



March 2026 - Volume 39, Number 1

Welcome, Penny Piercy!

Keep Up With Us



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Letter from the President

Since our last issue of *Continuum*, we've had some changes. Anne Hutton, who had been composing our articles into newsletter form and emailing them out as has completed her term on the Friends of LLL Board. Filling Anne's shoes required several people coming in to take pieces of what Anne had done. We asked for help with *Continuum*, and stepping up to heed our call is Anna Swisher! You may know Anna as one of the writers of *The Art of Breastfeeding*. She brings her editorial and proofreading skills to our newsletter and has been focused on learning how to work with Mailchimp, the platform we use to put everything together and send it out to our membership. I hope you'll join me and the other Board

members in thanking Anne for her service and in welcoming Anna into the newsletter position!

Speaking of our newsletter, we welcome submissions or ideas for articles you'd like to see from our members! Don't worry that you aren't a professional writer. We are good at editing and making your heartfelt writing polished without losing your voice. You can send them to us at info@friendsofill.org, using "Continuum" in the subject line.

As I write this letter, we are still in winter and here that means we are on a roller coaster of bitter cold weather fluctuating with spring-like weather. I am hoping by the time this is published, we will be in spring. Pollen notwithstanding, it will be great.

We had a snowstorm a week ago that got us almost 8 inches of snow! For this area of North Carolina, that is almost unheard of. We hunkered down and stayed in for a few days, venturing out just to shovel the walkway and driveway, and toss out some ice melt.

I leave you with a photo from the snowstorm taken from our doorway. I hope by now winter is just a memory for all of our Friends of La Leche League!

LLLove, Susan



My Experience Attending La Leche League International Area Network Conference Lima, Peru

by Gwynneth Jacobs



I applied for a Friends of LLL Mini-Grant to use the funding as a travel scholarship to attend the LLL International Areas Network (IAN) Conference in Lima, Peru. The opportunity to go was a dream that seemed possible given the timing of the announcement of both the IAN conference and the Friends of LLL Mini-Grant application. I am very grateful to have been selected as a recipient of a full mini-grant.

Once I heard the news of receiving the mini-grant, I immediately began planning the trip. I was fortunate to be assisted by my co-Leaders. They helped me with booking my flights and ensuring I had the necessary travel documents for the trip. We were a group of five Leaders attending the conference from South Africa; three Council members as well as a Leader, Rahmat Bagus, who was invited as a conference speaker. To prepare for the trip we held regular planning meetings and it helped tremendously knowing that we would be attending the conference together.

Rahmat had previously attended an IAN conference and had an idea of what to expect and plan for in terms of the conference. Her previous conference experience was particularly helpful in managing my budget and making sure the funds stretched as far as possible. She held my hand and guided me with the preparations for my trip. It felt natural leaning on her for guidance as we co-lead a group and work hand in hand in LLL.

As a full-time working mom, I made my arrangements and submitted my leave at work. I also made all the necessary arrangements, as far as possible, for my two boys who stayed behind with my husband. I wanted a smooth journey without stressing that things were falling apart at home. I had never been away from my family for this long.

The journey to Lima required a nine-hour journey to Sao Paulo, Brazil, with a twelve-hour layover. Thereafter was a final flight of five hours to Lima, Peru. In total it ended up being roughly a twenty-four-hour trip one way. It was a long flight. What helped was getting some rest during the layover and a nice warm shower.

Once we landed and the reality hit that we were in Peru, the excitement kicked in. Before our departure from South Africa, we had arranged our transport from the airport to the accommodation. To save on cost, we shared a taxi shuttle with other Leaders who landed around the same time. Throughout our stay we ride-shared to save on costs and it worked well for everyone.

I attended the symposium and conference which ran from the 7th to the 9th of November 2025. The conference had a jam-packed schedule which started after breakfast every morning and ran until 5 or 6pm. There were about a hundred Leaders from over forty countries attending the conference. Most of the Leaders were from South America; however, Leaders from Japan, New Zealand, and Lebanon (and the five of us from South Africa), were in attendance. With the conference taking place in Lima, the main language spoken was Spanish. Talks were translated into English. After the conference presentations,

there was socializing and connecting with other Leaders.

The presentations by the International Areas Network council were insightful as they showed how many countries are included in the IAN and the work they are doing. The presentations by the IAN council really stood out to me, as they showcased the countries they support and the impact made this reporting year. The other that stood out to me was the talk on breastfeeding in emergencies, as they showed how important it is for mothers to be supported during natural disasters and times of military conflict.

The presentation by Rahmat Bagus on the impact of formula marketing on breastfeeding really made one think of the language we use when talking about breastfeeding. There were many amazing presenters and I think every presentation had an impact. Another highlight was meeting Dr. Paricio, creator of e-lactancia. This is a resource we use so often as Leaders in South Africa, and it was fantastic having the opportunity to meet him in person.

The LLLI Board of Directors (BOD) was in attendance. Meeting so many people who we usually only see as a name on an email or in an LLL newsletter was a lovely experience. I met Zion Tankard, LLLI Executive Director, and RuthAnna Mather, LLLI Board Member, on our first night's arrival in Lima.

I initially was only going to attend the conference as a delegate, but was offered the opportunity to present on LLL South Africa's fundraising efforts. It was a wonderful opportunity to showcase what we have achieved and was a huge confidence booster. The experience was amazing. I presented with Leaders from other countries, and there were so many things to learn from their fundraising efforts. One big take away was effective use of the website online store. LLL Israel shared how they had capitalized on this during COVID.

There was so much I learned from the other countries in terms of what they were doing to fundraise. What stood out for me was the use of their websites and online shops as a source of income, as well as their collaborations with the healthcare providers in their countries. One challenge we have in South Africa is selling memberships. I got so many ideas from the Leaders on increasing memberships. Besides the fundraising ideas there were so many lessons to learn from the Leaders on how they run their groups and how we can learn and implement the same principles in South Africa. The other countries also invest in conferences for their Leaders, which is something we will definitely be looking into.

I am forever grateful for this opportunity. It was inspiring to see what other countries are achieving. The atmosphere at the conference was so motivating and supportive. One thing I will always cherish is the supportive nature of my sister Leaders. Everyone was encouraging and uplifting. We didn't know each other, but we had this one thing in common that immediately made us kindred spirits. This experience not only provided opportunities for learning, but re-affirmed my reasons for becoming a Leader. My LLL cup is full.

Further reading:

<https://novanews.co.za/volunteer-on-her-way-to-breastfeeding-conference-in-peru/>

<https://novanews.co.za/tygerburger/local-volunteer-shares-experience-from-global-breastfeeding-event/>



Mini-grant recipients from Cuba, Paraguay, and South Africa

♥ Thank You to Our Donors! ♥

Friends of La Leche League programs, activities, and Mini-Grants are largely 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.

Donate Now

Unrestricted Donations from April 2025 to Present:

Judie Ellison
Joan Blackmore
Mary Gisch
Judith Gubala

Restricted Donations for 2025 Mini-Grants Program:

Carroll Beckham
Judie Ellison
Rebecca Keepers

Rush Copley Medical Center
Mary Jeanne Hickey
Marguerite Gravlee
Janice Pickett
Agnes Leistico
Jacque Gates
Janet Jendron

In-Kind Donations from April 2025 to Present:

Penny Piercy
Anne Hutton

Keep Your Membership Active!

This is your membership information:

Penny Piercy, membership expiration date 03/24/2027.

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

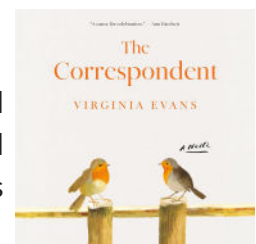
The Collector of Burned Books, by Roseanna M. White, 2025

This is a gripping WWII historical novel about the power of words. A French reader and a German professor form an unlikely friendship amid the Nazi occupation of Paris and fight to preserve the truth that others long to destroy and protect banned books from destruction.



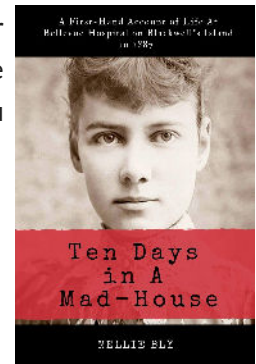
The Correspondent, by Virginia Evans, 2025

Through letters to various people, Sybil Van Antwerp examines her life and confronts a painful past, learning to find forgiveness and move forward. I found myself thinking about Sybil and her many letters for days after reading this book.



Ten Days in a Mad-House, by Nellie Bly, 2017

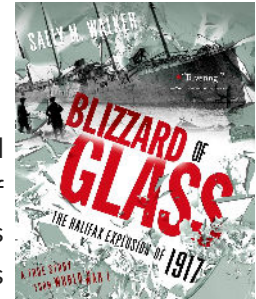
In 1887 a courageous female journalist accepted an assignment from publisher Joseph Pulitzer to go undercover into a lunatic asylum. This book is her expose of the horrific treatment of the mentally ill. This is a short book that will make you glad you were not living in 1887!



Blizzard of Glass: The Halifax Explosion of 1917, by Sally M. Walker, 2014

December 6, 1917, started like any other day in Halifax. But everything stopped before nine o'clock that morning, when two ships collided in Halifax Harbour. One of the ships was loaded with munitions for the fighting in Europe; the other was preparing to collect medical supplies for the war's victims. The resulting disaster was the largest man-made explosion until the detonation of the atomic bomb in 1945.

The blast flattened large areas of Halifax and the town across the harbor, Dartmouth. It killed nearly two thousand people. As if this wasn't enough, a blizzard hit the next day, dumping more than a foot of snow and slowing much needed relief efforts. This harrowing story of tragedy and recovery reveals the extraordinary strength and determination of a community in one of its darkest hours.



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@friendsofill.org. If possible, include an obituary link.

These are the names of Leaders we have been informed of since January 2025. Names in blue are linked to their obituaries or additional information.

Evi Adams ~ Israel
Susan “Sue” Ahrens ~ Ohio, United States
Margaret Bennet-Adler ~ Canada
Rosetta Bartels ~ Kansas, United States
Lois Charles ~ Quebec and Eastern Ontario, Canada
Connie Chiavario ~ Illinois, United States
Mardelle “Mardi” Dean ~ Virginia, United States
Deborah “Deb” Fraites ~ Connecticut, United States
Anne Grider ~ Georgia, United States
Shannon Heindel ~ Pennsylvania, United States
Christine Jones ~ New Jersey, United States
Catherine “Cathy” Kivisild ~ New York, United States
Nora Lee Luttrell ~ Michigan, United States
Mary Ann Martin ~ Michigan, United States
Jennifer Matthews ~ Connecticut, United States
Elizabeth McCarthy ~ Ireland
Joan Carolyn Meyer ~ Arizona, United States
Sue Mundell ~ Texas, United States
Lavada Charlene Munoz ~ Massachusetts, United States
Celeste “CeCe” Murphy ~ Georgia, United States
Marie Nielsen ~ New Jersey, United States
Brenda Penn ~ New Zealand
Vicki Ryan ~ New Zealand
Martha Sears ~ California, United States
Margaret Mary Singleton ~ Massachusetts, United States
Naomi Stadlen ~ Great Britain
Nancy Szymanski ~ Illinois, United States
Kimberly Wells ~ North Carolina, United States
Mary Michael “Mickey” Winn ~ Oklahoma, United States



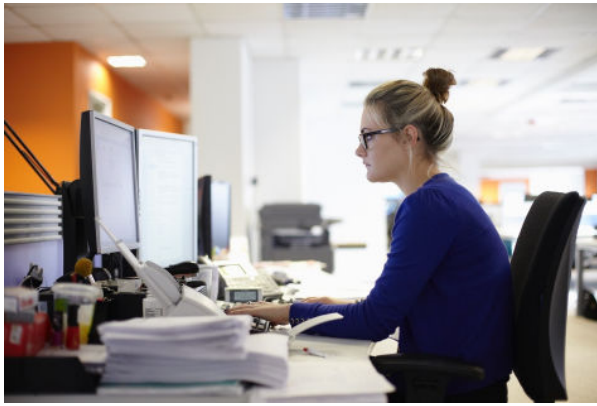
... 🌸 In the opening of buds and in the rebirth of spring, we remember them 🌸 ...

Website Volunteer Opportunity

Friends —we are looking for someone who can help update our website. We use WordPress and it is a fairly straightforward platform. We have people who can teach you how to do it and help you along the way.

You do have to have access to a computer and be able to type. You do not have to be an excellent (or fast) typist.

If you are that person, please contact us at info@friendsofill.org



Leaders Love Pins!

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 in the United States can purchase Leader recognition pins via our [website store](#) to be shipped; for international orders (with special shipping rates), please contact pins@friendsoflll.org. As we welcome springtime and reflect on the importance of our LLL service, please consider giving a gift that celebrates Leaders' contributions.



Next Friends of LLL Trip



How does a cruise to Bermuda round trip from Philadelphia, with 2 days in Bermuda with the ship as your hotel sound? We are investigating this since it involves ease of planning on our part and accommodation for every level of physical ability. Meals are included and we can do group meet ups for dinners, etc.

The cruise runs weekly from April through September 2027 and we would be working with a group planning concierge for five or more cabins. There is a 5-15% early booking discount and \$100 ship credit per stateroom.

WHAT WE NEED FROM YOU:

- Are you interested in a 5 to 7-night cruise to Bermuda?
- What month would most interest you?

Once we know there is interest, we can get more exact figures to you about cost. We're excited! How about you?

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 May 2025 – December 2026

Honoring **Marian Thompson**, Evanston, Illinois USA

"Marian cannot be honored too many times. She is an amazing woman. We all owe her so much."

From **Rebecca Magalhaes**, Neponset, Illinois USA

December 29 2025 – December 29 2026

Honoring **Mary J. Hoskin**, Tolland, Connecticut USA

"I enjoyed Mary's enthusiastic and friendly approach to Leadership."

From **Judith Gubala**, Rocky Hill, Connecticut USA

December 5 2025 – December 5 2026

In memory of **Dr. Ruth Lawrence**, Rochester, New York, USA

"In memory of Dr. Ruth Lawrence, a pioneer in the lactation world."

From **Carroll Beckham**, Beaufort, North Carolina USA

October 14 2025 – October 14 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

In 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 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

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 2026

February Chat Recap: The Breast of Friends, with Teresa Pitman

by Jo-Anne Elder

The Friends of La Leche League, like La Leche League, started with a conversation among friends, and has continued to be a way to encourage lifelong connections among people who value the importance of LLL in their lives. Many of us met some of our closest friends in our LLL Groups, at District Workshops, or at International Conferences. From the first time we contacted a Leader for support to long beyond our last Series Meeting, our shared Philosophy and experiences keep us close.

Our Friends of LLL monthly Chats provide an opportunity to make new friends, stay in touch with old friends, and talk about topics of interest to us. Our February Chat was a wonderful example of what we like to talk about. A longtime Leader with La Leche League Canada, the author or co-author of parenting and breastfeeding articles and books, including recent editions of our manual, a popular and compelling speaker, Teresa is also, for me and others, a valued friend. On February 11, Teresa led 21 participants in a discussion entitled: "The Breast of Friends: Great Friendships that Started with LLL." I love Teresa's stories, and that's how she started off the Chat. Others followed with their own stories of co-Leaders, Group members, family outings, and surprise encounters with someone who has remained a friend for life, even across many miles. We grieved those friends who are no longer with us and laughed about how many Leaders we have "co-bedded" with. And some of our "old friends" aren't very old at all: spending quality time with an adorable toddler at an LLL gathering or with a co-Leader's older children remind us of the special bond among LLL families.

Our Chats are a benefit of membership in Friends of La Leche League. Members meet once a month for about an hour. We invite you to try us out and see if these Chats add something to your life. If so, please support our work by [joining](#) our organization..

Join Us for a Chat with Kay Hoover!

March: Tips for Aging with Kay Hoover

by Jo-Anne Elder



Our monthly chats have now become a regular gathering for Friends of La Leche League members. Each month's meeting focuses on a new topic, giving members a chance to connect with all friends, meet new people, and share ideas and memories. We are always interested in new chat themes; if you have a suggestion for a topic and/or would like to volunteer to lead a discussion, please contact [Jo-Anne](#) to schedule a chat. We vary the dates and times of the events to accommodate members with different schedules, and we publicize the chats in our website news items and on our Facebook Group.

Please mark your calendar with the dates and times of these upcoming chats:

March: Tips for Aging with Kay Hoover

Thursday, March 12, 2026, at 2 Pacific time, 4 Central time, 5 Eastern time

Thursday, March 12 at 10 pm UK, and Friday, March 13, at 11 am NZ

Register in advance for this meeting:

<https://us02web.zoom.us/joining/register/vF-NcWr7S0mH7iUhKuh4OQ>

After registering, you will receive a confirmation email containing information about joining the meeting.

Remember that time changes for some of us March 8, for others, later in the month, and for many, not at all. For reference, this Chat will begin at 10 pm UTC.

Kay is hoping the participants will share things we have discovered about aging that we wish we had known ahead of time. Things we have found that are helpful to know.

Kay's popular Chat on decluttering last September provided helpful tips and manageable goals, and led to an email group taking up a 30-day challenge and celebrating their accomplishments. I know the topic of aging will be of great interest to our members and that we can rely on our collective wisdom to support each other.

Friends of La Leche League counts on your membership dues and donations to support its mission and activities. If you are receiving this message and you are not yet a member of Friends of La Leche League or have not renewed this year, please go to this link on our website:

<https://friendsofill.org/join/> . You can use the form online, and we also offer options to mail in your check, use Paypal, or to contact our Treasurer for more information and help.

Next month, we will hear from Louise Cox and Chris Newlon about their experiences caregiving for a child with a disability.

April: Caregiving for a child with a disability- what LLL taught us that gives us strength

with Louise Cox and Chris Newlon

Monday, April 13, at 1 Pacific, 3 Central, 4 Eastern

Register in advance for this meeting:

https://us02web.zoom.us/meeting/register/W_ZuBPhySki6V0rSx0UH3w

After registering, you will receive a confirmation email containing information about joining the meeting.

Then, I'm looking forward to another opportunity to share photos at our Chat in **May**. This time, please send photos of you and your children with "**Mother's Day Chat**" in the subject line. You'll get bonus points if you can share photos of you and your child(ren) in their early days and more recently, or a multi-generational photo.

Welcome to Joan Crothers, New Board Member



A warm welcome to Joan Crothers, who joined the Friends of La Leche League Board this January.

Joan writes:

La Leche League has been a major part of my life since I first attended a meeting with my two-week-old son, Josh, in 1970. My mother was horrified that I was taking him out at night! I became a Leader while pregnant with my second son, Seth, in December of 1972. That is a long time ago!

Now, of course, Josh and Seth are grown with families of their own. Josh and his wife Laura live in Prescott, Arizona, and are the parents of Grace (23) and Matt (20). Grace has graduated from Northern Arizona University in Flagstaff and is working in that city. Matt is a junior at Arizona State. Ryan (19) and

Evan (15) are Seth's sons and they live in Rockville, Maryland. Ryan is a sophomore at Dickinson College in Carlisle, PA and Evan is a sophomore in high school.

During the past fifty-four years I have volunteered in many areas of LLL, from being a CLA to the LLLI Board of Directors, from editing newsletters for what is now IAN, to serving on Board committees. I am still an active Leader.

In addition to LLL, I am a yoga instructor, an avid reader, a knitter, I sing in my church choir, and I love to travel. My husband, Jim, and I have taken each of our four grandchildren on a trip to Europe when they were teenagers. Two (Grace and Ryan) went to France and two (Matt and Evan) to Italy. It was a wonderful way to spend time with them individually, especially since none live near us. Jim and I still live in the home we raised our "boys" in — in Wakefield, RI, USA.

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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