

Northern LLLights



The Area Leaders' Letter for La Leche League of Minnesota and the Dakotas

Winter 2020/'21, Issue No. 162

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From the Archives

Following is an excerpt from the Summer 1996 Issue of *Northern LLLights*.

"At a recent Meeting 4 that I led, one mother commented on the food consumption of her eight-month old twin boys. 'The only solids my boys are eating are grass, dirt, and leaves.'"

(Originally contributed by Lorelei de la Raza, Texas' *Ten-Gallon Tidings*, Summer 1989)



Sometimes I can say the same of my seven-year-old!

We're all missing the personal connection of in-person meetings and this struck me as a reminder of some of what we can look forward to hearing again when in-person meetings resume.

Thank you, Leaders, for volunteering for Metro Phone. Calls have been coming in, and maintaining this phone service has been useful for outreach and accessibility of support in Minnesota and Dakotas.

There are still some open spots for Metro Phone volunteers!

If you are interested and able to help out for a two-week period, you can reach out to:

annemarie.studer@gmail.com.



From the Desk of

Anne-Marie Studer, Area Communications Coordinator

Welcome to our Winter Issue of *Northern LLLights*!

Despite my best intentions, it will almost be spring by the time this arrives in your mailbox. Life, and particularly life during a pandemic, has a way of throwing a few curveballs every now and then. Despite my untimeliness, I hope you enjoy this issue and can feel connected to the LLL happenings in Minnesota and the Dakotas.

Fundraising has been an issue for many Groups, and Megan, our AFC, shares some great ideas for Group fundraising on page 3. We are also featuring two pieces about planning for a virtual or an in-person *Live, Love, Latch!*[®] event later this summer. *Live, Love, Latch!*[®] can be a great opportunity to reach out to breastfeeding families in our communities, as well as raise funds for our Groups.

We welcome Jaci McCaskell-Kulish as Coordinator of District Advisors and she shares some useful tips on completing our monthly Leader reports. I'll be the first to admit; I often goof up my reports, and Jaci's piece is a great reminder of which reports are due when and how many Leaders from a Group need to complete them.

If you missed Leader Day 2020, Lindsay shares a recap on page 8. And if you weren't able to join us, but want to stay connected, please join us for any of our future Leader Connection Time virtual meetings (details for the upcoming meeting is on page 5).

I hope this issue of *Northern LLLights* gives you a reason or two to smile.

WarmLLLly,
Anne-Marie

A Note From Your Area Coordinator of Leaders

Lindsay Taylor, Area Coordinator of Leaders

Hello, Leaders! It has been a pleasure to continue on the Area Team as Interim Area Coordinator of Leaders. The Team is a group of Leaders who meet for a short and sweet monthly meeting to continue the work of keeping our Area strong. We would love to have you join us! Please reach out to me to chat about the openings and to discover if one of the spots is a good fit for you. Also, the Area is in need of another District Advisor or two. No monthly meeting required!

The Area Team has been busy, with all departments active and moving forward with actionable steps toward these goals: provide support and resources for Leaders as they fulfill their volunteer roles, update the website for easier use by the public, update the internal website with relevant information for Leaders, and connect to Mosaic and LLL USA in necessary and meaningful ways.

Leaders, thank you for sending in the Group webpage updates. A few more responses are needed, and I will be following up with Groups that I haven't heard from. A part of improving public visibility and image is keeping our website up to date and easy for families to use. We can be pleased that there are about a dozen monthly virtual meetings for families to choose from.

Looking forward, the Area Team is making additions to the Area Agreement. Within the next couple of months, you will receive a mailing so that you can take part in the necessary vote to approve the changes. We will keep you updated.

Take care, Area Leaders!
Lindsay

Area Finances

Megan Anusionwu, Area Finance Coordinator

Fundraising has been a struggle for many La Leche League Groups over the years, and with all in-person meetings suspended for the foreseeable future, these challenges have only increased. It's time to look into new innovative ways to raise the necessary funds to ensure the success of our Groups. The financial success of our Area is due in large part to the success of our Area Conferences— way to go, Anne! Given the uncertainty as to when we will have another Area Conference, I've come up with some new (and some old!) ways to help sell memberships and fun ideas to raise funds.



Selling Memberships

- Make purchasing memberships easy - have a link directly from your sign-in sheet.
- Share what the funds will be used for - there are administrative costs, costs of maintaining our Area's website, and insurance expenses.
- Use social media to encourage those who have benefitted from La Leche League in the past to continue to support our mission by purchasing a membership.

Fun Fundraising in a Virtual World

- Give to the Max Day - Minnesota has created an official "Give to the Max Day", and many states use #GivingTuesday to encourage crowdfunding to non-profits. [GiveMN.org](https://www.givemn.org) and [Mightycause.com](https://mightycause.com) are websites that allow individuals to make donations to your

organization. Registering your group on the website provides you with an easy link to share and more visibility for those looking to donate.

- Breastfeeding photo shoots - Multiple Groups have raised funds by finding a photographer that will provide a discounted rate or donate time for breastfeeding mini-sessions. Weather permitting, socially-distanced photo shoots are still a safe COVID-19 activity.
- Virtual cooking night - Host a virtual cooking night with your favorite family meals or toddler snacks. You could even reach out to a local nutritionist to see if they are willing to donate time and provide recipes.
- Corporate Philanthropy - Reach out to your employer or large businesses in your area and see if they are willing to support your Group with a donation.
- Mommy & Me Yoga - Ask a local yoga teacher if they would be willing to host a virtual Mommy and Me Yoga class as a donation to LLL.
- Virtual Raffle - Breastmilk jewelry, Etsy Onesies and Nursing Necklaces would be fun items to have for a virtual raffle. You could reach out to the companies and ask for a discount on the items. You can market and sell the raffle drawing through email distribution lists and social media and randomly select a winner using a random number generator.

As many of you know, *Live, Love, Latch!*® is a National Breastfeeding Month celebration presented by La Leche League USA and hosted by LLL USA Groups across the country. *Live, Love, Latch!*® events are designed not only to celebrate breastfeeding but also to highlight community support. Many Groups have successfully organized fundraising events around *Live, Love, Latch!*® events they have hosted. If you have some ideas or are looking for a good place to start, check out a reprint of a blog post from *New Beginnings* on pages 12-13 with accounts of virtual *Live, Love, Latch!*® events from last year. You will also find a reprint of an article on pages 13-14 where Jaci shares her experiences and success with hosting a *Live, Love, Latch!*® event in 2018.

Letter from Area Professional Liaison

Naomi Benjamin, Anoka County

Good news: we are updating our Special Circumstances file for Leader resources! The purpose of this list is not to keep track of who's had what experiences, but for Leaders to seek out other resources when they encounter a less common or more challenging situation, or a family who would be better supported by someone who has more experiences common to their own. I see it as a resource for other Leaders; the information will only be posted on our password protected Leader page on the LLL of MN/DAs site.

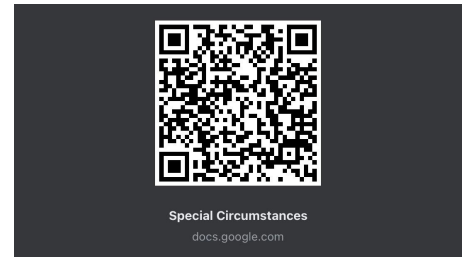
Thank you to all who have already filled out the form. Please use this google form to submit your experiences/expertise supporting parents to have added to the file if you wish:

<https://forms.gle/AJye6BwKkNaHsxYi8> (If you'd rather not type in a web link, look for an email from LLL of Anoka County to click the link. Or, try this QR code:

Please note:

- You do not have to fill it out at all.
- There is no "minimum" amount of experience/expertise needed in order to mark yourself for any given circumstance - simply consider whether you're comfortable helping another Leader with a situation they may find challenging.
- Feel free to add additional experiences/circumstances.
- Know that you are not obligated to mark down anything, even if it applies to you. Please know that you can always come back and edit your answers in the future.

I will let you all know when I have the document on the website updated! After that I'll probably send the link at least annually to prompt you to update it, but if you think of something you'd like added, send me a note or go back to the form to edit your response or add a new response.



Area Equity Department

If you didn't get a chance to view the webinar *How Did I Miss That?: Breastfeeding and Non-White Skin Tones*, you can still access it using this link:

https://www.goldlearning.com/lecture-library/live-webinar/breast-assessment-and-non-white-skin-tones-detail?fbclid=IwAR3QUoC7T9eyooSqzLe_Sugsj2RAGnpUoWjDbMfq3lGQiqqtGIE-hj8XcBA

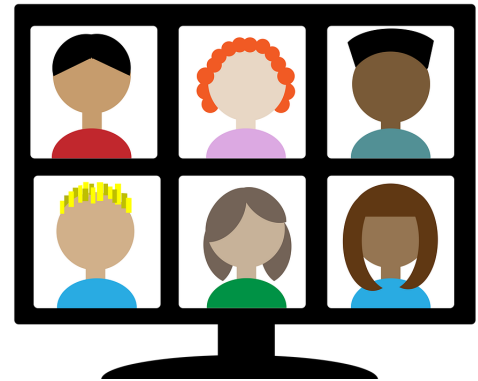
To view this webinar, you'll need to make a profile through the system (GOLD) and will be given instructions for viewing the (free) webinar.

Updates From the MN/DAs Events Department

Anne Ferguson

In January, we hosted our second Leader Connection time and it went really well! Eight Leaders participated and it was fun to connect with Leaders from around Minnesota and the Dakotas.

Leader Connection time is a chance for Leaders in Minnesota and the Dakotas to connect and talk about LLL work and personal/family life, as well as a chance to ask personal breastfeeding questions or share experiences. If you missed it and would like to join our next Leader Connection time, mark your calendars!



Date: Saturday, March 13th

Time: 10 a.m. - 11:30 a.m.

Place: Where else, but Zoom! To join the Zoom meeting, go to:

<https://us02web.zoom.us/j/88349510044?pwd=Ry9NeTg3dkZkEvYodWa2JxL1RZQT09>

Meeting ID: 883 4951 0044

Passcode: 658390

Area Coordinator of District Advisors

Jaci McCaskell Kulish, Fargo-Moorhead

I've recently worked with Lindsay to establish a new role within the Area called the Coordinator of District Advisors. It is as it sounds and my main focus will be behind the scenes. I'd like to share with you some of the changes to Leader Reporting that have popped up.

Who is a District Advisor (DA)?

A District Advisor is part of the Area Team who works directly with the Leaders in their District and who regularly communicates with the Area Coordinator of Leaders (ACL). Currently in MN/DAs we have three District Advisors: Heidi Mischke, Lindsay Taylor (for Non-Group affiliated Leaders only), and



myself, and we are hoping to add two more to the team.

As District Advisors, we gather information from the Leaders in our Districts. We are the first point of contact if a Leader has questions for the Area Team. We offer support, suggestions, and information to Leaders and Groups, and we encourage regular reporting and communication from Leaders via regular newsletters (typically sent via email).

The biggest job for a District Advisor is reporting and communication. Regular communication from individual Leaders helps us identify situations that may need assistance (such as issues within

Groups or Leaders who are MIA) and it encourages Leaders to send in their reporting. Which brings us to the next topic!

What is reporting, and why do we do it?

As an Area we are part of a larger group called Mosaic, and Mosaic falls under the LLL USA umbrella. It looks a little like this:

Individual Leader → Group the Leader is affiliated with → Area (MN/DAs) → Area Network (Mosaic) → Direct Connect Entities (LLL USA) → LLL, International

All of our reports eventually make it to LLL USA, which then uses Group reporting to quantify whether the mission of LLL USA is being accomplished as well as to identify areas that may need additional assistance, and for other things such as grant writing.

Now back to how this pertains to us as individual Leaders. As per the Area Leader Agreement, each month every Leader is required to submit one or more reports. If a Leader doesn't send reports or communicate with their DA or Area Team, then after a certain amount of time the decision may be made to retire the Leader. Regular reporting is important because these numbers are reported to Mosaic and on to LLL USA only twice a year. Any numbers that come in after we've already sent on our reports for that period are tossed. We want our impact on our communities known and recognized and we feel this is a great way to do it!

The main one that is required for each and every Leader is called the Leader Activity Report (LAR). This report communicates two things: First, that you are an Active Leader, and second, how many (if any) individual helping situations you had during the month.

The second report is the Series Meeting Report (SMR). This report is only filled out by the Leader who runs the meeting(s) for which they are reporting. There are a few questions on this report, all pertaining to the attendees of each meeting.

The final report is the Group Report. This is only answered twice a year: during June reporting and December reporting and again is only answered by one Leader per group.

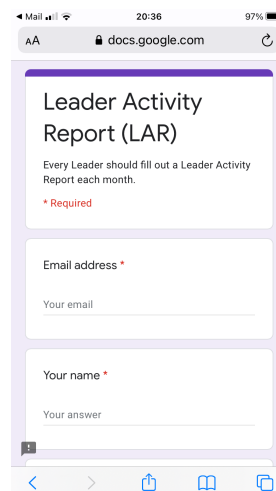
In MN/DAs, we use a Google Form to gather reports from Leaders. Your District Advisor should be emailing you a link to this form around the early part of each month. It contains all of the three reports mentioned above and should be titled "LAR/SMR Jan-June Year", or "LAR/SMR July-Dec Year"

Now, let's take a look at individual questions.

Leader Activity Report (LAR)

Other than the basic "who are you" questions, there is only one reporting question on the LAR:

"Number of one-on-one helping contacts during this time period -- This is the total number of helping situations, including phone calls, Facebook, Twitter, emails, text messages, home visits, and informal in-person contacts. (Each conversation counts as one contact; two separate phone calls on the same topic count as two conversations. Use your discretion on text conversations. If it had been a phone call, would it have been all the same call? If so, count it as one conversation.)"



Sometimes this can be a bit tricky if multiple Leaders answer questions over social media. In the Fargo-Moorhead Group where I'm a Leader, the Leader who doesn't have a meeting to report will count all of the social media helping situations and include them in their helping contacts. As a Group, please figure out a system for reporting these numbers that works for you!

Series Meeting Reports (SMR)

This is the report that is only answered by one Leader (if multiple Leaders report the same meeting, then the numbers are doubled). This part of the reports can be skipped if you are not reporting a meeting.

The SMR contains questions about the number of meetings held and number of people in attendance, plus includes a new question about pumping milk. Please make sure you include this question on your meeting sign-in sheet so you can report these numbers!

Group Report

The final report is the Group Report and this only needs to be answered in June and December by one Leader per Group, but it has some of the more complicated questions on it.

The first one that may cause confusion is the Social Media reporting: "Total number of likes/follows on Social Media Platforms used. Please include numbers separately for each platform/group/page.

-Example: Twitter 657 Followers, Facebook Pages 1275 follows, Facebook Groups 1328 members"

When reporting these numbers, they do need to be included individually. This question isn't asking about changes in the numbers; only the current numbers need to be reported. Please see the album on the LLL of MN/DAs Leader Facebook group for screenshots that can assist you in finding these numbers.

One thing to note is that Facebook has done away with "Likes" on pages, and will eventually only display "Followers" so please report that number from now on.

The final new question asks for the Zip Codes of your meeting attendees. This is another question that you should include on your meeting sign-in form!

That's it! That's the basic rundown of reporting and why/how we do it. I hope that this has helped answer any questions you may have, but if you still find yourself confused please email me at lloffmjaci@gmail.com or post to the LLL of MN/DAs Leader group on Facebook and tag me.

A little piece of hygge

Jeanne Badman shared these beautiful ice lanterns she made recently. She writes, "The recent cold spells gave me the inspiration to make an ice lantern for myself at my birthday in December. It's easy to make a new one when the temperature drops. I like the ritual of lighting them each evening. They are hopeful."

Thanks for sharing, Jeanne!



Leader Day 2020

Lindsay Taylor, ACL

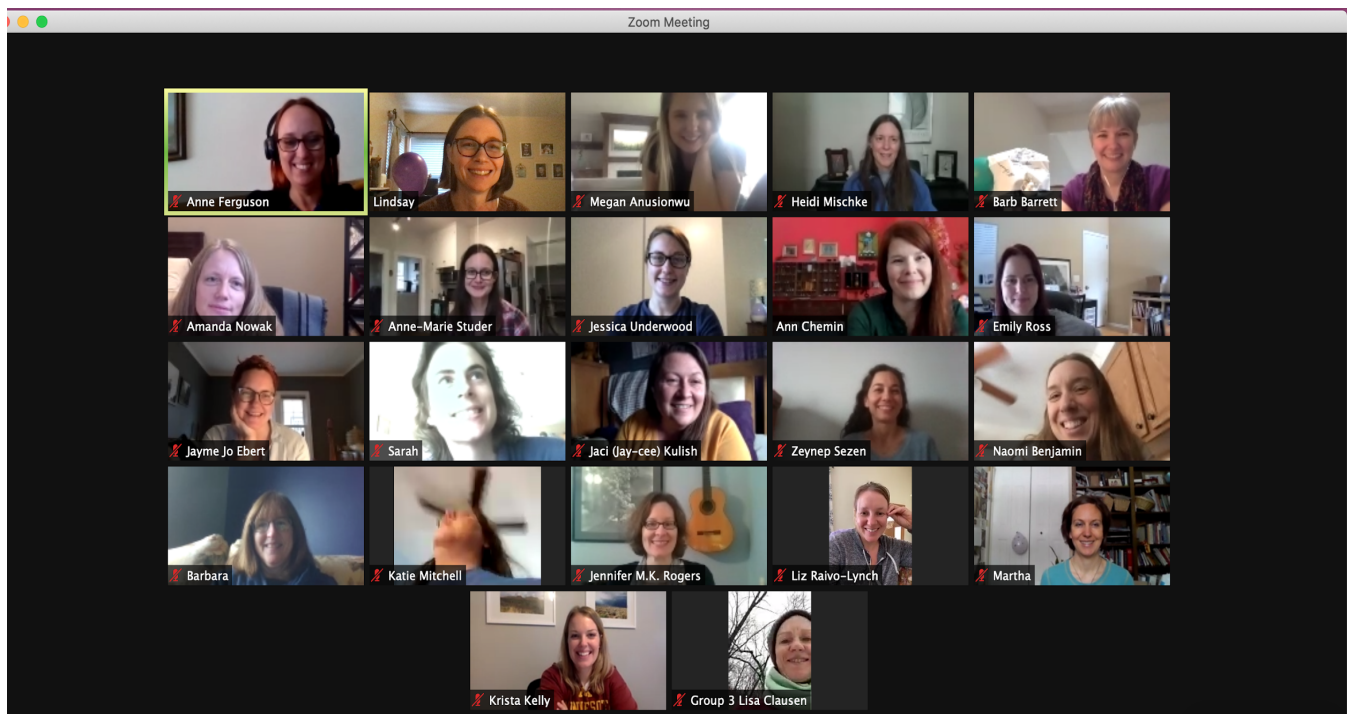
Like most events in fall of 2020, Leader Day went virtual. The Area Team planned the half-day event with the same three goals we have for every annual gathering: connection, fun, and education. Held on November 14 using Zoom, nearly 25 Leaders gathered for laughs, news, and an education hour with Dana Lauducci from the LLL USA Social Media Team.

Making the most of Zoom features, attendees introduced themselves and conversed using chat, revealed biographical info by turning video off and on, tested LLL knowledge through a poll, and shared their true feelings about various pies using reaction buttons.

The earlier segment of the four-hour virtual gathering focused on Area news, including highlighting open roles in MN/DAs and thanking Leaders for their years of volunteering.

Dana Lauducci presented for an hour on holding online meetings, teaching Leaders the most effective way to lead virtual meetings using both Zoom and Facebook. She encouraged us with her confidence in the value of online meetings, and gave us the practical skills to move forward with the available technology and to grow attendance.

Thank you to all who attended! It was great to see one another.



Just some of the Leaders who joined us for Virtual Leader Day 2020

Leader Shout Out

There's no doubt that the past 12 months has taken its toll on many of us. Being there for our families and ourselves is hard, and sometimes being there for others can seem impossible. Despite that, Leaders are continuing to offer online meetings, to answer calls, and to encourage parents seeking breastfeeding support. LLL of Minnesota and the Dakotas would like to acknowledge and thank all the Leaders in our Area for their commitment and dedication to breastfeeding families throughout our three states. Below are two Leaders being recognized by Co-Leaders for their work as LLLeaders in their Groups.

"My Co-Leader Tara is such an inspiration. She works in healthcare and the amount of hours she has put in working at the hospital during this pandemic is utterly amazing. On top of the hours she does at the hospital (not to mention the hours she puts in at home while navigating schooling for her three littles), she also is ever eager to answer questions and help out with our Group's virtual gatherings. I'm so lucky to have Tara as a Co-Leader."

Submitted by Jaci McCaskell Kulish, Fargo-Moorhead



Jaci and Tara



"Shout out to Sarah Stefanich, one of my Co-Leaders in Grand Forks! Sarah became accredited as a Leader right as the pandemic took off and has experienced her first year as Leader in an entirely virtual capacity! Despite Sarah not yet having had the chance to hold an in-person meeting or visit with a breastfeeding parent, Sarah continues to be a source of wonderful support to parents and families in our region. She is also helping her two elementary-aged children with distance-learning, as well as parenting 3-year old Jane. Thank you, Sarah!"

Submitted by Anne-Marie Studer, Grand Forks

Sarah with her children Anne, Frederick, and Jane

Personal Essay: Mom's Big Adventure

Anne-Marie Studer, ACC

They say the third time's a charm, and when it comes to my children, it certainly feels that way! Both breastfeeding and parenting got progressively easier with each child: whether this was down to experience, my children's personalities, or a combination of both, the result was that I was a more relaxed parent by the time Cillian, my youngest, was born in November 2018. I had prioritized self-care in the form of exercise and had made a point of going out with friends every so often, but I had not yet bit the bullet to spend a night away from Cillian as we approached his 2nd birthday.

My husband floated the idea of me spending a night away in the fall of 2020. What could tempt me to spend a first night away from my almost two-year-old nursling in the middle of a pandemic, you ask? Why, a trip to Ikea in the Twin Cities! We had planned a trip to Ikea in Winnipeg over the summer, and with the worsening pandemic, it became clear the border was not going to open any time soon. The plan was to buy a bed to put Cillian's mattress on (I was getting tired of being on the floor), as well as to scope out their kitchen displays with some vague plans of redoing our kitchen (that's a story for another day).

I got to planning my one night away and started looking forward to it. My mystery Hotwire hotel turned out to be the rather snazzy Radisson Blu next to the Mall of America, and I rented a car that was a great deal fancier than our 2001 Honda Odyssey and allowed me to hook up my phone and listen to audiobooks and podcasts

uninterrupted: bliss! Despite the underlying anxiety about leaving Cillian for our first night apart, I was certainly very excited about the prospect of some alone time. I dusted off my old pump, packed some "real clothes" (as opposed to tracksuit bottoms and old sweatshirts) and took off with only a few tears shed.



Anne-Marie with Cillian, Nora, & Daniel

I had a pretty clear plan that involved Ikea, the hotel, Trader Joe's and then home by 8 p.m. the next day, just in time for bedtime milk and cuddles.

And it all seemed to go really well! My husband kept me up-to-date on how Cillian was doing and, despite a few sad moments, he seemed to be just fine. I pumped before heading to bed and woke up around 4 a.m. with throbbing breasts. Uh-oh. I pumped some more (but not too much!!), grabbed some cold wash cloths, and took some ibuprofen. I woke up again at 7 a.m. (glorious!), and then started to worry about the impending snowstorm that was about to hit much of Minnesota and North Dakota.

After talking to my husband, we decided I should head back to Grand Forks as soon as possible to try and avoid the storm. After a quick stop at Lindsay's, I high-tailed it out of the Twin Cities.

Turns out I should have just stayed put. The snow was coming down hard by the time I reached St. Cloud. I tried to tough it out, but by the time I reached Sauk Center, I had already passed several accidents and seen too many police cars and ambulances speed by. I made my way to the Wal-Mart and bought four bags of frozen peas for my throbbing breasts. I looked at the radar and knew I wouldn't be making it home that night. My heart sank as I realized I'd have to spend a second night away from Cillian. I was gutted and I was also very engorged. I hand-expressed in the parking lot and looked up hotels in Sauk Center. Once I finally got checked in (it was NOT the Radisson Blu, that's for sure!), I sat in my room and watched hours of HGTV while alternating bags of frozen

peas on my breasts. I was sad, my breasts were uncomfortable, and I was BORED!! I hadn't felt bored for over six and a half years! It felt like the longest afternoon and night I'd experienced in quite some time.

I woke up early the next morning and got home by noon. I rushed in the door to hugs and squeals of delight from my older two. Cillian must have missed me as much as I (and my breasts!) missed him, for no sooner had I arrived home, then Cillian woke up from his nap. "Mammy!" he exclaimed, quickly followed by "Milk on couch?" I know I often tell parents about how much more efficient a baby is at milk removal than a pump, but I was reminded of how true that is. The relief was instant and both Cillian and I had huge smiles on our faces. Despite all the pumping, hand expression, and cold compresses, nothing came close to relieving my discomfort than my nursing toddler.



Cillian on his new bed with siblings Daniel and Nora

It was an adventure, to be sure, and I'm glad I went. I felt empowered that I had done something for me and I returned with a renewed sense of enthusiasm for our daily life at home. 2020 will be memorable for many reasons, but I will always remember it for those first two nights away from my baby.

Recipe: Lake Vermillion Pancakes

Christina Forga, St. Paul Metro

My children would eat pancakes for every meal if I'd let them! Here is our favorite recipe! I usually double this recipe, cooking them on a large griddle (8 at a time), then freeze the leftovers. Whenever someone wants pancakes randomly, I just pop a few in the toaster for short order fast breakfast/snack!

Lake Vermillion Pancakes

2 cups flour
3 T. sugar
1 tsp. salt
1 heaping tsp. baking soda
1 tsp. cinnamon
3 eggs
1/2 cup oil
1 1/2 cups milk
2 tsp. vanilla
1/4 cup vinegar
(optional: 1 cup chocolate chips and/or 1 cup fresh/frozen blueberries)



Mix all dry ingredients. Mix all wet ingredients. Mix dry into wet until not lumpy. Makes 16 medium to large pancakes. (The original recipe had a very fancy mixing order, but who has time for that?! This is the method I use and it works for me! Don't forget to grease your pan/griddle). Enjoy!

Live, Love, Latch! 2020: A Virtual Celebration

This article was initially published as a blog post in *New Beginnings* (September 29, 2020). We are including it in this issue of *Northern LLLights* with the hope it will provide some ideas and inspiration for Groups hoping to host a virtual event for *Live, Love, Latch!*® later this year. The original post can be found at: <https://lllusa.org/live-love-latch-2020-a-virtual-celebration/>



Live, Love, Latch!® is a celebration of breastfeeding and community support presented by La Leche League USA. The *Live, Love, Latch!*® celebration takes place throughout the United States each August during National Breastfeeding Month with events hosted by La Leche League USA Groups and/or Leaders. These events are often done in partnership with other community organizations that support breastfeeding. All in-person events were suspended this year due to the global pandemic, and many Groups found creative solutions to allow continued participation in *Live, Love, Latch!*® in 2020.

Following are descriptions of two events: one hosted by La Leche League of Fairfax City, Virginia, and one hosted by La Leche League of Arizona.

La Leche League of Fairfax City, Virginia *Live, Love, Latch!*® Event

Rebecca McCormick

La Leche League of Fairfax City had the privilege of hosting a series of online events via Zoom. Nineteen people in three states attended one of these events. The presenter was a chiropractor who walked us through some stretches that can work to relieve common soreness related to nursing, including hunching over or neck tension. We all got comfy and did the moves, some of us while balancing nursing kiddos or interested toddlers. Doing things online was so different than previous years, but we were also able to connect with people we would never have met at a physical event. The platform was different; the sense of community was the same.



La Leche League of Arizona *Live, Love, Latch!*® Event

Julie Haines

Live, Love, Latch!® looked much different this year compared to last year. As with most group events in this season of COVID-19, it was a virtual event. La Leche League of Arizona realized there was an awesome opportunity to connect with others locally and beyond. We decided it would be really great to offer an entire month of short events. We advertised statewide events, which gave us such an awesome feeling of bringing the entire state of La Leche League Leaders and families together. We even had participants and giveaway winners from out of state! We tried to offer a variety, as well as short bursts, during varying time frames, hoping to appeal to many.

By the end of August, we had the Zoom sessions synced to Facebook Live working like a charm (with the convenience to view after the fact, too). It was wonderful to get to collaborate with volunteers from all over the United States to bring empowerment, education, and giveaways to our community. Throughout the month we had 120 participants at our Zoom events, and more that tuned in via YouTube and Facebook. We are thankful for the Leaders, local talent, and human milk feeding professionals who helped our events succeed.

Monica Haywood read her adorable book *Noey Loves Nursing* live for us, and it was a big hit! We were also able to offer an event entirely in Spanish. We raised some funds to offer a very special event, a private virtual screening of the must-see documentary *Chocolate Milk: The Documentary Series*, including a post-viewing dialogue exchange with director Elizabeth Blayne.

We gained valuable insight and feel very grateful for our multiple *Live, Love, Latch!*® events. Virtual events don't have the same feel as in-person events, but they have many positives which include not needing to change baby's schedule at all and attending from the comfort of home. In this day and age of social/physical distancing, these events offered a chance for connection, and that is very important, especially during the sensitive postpartum period. We hope to have supported all parents in their unique journeys. It was the pleasure of La Leche League of Arizona to celebrate with families all month.

Resources

- *Live, Love, Latch!*® – illusa.org/live-love-latch/
- *Chocolate Milk: The Documentary Series* – illusa.org/chocolate-milk-the-documentary-series/

Planning a Last Minute *Live, Love, Latch!* Event

Jaci McCaskell Kulish, Fargo-Moorhead

Reprinted from *Northern LLLights*, Summer 2018

August is National Breastfeeding Month (coinciding with World Breastfeeding Week), and with that is the LLL USA-specific *Live, Love, Latch!*® celebration. Each August, many LLL Groups around the country host events celebrating breastfeeding/chestfeeding and the families that their Areas serve.

Planning for a *Live, Love, Latch!*® event (lovingly shortened to LiLoLa) can take a bit of time, so many Groups begin planning in May or June; but even if you've never planned a LiLoLa event, it can be easy to put together something small to benefit the Group and the families in your community.

The biggest two things to consider when deciding to do a last minute LiLoLa are location and timing. In order to count as a LiLoLa event, a few guidelines must be met: the event must be held in August, it must be registered on the LiLoLa website, and the event must be hosted or co-hosted by an active LLL USA Leader. To see the full list of guidelines and to register your event, visit the LiLoLa page at <https://illusa.org/live-love-latch/>

Consider hosting a potluck before or after your regular Series Meeting (per LiLoLa guidelines, a regular Series Meeting does not count). Other great (and EASY) last minute ideas are a potluck in a park (small groups generally can gather without reserving a picnic shelter, but check with your city's park rules to be sure) or an Ice Cream

SociaLLL, which can be done potluck-style. Ask participants to bring sundae toppings or pay for them with Group funds or sponsorship money.

If this is all that you can accomplish this year, wonderful! The Group families will have a blast, and you'll have an opportunity to get the word out about La Leche League.

Here are some other things you can consider doing to make your event even more awesome:

- Ask local sponsors for donations of cash or products to give away, raffle off, or sell in a silent auction to raise funds for the Group
- Organize a craft area, which can be as simple as blank paper and a bunch of crayons
- Hire a face painter or balloon animal artist (local businesses also love sponsoring activities, if you do not have Group funds to pay for such things)
- Ask a local photographer to take photos
- Ask a massage therapist to provide chair massages, or a yoga instructor to do a quick parent/baby yoga class

Hosting a last minute LiLoLa event doesn't have to be stressful, and attending it should be fun for you and your attendees. In fact, if you look at your schedule and you realistically cannot add another thing to your August calendar (back to school, anyone?), then hosting an event in September or October is also okay! It may not count as a LiLoLa event, but it will still be a fun way to help grow the Group and help foster those lifelong friendships we are all familiar with that come with being a part of an LLL Group.



Group picture at Fargo-Moorhead's successful *Live, Love, Latch!*® event in 2018.

Group Profile: St Cloud

Who are the Leaders of your Group? Cali and Jackie are the leaders of our Group.

How long has your Group been meeting? I believe our Group has been meeting for over 30 years but I don't know exactly.



Jackie, Kay (retired), and Cali

What is your Group's meeting location? We had been meeting at a local church that has an excellent play area for children, but now we meet via Zoom once per month.

How do you do outreach or publicity? We haven't done a lot of outreach at this time, but in the past we have used Facebook, connections with our local holistic community (co-op, Holistic Moms Network), letters to past members, and flyers given to local clinics and hospitals.

What is your Group's biggest challenge? Our biggest challenge is keeping attendance up and doing outreach as our own children have grown in their needs (an example is that we homeschool).

What are you most proud of? We are proud that we have continued on with virtual meetings through Covid.

What are your foremost goals for the next year? Our foremost goal for the upcoming year would be to recruit a new Leader.

Thanks for all you do for the parents and families of St. Cloud and the surrounding area, Cali and Jackie!

Did You Know?

LLLI no longer keeps an approved book list. It is up to Leaders to decide what is ok. That being said, LLL USA does have a Goodreads list at this link that might be helpful.



https://www.goodreads.com/user/show/45471953-lll-usa-breastfeeding-support?fbclid=IwAR2Y3_2oZrRsyg8r-82VCLHEs6F2DHYXEvOimKi3J2FybFzfZjjdcYE05X4

Area News

Welcome with LLLove...



Louis James Vogt born
11/06/2020
22 inches long

Rachel writes, “We feel so blessed to have had a beautiful home birth. Exuberant in welcoming a brother are sisters Lillace, Lena, Lovelynn and Liberty.”

Congratulations, Rachel and family, and welcome baby Louis!



Groups Closing

Lakes Area, MN Group
Mitchell, SD Group

Retiring With Many Thanks

Janna Schneider, Northeast Minneapolis
Tanya Svec (DA), NGA
Sarah Eiden, Lakes Group
Wendy Axtell, Mitchell



A special thank you to Tanya Svec who has worked as a District Advisor since 2015. Tanya also helped out with the editing of *Northern LLLights* and was a Leader in the Grand Forks Group from 2013-2017. We wish you well, Tanya, and thank you for all your contributions at the local and Area level.

Pictured: Tanya and Aaron with children Harry, Otto, Nara, and Lorcan.

Open Area Jobs



Join the Area Department Coordinators Team! The positions of Communication Skills Coordinator, Coordinator of Leader Accreditation, and Area Outreach Coordinator are still open. If you are interested in joining the Team or would like to find out more, reach out to Lindsay Taylor, ACL at lindsaytaylor333@gmail.com.

We are also looking for two District Advisors (DA). The main role of the DA includes:

1. Communicating frequently with Leaders
2. Responding promptly to monthly meeting reports
3. Welcoming new/move-in Leaders; thanking retiring/moving-away Leaders
4. Passing on information to Leaders via District newsletters
5. Communicating regularly with the ACL through correspondence and regular District reports
6. Maintaining records of current Group statistics
7. Contributing to the Area Leaders' Letter and encouraging Leaders to contribute
8. Offering support, suggestions, and information to Leaders and Groups
9. Encouraging regular reporting/communication from Leaders in the District

If you'd like to find out more about the role of DA, reach out to Jaci McCaskell Kulish, Area Coordinator of District Advisors at lloffmjaci@gmail.com

Northern LLLights is La Leche League of Minnesota and the Dakotas' newsletter produced by and for Leaders. This issue was produced by Anne-Marie Studer, with editing assistance from Amy Nelson. All Leaders are encouraged to submit content. The deadline for the Spring Issue is May 15, 2021. Event recaps, meeting ideas, recipes, photos, and any other inspirational or informational submissions are welcome. Submit ideas, articles, or pictures to Anne-Marie Studer at <annemarie.studer@gmail.com>.



La Leche League of MN/DAs
817 Belmont Road,
Grand Forks, ND 58201

Area Department Coordinators (ADC) Directory

Area Coordinator of Leaders

Lindsay Taylor
763-458-7191
1846 Worcester Ave.
Saint Paul, MN 55116
lindsaytaylor333@gmail.com

Area Professional Liaison

Naomi Benjamin
757-469-6676
9133 Van Buren St NE,
Blaine, MN 55434
naomi.r.benjamin@gmail.com

Area Communications Coordinator

Anne-Marie Studer
701-317-1494
817 Belmont Road,
Grand Forks, ND 58201
annemarie.studer@gmail.com

Area Coordinator of District Advisors

Jaci McCaskell Kulish
218-329-6584
1410 21st Ave S,
Moorhead, MN 56560
lloffmjaci@gmail.com

Area Equity Advocate

Jessica Underwood
763-607-1414
3134 West Calhoun Blvd APT #210,
Minneapolis, MN 55416
jessicapierce2488@gmail.com

Area Finance Coordinator

Megan Anusionwu
507-261-9528
1042 Maplebeck Pl NE
Byron, MN 55920
megananusionwu@yahoo.com

Area Coordinator of Events

Anne Ferguson
651-261-4738
11100 Anderson Lakes Pkwy #222,
Eden Prairie, MN 55344
LLLAnneMN@gmail.com

Communications Skills Coordinator OPEN

Area Outreach Coordinator OPEN

Coordinator of Leader Accreditation OPEN



La Leche League is an international, nonprofit, nonsectarian organization dedicated to providing education, information, support, and encouragement to women who want to breastfeed.

Northern LLLights

THE AREA LEADERS' LETTER
FOR LA LECHE LEAGUE OF
MINNESOTA AND THE DAKOTAS
NO 162 Winter 2020/'21

