



December 2025 - Volume 38, Number 4

Welcome,

Keep Up With Us



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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 hope this holiday season finds you calm and peaceful and enjoying the winter weather!

I have been busy getting gifts ready to ship and the house decorated, not because I feel pressured to do so, but because it gives me joy. I am going through decorations as I go along, and some that are newer and not sentimental are going to be donated so that folks who don't have decorations can use them. Others that are sentimental are going to my kids and to the toddler and baby at my son's house. But of course, I still keep the ones that strike

a chord in my memories. I got a lovely photo sent to me from my daughter in law of my son and his son hanging a fire house ornament that I gave him when he was a toddler. Full circle! Warms my heart. After the decorating and package mailing, Brian and I are taking a cruise to the Caribbean, but we'll be home in time to celebrate Christmas in our home, hopefully with my sister and brother-in-law.

Whatever holiday you celebrate and however you celebrate it, it seems that somehow everyone celebrates winter holidays, so I wish you the happiest of celebrations and peace in the new year!

Peace, love, and joy,
Susan



My youngest son and his oldest son hanging his childhood fire house ornament.

Report from the IAN Conference

by Paula Clay

November 2025 was a happy month for me! I spent the first 12 days of the month in Lima, Peru exploring the city, taking Spanish classes, and attending the LLL International Area Network (IAN) Conference as a Leader and presenter. The baby who made me qualified to

be a Leader is now married to an Argentinian/American, and their two year old son's first language is Spanish. Wanting to support the parents' goal that Santiago remains fluent in Spanish, this Nana is highly motivated to learn Spanish, too. My studies in Lima started before the conference, and continued during the conference with all of the gracious Spanish-speaking Leaders and Applicants who indulged me and let me speak with my beginner Spanish. I learned so much, and could not resist being a teacher, too. I especially loved telling the people I met around town who asked me why I was in Lima: I'm here for a breastfeeding conference. I'm a La Leche League Leader and Lactation Consultant. (Said in Spanish, of course.) I sometimes got blank stares and other times got a lot of questions and personal breastfeeding stories. My most extensive conversations happened to be with men: the American academic pharmacist and Norwegian nurse who were studying Spanish at the same school as me, and the childless owner of the pizza joint who stopped me before I left and asked how he could help his neighbor who was pregnant, wondering what she needed to do to be prepared. My family says not everyone is interested in breastfeeding, but I think they are wrong.

Leaders and Applicants from South Africa, Paraguay, the Dominican Republic, and Cuba were able to attend the IAN Conference in Lima, Peru in November because of the generosity of the Friends of La Leche League through our Mini-Grants Program. They joined Leaders from countries around the globe including Japan, Lebanon, Israel, Germany, and most of the countries in South and Central America.

The group was almost all women with a few brave husbands sprinkled in the crowd. There were fewer young babies and children than one might expect at a LLL event (probably due to the cost of air travel), but those who were there were much-admired. The intermittent sounds of their presence were delightful, reminding attendees of why they were there.

Speakers included Dr. Alberto Heart, a neonatologist from Panama; Dr. Jose Maria Paricio, the founder of e-Lactancia; and Dr. Nils Bergman, a specialist in perinatal neuroscience. The common thread between their presentations was the importance of the mother-baby connection in the first hour after birth and beyond. Dr Bergman emphasized uninterrupted skin-to-skin contact for *all* babies after birth, regardless of gestational age or weight. They cited the science and clinical experiences that continue to affirm what mothers have known since the beginning of humanity: mothers and babies suffer when separated from each other.

I presented on Perinatal Mental Health and Breastfeeding. My goal was to help attendees recognize the signs of a problem and how what Leaders have been doing since 1957 can help mothers struggling in the perinatal period. We may not be all that they need, what we do as Leaders complements professional mental health support.

I had so many wonderful experiences and attended so many fabulous sessions that I could write endlessly about the conference. Maybe other members of the Friends will write more in a future newsletter.

Much academic-style learning took place, but the greatest take-away from the conference

was the joy and inspiration from being with others who share the LLLI mission to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother. I still smile at the memory of so many people singing and dancing each night in the brightly lit meeting room like at a joyful wedding where guests of all ages are dancing and having fun.

Marisa Malchiodi, a Leader from Argentina, beautifully captured the feeling of the conference. Her post on December 4, 2025 in the conference WhatsApp chat is shared below with her permission.

“Being in Peru was, as always, about getting together, rekindling my connection with the flame of maternal love that burns brightly in our organization. Is there a greater love, a more sublime love, than that of a mother for her newborn baby? La Leche League is a world apart from the rest of the universe. It's a place where solidarity, empathy, and consideration reign.

We are human, we make mistakes, but walking together is our strength, and if we stumble, the guarantee of supporting one another ensures a successful future. I just received a message from our founder, Marian Tompson, asking about my daughter's health. She injured her hand during the congress. I'm touched by that warmth and genuine interest in each of us, which Marian teaches us to multiply through her example. Thank you all. Peru has given me so much energy to continue carrying this flame with me and sharing it with anyone who wants to join this light that shows us the beauty we have and also the shadows, but leads us toward a unique construction in our world. Here in La Leche League, we suffer wars without fighting, we feel earthquakes without breaking, we overcome tsunamis without drowning, we believe in God in different ways or not at all, and yet we marvel at the miracle of connecting to focus together on building a better world than the one we find ourselves in, mother by mother, child by child. Thank you.”

Like Marisa, I, too, have renewed energy for my LLL work. I am delighted to be starting a toddler meeting soon. After the conference, I met with five moms who are interested in Leadership. Another mom who does not meet the qualifications for Leadership came to an Applicants' meeting to learn more to share with her family and friends in Kazakhstan! The seeds of inspiration from this conference are being spread all over the globe.



Attendees of the IAN Conference gather together around the flag of Peru to celebrate their time of learning and connection.

IAN Attendees Thank Friends of La Leche League

Friends of La Leche League was thrilled to receive a series of videos thanking us for Mini-Grants awards that funded participation at the IAN Conference to several individuals. These award grantees will be sharing the knowledge they gained at the Conference back in their home countries. In total, Mini-Grants were awarded to fund participation from Leaders and Leader Applicants from Cuba, Dominican Republic, Paraguay, and South Africa.

Below are transcripts of two of the thank you videos we received.

"I am Micelys, a founding leader of LLL Cuba, and I want to thank the Friends of LLL team and volunteers for the funding that was awarded to ensure the participation of three Cuban Leaders in the IAN Peru 2025 International Congress. Thanks to this funding, Zoila, Anabel, and Susana were able to be here with us at this Congress. They enjoyed these three days of sessions and learning, and above all, they experienced firsthand the internal network that we are at LLL. We are

returning to Cuba strengthened, integrated into IAN worldwide, and with the conviction that this learning and experience will enrich our work, allowing us to reach more and more mothers. This will bring us a little closer to our goal of building a more breastfeeding-friendly and respectful world, contributing more resources, tools, and conviction. Having met so many Leaders from different countries and with so many years of experience strengthens us and commits us even further. Thank you all so much."



Micelys Torres Sanchez, with Liga de la Leche of the Caribbean and Mexico Area, sponsored the application for participants from Cuba.



Paula Rodriguez Arredondo, from LLL Dominican Republic, and Anabel Gonzalez Valiente and Zoila Pérez Navarro from LLL Cuba.

"On behalf of La Leche League Dominican Republic and La Leche League Cuba, we want to thank our Friends of LLL for allowing us to participate in the 14th IAN Congress in Peru. It was a very enriching experience, and we were able to not only participate here but also acquire a great deal of knowledge that will allow us to continue strengthening [La Leche] League in our countries and share that knowledge there. Thank you, thank you, thank you!"

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.

Restricted Donations for 2025 Mini-Grants Program:

Carroll Beckham
Judie Ellison
Rebecca Keepers

Unrestricted Donations from April 2025 to Present:

Unrestricted Donations
from April 2025 to Present:

Judie Ellison
Joan Blackmore
Mary Gisch
Marguerite Gravlee
Judith Gubala
Mary Jeanne Hickey
Agnes Leistico
Janice Pickett
Rush Copley Medical Center

In-Kind Donations from April 2025 to Present:

Penny Piercy

Unrestricted Donations 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

**Press Here to Make a Year-End Tax-Deductible Contribution
to Friends of La Leche League**

Spicy Friends' Fall Fling

by Edna Kelly

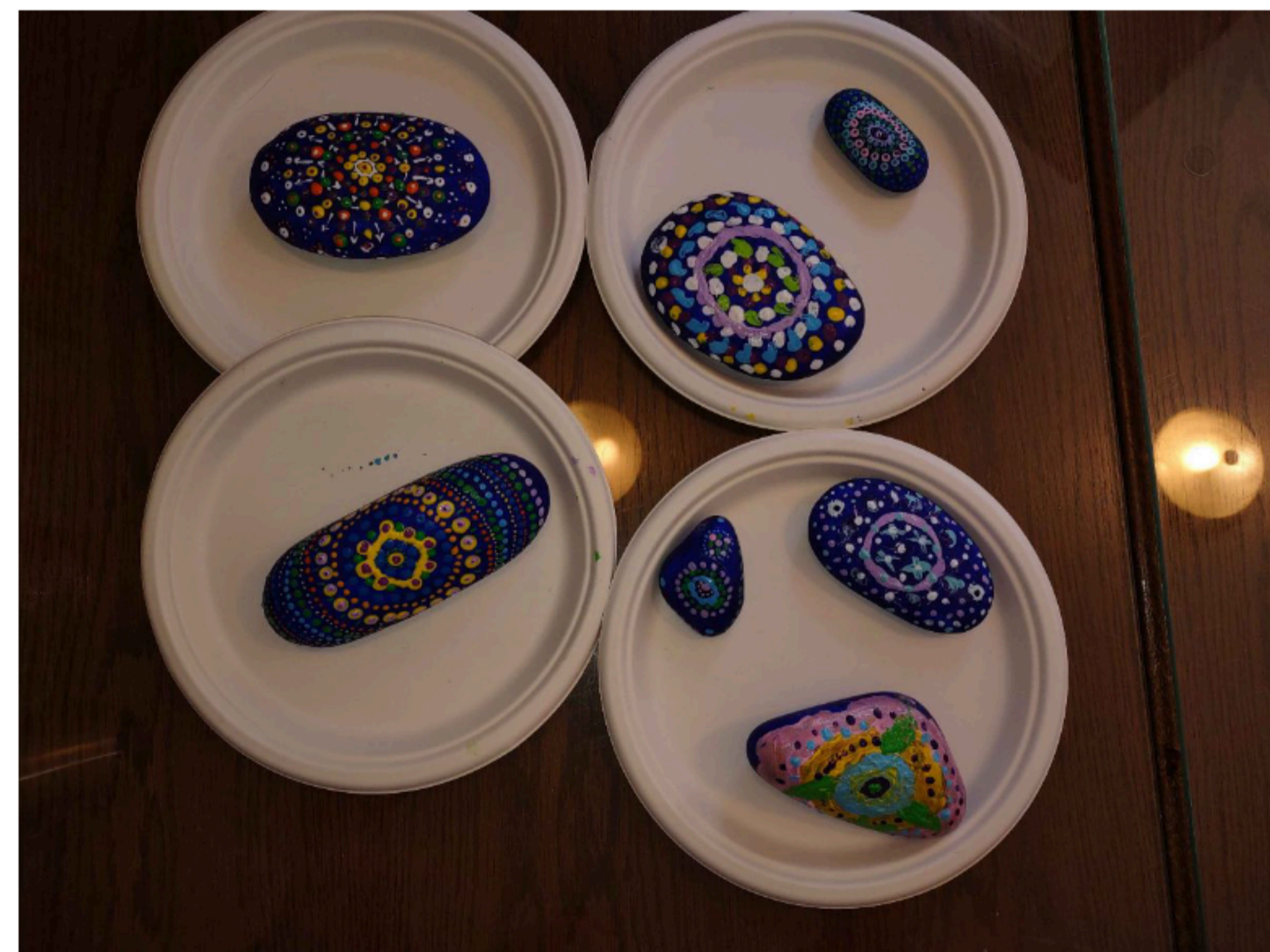
For the seventh time, the peaceful, autumn hills of Elk Creek, Virginia were disrupted by the arrival of seven spicy women (and one brave man) to the beautiful home of Scottie Prichard. *Spice of LLLife* started in 1997 as an online chat group for La Leche League Leaders. Since 2011, Scottie has hosted as many as 17 spicy ladies; ability to travel and even death has reduced our numbers for in-person gatherings. This year women traveled from California, Oregon, Texas, Michigan, Massachusetts, Georgia, and Virginia in the USA and from Guatemala in Central America. Our evening Zoom call with those who were missing this year included our farthest flung member in New Zealand.

Getting together in person with LLL friends of many years – what could be more fun? Driving from the Charlotte, NC airport through the rolling hills of the North Carolina Piedmont and climbing the crest of the Blue Ridge mountains before crossing the Eastern Continental Divide is like driving through a picture postcard. Traditional activities included lots of good food, walking or golf carting to Scottie’s spectacular waterfall, and spending time in thoughtful contemplation while walking the labyrinth. Memories sprang up of others who had walked with us in past Fall Flings. Turkeys meandered through the property as well as deer. We were thankful that mama bear and her three cubs stayed out of sight.

We’re Leaders after all, so we always have some guided conversations. This time we had sessions on decluttering (thank you Friends of LLL for the worksheet), and a short **Death Cafe**. Elaine Shirron brought rocks and painting supplies so we could each take home a painted rock as remembrance of 2025.

Casey Hash again brought his guitar and entertained us with songs and stories. We missed Kate Kerr and her fiddle!

Meals with friends are like the spice of life. Everyone contributed something to the table and clean up is always a shared event. We celebrated an early Thanksgiving with pseudo-turkey, aka roast chicken. We have much for which to be thankful, especially La Leche League, which brought us together so many years ago.



Above on the left, Spice of Life Friends walk a labyrinth; on the right, some of the rocks they painted over their weekend together.

Below, the Spice of Life members who attended the 2025 Fall Fling.



Keep Your Membership Active!

This is your membership information:

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.)

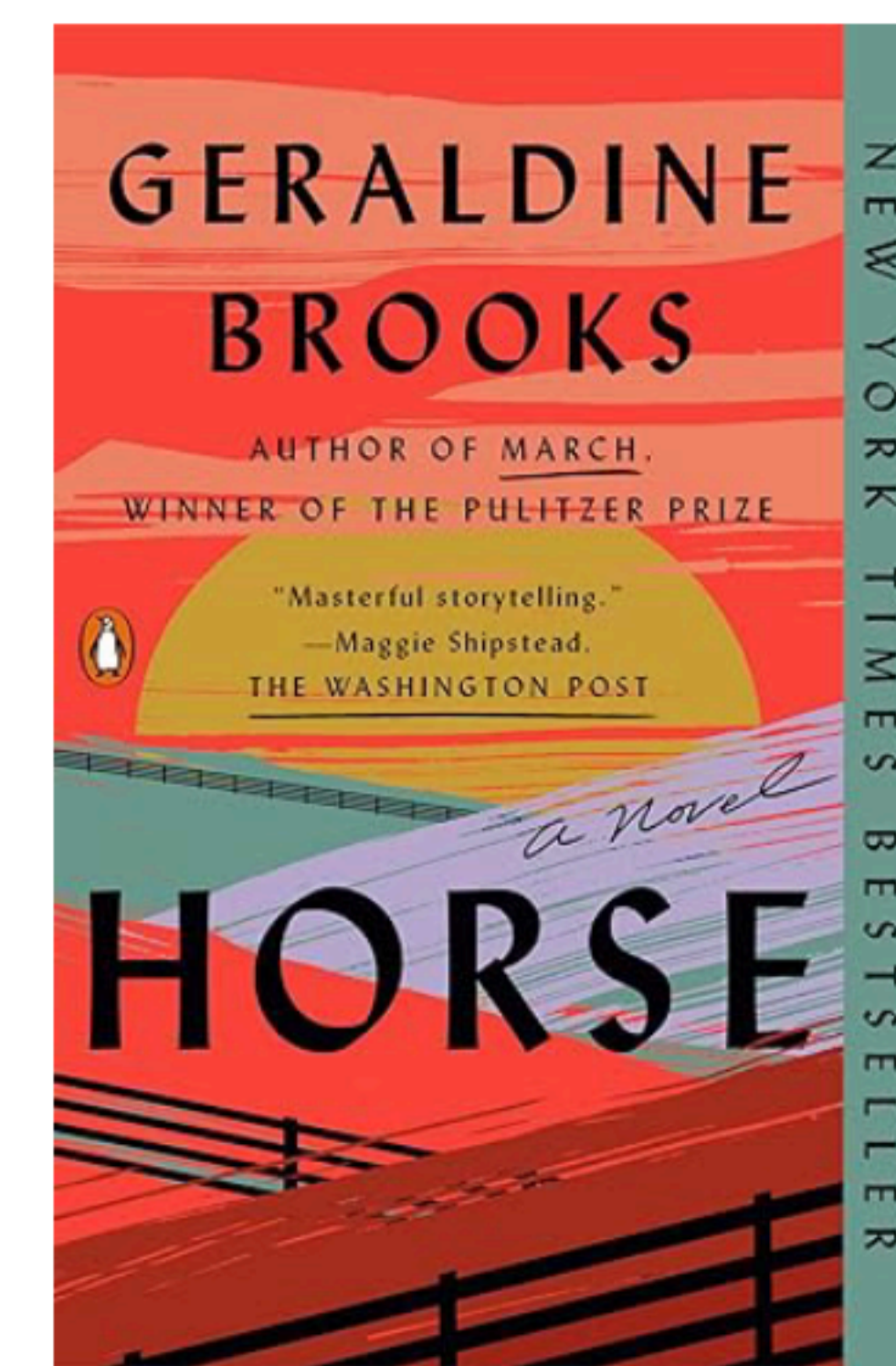
You Might Like to Read...

by Carroll Beckham

Horse, 2024, by Geraldine Brooks

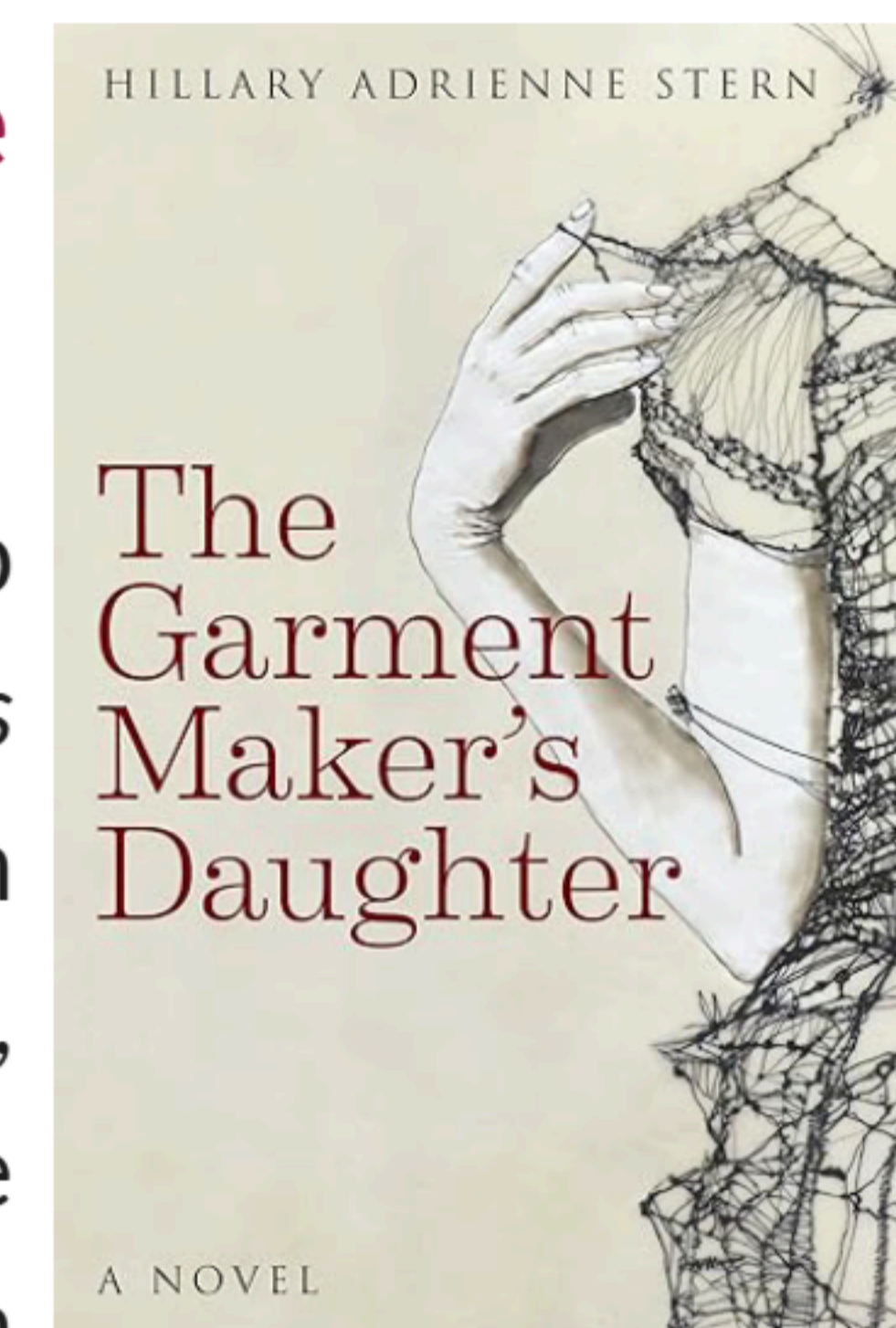
This is a historical novel about horse racing and race. Lexington was a famous thoroughbred racehorse in the 1850's. The author weaves a story about this horse and the thriving industry of racing built on the labor and skill of black men, many of whom were or had been enslaved. A lost painting of Lexington and his groom connects characters and three time periods (1850, 1954 and 2019) in this story about art as well as racing, race, and science.





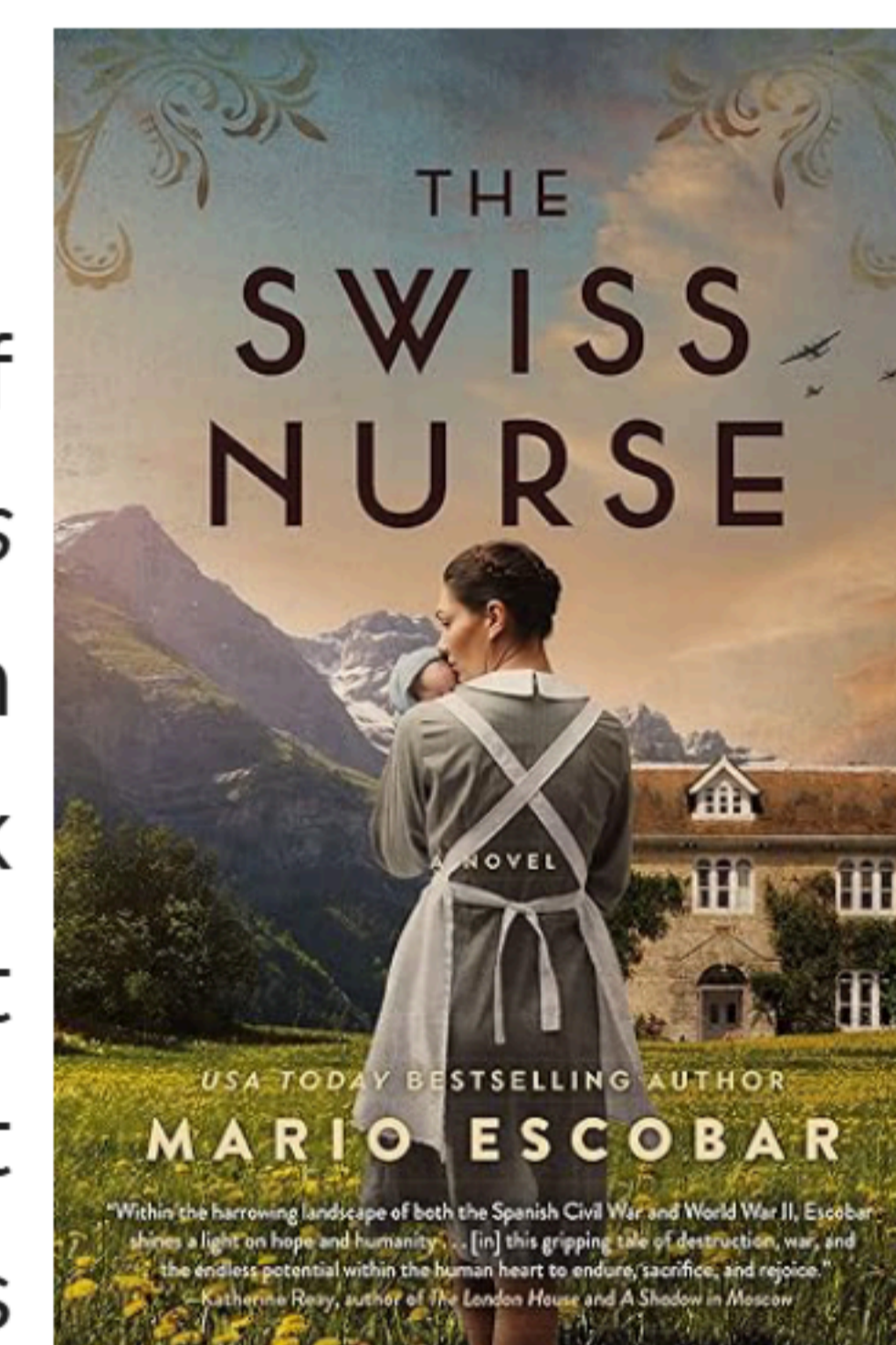
The Garment Maker's Daughter, 2016, by Hillary Adrienne Stern

A multigenerational saga about immigrant dreams and sweatshop realities, labor strikes and women's rights, *The Garment Maker's Daughter* covers it all. Lena works in a shirtwaist factory and falls in love with her best friend's boyfriend. When a fire destroys the factory, chaos and mistakes are made which have consequences that continue into the next generation. Spanning the first half of the twentieth century, this is a story of friendship, love, betrayal, and redemption.



The Swiss Nurse, 2023, by Mario Escobar

Based on the true story of a brave woman who saved hundreds of mothers and babies during the Spanish Civil War and WW II, *The Swiss Nurse* is an astonishing read. Elizabeth Eidenbenz left Switzerland in 1937 to aid children orphaned during the Spanish Civil War. Her work led her to France, where she was determined to provide expectant mothers and their unborn children a refuge amid one of the worst humanitarian crises of the twentieth century. Isabel Duenas flees Spain to escape Franco's Fascist troops and seeks asylum in a refugee camp across the border in France. Without adequate shelter, clean water or medical care, Isabel's future looks bleak until she meets Elizabeth. When Germany invades France, an avalanche of humanity sweeps into France. Based on the true stories of refugees and the women who risked everything to save them, *The Swiss Nurse* tells a story of love and hope in one of history's overlooked conflicts.



The Marsh King's Daughter, 2017, by Karen Dionne

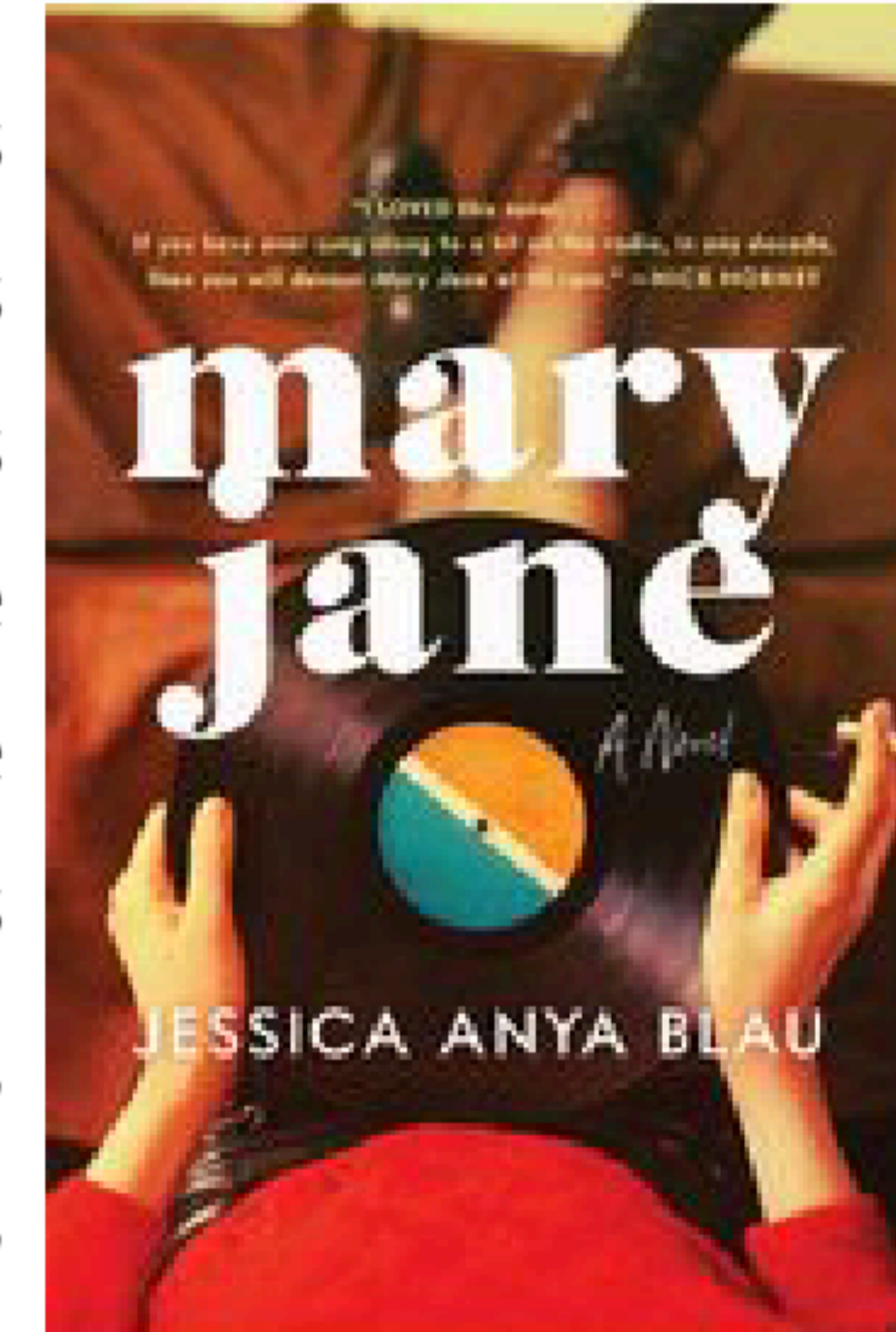
Helena Pelletier has a loving husband, two daughters, and a business she enjoys. But she also has a secret: she is the product of an abduction. Her mother was kidnapped by her father and kept in a remote cabin in the marshlands of Michigan's Upper Peninsula. The description of Helena's birth was hard to read. She was born two years after the abduction, she loved her home and even her brutal father until she learned how savage he could be. More than twenty years



later, she has buried her past completely, she thinks. But her father escapes from prison and disappears into the marshlands. Only Helena, who was trained by the Marsh King, can find him before he finds her and her family. This book is a real thriller of psychological suspense.

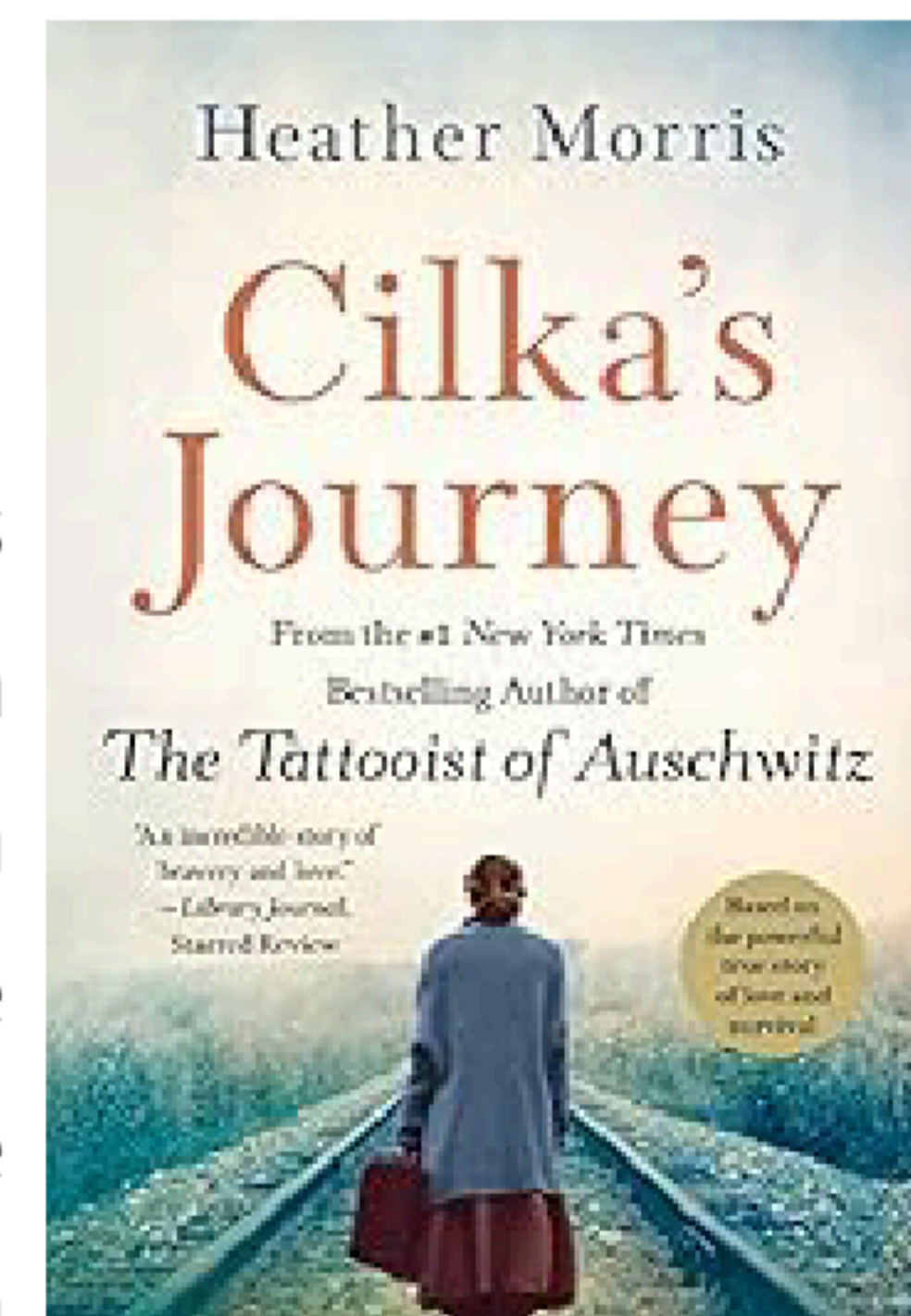
Mary Jane, 2021, by Jessica Anya Blau

This is a fourteen-year old girl's coming of age story set in 1970's Baltimore, where she spends a summer as a nanny for the doctor's family next door. It's a progressive family, unknown to Mary Jane's mother, secretly hiding a famous drug addicted rock star and his movie star wife. Mary Jane loves cooking with her mother, singing in the church choir, and listening to Broadway show tunes. She introduces her new household to a family dinner schedule instead of take-out, and to uncluttered clean rooms. They show her a liberal world of sex, drugs, rock and roll, and group therapy. Caught between the lifestyle she has always known and the future she never knew was possible, Mary Jane arrives in September with a new idea of what she wants out of life.



Cilka's Journey, 2019, by Heather Morris

Cilka is sixteen years old when she is taken to the Auschwitz-Birkenau Concentration Camp. She is separated from the other prisoners because of her beauty, and she quickly learns that power, even unwillingly given, equals survival. After liberation, she is charged as a collaborator for sleeping with the enemy and is sent to Siberia. There she faces challenges both new and horribly familiar, including the unwanted attention of the guards. Cilka makes an impression on a woman doctor and is taken under her wing. Cilka tends to the ill in the camp under brutal conditions. This novel gives us a peak into the experiences that millions faced in Stalin's gulags, with a better understanding of human survival under such inhumane conditions.



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

[Lois Charles](#) ~ Quebec and Eastern Ontario, Canada

[Connie Chiavario](#) ~ Illinois, United States

[Mardelle "Mardi" Dean](#) ~ Virginia, United States

[Anne Grider](#) ~ Georgia, United States

[Christine Jones](#) ~ New Jersey, United States

[Catherine "Cathy" Kivisild](#) ~ New York, United States

[Jennifer Matthews](#) ~ Connecticut, United States

[Elizabeth McCarthy](#) ~ Ireland

[Jerry McManus](#) ~ South Carolina, United States

[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

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

[Kimberly Wells](#) ~ North Carolina, United States

[Mary Michael "Mickey" Winn](#) ~ Oklahoma, United States



*... In the blowing of
the wind and in the
chill of winter, we
remember them ...*

A Holiday Tradition - Tamalada

by Lupe Forsang

The holiday season in my family always includes a tamalada, a gathering to make tamales with relatives and friends. This tradition dates back many generations. For example, my great-grandmother was married in Texas in 1903. She made many tamales with the help of her family, a tradition that has been passed down for over 100 years. It was more labor-intensive back then, but they enjoyed coming together. They generously gave their handmade tamales to family or friends as gifts. Tamales have a rich history and story, which is interesting to read about as well.

It's wonderful to see how the Tamale Party has evolved today from those early gatherings. What happens at a modern Tamale Party? First, we now offer a variety of tamales, including vegan and keto options. Next, there is a host, and it doesn't matter whether the size of your kitchen table or the space where the tamales will be made is large or small. There are various tasks to be done; we rotate people at the table. Everyone brings their own ingredients, containers, and aprons. Afterwards, they take home their prepared tamales to cook. If you finish your batch of tamales, you can share your leftovers or help another person finish their tamales as well. There's lots of chatter, catching up on the year's highlights, and we create a playlist of our favorite music, including Mexican ballads. We might have a Margarita or two and yummy snacks. We also tell jokes, poke fun at each other, and give compliments for a nicely made tamale. When I was a child, I had the chance to play with my many cousins, but I also had the job of washing the corn husks and removing the silk. The adults always let me practice making a few tamales. I'm happy to report that tamale parties have become a popular trend, and the tradition is continuing with the younger generation, now making it a gender inclusive activity that welcomes

children and babies as well.

With this growing popularity, everyone can participate in more ways or host events. Currently, there are numerous YouTube tutorials on how to make tamales and host a party. There are checklists available for your use, along with guidance on where to purchase the necessary ingredients. The simplest idea is to have the host send out a group text message. Evite can also help create invitations for a Tamales Party.

Happy Tamale making!



Lupe's daughter Ava (in the red top) with Lupe's grandchildren Embry and Ben helping make tamales for the holidays.

Pins Make Great Gifts

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 celebrate winter holidays and the coming new year (of LLL service), please consider giving a gift that celebrates Leaders contributions.



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 December 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

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

Tributes January 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."

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 2026

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

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

"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

De-stress and Join Us for a Chat

by Jo-Anne Elder

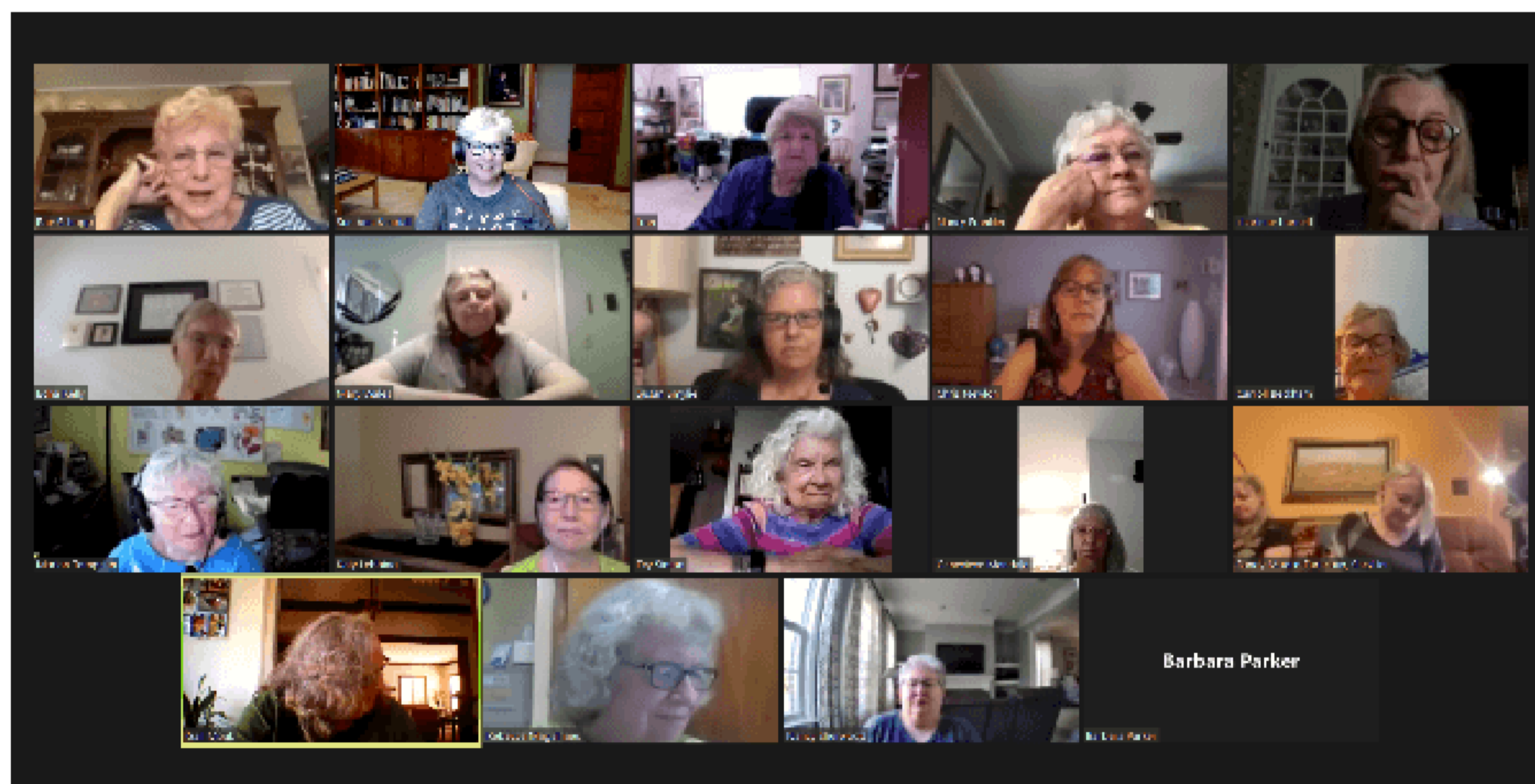
The members of Friends of LLL who participate in our online Chats are grateful to see Marian Tompson, one of LLLI's founders, when she can attend. Evy Simon and Jo-Anne Elder coordinate the (nearly) monthly Zoom Chats. During the summer, Marian suggested we do a Chat on the topic of tips for coping with stressful times. The discussion took place on October 27. The fact that a record twenty-five people attended testifies both to the importance of the topic and the affection so many have for Marian.

Marian framed the topic this way: "Instead of asking 'How are you doing?' during these chaotic times, we would like to know 'what you are doing' to help you deal with the stress in

your life. Maybe it's as simple as having a dog or cat to pet or reading a beloved book. We're looking forward to hearing what works for you." Evy introduced the topic, and then Marian started everyone off with one of her coping techniques: daydreaming. We can dream of going on exotic holidays or winning the lotteries, of course, but that wasn't what Marian meant. She daydreams about the beautiful details of ordinary life: breakfast, for instance, thinking about the taste and the smell of every bite of food. When she talked about it, Jo-Anne was reminded of poet Mary Oliver's instructions to "Pay attention. Be astonished. Tell about it." Poetry is what lifts her up.

Here are some of the other ways participants said that they deal with stress:

Clean the house	Playing bridge
Cooking	Playing with pets
Crochet	Puzzles
Deep breathing	Reading
Holding a grandbaby	Sewing with church group
Getting out of the house	Sorting photos
Going to Goodwill or a thrift store	Staying away from the news
Hot tub	Staying away from technology
Knitting	Taping a TV show + listening later
Ladies' Lunch	Walking alone
Listen to audio books	Walking with others
LLL work	Yoga



Last week, I led the December discussion on "Breaking with Tradition." We talked about new traditions we started when our kids were young or grown up, when we were not near our family home, and so on. One participant had a premature baby before they left for their trip home, another celebrates on New Year's Day and avoids scheduling conflicts as well as expectations, some have very small trees, and others have faced or are currently facing big changes in their lives and celebrations. We also talked about favourite foods, including Northern Spy apples, the rather unpopular fruitcake, and, for me, butter tarts. Thirteen members attended, a great number to allow all to contribute to the conversation.

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:

Jan 20, 7 pm EST -- *Book Clubs* with Rae Schopp

Feb 11, 3 pm EST -- *LLLife-long Friends* with Teresa Pitman

Mar TBD -- *Aging Surprises, or What You Wished You Had Known* with Kay Hoover

Apr TBD -- *Parenting or Grand-parenting Special Needs Children* with Louise Cox and Chris Newlon

Do You Like to Write? Do You Enjoy Connecting with Friends?

Friends of La Leche League **NEEDS IMMEDIATE HELP** to continue to produce *Continuum* as an online newsletter. Skills needed include: soliciting articles from Friends and coordinating submissions; writing and editing articles; and formatting the articles into our mailing software (MailChimp). We could have a single person handle the majority of these responsibilities, with our Board providing lots of article ideas; we are also open to having several people split the work, keeping the jobs mother- (or grandmother-) sized. If you can help with our newsletter production, please contact [Susan](#) to discuss how to join the *Continuum* Team.



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.