View this email in your browser

February 2024 - Volume 37, Number 1

In This Issue

- Letter from the Editor
- Join Us in Chicago!
- Julia's Way Webinar
- New Board Members
- Your Membership
- You Might Like to Read...
- On the Topic of Books
- Retiring from La Leche League
- Tributes
- We Remember
- Thanks to Our Donors
- Pins Celebrate Leader Service
- Publishing Help Needed

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

Keep Up With Us

Facebook

Website

Friends of La Leche League Board:

- Carroll Beckham
- Jo-Anne Elder-Gomes
- Lupe Forsang
- Anne Hutton
- Randee Kaitcer
- Evy Simon
- Susan Mocsny Thomas

Secretary to the Board
Sue Ann Kendall

Letter from the Editor

I want to start this letter in gratitude for the forty (yes, forty!) book review columns done by Mary Gisch. It has been such a pleasure working with you, Mary, and I surmise past editors would agree with me. We are so happy that you will continue to be with us as a member of Friends of LLL, so this is not goodbye, but an absolutely huge thank you for your labors of love!

Having said that, I'd like to suggest that rather than one new person take on this Herculean task, many of us who are readers could share a review when we finish a book we've enjoyed. Once you've

finished reading, you can write it up and send it to me at sthomas826@gmail.com. I'm happy to edit and polish it. I will put in a photo for the book cover to go along with it.

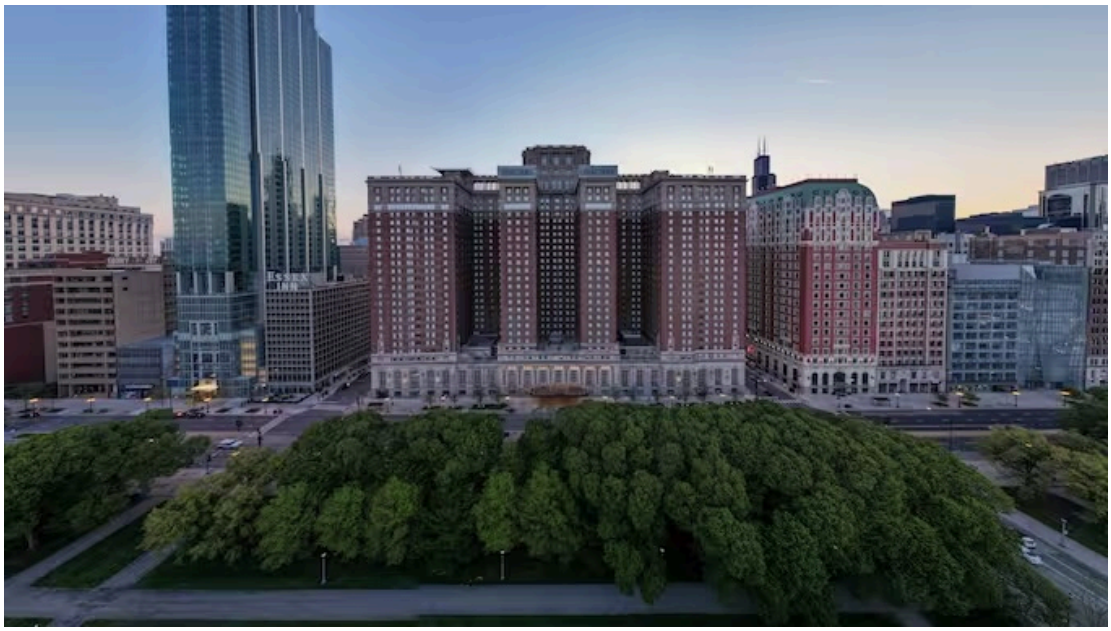
I look forward to this idea of collaborating on book reviews to get a wide variety of books and readers!

Susan
Continuum Editor

Join Us in Chicago -- October 24-27, 2024!

We are busy planning the details for our upcoming Friends of La Leche League trip to Chicago, October 24-27, 2024. We will be staying at the Hilton Chicago, a great venue for reminiscing about past LLL International Conferences while forging new memories with Friends. Join us for a meet and greet reception including the authors of the new edition of *The Art of Breastfeeding*, special meals, a variety of activities and sightseeing opportunities, and our always moving We Remember Ceremony. Look for full itinerary and registration information in the next issue of *Continuum*. We hope to make this the biggest and best Friends of LLL trip ever!

P.S. Planning a trip is a HUGE job, and we welcome anyone who wishes to volunteer in any way to get involved.
Please contact us at info@FriendsofLLL.org to let us know that you're available to help in planning with us or to help out during the trip!



The Hilton Chicago Hotel viewed from Lake Michigan. (Photo from Hilton.com.)

Julia's Way Webinar

by Paula Clay, 2022 Mini-Grants Project Team

Friends of La Leche League awarded a mini-grant to Julia's Way, an organization dedicated to supporting breastfeeding babies with Down syndrome (DS). In January, this grant came to fruition when Jill Rabin, SLP, IBCLC and Rachel Murphy, RN, IBCLC presented in a live webinar to help LLL Leaders support mothers who want to breastfeed their babies with DS. A total of 83 Leaders from around the world registered and 30 joined for the two-hour live presentation. A link was sent to all who registered to watch a recording of the entire presentation, including a bonus short film, heartwarming case studies, and Q&A.

The Julia's Way presentation included the following six modules;

1. Prenatal preparation and facilitation of breastfeeding in babies with DS,
2. Benefits of breastfeeding and provision of breast milk,
3. Medical conditions with DS,
4. Obstacles in breastfeeding: low tone, sleepiness and more,
5. Feeding interventions: bridge devices and more,
6. Protecting the milk supply.

If you are an active LLL Leader, you will receive information on how to access this presentation if you were unavailable for the live webinar.

Here is a short selection highlights from the presentation:

Babies with DS breastfeed at the same rates as the regular population! Don't assume that these babies can't breastfeed or that they will have difficulty breastfeeding. The baby defines the diagnosis; it does not define the baby.

Recognize the individual person, not the diagnosis. It's a unique baby or person with DS, not a "DS baby."

50-100% of people with DS have sleep apnea. Breastfeeding, because of the way it shapes the oral structure, reduces the risk of sleep apnea. Children with DS should have a sleep study by age four.

50% of babies with DS have cardiac issues.

Chronic congestion is common because of narrow nares (nasal passages). Nasal irrigation before breastfeeding may be helpful.

For more information about breastfeeding babies with Down syndrome, watch **this inspiring video**.

Once you have seen the stories of these mothers who strive to make breastfeeding inclusive of babies who have Down syndrome, you will see how Mini-Grants from Friends of LLL are making a real difference.

Meet Your New Board Members

At our January virtual meeting, Friends of La Leche League installed three new members to our Board. They join continuing Board members Susan Mocsny Thomas, Anne Hutton, Randee Kaitcer, and Jo-Anne Elder. All seven Board members look forward to working together on our many planned Friends activities.

Lupe Forsang

Lupe is a lifetime resident of Southern California. Her Mexican-American family has lived in the Los Angeles area for over 100 years. She does family genealogy and maintains a page on Facebook named for her 3rd great grandfather. Lupe enjoys audiobooks, cooking, travel, and gardening. She is skilled at sewing, crocheting, and she is getting involved in quilting again.

Lupe was widowed in December 2022, when her husband of 50 years passed away. They have three children. Her oldest daughter lives in North Carolina; her son lives in London, England; and her youngest daughter lives just 45 minutes from her.

Lupe has two grandchildren; an 18 year old grandson, and an 11 year old granddaughter.

A Leader for 30 years, Lupe retired in 2020. She led meetings in her town for 10 years, was a member of her Area's Board of Directors, a USW Council member, Communications Skills Instructor and was involved in the Leader Applicant Department (LAD).

She states that "LLL has always been a positive influence in my life and I hope to give back some of that positivity." We look forward to working with Lupe to share that positivity!

Carroll Beckham

Carroll was born in Virginia, but moved to North Carolina at the age of two. Apart from five years in Georgia, Carroll has lived in North Carolina all the rest of her life. By her count, she has lived in nine different North Carolina towns and at least 23 houses!

Carroll retired from LLL in 2017 after 30 years of Leadership.

She has been married to her high school sweetheart Harvey for 55 years now. They have two daughters who live in Montauk, New York, and Cary, North Carolina. Her oldest daughter, an orthodontist in Montauk, has given them three grandchildren; 10 year old twins and an 8 year old. Her younger daughter is engaged to be married, is an RN in a high-risk pregnancy clinic working toward her masters in nursing, with the goal of becoming a nurse practitioner.

Carroll and Harvey recently moved to Beaufort, NC to downsize to a one-level home. She loves the NC beach and volunteers at the local aquarium, mostly with the touch tanks.

Carroll was a huge part of our planning team for the New Orleans trip, along with Evy. We can't wait to channel some of that energy into our upcoming trip!

Evy Simon

Evy (pronounced Evvy, not Evie) and her husband Marc find themselves back in their original hometown of Philadelphia, PA after spending 35 years "wandering" to Baltimore, New York City, Montreal, Canada, and Indianapolis.

Most of Evy's 40 years of LLL Leadership were in Montreal. She was involved with the Communication Skills Department there (even when it was still called HRE). She led sessions in the Western US, as well as in Pennsylvania.

Evy's children live in Toronto, Montreal, and Congo. Her older grandchildren are 28 (Evy was there for that birth) and 25. One is a new attorney in Toronto and the other works in a Nevada gold mine. The younger grandchildren, 9, 6, and 3, go wherever their parents are, which is currently Vietnam and Cambodia.

Evy continues to work part time as a standardized patient in a medical school, as well as a tour guide. She has recently become involved in a walking group from her apartment building.

Evy also worked closely with Carroll on planning for the New Orleans trip. The Friends are looking forward to using Evy's travel skills to plan and implement our trips!

Keep Your Membership Active!

This is your membership information:

<<First Name>> <<Last Name>>, membership expiration date <<Expiration Date>>.

To renew your membership online, sign in **HERE** 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.)

You Might Like to Read...My Farewell Column!

by Mary Gisch

Dear Friends of LLL,

This is my 40th column! It is also my last. I have enjoyed writing *You Might Like to Read…Choose One or More and Enjoy* for the past twelve years. I am turning 87 this June, so I have decided it is time to say farewell to it. Thank you for the opportunity to participate. I am continuing my membership in Friends of LLL so I can continue to read *Continuum*, for I love it.

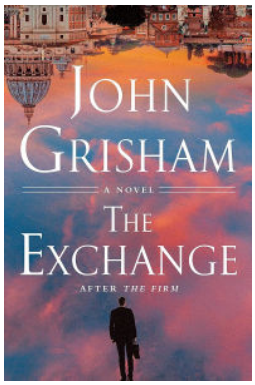
I have tried to be timely, writing about some current novels, novels from other countries, some history, some mystery and also some biography. I have appreciated getting book ideas from you. I apologize to those I did not get to. I am hoping someone who loves to read and share good books will want to write some book reviews.

On a personal level, it has been wonderful to be involved with La Leche League. My mothering was enhanced by the philosophy and the women I met in LLL. I have enjoyed the company of many Leaders who were so dedicated to helping mothers to breastfeed their babies. When I was the Director of Leader Applicants many years ago, I met women from all over the world, which so enriched my life. I am happy to say I breastfed four little girls, who are four wonderful women. They all support breastfeeding. In fact my youngest, Kate Ogilvie, is the Illinois Coordinator of Leaders for the past three years.

So, I bid *Continuum* farewell!

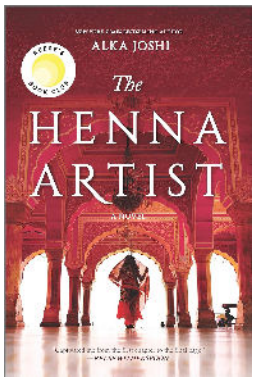
Love and prayers,
Mary Gisch

The Exchange: After the Firm, 2023, by John Grisham



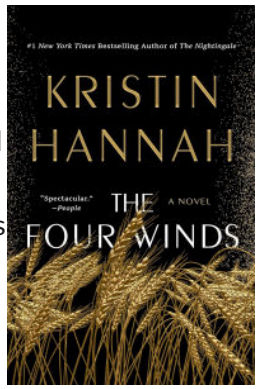
Mitch and Abby live in New York with their twin boys. Mitch is an attorney in a worldwide law firm. Luca, a mentor in Rome, wants Mitch to broker a deal in Libya, payment for a bridge that went nowhere. Luca also asks him to take Giovanna, his daughter, who is an attorney, with him. That turns out to be a disaster in which Abby is to play a big part. *Fast moving, taut Grisham thriller!*

The Henna Artist, 2020, by Alka Toshi



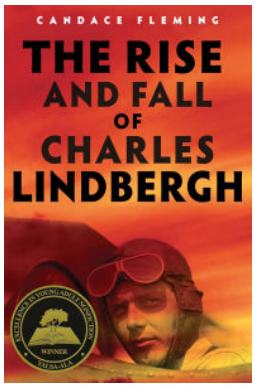
Lakshimi left Hari, her husband, to make a new life in Jaipur, the royal city. She is a gifted healer as well as a henna artist, who paints wealthy women. Hari shows up with Radha, Lakshimi's 13 year old sister whom she did not know because Radha was born after she had left. Even though she did not know Radha, Lakshimi was delighted to have her come and live with her. *Book one of a trilogy -- a fascinating look at lives in India.*

The Four Winds, 2021, by Kristen Hannah



In a complicated marriage Elsa marries Rafe, who lives on his parent's farm out west. However in the 1920s, the "Big Dustbowl" drought sets in, leaving parched dead plants and cracked earth. Rafe runs off, as many did. In dire straits, Elsa decides to take their two children and go to "golden" California. The trip there, as a single woman with two kids, was more than difficult. However, it was easier in comparison to what she found. Impromptu campsites along the roads filled with "tent cities "and hired "pickers". *A vivid historical novel!*

The Rise and Fall of Charles Lindbergh, 2020, by Candace Fleming



Most of us remember the story of Lindberg flying across the Atlantic Ocean. His flight to Paris and the worldwide acclimation it received was eye-opening. He was also vehemently against the United States entering World War II. Although Charles seldom attended school, he had a very creative, scientific, and inventive mind. There was so much to the man and his famous poet/writer wife, Anne Morrow Lindbergh. *This biography is very interesting and full of surprises or should I say, startling facts! Thank you to Carol Huotari for suggesting this book.*

And While We're On the Topic of Books . . .

New board member Carroll Beckham shares a great idea for keeping up with books. Thank you, Carroll!

Reading has long been a passion for me. My favorite LLL Group job was librarian, because I got to keep all the books at my house! But my eyes are not what they used to be, and for a while, I only read large print books.

This year, I discovered audio books in my local public library, and I love them. My library offers the apps Hoopla and Libby, which are free and download to your smartphone. There may be other apps of which I'm not aware.

You can "read" as many books as you'd like. In the past six months, I listened to twenty books!

I can listen to most books at 1.5 times normal speed so they go fast. When you select a book, it downloads to your phone or tablet and you have it for 21 days or until you return it. If you have Bluetooth hearing aids, you can hear your books on them.

Happy reading (listening!)
Carroll

Retiring from La Leche League

by Jo-Anne Elder

Volunteers in other organizations are surprised when they hear that a La Leche League Leader is *retiring* at the age of 25 or 30. This may reflect the attachment and dedication of Leaders, who don't see their decision to end their leadership as quitting or leaving the community they have helped build. Some Leaders volunteer until their youngest child is in school; others continue until all their children are adults or have babies of their own.

Like a lot of choices that affect others as well as myself, I have tried to look at my retirement from La Leche League through an LLL lens. I've drawn on the wisdom of our Leaders, friends that I have met through LLL, and writers. My approaching retirement feels a bit like weaning.

As long as you want

"How long will I be doing this? The short answer is 'as long as you and your baby want.' You may have an idea now about when you want to stop. Once things are going smoothly, you may decide to keep going longer than you'd originally intended." (*Womanly Art of Breastfeeding*, 8th edition, p. 16)
I wonder if most La Leche League Leaders decided during pregnancy (or before) to nurse as long as their babies wanted, or if many were like me, learning the joys of normal-term breastfeeding over time. With my first, my plans were affected by health practices and my attitudes before baby. By the time my seventh was born, I knew that breastfeeding as long as possible would make it easier to meet everyone's needs, including mine.

New Leaders may have ideas about how long they can or will continue to work with La Leche League. Some start with an idea of helping out their Group for a short time, and others may follow in their footsteps of a friend or their mother who was a long-time Leader. If you feel that La Leche League is giving you what you need, continue as long as you want. If you're not sure, focus on what *you* want. Can you do that as a Leader? You may want to explore another role inside or outside La Leche League.

Leave on a high note

When I decided to retire from part-time university teaching after more than thirty years, I had mixed feelings. I still miss my contact with young adults who were eager to learn and appreciated my interest in them. However, the job had started to fit my life less perfectly. I had seen teachers who were worn out or burned out, less empathetic or unenthusiastic, and I didn't want that to happen to me. In the last year or two of teaching, I was able to enjoy teaching more than ever. I didn't have to worry about my resume or performance evaluations or departmental politics. I learned a lot about identifying my own feelings and self-empathy in La Leche League, and acted on my intuition. It was time to take the memories and move on.

Don't quit on your worst day

A resource person in LLL reminded me of this when we faced a challenging situation in La Leche League. I don't believe in persistence for its own sake; I do believe in thorough reflection and creative

problem-solving. Leaders change things in their own and other people's lives, as well as in the world and in the organization. How do you feel about what has happened? Is there something you can do to contribute to the situation with empathy and cooperation? Or is it something you can let go of? I used to have to remind myself that it wasn't my job as a La Leche League Leader to persuade people to do things I thought were important (e.g. continuing to breastfeed!). I have my own beliefs and values for my family and can let the decisions of other people go. Take some time to sit with your own feelings and look at the problem from all angles, from a certain distance, from other people's perspectives. Think about what kind of organization you want to belong to, and how much of a burden the situation is on you. Closing the door on the negativity might open a door to something more fulfilling… or simply easier on your nerves!

Gradually and with love

My co-Leaders and family know that I have a "phased retirement plan." Because I am a free-lance worker, my career has always been fluid. I was able to accept or reject each contract as it came up, negotiate deadlines, step up or step back depending on my family's needs. I could retire according to my own schedule, too.

At one point, I found I was less eager to bid on jobs that weren't in my area of interest. I decided to take the approach of **"don't offer, don't refuse."** Later I did, in fact, gently refuse contracts and decided to work only in the fields I most enjoyed. I set a date, gave my other clients a lot of notice, and referred them to other people.

Retiring from volunteer work was actually harder for me. It sometimes seems that no one will be there to take over one or another of our tasks. I learned that as long as I was filling a spot, I had no way of knowing if someone else could or would do it. You can start by not volunteering for extra activities. If you have trouble letting go, try opening up roles that are harder for you right now. Ask others what they enjoy doing, would like to learn, could try on a temporary basis. Welcome people into new roles even if it means recognizing that they aren't doing it the way you would. Remind yourself that you are giving people—your co-Leaders, new Leaders, Leaders in other Departments—opportunities that may encourage them to showcase their talents, develop new skills, or engage them when their interest is flailing. Eventually, you may find the time is right to let go of even your favourite activity, as you did with your baby's late-night nursing session.

Family first

It's such a relief to be able to belong to an organization that understands and encourages us when we put our children's needs first! Nursing or consoling your child at a Series Meeting, taking time off when your baby is born or your child is ill, or doing less for LLL when you have more to do at home or work can make it easier to continue as a Leader. Family first doesn't mean putting yourself last. Even if you intended to be a life-long Leader, things happen and life changes. It may be a sudden tragedy—the unexpected death of a loved one, an accident or illness that changes your own life—or an ongoing struggle that has stretched you far enough. On the other hand, it may be a joy or opportunity you want to fully embrace—the birth of a new baby or grandchild, a chance to travel or unplug from meeting schedules, a family move or a job opportunity.

Not being an active La Leche League Leader doesn't mean you need to break your ties with the people you've met through LLL, of course. Friends of La Leche League is full of people like you who value the relationships they have formed and want to create new ones. You'll have opportunities to chat online, take part in fundraising or special projects, go on trips, gather with old friends nearby, and meet new people who share your interests and philosophy.

Editor's note: If you think of someone you met in LLL when your children were young, whether she was a Leader or not, invite her to join you in Friends of LLL! It can be a great way to reconnect.

Tributes Honor Those Who Inspire Us

We are honored to list the following current tributes to Leaders and friends of La Leche League. If you wish to honor someone who has inspired you, please use these **instructions and form** to submit your Tribute.

Tributes through December 2024

In Memory Of **Mary Strack**, Tustin, California USA
"Honoring my longtime dear friend and fellow La Leche Leader who selflessly shared her warm and caring help to many breastfeeding mothers over the years. May she rest in peace."
From **Jacque Gates**, Orange, California USA
Dec 31 2023 – Dec 31 2024

Honoring **Evy Simon**, Philadelphia, Pennsylvania USA
"Happy BIrthday to Evy Simon, retired Leader."
From **Carroll Beckham**, Pine Knoll Shores, North Carolina USA
Dec 1 2023 – Dec 1 2024

Honoring **Marian Tompson**, Evanston, Illinois USA
"I honor Marian Tompson, as one of the seven Founders of LLLI, but also as a person who has always been able to see all sides of an issue."
From **Rebecca Magalhaes**, Neponset, Illinois USA
Nov 12 2023 – Nov 12 2024

Tributes through June 2024

In Memory Of **Gail Moak**, Oakland, California USA
"To Honor the Life and dedicated work to LLL and Friends of LLL and in memory of our wonderful trips."
From **Rae Schopp**, Westbury, New York USA
Jun 8 2023 – Jun 8 2024

In Memory Of **Gail Moak**, Oakland, California USA
"Gail warmly welcomed me as a newbie to Friends of LLL, offering gentle guidance and support. She loved her family, swimming, flowers and her vintage home. Most importantly, Gail lived her life with intention and meaning. I am going to miss her terribly. May Gail's memory always be for a blessing."
From **Randee Kaitcer**, Fort Worth, Texas USA
Jun 8 2023 – Jun 8 2024

In Memory Of **Johanna Meyer Horton**, Illinois USA
"As a La Leche League Leader for over fifty years, Johanna's support of breastfeeding and families ranged far and wide. During her

In Memory Of **Mary Lofton**, Riverside, Illinois USA
"In memory of my dear friend, Mary Lofton, whose kindness, laughter, and gentle spirit will be missed."
From **Mary Gisch**, Westchester, Illinois USA
Nov 8 2023 – Nov 8 2024

In Memory Of **Gail Moak**, Oakland, California USA
"To a special friend who had such an open heart and fostered the way to moms wanting to breastfeed in a time when it was frowned upon. May her dedication and work continue on. Blessed are those who knew her, blessed are those that unknown to them she touched their lives. Gail in our hearts you are still there."
From **Yomaira and Eugene Lampi**, Portland, Oregon USA
Sep 23 2023 – Sep 23 2024

Tributes through June 2024

In Memory Of **Gail Moak**, Oakland, California USA
"Gail was a dear friend and colleague, the epitome of kindness and grace. I could always count on her to share her wisdom with me."
From **Edna Kelly**, Houston, Texas USA
Jun 27 2023 – Jun 27 2024

In Memory Of **Gail Moak**, Oakland, California USA
From **Amy Shaw**, Hull, Massachusetts USA
Jun 23 2023 – Jun 23 2024

In Memory Of **Gail Moak**, Oakland, California USA
"In Memory of my sister, Gail Susan Moak, who left this Earth too soon but left an everlasting memory with her kindness and gentle spirit."
From **Denise Moak O'Neill**, Coral Gables, Florida USA
Jun 20 2023 – Jun 20 2024

family's time there in the 1960s, she co-founded the first LLL chapter in Norman, Oklahoma. Thus, opening the door for me, and many others, to become Leaders in Oklahoma. (Thank you, Johanna!) Always on her toes, she shared her Wordle score on Facebook, a daily event many of us looked forward to."
From **Rebecca Keepers**, Yukon, Oklahoma USA
Jun 6 2023 – Jun 6 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
May 29 2023 – May 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
Jan 14 2023 – Jan 14 2024

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.

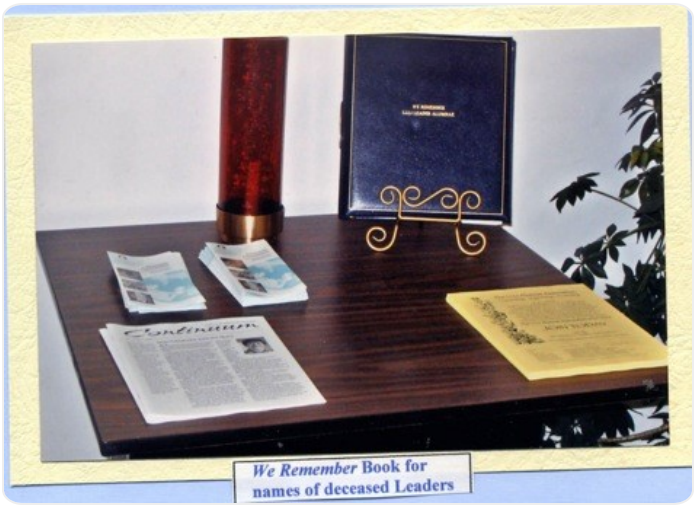
Throughout the history of La Leche League, we have connected to each other on a deep level across countries and cultures. Part of our mission as Friends of LLL is to keep connections strong as we remember and appreciate those who have died.

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 January 2023. Names in blue are linked to their obituaries.

Anne-Marie Arsenault ~ Quebec Canada
Kay Batt ~ Washington United States
Kristian Billiot ~ Louisiana United States
Ruth DeRosa ~ Maryland United States
Johanna Horton ~ Illinois United States
Leith Kassier ~ Great Britain
Vicky Maline ~ Colorado United States
Gail Moak ~ California United States
Jane Ritchie ~ New Zealand
Norma Ritter ~ New York United States
Helene Scheff ~ Rhode Island United States
Virginia Steele ~ Kansas United States
Mary Strack ~ California United States
Anna Utter ~ Maryland United States
Keitha Whitaker ~ Mississippi 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.



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:

Judie Ellison
Mary Gisch
Marguerite Gravlee (2 gifts)
Randee Kaitcer
Edna Kelly
Rebecca Keepers
Yomaira and Eugene Lampi
Lou-Ellen MacDonald
Denise Moak O'Neill
Rae Schopp
Amy Shaw
Marianne Vaikener

In-Kind Donations from April 2023 to Present:

Anne Hutton
Penny Piercy

Restricted Donations to Fund Mini-Grant Program

from April 2022 to March 2023:

Judith Ellison

In-Kind Donations from April 2022 to March 2023:

Penny Piercy

Unrestricted Donations from April 2022 to March 2023:

Anonymous (3 donors)
Carroll Beckham
Jane Bland
Cynthia Blease
Keisha Colson
Lorelei de la Reza
Jacque Gates
Judie Gubala
Mary Gisch
Gloria Glidewell
Marguerite Gravlee
Anne Hutton
Margaret Loffelman
Genevieve Mandala
Vivienne Miller
Barbara Searing
Merike Tamm
Marian Tompson
Marianne Vakiener

Donate Now

Pins Celebrate Leader Service

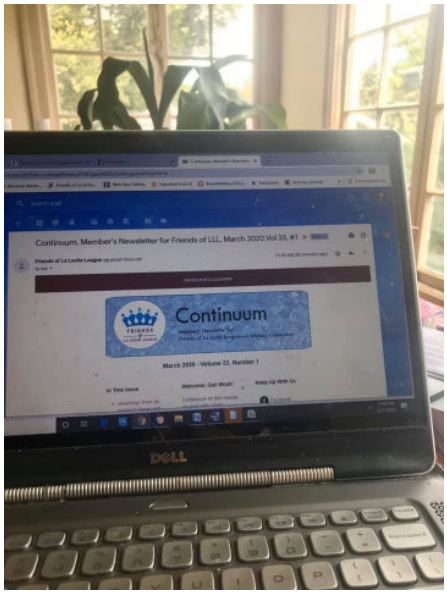
Did you know that Friends of La Leche League has sold over 300 pins since last March? Our most popular pin is the one honoring Leaders with five years of service. Next is our Leader pin without a service year, ofter presented to newly Accredited LLL Leaders by their Area or mentoring Leader. And so far this year we have provided several pins to celebrate those completing 50 years of service as an LLL Leader!

Pins can be ordered online by clicking on the button below. And there is special pricing for bulk orders. Friends of LLL is proud to offer this special service to honor the important work LLL Leaders do in supporting breastfeeding.

Order Pins

Are You Able to Help with *Continuum?*

We are looking for volunteers to assist with the online formatting and publishing of *Continuum.* Most helpful would be experience with MailChimp or Constant Contact software, but familiarity with other publishing software would be useful. No writing or editing are required in helping us with these duties, as we do have an editor who handles these tasks. Please consider if this fits your skills and you might have enough time to help for a few days, four times a year. If this describes you, please contact **Publications@FriendsofLLL.org** to discuss opportunities.



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.

Copyright © 2024 Friends of La Leche League, All rights reserved.

Want to change how you receive these emails?
You can update your preferences or unsubscribe from this list.