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September 2025 - Volume 38, Number 3

Welcome, Friends of LLL!

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Friends of La Leche League Board:

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

Letter from the President

Well, I'm happy to report from North Carolina that our summer of oppressive heat has simmered down! We (as well as a lot of the rest of the world) had our hottest summer in recorded history. I don't enjoy playing golf when I'm melting, so I spent a lot of indoor time thankful for the air conditioning.

Brian and I are off soon to California, specifically, Disneyland. It is the 70th anniversary of Disneyland's opening, and we are going to celebrate my August birthday. We will visit the parks with my daughter, son in law and grandson who live out there. Speaking of grandson,

he just celebrated his birthday a few days after mine! He is 14 now and already 5'8" with a deep voice.

We just said goodbye here to my youngest son, his wife, their two year old and four month old sons. It was fun having them here and interacting with the little ones. They grow so fast. Seems even more so since we don't see them constantly.

Fall is my favorite time of year. The autumn colors, cooler temperatures, and being able to be outside in comfort are all things I love. Sitting around the fire pit in the evenings is great, too. I hope you enjoy your autumn and reading this issue of *Continuum*.

Our big story this issue is the awarding of the Mini-Grants. We were so impressed by the large number of wonderful applications and ideas received. I know it was a difficult job to decide which applications would be awarded, and I'd like to thank our Mini-Grants committee -- Friends of LLL Board member Lupe Forsang, Joan Crothers, and Nancy Franklin -- for their careful examination of the applications and their final recommendations to the Board.

Please keep in touch with any ideas you have for Friends of LLL or for *Continuum* articles. We love to hear from all of our members!

Susan
*****
Susan Mocsny Thomas

Record Mini-Grants Awards!

by Lupe Forsang

We're excited to share the results of the 2025 Mini-Grants Awards! This year, we celebrated the new edition of *The Art of Breastfeeding* book. The Mini-Grant Committee received 50 applications from around the world. Several applications requested assistance to attend the 14th International Area Network conference in Lima, Peru, in November 2025, which made our choices even more challenging. In the end, the Mini-Grant committee and the Friends of La Leche League Board approved thirteen outstanding projects,

awarding a total of $21,704! These projects will help us continue our mission by supporting breastfeeding education, LLL Leaders and Applicants, and families. They also reach a variety of communities, offering support in several languages, and helping groups that have not always had access to breastfeeding support.

Thank you to all of our Friends of La Leche League members and donors -- particularly those who made restricted donations that allowed the magnitude of this year's Mini-Grants awards possible. We also want to extend special thanks to the Mini-Grant Committee, comprising Lupe Forsang, Joan Crothers, and Nancy Blake Franklin, for their time and dedication.

Below is a short description of each initiative that was selected to receive Mini-Grant funding. We look forward to sharing more about each project in the coming months.

Nourishment & Nurture Brunch and Latch On
Vero Beach, Florida, USA
Linda Robert, IBCLC, plans to host a brunch in collaboration with the Indian River County Healthy Start WIC during National Breastfeeding Month. The event will welcome expectant and new mothers, La Leche League members, Leaders, as well as other breastfeeding and health care providers. They plan to distribute 60 copies of *The Art of Breastfeeding* to expectant and new mothers.

Expanding Outreach to New Families in Chattanooga
Chattanooga, Tennessee, USA
Jennifer Carstens in Chattanooga, TN, seeks to expand their outreach to expectant and new parents in her region by providing informational flyers to obstetric offices and local hospitals, as well as New Parent Welcome Bags with donated baby items and copies of *The Art of Breastfeeding*.

The Heart of Breastfeeding -- Education and Empowering in Casablanca, Morocco 2025
Casablanca, Morocco
Samia Bennis, LLL Leader affiliated with LLL France, will organize a two-day training event for health care providers, as well as information sessions for parents, led by LLL Leaders. She will also be providing translation of breastfeeding educational materials in Moroccan Arabic language and culture for Moroccan parents and professionals.

LLL New Zealand Alumnae Association Membership Drive
New Zealand
This project aims to increase membership by October 2026, before the New Zealand Conference. LLL NZ Alumnae will locate former Leaders and past members to send a newsletter with membership information, as well as an invitation to the conference. They also plan to donate a few copies of *The Art of Breastfeeding* to Applicants and new Leaders.

Working Together to Nuture and Normalise and Protect Breastfeeding
LLL Leaders of Widnes & St. Helens, England
The Leaders plan to provide several welcoming, comfortable, and safe breastfeeding rooms

within their local community, aiming to reach parents who hold asylum or refugee status. They will also create a space where children are welcome, and will provide 31 copies of *The Art of Breastfeeding*, as well as several children's books that normalize breastfeeding.

Breastfeeding in the Neighborhood
Canonsburg, Pennsylvania, USA
Leaders Janelle Urban, Cindy Garrison, and Julie Ross plan to increase community awareness, normalize breastfeeding, and connect families to their local Group's resources, and thus increase attendance at their monthly meetings. They will first host a kickoff picnic, and second, purchase several copies of *The Art of Breastfeeding* to place in Free Little Libraries with Leader contact information and social media handles/website information.

LLL South Africa Financial Assistance for Gwynneth Jacobs
South Africa
Funds to assist Gwynneth to attend the 14th International Congress of La Leche League (IAN) conference held in November 2025 in Lima, Peru. Leader Gwynneth Jacobs is described as an outstanding volunteer with many talents. She represents a demographic of non-white Leaders and mothers in South Africa. She will share her newly gained knowledge with other Leaders upon her return.

Stronger Together: A Lactation Alliance LLL and the Breastfeeding Resource Center Join Forces to Keep Abreast of the Latest Lactation Information
Abington, Pennsylvania, USA
The Breastfeeding Resource Center (BRC), in partnership with LLL Montgomery County East, will provide a breastfeeding mini-conference. They will invite IBCLCs, Community Counselors, and LLL Leaders. They will be raffling copies of *The Art of Breastfeeding* for LLL Leaders and Community Counselors to give to families.

Kamby Ñe'ẽ "The Milk Message" -- A Poetic Way in the Guarani Language to Refer to Breastfeeding Education
Paraguay
Support for Leader Zulma Graciela Chera Ramirez to attend the 14th International Congress of La Leche League (IAN) in Lima, Peru, to be held in November 2025. In addition, she will create and share breastfeeding information in the Guarani language, which is a widely spoken language in rural and underserved communities in Paraguay. She will use social media, local health networks, radio, and will create videos and podcasts to reach mothers.

Strengthening the Future of La Leche League Dominican Republic: Training, Sustainability, and Impact
Dominican Republic
Enable Leader Paula Rodriquez Arredondo to attend the 14th International Conference of LLL (IAN) in Lima, Peru. Paula will attend training to be a Communications Skills Facilitator. After her training, she will be able to train three new Leaders. Will also organize a public celebration to commemorate the 35th anniversary of LLL Dominican Republic.

Creating a Circle of Support for Breastfeeding in Underserved Communities
Savannah, Georgia USA
Healthy Savannah will host a screening of the "Chocolate Milk" documentary for Leaders, educators, community organizations, healthcare providers, family members, and others who support pregnant and breastfeeding mothers. "Chocolate Milk" explores the complex racial disparities among Black women in the United States. Healthy Savannah will donate 24 copies of *The Art of Breastfeeding* to local public libraries, and 40 copies of *The Art of Breastfeeding* to pregnant or nursing mothers who attend the screening. Healthy Savannah will also donate 10 copies of *The Art of Breastfeeding* to local organizations that serve pregnant and breastfeeding mothers.

Connecting Caribbean Voices with the LLLI World: Participation of Liga de La Leche Cuba in the 14th International Congress in Lima, Peru (IAN)
Cuba
One Leader and two Applicants will participate in the 14th International Congress of La Liga de Leche, IAN, in Lima, Peru. They will attend training sessions and, upon their return, be able to reinforce their learning through virtual workshops and in-person workshops for others.

Milk, Melanin, and Motherhood
Omaha, Nebraska, USA
Project leader Dawn (Fajr) Peter will host a community screening of "Chocolate Milk" during Black Maternal Health Week in April, 2026. The film explores the complex racial disparities in breastfeeding rates among Black women in the United States. Following the screening, a Q&A session will be held to deepen understanding and encourage community dialogue. A raffle, featuring resources that empower and educate, will include three copies of *The Art of Breastfeeding*.

Thank You to Our Donors

Friends of La Leche League programs, activities, and Mini-Grants 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 Penny Piercy at **Treasurer@FriendsofLLL.org**.

Restricted Donations for 2025 Mini-Grants Program:

Carroll Beckham
Judie Ellison
Rebecca Keepers

All monies collected for this restricted

In-Kind Donations from April 2025 to Present:

Penny Piercy

Unrestricted Donations

fund were distributed as 2025 Mini-Grants awards to the projects described above.

Unrestricted Donations from April 2025 to Present:

Judie Ellison
Joan Blackmore
Mary Gisch
Judith Gubala
Rush Copley Medical Center

from April 2024 to March 2025:

Leah Aldridge
Victoria Anzalone
Jane Atkin
Jo-Anne Elder
Jacque Gates
Mary Gisch
Suzy Graham
Anne Hutton
Rebecca Keepers
Edna Kelly

Tribute to Martha Sears (1945-2025)

by Janet Jendron

Martha and Bill Sears with Janet Jendron.

I first met Martha when she and Bill were living in Hilton Head, South Carolina. She was a new LLL Leader, and I was her District Advisor. We corresponded with handwritten letters and a beautiful friendship evolved from there. They were working on the first draft of *Creative Parenting* at the time. Through the years I saw her at many LLL International

Conferences and brought them to South Carolina for Area Conferences.

There is no way to number the vast number of parents, children, health professionals and families that she impacted in thousands of ways, by being steadfast and faithful to her calling.

I've always been amazed by the fact that they were absolutely a team, equals in heart, mind and spirit. They stuck together through thick and thin.

Bill's love for Martha was always strong, deep and tangible. Here's what he said to honor her at her celebration of life:

To my dearest Martha: wonderful woman, marvelous mother of eight children, grandmother to twelve, loving great grandmother to three. You spent most of your life helping others have better lives: nurse, childbirth educator, lactation consultant, Leche League Leader, Attachment Parenting (Nurturings) board member and co-author of many books. In addition to being a lovely person to just be around, I will truly miss your "one-liners," such as when we were guests on Good Morning America TV promoting our ADD Book. The host asked Martha: "Martha, how did your marriage survive writing so many books together?" Martha replied: "Bill writes it, I fix it!"

My tears of sorrow are gradually being overshadowed by tears of joy, knowing precious Martha is now resting in a better place, free of suffering from chronic illness. Millions of parents and children the world over are better because of you, dearest Martha.

Your loving soulmate forever, Bill

Martha was indeed a precious soul.
She radiated energy and light, wisdom and conviction, humility.
Being "famous" never went to her head; she was down to earth and very, very practical.
She was real, she was direct.
She was flexible and still deeply convicted.
She lived her beliefs but still put people over principles.
She stayed true to herself and was not influenced by profit, popularity or power.
She was an amazing writer and editor.
She had a deep faith in God, in people and in the power of breastfeeding and attachment parenting.
She is still my forever friend.

Rest in peace, faithful servant.

Martha's daughter Hayden shared this beautiful photo of Martha nursing.

Keep Your Membership Active!

This is your membership information:

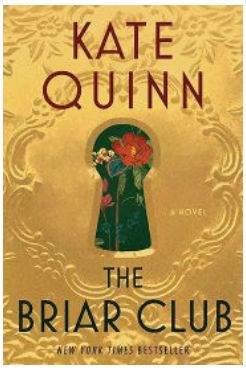
Friends of LLL, membership expiration date .

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...

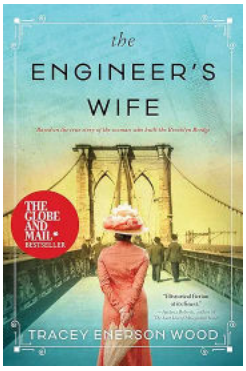
by Carroll Beckham

The Briar Club, 2024, by Kate Quinn



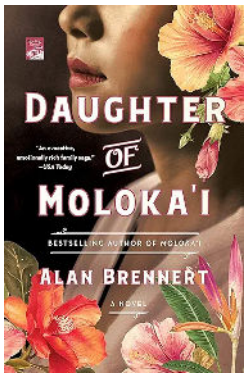
This is a story about the women who lived in a Washington, DC boarding house during the 1950's McCarthy era. A mysterious widow moves into the attic room and begins to draw her neighbors into an unlikely friendship. She holds weekly "dinner parties" in her tiny room as her sun tea becomes the healing balm on all their lives. Fun recipes for the food served make this almost a cookbook! You'll want to try Claude's gumbo and Reka's Haluski (see recipe below). When a shocking act of violence tears the house apart, the Briar House women must decide who the true enemy is in their midst. Capturing the paranoia of the McCarthy era, this novel also explores the changing roles for women in post-WWII America. *The Briar Club* is an intimate and thrilling novel of secrets and loyalty put to the test. And if you remember the Pillsbury Bake-Off from this period, you will especially enjoy reading the details about the Briar Club Houston participant.

The Engineer's Wife, 2020, by Tracy Emerson Wood



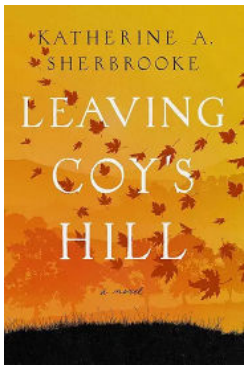
This book is about the fascinating woman who helped design and construct the Brooklyn Bridge. Emily Roebling gives up her dreams of women's suffrage to make her husband's dream possible. He was the Chief Engineer of the Brooklyn Bridge, but is injured on the job. Under his guidance, Emily assumes his role dispite stern resistance and overwhelming obstacles. As the bridge rises, Emily's marriage, principles, and identity threaten to collapse. The story centers on Emily's journey from supportive wife to capable engineer. The book provides a detailed look at the engineering feats and challenges involved in building the iconic bridge. You will learn about caissons and cable construction, as well as the women's suffrage movement, and even the circus! You will never again see the bridge without thinking of Emily Roebling.

Daughter of Moloka'i, 2020, by Alan Brenner



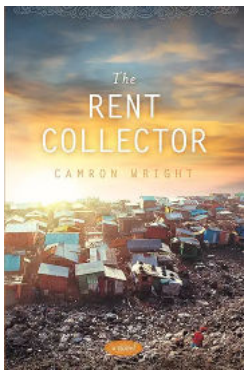
This is the story of Ruth, the daughter of Rachel Kalamazoo who was quarantined for most of her life in the leprosy settlement of Kalaupapa in Hawaii. Rachel was forced to give Ruth up at birth, and the book follows young Ruth, who is adopted by a Japanese couple who raise her on a strawberry farm in California. During WWII, Ruth and her husband are forced into an internment camp. After the war Ruth receives a letter from her birth mother. This is a richly emotional tale of two women who never expected to meet one another.

Leaving Coy's Hill, 2021, by Katherine A. Sherbrooke



This is the story of the pioneering feminist and abolitionist Lucy Stone, who was born in 1818. At a time when women were not allowed to speak in public, Lucy risks everything for the anti-slavery movement. Her powerful oratory, mesmerizing even her most ardent detractors, wins, and she becomes a household name. She then begins to lecture on the "woman question," and she inspires a young Susan B. Anthony to join that movement. But the life of a crusader is a lonely one. When Henry Blackwell proposes a marriage of equals, Lucy must reconcile her public persona and the legal perils of marriage she has long railed against. Based on true events, this is a story of women's quest for personal and professional fulfillment within society's stubborn constrains.

The Rent Collector, 2013, by Camron Wright



A Cambodian woman's desperate struggle to save her ailing son from the squalor of a municipal dump uncovers an unlikely path to redemption. The parents make their living scavenging recyclables from the trash. Life would be hard enough without the worry about their ill child. Just when things seem most bleak, the mother learns a secret about the hated, ill-tempered woman who is the "rent collector" -- she can read! Reluctantly this woman agrees to teach the mother to read. Based on a true story, set in the abject poeverty of Cambodia, and against a backdrop of political oppression and atrocities, this book opens the reader's eyes to a different world. The novel highlights the transformative power of literature, the resilience of the human spirit, and the unexpected connections that can be forged even in the most difficult circumstances.

Reka's Haluski, a recipe adapted from *The Briar Club*

Ingredients:

8 ounce package egg noodles
8 strips bacon
1 cabbage, sliced

1 onion, sliced
4 garlic cloves, minced
salt and pepper

Instructions:
Cook egg noodles until al dente. Drain and set aside, reserving 1 cup of pasta cooking liquid. Cook bacon until crisp and chop into 1/2 inch pieces. Add cabbage and onion to the bacon grease and sauté 5 minutes. Add garlic and cook 1 minute. Add cooked noodles. Stir and add reserved pasta water if needed. Season with salt and pepper. Eat while listening to "Because of You" by Tony Bennett and his orchestra.

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. 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 you know of a deceased Leader whose name is missing from this list, please **send us the information** **here** or email the Leader details to us at **WeRemember@friendsoflll.org.** If possible, include an obituary link.

These are the names of Leaders we have been informed of since September 2024. Names in blue are linked to their obituaries or additional information.

Evi Adams ~ Israel
Phala Altman ~ South Carolina, United States
Margaret Bennet-Adler ~ Canada
Rosetta Bartels ~ Kansas, United States
Jill Burns ~ New Zealand
Chris Caldwell ~ North Carolina, United States
Connie Chiavario ~ Illinois, United States
Mardelle "Mardi" Dean ~ Virginia, United States
Christine Jones ~ New Jersey, United States
Catherine "Cathy" Kivisild ~ New York, United States
Jennifer Matthews ~ Connecticut, United States
Jerry McManus ~ South Carolina, United States

Joan Carolyn Meyer ~ Arizona, United States
Sue Mundell ~ Texas, United States
Marie Nielsen ~ New Jersey, United States
Brenda Penn ~ New Zealand
Martha Sears ~ California, United States
Margaret Mary Singleton ~ Massachusetts, United States
Naomi Stadlen ~ Great Britain
Roseanne Steitz ~ Pennsylvania, United States
Nancy Szymanski ~ Illinois, United States
Mary Michael "Mickey" Winn ~ Oklahoma, United States

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

My Walking Club

by Evy Simon

I always liked to walk, and that hasn't changed. Since I live in the center of a big city, I can walk to so many places: the library, Trader Joe's or other markets, parks, medical and dental facilities, a farmer's market, art and science museums, pharmacies, theaters, concerts, and even the train station. But I've never been part of an organized walking group.

That all changed nearly three years ago. I found out about a walking group in my high-rise co-op apartment building that started during the height of the COVID pandemic.

But how did it begin? It seems that the man who started it (Mr. E) got the idea from his therapist. She suggested that, since he likes walking and he's missing interaction with others, he might try to get some people together for a neighborhood walk. At first there were five of them. After a short time, one of the walkers expressed a desire for a coffee

stop which has now evolved into a Coffee/Conversation stop mid-way through each walk, usually about an hour into the stroll.

Three times a week, we gather in the lobby at 8:30 am. (8 am in the warmer months). The day before each walk, Mr. E sends an email with the destination, the route, where the Coffee/ Conversation stop will be, and even the weather report. If we want to go, we "reply all." We now have over 50 people registered in our walking club, though we may have from 6 to 18 people at a time.

Walking companions change during the walk. We get to know one another as we savor the architecture and the gardens and the new murals. Walkers share information about a free jazz concert or a community event or how to volunteer for the annual neighborhood garden stroll or how to start composting or where to donate furniture or clothing or even where to buy a good bra.

When my children and/or grandchildren visit from out of town, they are welcome to walk too. My family loves that I am part of a walking club. My daughter says it's like "a walking cocktail party."

On our walks people may share something light or something more serious that's going on in their lives. The depth of friendships seems to be one outgrowth of the Walking Club.

When I was anxious about having cataract surgery, I remembered that one of our members is a retired nurse. She has been on missions to Haiti to do cataract surgery there. I asked if she'd be willing to put clear drops in my eyes so that I could get accustomed to someone touching my eyes. She also offered to take me to the surgery (we walked there) and wait with me until.they called me in. What an angel!

Sometimes our Walking Club goes on field trips together. A tour of the Academy of Music, the Comcast Technology Center, the Free Library of Philadelphia, the garden of Pennsylvania Hospital, the Plastic Club (originally only for female artists), the Christmas lights in South Philadelphia. Our next tour will be to a dog training center.

Mr. E has also added a monthly "long fast walk" (twice the distance and twice the speed), a monthly dinner, and a happy hour twice a month. For these we are allowed to bring "a significant other."

When my husband died in the Spring, 24 members of the Walking Club came to the memorial service. In addition, there were cards, emails, calls, contributions, and lentil soup. Very touching. The following week i invited them to come to a series of happy hours in my apartment. I suggested they could bring a snack to share and a tote bag to take home some of my husband's beloved books. I always thought this was a caring community. Now I knew it for sure.

Going on the full walk is usually more than I can physically handle -- and so i return home by bus. But I have definitely increased the amount I'm able to walk. A surprising benefit is that

my dexascan showed my bone density actually improved!

My situation in a big city may be very different from yours, but -- if you are looking for a fun, physical activity -- you may want to invite neighbors or acquaintances to go walking with you.

Happy trails!

Evy (at center in grey capri pants) with other walking club members at the Academy of Music in Philadelphia.

Pins Celebrate Leaders

Friends of LLL is glad to provide Leader Recognition pins, which honor new Leaders and highlight years of service to La Leche League. Individuals and LLL Groups can purchase Leader recognition pins via our website store to be shipped. Pins are $6 each for quantities below 10, $5 each for 10-25 pins, and $4 each for 26 or more, plus shipping cost. You can mix different pins and quantities in a single order. You can order pins for delivery in

the United States on our **website pins page**; for international orders (with special shipping rates), please contact **pins@friendsoflll.org**.

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 January through June 2026

In memory of **Rosetta Bartels**, Kansas, USA
"Rosetta was an active Kansas LLL Leader of 50 years and LLL Communication Skills Instructor/Trainer of 35 years. For me she was a legend, nurturing her family and sharing her talents far and wide. She will be deeply missed.
One of Rosetta's favorite quotes:
'Dialogue requires that we be willing to suspend memory, desire, and assumptions. And exist, if only for a moment, for the other person.' – William Isaacs."
From **Rebecca Keepers**, Yukon, Oklahoma USA

July 7 2025 – July 7 2026In memory of **Connie Chiavario**, Sandwich, Illinois USA
"Connie (8/8/58 – 6/7/25), a tireless advocate for mothers and babies, served as a La Leche Leader for nearly 40 years. In

Tributes July through December 2025

Honoring **La Leche League Leaders**, Anywhere, Everywhere
"My tribute extends to all La Leche League Leaders, both past and present. La Leche League encompasses a unique sisterhood of service, enriching those giving as much as those receiving, with both the giver and the receiver often continuing to reap the benefits in unexpected moments decades later. Thank you."
From **Carol Bollin**, Bowen, Illinois USA
November 26 2024 – November 26 2025

Honoring **Anne Hutton**, Houston, Texas USA
"Anne, your skills, attention to detail, expertise, and dedication never fail to impress me. Thank you for all you do."
From **Evy Simon**, Philadelphia, Pennsylvania USA
November 13 2024 – November 13 2025

Honoring **Nancy Stanton**, Coral Springs, Florida USA

2000, she earned her certification as an International Board Certified Lactation Consultant and began her professional career at Rush Copley Medical Center for the next 23 years. Her deep passion for holistic care, for mothers and babies, left a lasting impact on countless families. Connie's legacy will live on through her friends and family, and she will be dearly missed."
From **Rush Copley Medical Center**, Aurora, Illinois USA
June 21 2025 – June 21 2026

In memory of **Carolyn Joan Meyer**, Tucson, Arizona USA
"In memory of Carolyn Joan Meyer — long time LLL Leader and Friend of LLL from Tucson; a very dear friend of mine and many other League women."
From **Judie Ellison**, Heltonville, Indiana USA and **Jean Blackmore**, McFarland, Wisconsin USA
May 3 2025 – May 3 2026

"My life has been deeply influenced by LLL. My mom, Nancy Stanton, was the first LLL Leader in the state of Florida and served on the LLLI Board. Her example lives in me today, and I honor her incredible example of mothering through breastfeeding."
From **Leah Aldridge**, Atlanta, Georgia USA
November 11 2024 – November 11 2025

Honoring **Nancy Thompsen Sherwood**, Aldie, Virginia USA
"For her kind and generous heart."
From **Randee Kaitcer**, Fort Worth, Texas USA
July 24 2024 – July 24 2025

Celebrating *The Art of Breastfeeding*

For our 2025 Mini-Grants, we gave preference to projects that promoted the use of the new 9th Edition of *The Art of Breastfeeding*. In honor of this, we share these photos of two of the book's writers, from our Friends of La Leche League Chicago trip in October 2024. On the left is Anna Swisher, from Texas, USA, by a table of LLL historical items (featuring an older edition of *The Womanly Art of Breastfeeding*) at our Sunday Farewell Luncheon. On the right is Jayne Joyce from England, at one of several book signing events during the trip.

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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You are receiving this newsletter as a benefit of your membership. Thank you for your support of Friends of La Leche League.

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Friends of La Leche League
1871 County Road 140
Cameron, TX 76520-5183

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