June 2023 - Volume 36, Number 2

In This Issue

- Letter from the Editor
- Letter from the President
- 2022 Mini-Grants Update
- Canadian Friend of LLL: Shelagh Peterson
- Friends of LLL Membership
- Remembering Johanna Horton

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

- We Remember
- You Might Like to Read
- Tributes
- Pins
- Fiscal Year 2022-23 Financial Reports
- Thanks to Our Donors
- Call for Articles
- Coming Attractions

Keep Up With Us

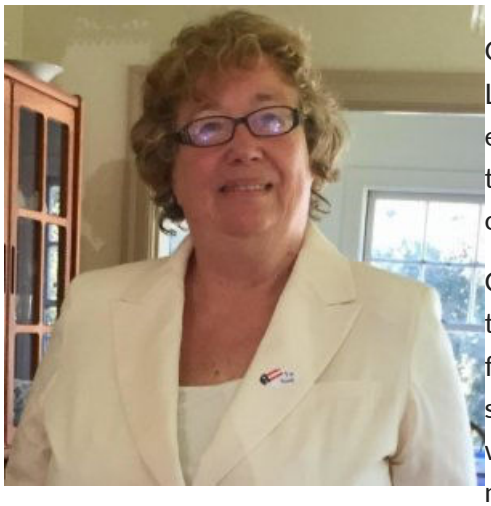
Facebook

Website

Friends of La Leche League Board:

- Jo-Anne Elder-Gomes
- Anne Hutton
- Randee Kaitcer
- Sue Ann Kendall
- Gail Moak
- Susan Mocsny Thomas

Saying Goodbye to a Dear Friend



Gail Moak, our friend and president of Friends of La Leche League, died on Tuesday, June 6. None of us expected this, and it brings home how important it is to tell others that you value and love them every chance you have.

Gail was extremely good at this. She would call or thank you in emails after a meeting for something she found insightful or for some part of your personality she appreciated. I don't think a single person who worked with her ever felt unseen. She cared for marginalized people and actively advocated to eliminate prejudice and unequal treatment.

There is not much else to say but, "Thank you Gail. We will miss you and the love we have for you will last forever." -- Susan Mocsny Thomas

Gail became a trusted friend very quickly when I joined Friends of LLL. It felt like we had known each other for a long time, perhaps because we held shared values from La Leche League and other groups, or perhaps because I could talk to her with openness and depth. I am so grateful to have known her. -- Jo-Anne Elder

Gail was an amazing source of support to me for over 20 years. She demonstrated all the attributes of a great Leader, in all the senses of the word. She will be hugely missed. -- Anne Hutton

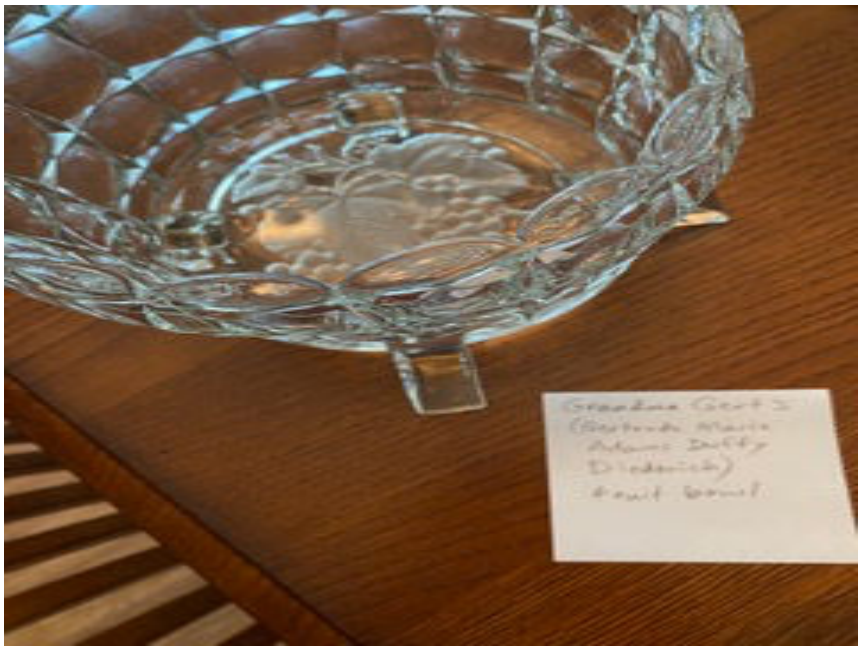
Gail warmly welcomed me as a newbie to Friends of LLL, offering gentle guidance and support. She loved swimming, flowers, and her vintage home. Most importantly, Gail lived her life with intention and meaning. I am going to miss her terribly. Love and light to all her family and friends. May Gail's memory always be for a a blessing. -- Randee Kaitcer

Gail was one of the kindest people I've ever met. She supported me through so many challenges I've been through over the years when I was on the Friends of LLL Board, and as a friend she was invariably kind and insightful. -- Sue Ann Kendall

Letter from the Editor

One thing I've been thinking about lately is how to preserve memories for my children, grandchildren and other generations to follow. Maybe this is of interest to others? If so, I'd love to hear your suggestions and "how tos" for an article in the next *Continuum*.

I've begun putting post-it notes or a folded piece of paper inside glassware, pottery, and underneath pieces of furniture, explaining what era it is from, manufacturer if I know it, and who passed it on to me. It's easy to pull the note out temporarily when I use a piece.



Another idea is putting an inventory list in the file folder with our will. Pictures can be helpful if descriptions don't really tell the whole story.

The third thing is something I started this year. It's a subscription service called Storyworth. They send you a writing prompt each month and you write your memories about the topic or select another. Look for an article in the next *Continuum* about Storyworth!

I hope my children, grandchildren and beyond will treasure the family memories for years to come. By the way, my next grandson is due at the end of July! It's been ten years since we've had a baby in the family, so we are very excited, as are his first-time parents, son Kyle and daughter-in-law Alyssa.

Susan

Continuum Editor

Letter from the President

This issue of Continuum was set to distribute when we learned of Gail's death. At the time of her writing this Letter from the President, neither Gail nor we knew it would be her last. This was a very emotional letter for her, as the topic was that of her beloved friend Dale, who had passed away, and Dale's children. I find it poignant and prophetic that she ends with the quote from Ecclesiastes that she chose. -- Susan

My friend and co-Leader, Dale Allen Boland, passed away on October 20, 2020. Her three adult daughters, Sylvie, Vrinda, and Marielle, handled it with maturity and grace, particularly since their Dad passed about a month later. In cleaning out Dale's cottage, they found a bag filled with notes, handouts, and other personal papers and luckily saved it. Inside the AG was Dale's LLL application! Fellow LLL Co-Leader Susan Lawrence made a PDF from the original typed manuscript, and then the bag languished in my bedroom for a few years.

Last fall I had lunch with Vrinda and she told me the wonderful news that she was pregnant. Later that day we found out Sylvie was also expecting! The two cousins would be weeks apart in age!

Susan Lawrence and I put our heads together to figure out baby presents. We of course gifted them both *The Womanly Art of Breastfeeding*. How could we not? We also bought *Safe Sleep* as a gift for later on. And I pulled out the bag to reread Dale's LLL application. Dale wrote with great honesty. She didn't pull any punches about the challenging times with three little ones. I was in tears many times reading about my friend's life as a young mom. But Dale is no longer here to give her daughters her wisdom on birth, breastfeeding, and parenting.

As hard as Dale's Leader application was for me to read, it was also a treasure. The PDF version went backwards and involved a lot of scrolling back and forth. I thought I could organize it to make more sense. I included the letters from Dale's Associate Coordinator of Leader Accreditation (Lori Bryan, now Coordinator of Leader Accreditation, La Leche League USA), put it all in order, made a cover and bound copies into a booklet for each daughter. The letters back and forth between Dale and Lori are now easier to comprehend for someone not familiar with the LLL Leader application. The booklet was lovely, but we were still unsure about giving it at the baby showers. For instance, would first-time pregnant women understand their mother's ambivalent reaction to tandem nursing when they themselves were the tandem nursers? After many discussions, we decided to wait with the application gift.

Sylvie's son Gabryel was born on a Wednesday in March. Vrinda's son Govinda was born on a Wednesday six weeks later. Both of Dale's grandsons are breastfeeding well. Everyone is healthy and over-the-moon happy. Susan Lawrence writes, "Seeing her daughters nurse and nurture their own sons is such a special gift from Dale, and from La Leche League."

We'll give each of the three sisters their own copy of the application booklet soon!

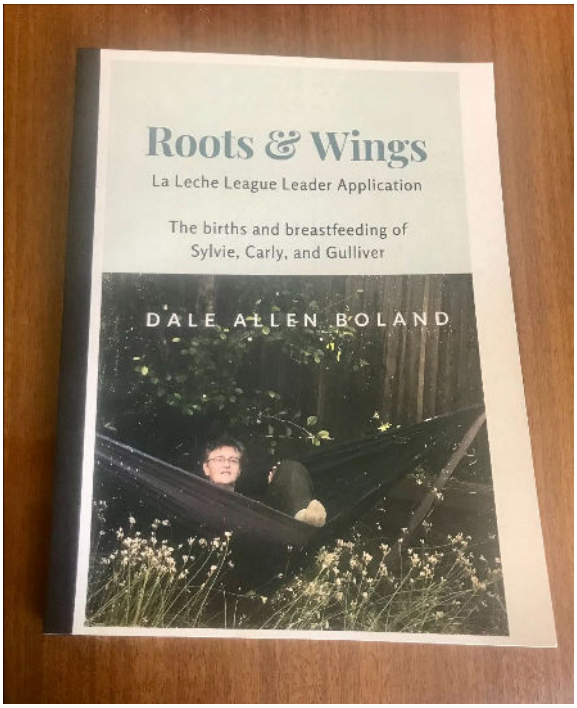
For everything there is a season, and a time for every matter under heaven: time to be born, and a time to die; a time to plant, and a time to pluck up what is planted…

Gail
Friends of LLL President

P.S. When I told Lori about this project, she said, "Maybe there will be two new Leaders in a year!"

See another story about Dale and her daughters in President's Letter in the back-issue *Continuum*, Volume 33, Issue 4, December 2020.

Did you save your LLLI Leader application? What reactions do you have when you reread it?



2022 Mini-Grants Update

By Paula Clay, 2022 Mini-Grants Team

LLL of Spain Videos

LLL Spain reports that they completed their work with a production company to film seven(!) Spanish-language videos that address the most common breastfeeding questions Leaders receive. The videos have been posted on their website and their YouTube channel, and are available to support Spanish-speaking families. The team also retained all the recorded images, which they can use in additional short videos and also in print publications and on social media, extending the value of this project.

One of the videos is embedded in this page of the LLL of Spain website: El agarre y la postura en la lactancia.

A Canadian Friend of La Leche League: Shelagh Peterson, Retired LLL Leader

by Jo-Anne Elder

Here is the third of my interviews with Canadian members of Friends of La Leche League, based on email conversations. ***Shelagh Peterson*** *is now retired, both as a La Leche League Canada Leader and from her job as a teacher and then administrator in the central board office. She keeps busy helping with her four grandchildren.*

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

As a first-time mother, I was anxious about breastfeeding. My formidable mother was a public health nurse, and repeatedly told me of her disastrous experiences trying to breastfeed in the 1950s. My supportive mother-in-law lived in another city, and she didn't have as much contact with me. So, between the family pressure and a "small for dates" baby, I supplemented early. My first baby also had a bad case of colic, so it was a challenging time.

2. **Did you get support with your own breastfeeding questions from LLL Leaders? Who are some of the Leaders you remember best? Is there something memorable they told you that you've repeated since?**

During my first breastfeeding experience, we had a family gathering with some cousins from out of town. I remember that one cousin was contently breastfeeding her own baby, and bolstered my mothering by telling me that even the short time that I breastfed my first gave her a great start in life. I didn't know it at the time but found out later that she was a LLL Leader. She was very empathetic and didn't judge me at all. (By the way, her name was Margaret Sinclair – who sadly died ten years ago.) By the time I was pregnant with my second, I had found LLL in my own community and found such support. The one phrase that I remember and then often used later was "LLL is like a library – take what you need and leave the rest behind." The Leader who had the most influence on me before I became a Leader myself was Hilary Macleod. I also developed long-term friendships with a number of co-Leaders over the years.

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

I became a Leader when my youngest child was over a year old. I was constantly helping friends with their struggles with their little ones, and my husband said to me, "why don't you become a Leader and learn how to help others?" As a Leader without a nursing baby, my priority shifted to the mothering wisdom that is inherent in LLL. I helped my own two daughters and my daughter-in-law with breastfeeding, although they had absorbed so much that they knew the spiel. I was on call most weekends (in the greater Toronto area), and they listened to me talking with parents over the phone.

4. **What is one quality or interest all your children share? And how are they different? What did they teach you?**

They all have a great curiosity. I would say that LLL encouraged me to listen to them and to foster their interests. Yet all three are so different. The eldest is constantly moving, the second one is the patient one, and the youngest is calm. They all taught me patience.

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

Attending International Conferences with my best friend and her family; helping to organize Area Conferences and the Canadian Conference. And watching my own children (now in their late 30s and 40s) navigate parenting.

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

The most profound is the rise of social media, and media literacy. Families today use digital technology that was not available in the 1970s when I began my parenting journey. With instant answers and instant "experts," folks have learned (sometimes the hard way), that not all "information" posted is in fact appropriate.

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

I began as a teacher in 1976, then took time off to help raise my kids, and then returned to teaching. I retired three years ago from an administrative position with a large school board. One project that I was involved in was a collaboration with Peel Public Health on the secondary school Parenting curriculum. We not only promoted breastfeeding but presented it as the "usual" way to feed babies. I'm still volunteering in the community and am currently assisting a refugee family settle in Canada.

8. **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?**

LLL changed my life. I owe a debt to them that can never be repaid. I learned how to advocate for myself, and for my children.

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

I retired when my youngest grandchild weaned! It seemed like the time to go, as my focus was shifting to my professional retirement from work as well.

Shelagh Peterson provides descriptions of the photos above, starting at the upper left:

The first old photo includes my mother-in-law, Pearle Peterson, and three of her grandkids (including my oldest two). Pearle was such a strong supporter of my breastfeeding, having breastfed her own two kids, including my husband (and weaning him at close to three years old -- almost unheard of in the 1950s).

The next photo is of my three children, painting while seated around the kitchen table, circa 1986. Brian is in the high chair, about 18 months old, Kathryn is four years old, and my eldest, Susan, is seven.

The table theme continues with the current family photos -- all taken around a table. The summer photo includes (left to right): my husband Bruce, son Brian, grandson Cole, son-in-law David, daughter Kathryn, granddaughter Isabel, daughter Susan, granddaughter Mari, granddaughter Hailey, daughter-in-law Christina, and me. All four grandkids were breastfed

for extended periods.

The other two current family photos include David's mother Jo-Ann, who often joins us for family celebrations.

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 *|MMERGE5|*.

If your membership has expired, you can renew it online by signing in with your email address as the "Username or email" and your password. (If you don't remember your password, click the button to reset it.)

To renew online, sign in HERE.

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

Remembering Johanna Horton

by Susan Mocsny Thomas and Sue Ann Kendall

I had asked Johanna to write an article for Continuum a week or two before we got the news that she was nearing the end of her journey here on earth. I thought that since we were expecting to hear from her, we would instead share some memories about her in this issue. -- Susan

SUSAN: I first "met" Johanna Horton on the LLLOL listserv (La Leche League On Line) back in the early 1990s. We then became part of a group of forty-some of us called Power Surge, beginning about 1995. Power Surge referred to the hot flashes that many of us were

experiencing at that stage of our lives. We wanted a new group since we enjoyed being online but the discussions of potty training and weaning no longer captivated us as they once did. We really bonded over talks about children who were becoming adults, ourselves adjusting to midlife, and occasionally, we actually did talk about menopause which we thought would be the main thing we discussed.

In 1996, I moved to Massachusetts with my wasband (then husband). Johanna and her husband Bill would vacation each year in Maine, and she realized that they came right through the area we lived on her way from Illinois. She and Bill stopped in for a lovely short visit in May 2001, and it was wonderful to meet her. Below is a photo of us on that day. One thing she told me that i will never forget is how they pronounced her name Jo-hannah, and she always wished it had been Jo-hana with a short a. Another impressive fact I learned from her is that she had been the first LLL Leader in the state of Oklahoma, when they lived there before settling in Illinois.

Johanna was a very spiritual person with deep roots in her church. Her comments to others on our email list were insightful and delicate. She was constantly searching for natural approaches to health problems and alternative care. She delighted in her children: Sarah, Beth, and Geoff. Beth became a La Leche League Leader like her mother. Johanna treasured her grandchildren. Although they did not live close to her, the ways she connected with them were valuable to me as a long-distance grandmother.

SUE ANN: I met Johanna back in the Olden Days before we were all connected on the internet. Yes, you read that right. I met her in real life first! She was one of the first people I met in LLL of Illinois beside my own Group Leader and the woman who helped accredit me. When I was an Applicant, Johanna attended a Chapter Meeting or other regional meeting that i went to, somewhere in Illinois. Well, it was 30-some years ago! We bonded over her being a good friend of my LLL mentor, Roberta Johnson. We were also academics, so we had the "universities in Illinois I have taught at" conversation. She joined the small group of Wise Women on whom I leaned throughout my time in the organization. I will always be grateful to Johanna for introducing me to the concept of the Highly Sensitive Person and giving me the book about it to read. I suddenly felt less weird, thanks to Johanna.

When I started my Group website back in 1993, Johanna was one of the first people to want one of their own, so soon her Group joined my Champaign-Urbana group on the World Wide Web, in blazing monochrome! And as Susan mentioned, Johanna was one of the first Leaders on our Leader email list, LLLOL, which eventually became TLC, The Leader Connection. Below is a photo of our meetup in 1997, with me in the middle in red and Johanna in blue in the row above me (with white hair).

I think I am still in touch with almost all of these women, at least the ones who are still with us. We really got to know each other well in those days, when email was our primary way of keeping in touch and preferred by me, because no one could send you confetti or glitter that would get all over your floor via email -- I loved letters, but my District Advisor sure loved confetti and glitter. Knowing Johanna and having her steady presence in my life came to be something I simply took for granted.

I was so accustomed to having her around, doing whatever I was doing with my Power-Surge friends that when I got the news that she had passed away, my first through was, "Wait, I'll never see her in her chair with her cool wall hanging behind her again?" It was part of my life, talking to her and our other friends every week. It still seems like there's a square missing in our Zoom chats.

How lucky Johanna Horton's friends and family were to have her wisdom and humor to count on for so long. Her memories will live on within us.

In the opening of the buds, and in the rebirth of spring, 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, paying tribute to Leaders who have died.

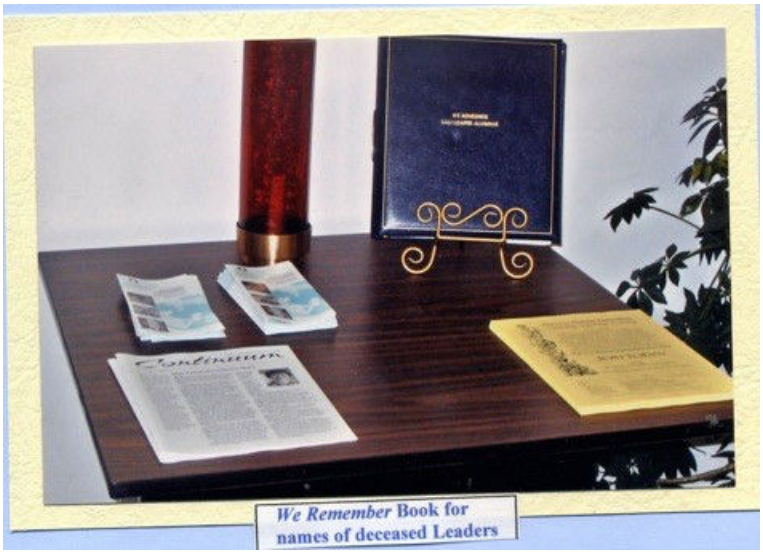
Throughout the history of La Leche League, we have connected to each other on a deep level across countries and cultures. Part of our mission as Friends of LLL is to keep connections strong as we remember and appreciate those who have died.

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.

These are the names of Leaders we have been informed of since October 2022. Names in blue are linked to their obituaries.

Anne-Marie Arsenault ~ Quebec Canada
Ruth DeRosa ~ Maryland United States
Jane Gilbert ~ Great Britain
Johanna Horton ~ Illinois United States
Vicky Maline ~ Colorado United States
Gail Moak ~ California United States
Alison Parkes ~ Great Britain
Helene Scheff ~ Rhode Island United States
Virginia Steele ~ Kansas United States
Anna Utter ~ Maryland United States

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



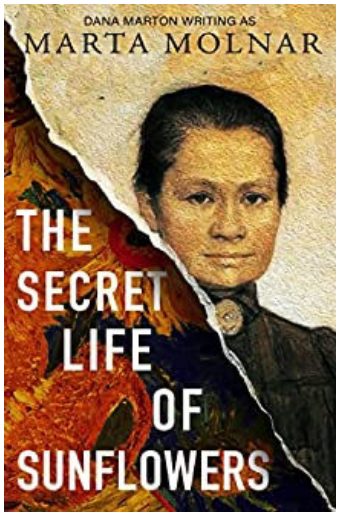
You Might Like to Read...

by Mary Gisch

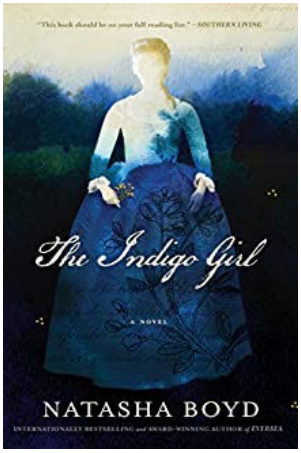
Send Mary your suggestions at Giscmary2@gmail.com

The Secret Life of Sunflowers: Johanna Bonger, Van Gogh's Sister in Law 2022, by Marta Molnor and Diana Marton

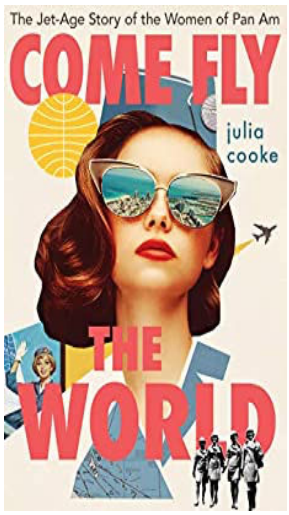
This historical novel tells of Johanna, Vincent Van Gogh's sister in law, who with fascinating determination, made his art famous. Her husband Theo, devastated by his beloved brother's suicide, was unable to help her. Recognition of Van Gogh's works of art was finally achieved. In current day New York, Emberly is touched by Van Gogh's art, as are many of us. An intriguing best seller!



Indigo Girl, 2017, by Natasha Boyd



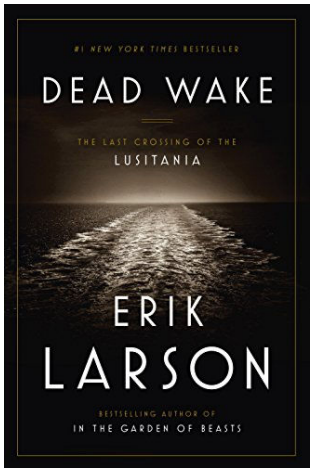
In 1763 in colonial South Carolina, the English and the Spanish were fighting over Florida. Eliza Lucas was left in charge of three plantations by her father, an English Officer. She was 16, well read and had an interest in botany. Eliza especially wanted to grow the strange indigo plants. Determination, imagination, and grit fill this historical novel. (A Friends of LLL tie-in: When the LLLI Alumnae went to Charleston, SC, we toured an indigo plantation.)



Come Fly the World: The Jet Age Story of the Women of Pan Am, 2021, by Julia Cooke

Pan American Airlines ruled the skies from 1950s to 1970s. The company selected young, educated, bilingual, attractive women to serve as stewardesses. Despite the fluff look of the cover, this is a history of Pan Am, focused on four fascinating women and their experiences, one of whom broke the color line. They needed political savvy to fly to different countries and courage to fly in and out of Saigon to rescue soldiers and babies. A surprising read!

Dead Wake: The Last Crossing of the *Lusitania*, 2015, by Erik Larson



On May 1, 1915, in the tenth month of World War I, the *Lusitania*, a mammoth luxury liner, departed New York on its way to Liverpool, England. It was known as the fastest line then in service. The Captain was one of the best. Germany had U-Boats, Britain had almost none. The people on board were confident that they would be protected by British warships. Dynamic narrative nonfiction!

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 December 2024

Honoring **Anne Marie Miller**,
Athens, Georgia USA
"Thank you for all you have done and are doing to help mothers and babies and for those of us who are also dedicated to helping them."
From **Marguerite Gravlee**, Valdosta, Georgia USA
5/29/2023 – 5/29/2024

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

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

Show the LLLove with Our Pins

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. We also carry the LLLI 65th Anniversary pins and our own Friends of La Leche League pins.

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

Pins make great gifts!

Order Pins

Fiscal Year 2022-23 Financial Reports

As a not-for-profit organization, Friends of La Leche League is committed to financial transparency and prudent financial management. As such, we share our annual financial statements via *Continuum* and on our website. Our fiscal year runs from April 1 to March 31. Questions about our finances can be submitted to Treasurer@FriendsofLLL.org.

Friends of La Leche League
Statement of Financial Position
As of March 31, 2023

Cash Assets:			
Cash - Chase Bank	$	35,012.81	
Less Checks Payable	$	(20.50)	
Cash - PayPal	$	1,162.82	
Total Cash Assets:			**$ 36,155.13**
Saleable Pin Inventory:			
1760 pins @ $4.00*	$	7,040.00	
Total Assets:			**$ 43,195.13**

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

Friends of La Leche League
Statement of Cash Flows
Fiscal Year 2023-2023 -- April 1, 2022 to March 31, 2023

Cash Assets April 1, 2021	$	30,572.68	
Fiscal Year Net Income	$	5,582.45	
Cash Assets March 31, 2023			**$ 36,155.13**

Friends of La Leche League
Statement of Activities with Notes
Fiscal Year 2022-2023 -- April 1, 2022 to March 31, 2023

Revenues:				
Memberships			$ 3,480.00	
Tributes			$ 80.00	
Donations				
Restricted - Mini-Grants	$ 1,000.00	(a)		
Unrestricted	$ 1,201.00			
Total Donations			$ 2,201.00	
Donated Goods & Services			$ 54.26	
Pin Sales				
Pin Sales Revenues	$ 1,101.65			
Less Cost of Goods Sold	$ -			
Net Pin Sales			$ 1,101.65	
Other Income			$ -	
Total Revenues:				**$ 6,916.91**
Expenses:				
Mini-Grants			$ (236.00)	(b)
Website			$ 903.45	
Social Media/Communications/Continuum			$ 150.04	
Friends of LLL Trip (Fall 2022)			$ -	
Board Meeting			$ 78.34	(c)
Supplies and Mailing			$ 269.55	
Financial Fees				
PayPal Fees	$ 169.08			
Other Financial Fees	$ -			
Total Financial Fees			$ 169.08	
Other Expenses			$ -	
Total Expenses:				**$ 1,334.46**
Net Change in Financial Position:				**$ 5,582.45**

Notes:

(a) All restricted donations will be used for grants in next Mini-Grant award cycle

(b) Represents repayment of unused monies from one 2022 Mini-Grant recipient

(c) Represents 1/2 of Zoom fees; the other 1/2 are charged to Social Media/Communications

Thanks to Our Donors

Friends of La Leche League programs and activities are primarily funded by memberships and donations. 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.

Unrestricted Donations from April 2023 to Present:

Marguerite Gravlee
Rebecca Keepers
Lou-Ellen MacDonald

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Call for Articles

We hope all the good news in this online *Continuum* has 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

Want to learn more about Storyworth? Check an upcoming issue.

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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