April 2022 - Volume 35, Number 1

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Greetings from Your Interim Editors

Sue Ann Kendall brought *Continuum* into an exciting, colorful online world, but now finds that the job of *Continuum* editor conflicts with her new job. Happily, she will remain on the Friends of LLL Board as secretary. Thank you Sue Ann!
This issue is edited by the Board as a team.

Job Opportunity

Friends of LLL needs a new editor for *Continuum*, the online newsletter for Friends of LLL. This is a part-time volunteer position that requires just a few hours per month to produce four issues per year. The Editor works with the Friends of LLL Board to develop ideas for *Continuum* content. We are fortunate to have several regular contributors to the newsletter and excellent copy editors. The Editor communicates with article writers and edits content as needed. An eye for design and some familiarity with online formatting tools is helpful; currently we use a MailChimp template. Consider job sharing with one person editing and one person managing MailChimp. This is a fun job which involves communicating with many members and having an inside view of Friends of LLL activities. If you can recommend someone — including yourself! — for this position, please contact Publications@FriendsofLLL.org

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President's Letter

In 2015, the La Leche League grapevine let me know that the daughter of New Zealand Leader Barbara Sturmfels was looking to homestay while attending UC Berkeley for a semester. That was the beginning of my friendship with Leslie Hansen. Now, after many adventures, including sailing the South Pacific, Leslie is visiting again. How often do you get to pick someone up from the airport who is flying in from Tahiti?! Sunday we picked up supplies for a picnic lunch in Redwood Park. What did we see in the sandwich shop but a painting of a Roma mother and her baby! Is she breastfeeding? We think so!

Leslie Hansen and Roma Woman with Baby. It was painted in 1919 by **Modigliano.**

Friends Board Update

Our Gratitude to Edna Kelly on her Retirement

Edna Kelly joined the Council of the La Leche League Alumnae Association as coordinator in November 2011. This leadership position had been vacant for 3½ years and the LLL Alum Association had recently become independent. Edna deftly led the organization through challenging times, trips to Albuquerque, NM, Charleston, SC, San Diego, CA, and New Orleans, LA, and a rebirth as the Friends of LLL Here are notes of appreciation from Board members.

Thank you, Edna Kelly! Your intellect, in tandem with your kind and gentle insights, have added so much to the Friends of La Leche League. We will miss you greatly on the Board and honor your years of service. I am so glad you will remain an active member! -Susan Mocsny Thomas

I truly enjoyed working with Edna on the Friends Board; she served so capably as a Board Member and as President. Edna's leadership was key in helping us transform the Alumnae Association into today's Friends of La Leche League. She brought good ideas, had an unflappable presence that encouraged us all to achieve those goals, and was kind and thoughtful through it all. Edna will be missed on the team. -Anne Hutton

I was fortunate to get to know Edna better on the Albuquerque Friends trip. Working with her on the Board has been a true joy. Edna always is a voice of calm but also is confident to take a stand when necessary. Mostly, Edna is an encourager – always finding the good in any person or situation. I will miss Edna's influence very much. -Randee Kaitcer

I've enjoyed working with Edna since I moved to Texas in 1998. She has always been a voice of reason and a great role model of acceptance and generosity. -Sue Ann Kendall

For ten years, Edna kept her eye on a vision for the Friends of LLL that is being realized now. And she did it while keeping our conference calls just an hour long! I am so appreciative of the grace Edna brought to our work. -Gail Moak

Watch this Interview with Edna Kelly.

We welcome a new member of the Friends of La Leche League Board.

Jo-Anne Elder (she, elle) has been a Leader with La Leche League Canada for over 20 years and currently teaches communication skills and is active in the LAD. She is married to Carlos

Gomes, an Indigenous man from South America, is a mother to seven young adults ranging from 22 to 38 years and an Amama (grandmother) to five grands, is a reluctant and self-taught matriarch, and lives in a multigenerational and multicultural home in Fredericton, New Brunswick. Jo-Anne is a writer, translator, and community worker, and looks forward to extending her involvement in LLL through the Friends of La Leche League.

Interview with Edna Kelly, past president of Friends of La Leche League.

Keep Your Membership Going and Encourage Others!

Your membership information is loaded into our website store. When your membership expires, you can easily renew your membership. Sign in using the following information:

Username or email: <email>
Password: Friend$2020 [we recommend that you change this password after you log in]

If your membership has expired, sign in to renew **HERE**.

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Friends of LLL, your membership expiration date is <date>.
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If you are having trouble renewing with the online system, please email Treasurer@FriendsofLLL.org for help.

Order Our Pins to Recognize Years of Service and More

Our beautiful Friends of La Leche League pins, which feature our logo and our motto, "A Lifelong Connection," are available for you.. You can have one of your own, or one to give as gifts. Order today!

The Friends of La Leche League is your source for Leader recognition pins. These make great gifts for all occasions and are treasured by long-time Leaders. Pins are available for 5, 10, 15, 20, 25, 30, 35, 40, 45, or 50 years of active Leader service to La Leche League, as well as pins without a year designation.

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

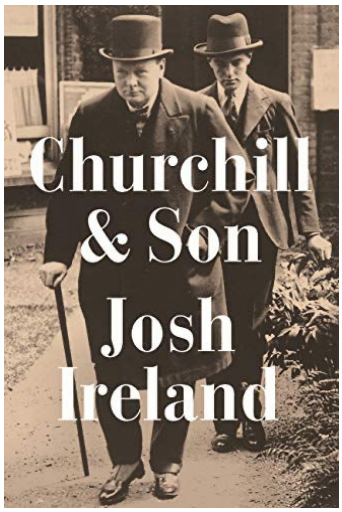
It's easier than ever to order pins!
Please visit our pins page to order.

You Might Like to Read...

by Mary Gisch

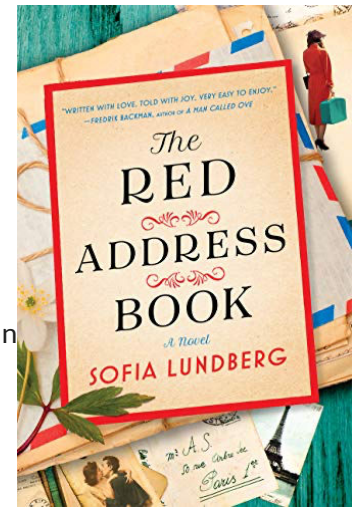
Send Mary your suggestions at Giscmary2@gmail.com

Churchill and Son, 2021, by Josh Ireland



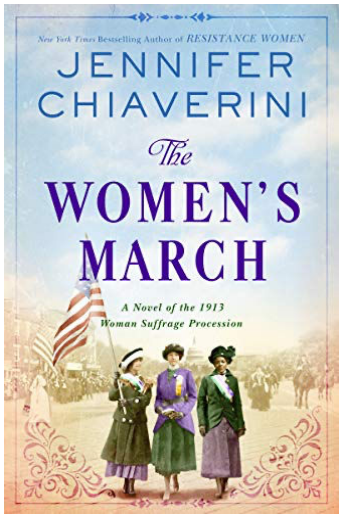
While this biography of Winston Churchill focuses on his relationship with his son Randolph. It also highlights his relationship with his father, Lord Randolph, who was disappointed in Winston and treated him poorly. Winston idolized his father, but he wanted a better relationship with his son. Although he made great efforts to please his son and guide him, Winston did nothing to teach Randolph discipline. Although little is said about the two major Wars, the effect on the family is shown. *Thought provoking*.

The Red Address Book, 2017, by Sofia Lundberg



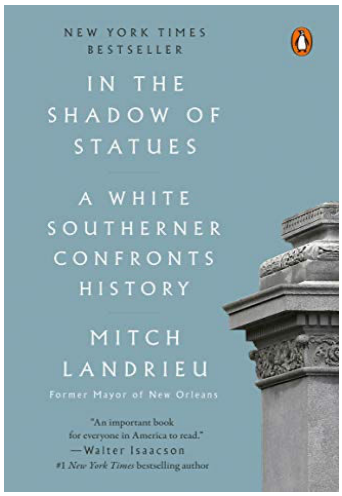
Ninety-six year old Doris had a very full life. She was born in Stockholm, was a maid, and then a model in Paris in the 1930s, when she met the love of her life. Her red address book, a gift from her dad, starts her reminiscing. Doris uses Skype each week from her small apartment in Stockholm, to share her life, travels and adventures with her only relative, her granddaughter, Jenny in America. *A touching family saga.*

The Women's March: A Novel of the 1913 Woman Suffrage Procession, 2021, by Jennifer Chiaverini



The focus is on three women who were intimately involved in the first big Procession in Washington DC. Alice Paul, a Quaker who spent time in an English Prison for protesting, returned to the United States to join the Suffragettes. Maud Malone, a librarian from Ireland, agitates society by asking candidates, such as Woodrow Wilson, for their stand on Women Voting. Ida Wells-Barnett, born a slave in Mississippi, works in Chicago for Civil Rights and comes to march. *Quite enlightening.*

In the Shadow of Statues: A White Southerner Confronts History, 2018 by Mitch Landrieu



This partial auto- biography tells the highlights as Lieutenant Governor of Louisiana from 2004 to 2010. After that he was elected as the Mayor of New Orleans, from 2010 to 2018. His father was a leading Civil Rights pioneer when he was the Mayor. As Mayor, Mitch tried to be understanding of the feelings of the Black people in New Orleans who were affronted by some of Confederate statues. Even though no one from Louisiana would take down any statue, he found people from another state who helped him take down four of them. Of course he and his family suffered for it. Landrieu uses this book to explain his actions. *Courage.*

Many thanks to Mary Gisch, who has faithfully sent us her helpful and varied book reviews for so long. We salute you, Mary!

The Circle of LLLove

An Update on Marian Tompson

by Cecily Harkins

I spoke recently with LLLI Co-Founder, Marian Tompson, who is at home recovering from pneumonia and Covid. What she shared with me inspired this article. Her experience speaks to what LLL means to so many Leaders. Her story is what inspires us to continue to devote volunteer hours to LLL, way beyond our own children's weaning and adulthood.

Here is Marian's story…

In December 2021, after spending four days in the hospital with pneumonia and Covid, the hospital resident wanted to send her to a rehab facility to continue her healing. Marian's personal physician, steeped in LLL ways (mentored by co-Founder Mary White's husband, Greg White MD, and Herbert Ratner MD, the earliest supporters of LLL), intervened, insisting instead that Marian would recover much better in her own home.

And so, the saga began. Marian has seven adult children. They all rallied to support her, not knowing exactly what that would entail. Son Brian, immediately drove to Illinois from Arizona. Daughter Laurel oversaw Marian's care, both before and immediately after her hospital stay. Laurel and Brian were followed by Melanie (Illinois), Sheila (New Jersey), and Philip (Washington) in pairs for two week shifts. Allison and Deb were unable to travel at that time and provided needed supplies and useful suggestions.

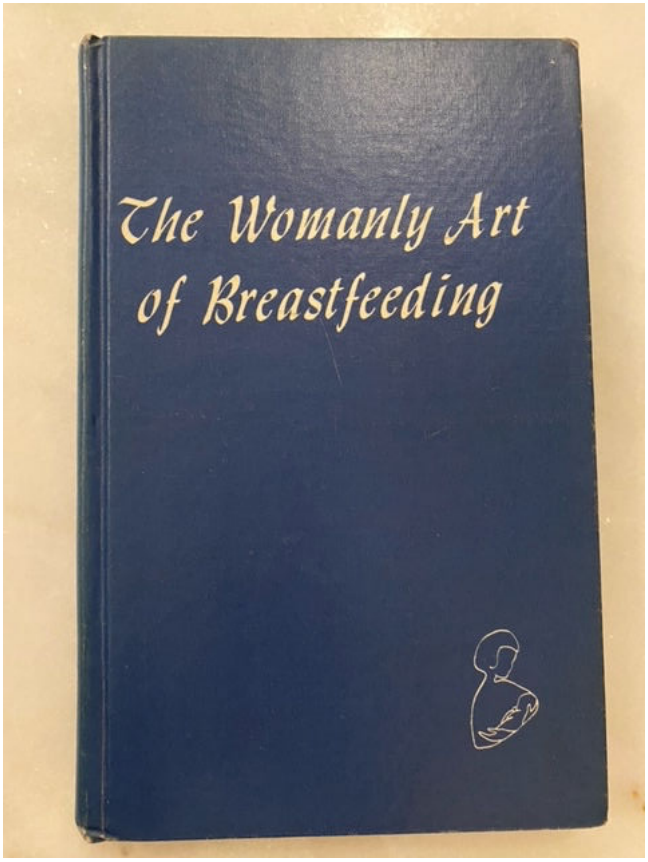
Marian was so tired all she wanted to do was curl up in a fetal position, to the detriment of her pneumonia recovery. To remedy this problem her family would sit on either side of Marian, keeping her physically upright while entertaining her with movies and conversation.

Despite their jobs, each child managed to come home for at least several weeks with each one taking on specific jobs as part of their mother's recovery. Marian spoke glowingly of their generosity and of the support of their employers.

I was reminded of an article Marian wrote in early LLL days when she spoke about her care for her mother, Marie Leonard, who also worked for a while in the LLL office. Marian described getting into bed with her mother, to give her the physical and emotional support as her mother lay dying.

I share this story of several generations of LLL love, generosity and giving as the fruits of mothering through breastfeeding.

Cecily Harkins, Portland, Oregon, USA, Leader 56 years



The Womanly Art of Breastfeeding

A Brief History by Randee Kaitcer

“We dedicate this book with much love to the many caring parents who have helped make La Leche League what it is today; and to our patient, loving husbands and children, all of whom helped the seven of us learn the womanly art of breastfeeding. . . .”

So begins the dedication to the classic La Leche League (LLL) best seller *The Womanly Art of Breastfeeding* (WAB), written by the women who were the Founders of LLL and with a foreword by Dr. Herbert Ratner.

In 1957, the Founders, swamped by letters and phone calls from mothers around the country with breastfeeding questions, decided to put together a “Course by Mail” for women too far away to attend a meeting. It was a notebook of almost 40 sheets of paper in a binder

compiling the answers to the most frequent questions from Benefits to Discipline—a manual. That name stuck! At first, just relevant pages were sent for specific questions asked.

Then in 1958, the Founders realized that mothers really needed the whole Manual. These 31 pages went out for five years, each with a personal letter from a Founder. 1963 was the birth of the first blue manual, the WAB. Since then, the manual has been revised and updated multiple times as new questions arose and LLL Philosophy was fleshed out.

The WAB has been translated into 14 languages, with 10 in print at this time including: Chinese (simplified), Dutch, French, English (British and US), German, Hungarian, Italian, Japanese, Spanish (European and Latin American). In addition, there are versions for the blind and visually impaired, and versions that use accessible language. La Leche League International no longer ships books directly from their office.

Betty Crase, former Director of LLI's Breastfeeding Information Center shares, "I first attended an LLL meeting in 1975, pregnant, having read the famous Blue Manual, 1963 second edition, before attending. I . . . was blown away by that edition. I knew immediately that this was how I wanted to breastfeed and mother/parent our subsequent children after not having "been allowed" by the doctor to breastfeed our surviving twin, very premature daughter in 1973."

The Womanly Art of Breastfeeding in 2022

By Lydia de Raad and Eva GG Williams

The 8th Edition of *the Womanly Art of Breastfeeding* was published in 2010. It was the first edition written by a team of professional writers: Teresa Pitman, Diana West, and Diane Wiessinger. After being a top seller for many years, the LLLI Board of Directors investigated whether a new edition was something to aim for. So many things have changed over the years, and as the WAB is the core publication for not only parents (to be) but also for those considering LLL Leadership, it is important it is up to date.

A small team went over the 8th Edition, and found at least 30% of its content needed updating – the minimum requirement for a publisher to be interested in a new edition. The Board decided to create a Task Force, composed of people from every Direct Connect Entity (DCE), to get the full global perspective for working on a new edition.

This Task Force was commissioned to carry out three duties:

1) On content and format: review existing marketing research on breastfeeding publications and make recommendations about the desired format, tone, title and scope of the WAB 9th edition, as well as about the type of images, graphics and video links it should include.

2) On writers and publishers: work with LLLI's literary agent, to identify potential writers, determine contractual obligations to the writers of the WAB 8th edition, draft a proposal for the WAB 9th edition to present to various publishers and evaluate their offers.

3) On global outreach: recommend a timeline for writing, publication and release of the WAB 9th edition, as well as for publicity and translation into other languages, taking into account the needs of its global audience.

After a search went out, Leaders stepped forward and the LLLI Board appointed GG Williams (LLLGB) and Lydia de Raad (LLL-NL) as co-chairs of the Task Force. The goal to have representation from every DCE was met, which allows a great diverse group to have their voice heard. Board members were added to the Task Force as liaisons.

The Task Force developed a list to answer questions from Leaders about the WAB-9. A multilingual survey on the title of the book was developed and distributed. Discussions within the Task Force also focused on writers: who do we want and why?

Another important point generating lots of discussion was the content of the WAB, how to make it more inclusive of ethnicity, gender, socio-economic circumstances, disabilities, etc., in order to create a book able to serve as large an audience as possible. All of this information was also discussed from the perspective of different communities and languages around the world.

The work within the Task Force is divided up into smaller tasks, with regular reporting to the Board. The Task Force does not decide on anything, nor does it write the book. After its deliberations, it writes recommendations to the LLLI Board. The Task Force is currently (January 2022) in the last stages of writing a recommendation on potential writers. All decisions are taken by the LLLI Board.

Writing and publishing a book of this size will take around two years in total.

Record-setting 2022 Mini-Grants Awards!

Friends of La Leche League is thrilled to announce the 2022 Mini-Grants awards. This year the program generated a record number of applications from around the world. This made it very difficult for the committee to choose only six projects for funding as we had announced.

After much consideration, the Mini-Grant Committee recommended and the Friends of La Leche League Board approved **eight** innovative projects for a total grant of $14,589.10!

The funded projects support our organization's mission and address needs in breastfeeding education, LLL Leader and Leader Applicant support, and support for breastfeeding families. The projects are geographically diverse and provide support in many languages and to some currently underserved populations.

- The Alameda County Latina Chicana (LatCH) Breastfeeding Task Force Lactation Social Media Project will produce short videos in English, Spanish, and Mam languages to run on social media platforms accessible by the Latinx community in Alameda County, California and shared with Latinx communities anywhere.

- Claudia Garcia from LLL Columbia will travel to host 8-hour training sessions and provide copies of the Womanly Art of Breastfeeding to individuals who support breastfeeding families in three areas of the country where LLL does not have a local presence.
- The Area Team of LLL MD-DE-DC will host individual Virtual Teas with all Leaders in their Area to build Area rapport and support.
- LLL Austria will fund a sign-language interpreter to help a hearing-impaired Leader Applicant complete her training to become accredited as an LLL Leader. The Applicant's goal as a Leader is to support deaf and hard of hearing mothers who need breastfeeding support in sign language.
- The AANHPI Outreach project will create a social media toolkit with breastfeeding educational materials in several languages targeted for Asian, Southeast Asian, and Pacific Islander families. Developed for the Alameda County, California area, the development task force intends to share the toolkit with other organizations.
- Julia's Way will provide and record a training seminar for LLL Leaders, and create videos concerning specific breastfeeding challenges faced by mothers of babies with Down syndrome.
- Crystal Clark Douglas, PhD, RD, from the University of Texas Medical Branch, and Simone P. Campbell, PhD, RD, from Louisiana Tech University, will develop a breastfeeding education module for their universities' curriculum for Registered Dietitian programs, recognizing that dietitians are uniquely positioned to promote breastfeeding to new mothers and babies.
- LLL Spain will create three Spanish-language videos addressing the most common questions they receive from mothers seeking breastfeeding support. They plan to publicize these videos on their website and social media channels and to make the videos available to other LLL entities in Spanish-speaking communities.

Many of these initiatives are already getting underway, and we look forward to receiving updates on the progress of these projects. Please watch for upcoming issues of *Continuum* to learn more about the grant recipients and their exciting project ideas.

Thank you for the work of the 2022 Mini-Grant team: Cathy Baldizon, Paula Clay, Anne Hutton, and Susan Lawrence.

We are thankful for our memories of friends and fellow volunteers who are no longer with us.

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. We pay 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.

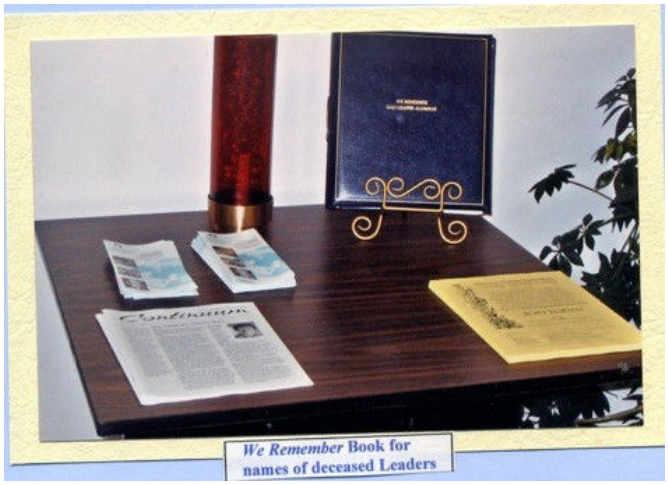
Leaders' names are recorded in calligraphy in the "We Remember" album by Susan Mocsny Thomas and posted on the Friends of LLL We Remember page. We also have a special event

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.

In 2021, we heard of the passing of these Leaders:

Christine Bruni ~ Germany
Susan Clarke ~ Quebec Canada
Carol Esposito ~ Illinois United States
Kathy Funston ~ California United States
Jane Timberlake Helwig ~ North Carolina United States
Stephanie Jordan ~ Georgia United States
Janet Lathan ~ Maryland United States
Silvia Llenas ~ Argentina
Mary Ann Maiers ~ Wisconsin United States
Marilyn "Lynn" Moen ~ Washington United States
Beth Ann O'Donnell ~ Massachusetts United States
Karen Margaret Hill Pearce ~ Nova Scotia Canada
Kathleen "Kady" Rachford ~ Illinois United States
Elizabeth "Willow" Willoughby Newton Reed ~ Tennessee United States
Alice Roddy ~ Virginia United States
Karen Rusher ~ New Jersey United States
Marilyn Schroeder ~ Ohio United States
Terry Stafford ~ British Columbia Canada
Judith Marie Wilson ~ Montana United States

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



Tributes

These are the tributes to Leaders and friends of La Leche League that are current. Want to honor someone with a tribute? Use these instructions and form to submit them.

Tributes through December 2022

Honoring **Terry Stafford,** Salt Spring Island, British Columbia, Canada
"Terry Stafford's Power-Surge Friends treasure and honor her memory, and her love and service to children, families, and LLL."
From **Power-Surge Friends**
10/11/2021 – 10/11/2022

Honoring **Terry Stafford,** Salt Spring Island, British Columbia, Canada
"In loving memory of my friend."
From **Carroll Beckham**, Pine Knoll Shores, North Carolina USA
9/7/2021 – 9/7/2022

Honoring **Terry Stafford,** Salt Spring Island, British Columbia, Canada
"With gratitude for all you have shared with your friends in LLL, from your books to Flat Terry to Wildwood School to meeting the man of your dreams … to sharing your journey with love and humor, right to the end of life. You'll be forever in my heart."
From **Sue Ann Kendall**, Cameron, Texas USA
8/4/2021 – 8/4/2022

Tributes through April 2022

Honoring **Jody Nathanson,** Redondo Beach, California USA
"Jody was a mother to me, when I was an 18 year old new mother . . . She joyfully answered my calls and spent untold time as I became one of the youngest Leaders ever!"
From **Kim Moreno**, Coronado, California USA
4/10/2021 – 4/10/2022

Honoring **Karen Rusher,** Toms River, New Jersey USA
"In memory of Karen Rusher, LLL Leader and friend."
From **Sue Hudler**, Toms River, New Jersey USA
2/25/2021 – 2/25/2022

Honoring **Paula Clay,** Houston, Texas USA
"For being a long-time friend and inspiration, and for all you have done to help breastfeeding mothers and babies in your life, through your work as an LLL Leader, and through your volunteering with Friends of La Leche League."
From **Anne Hutton**, Houston, Texas USA
1/9/2021 – 1/9/2022

Tributes through December 2021

Honoring **Jo Linsley (Nancy Jo Bykowski),** North Aurora, Illinois USA
"My friend, colleague, partner in ridiculousness. You taught me how to edit an LLL publication with grace and humor and you let me cry all over you way too many times. You made New Beginnings great."
From **Sue Ann Kendall**, Cameron, Texas USA
12/31/2020 – 12/31/2021

Honoring **Agnes McPheeters, RN (Jan 3, 1948 – Nov 19, 2020)**
"Agnes and I immediately connected at a FL LLL meeting in 1975, where we were both breastfeeding our first-born babies. She became Godmother to my third son and we stayed cherished friends for 45 years.
As a RN contracted by the US Army, Agnes served the wounded soldiers in Saudi Arabia. While not an LLL Leader, she was happy to help the soldiers' wives breastfeed when there were no other resources available.
Agness McPheeters has a daughter, son-in-law, and two healthy breastfed grandsons. She will be missed, but remembered and praised by many."
From **Lou Ellen Boyes**, North Palm Beach, Florida USA
12/19/2020 – 12/19/2021

Honoring **Evy Simon,** Philadelphia, Pennsylvania USA
"In honor of my friend, retired LLL Leader, Evy Simon."
From **Carroll Beckham**, Pine Knoll Shores, North Carolina USA
12/15/2020 – 12/15/2021

Honoring **Joan Lucille Brennan Moak Gerosa Barbour**
"Loving mother of Friends of LLL Board President, Gail Moak."
From **Edna Kelly**, Houston, Texas USA
12/10/2020 – 12/10/2021

Thanks to Our Donors

Friends of La Leche League is very lucky to have a wonderful group of donors who enable our organization to thrive and who fund out activities and projects. Here is a list of the donations we have received for recent projects.

Friends of La Leche League gratefully acknowledges the generosity of those who have contributed to the 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.

Restricted Donations for Mini-Grants, April 2021 to Present

Carroll Beckham
Janet Jendron
Sue Ann Kendall
Terry Stafford's Power-Surge Friends
Marian Tompson

Unrestricted Donations, April 2021 to Present:

Anonymous (2 donors)
Margaret Bennet-Adler
Jane Bland
Ann Calandro
Keisha Colson

Connie Davis
Pam Dunne
Jacque Gates
Mary Gisch
Anne Hutton
Randee Kaitcer
Ellen Goodrich King
Andrea LaMar
Kay Lindahl
Rebecca Magalhaes
Cyd Reynolds on behalf of Breast Friends
Anne Sanger
Carol Swanson, MD

In-Kind Donation, 2021:

Jane Tuttle

Unrestricted Donations from April 2022 to Present:

Merike Tamm

Donate

After reading this issue and getting inspired by all the activities and ideas you read about, please be sure to visit our website! You can easily renew your recently expired membership, make a tribute, buy some of our beautiful pins, watch video interviews of Leaders who've contributed to the Friends, or let us know about a former Leader to add to We Remember. You'll even find back issues of *Continuum* there.

We are happy that we have many new and returning members, but always want to welcome more friends to our organization. We have no hidden agendas, no requirements other than friendship and shared LLL experiences, and a desire for fun and connection. Could you encourage someone who'd enjoy our newsletter and good works to join Friends of LLL? It's

so easy to join, and you know the membership dues go to good things like our mini-grants, trip scholarships, and future programs. Share our membership page with your friends and let them know that you enjoy hearing from us four times a year.

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Call for Articles

We hope all the good news in this online *Continuum* have brightened your day. We would love to hear from you, whether an article, an idea, a photo, or something else. What's going on in your life? Did you safely get together with an LLL friend from the past? Is there something you wish you'd seen here? Send us an email with an idea, some words, or a picture that you'd like to share with fellow Friends of LLL. Contributions can be long, short, or in between. We would like to see articles about various stages of parenting, all the way through the years, memories of special Leaders, members, or friends of our organization, notices of books by former Leaders, and photos (especially photos!) of friends enjoying life.

Not a writer? Not a problem! We have editors on board! Send us whatever you have, and it will be just fine.

Coming Attractions

The next issue of *Continuum* will be published in May 2022. We're excited to include an interview with award-winning author and former La Leche League Leader Susan Elizabeth Phillips. Since Susan Mocsny Thomas connected with Ms. Phillips via Zoom, we were able to pull out a few video clips to share with you in addition to the article that Susan wrote. Here's a video clip to whet your appetite.