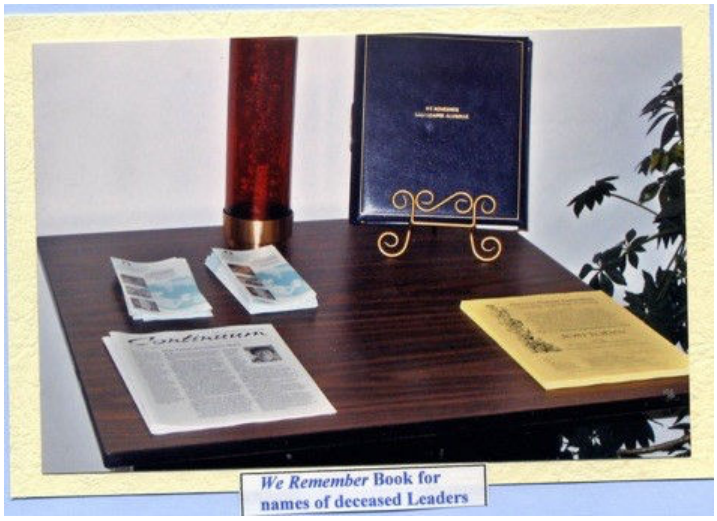
“We Remember” is a tradition started by the Friends of La Leche League in 2001. We pay tribute to Leaders who have died.

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.

Since October 2022, we have heard of the passing of these Leaders:

Ruth DeRosa ~ Maryland United States
Jane Gilbert ~ Great Britain
Vicky Maline ~ Colorado United States
Alison Parkes ~ Great Britain
Helene Scheff ~ Rhode Island United States



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

Below are current tributes to Leaders and friends of La Leche League. Want to honor someone with a tribute? Use these instructions and form to submit them.

Tributes through March 2024

In Memory of **Bonnie Read Bragg**
"Bonnie became a Leader in 1970 approximately. She was a dear friend. She and I worked together as Leaders once she became one in Penobscot Valley LLL — Bangor, ME Area. She was a nurse, and once her children were old enough (in school) she worked as an obstetrical nurse, so she retired from LLL Leadership. She was a wonderful Leader. Sadly, she passed in 2017 due to complications from Parkinson's Disease."
From **Cynthia Blease**, Maine USA
1/14/2023 – 1/14/2024

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

Tributes through September 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

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

We're excited to include an interview with Shelagh Peterson in an upcoming issue. We will also be sharing more final reports from our 2022 Mini-Grant recipients.

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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