

# Northern LLLights



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

Summer 2019, Issue No. 158

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## A Letter from Mosaic Delegates

Dear Leaders of the MN/DAs Area:

Welcome to Mosaic! We are very happy to have you all join our Area Network as our newest Area, and LLL USA is pleased to welcome you as well.

One of the most important features that makes Mosaic a unique Direct Connect Entity (DCE) is the way governance and decision making takes place. All Leaders are required to join the Mosaic Google Group/ mailing list, which is where all public commenting on issues takes place. By functioning in this way, Mosaic is able to hear all Leaders and their input equally on issues. Watch for an email invitation to join this listserv. You can change the settings as soon as you are added to get emails in whichever way you prefer, as they come in or as a daily update.

Please also make sure that we have the most current information for your Group, including your current active Leaders and who is attached to which EIN. If you haven't acquired an EIN for your Group yet, we will help you do that under LLL USA.

Again, welcome! We are so happy to have you join us!

Moni Madjdi & Beck McCormick, LLL USA  
Council Delegates to Mosaic

## SAVE THE DATE

Leader Day will be Saturday, October 26, 2019, in the Twin Cities

## From the Desk of Lindsay Taylor, Area Communications Coordinator

Greetings, Leaders!

This issue is loaded with important Area news.

I'm happy to announce that the LLL of MN/DAs move to Mosaic as our connecting network to LLL USA and LLLI is complete. Please read Moni and Beck's letter to all Leaders in MN/DAs on page 1.

Thank you to Deb Pladsen for her years of service to LLL as Coordinator of Leader Accreditation. We will miss her. Her role, and others, are open, and you can read the details on pages 11 and 12. Anne shares the news about the successful Area Conference, and, as a result, the funds that are available for Group outreach and Leader education. Don't miss Megan's letter to know how to make use of that money. Casey invites us all to a virtual book club, and Jessica shares what she learned at an Enrichment Meeting. As always, you'll find fun stuff, too. Inside are book recommendations and a word scramble game. Read on!

## From the Desk of Anne-Marie Studer, Co-Editor

As my oldest child gets ready to start kindergarten in the fall, I'm drawn to a book I read a couple of years ago entitled *Rest, Play, Grow* by Deborah MacNamara. While I don't remember too many of the book's details, I do remember some overarching themes, including the importance of us (the parents/adults) slowing down and allowing children the chance to mature at their own pace and not at the pace society expects them to. The book speaks of being a child's "best bet"; *who we are* to them is overwhelmingly more important than *what we do* to them. In fact, our role as parents is to "work" in order that our children can rest (emotionally/mentally) so that they can "play" and then "grow." Easier said than done, sometimes. Like when my five-and-a-half-year-old son cut my daughter's hair while I was putting the baby down for his nap. Hello, pixie cut, goodbye curly locks!



Nora, before her haircut

My son now stands on the cusp of being a "big boy," and I know there will be so many expectations of him as he walks through the doors of our neighborhood school in the fall. After a month of "Intro to Kindergarten" in June, he has already been spouting phrases such as "I'm a good sitter" (there's only one acceptable way to sit, apparently, and that's criss-cross applesauce) and "No running... no caps ('But what about my Paw Patrol cap?!')...no hoods....no loud voices..." So many rules! My instinct is to protect him from such harsh and rigid expectations, but despite being a teacher by trade, there's no way I could homeschool my own children! So instead, I must trust that

having allowed him the chance to be a little boy, to have had "the right to immaturity," he has grown enough that he will be able to navigate these new social norms and expectations at school. And, more importantly, that he will be comfortable enough when he comes home every day to be himself, to rest, in order that he may continue to play and grow.



Nora's pixie cut

## A Note from Deb

Deb Pladsen, Coordinator of Leader Accreditation

Hello, Leaders,

After ten years of LLL leadership, it is time for me to retire. I've especially enjoyed working with Applicants over the past eight years as the Coordinator for Leader Accreditation (CLA). It is now time to pass that baton on to another capable Leader who will, no doubt, do a much better job than I have! This year has brought some health challenges to my front door, and I've not been able to keep up with communication as the position requires. It's time for me to focus on my personal health and spending time with my family. I apologize for the hasty departure, but I need to wrap up my LLL duties by this fall. A job description of what a CLA would do within the Area is on page 12 of this newsletter. Training and support will be available through LADW, and there are wonderful Leaders with which to connect inside of LAD (Leader Accreditation Department). If you are interested in the position, please contact Jill Christianson at <jillkensok@hotmail.com>.

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## Communication Skills Book Club Invitation

Casey Berberich, Communications Skills Coordinator

When I started writing this column, I wanted to write about the importance of listening. In our Communication Skills workshops we spend a significant amount of time at the beginning talking about what goes into listening to another person. In parenting books, many authors write about how to really listen to your children. There are numerous social media memes about communication. In the end, I couldn't get the words on the page to express the thoughts in my head. I realized that what I was trying to do was boil down entire books into a one to two page article, and that would never work.

Have you ever had a conversation with someone who is an excellent listener and was really trying to understand what you were saying? Contrast that with the experience of talking to someone who is only waiting for their turn to speak. The experiences can't even be compared. In the last issue of *Northern LLLights*, I wrote about two experiences I had with people who spent their time in the conversation telling

instead of listening. I don't want to put my time and effort into changing others. I want to work on my own skills to become a better listener.

Here is an invitation for you. Join me in reading and discussing Marshall Rosenberg's *Nonviolent Communication*. I would like to organize a book club online that will start this fall and meet twice a month to discuss the chapters. *Nonviolent Communication* is a popular book that should be easy to find. Libraries often have it. Used book stores may have it. I'll be using the 3rd edition (ISBN 978-1892005281). If you would like to join me but cost is an issue for you, please contact me at <cberberich@gmail.com>.

I look forward to rereading this book and discussing it with some of my favorite people! If you are interested, email me at <cberberich@gmail.com>. I will send out a poll to find days and times once I've heard back from some of you.

## Area Conference 2019

Anne Ferguson, Area Coordinator of Events



The 2019 Conference was a huge success! We had 210 attendees (plus about 17 people working nine exhibit tables), making for a very full general session room. Here is the breakdown of the types of attendees we welcomed this year: 163 Health Care Providers, 4 Leader Applicants, 40 Leaders, and 3 Parents.

Compare to years past. In 2016, we had 187 attendees over the two days, and 157 of those attended our Friday event. In 2017, we had 213 people over two days, 161 who attended on Friday. Which means, if you compare this year's numbers to the Friday-only attendees from two years ago, we increased by nearly 50 people! As a reminder, we did not have an event in 2018. I think skipping one year did increase interest in this year's conference and helped improve our numbers.

When I was first involved in planning this conference in 2013, we held a one-day event at the same venue as this year (The U of M Continuing Education and Conference Center in St. Paul). We had a smaller room, no breakout sessions, and managed to fill that space with 140 attendees. You can see how much our numbers have increased in the last six years.

Regarding feedback, 166 attendees filled out our blue feedback forms. The forms asked for speaker ideas for future conferences and general feedback, and also asked attendees to rank the top five future topics they'd like to see offered. Below are the top eleven topics our attendees would like to learn about in the future and how many people picked each topic:

Fussy/High Needs Babies (54)  
Premature Babies/Infant Suck Problems (51)  
Using Bottles, Pacifiers and Nipple Shields (48)  
Low Weight/Failure to Thrive (46)  
Supporting Working Parents (45)  
Postpartum Depression (44)  
Increasing/Decreasing Supply (42)  
Supporting Exclusively Pumping Parents (41)  
Craniosacral Therapy for Breastfeeding (38)  
Gut Health (37)  
Historical and Cultural Breastfeeding (37)



This information is used as a jumping off point for future events, though many other topics are also in demand and can be considered. Using this information, we have already booked Marsha Walker to speak at our next Area Conference on Friday, April 17, 2020. Next year's event will take place at the



University of Minnesota again. You can learn more about Marsha and see what topics she offers at <http://lactspeak.com/marshawalker/speaker/profile/>.

The other feedback was predictable. A number of people complained about the noisy babies and toddlers. Some people thought the room was too crowded. Some requested that the day start later or end earlier. Others wanted free parking. But overall the feedback was incredibly positive. Many people thanked us for having an event on the St. Paul side of town after a number of years in St. Louis Park. People enjoyed the food and loved Lisa Marasco. One person even wrote, “Your best conference to date!” on her feedback form.

Now, for the most exciting news of all. You may know that this event has historically been one of our Area’s biggest fundraisers. After we started holding conferences again in 2013, we were able to get rid of Group dues, which had been a requirement for Groups in the past. My first year, 2013, we made about \$6,000 in profit. In 2014-2017 profits ranged from just \$500 up to about \$4,700. Costs at the Marriott in St. Louis Park are much higher, especially for food and beverages.

This year, because we increased our attendance numbers and cut our costs, we made a profit of \$12,115! The ADC team is considering ways to responsibly spend this money, so please reach out to any ADC team members with ideas or needs your Group may have.



To further explain how we made so much more money this year, in 2014-2017 we had a family-focused day on Saturday. This day didn’t actually didn’t make much money and potentially lost money since we charged less (to encourage attendance) but still had high food and meeting space costs. Our Friday attendees pay more, and we can charge them these higher rates because many of them have their costs paid by their employer. We streamlined our fees in 2019 and actually most of the attendees paid less than years past. In 2017 a “regular” admission plus CERPs/CEUs was \$169 but this year it was \$160. Leaders and Applicants pay \$50, which is essentially just enough to cover costs.

As mentioned above, please mark your calendar for Friday, April 17th, 2020 for another conference similar to our event this year. Also, we are considering keeping Marsha in town for one extra day and doing a Spring Leader Day on Saturday the 18th. Details will be forthcoming but please block off these days on your calendar. If you’d like to be part of the planning team for 2020 please email me at <LLAnneMN@gmail.com>.

Thank you to all who attended and especially to our amazing planning team for another great event!

## Funds Available for Groups and Leaders

Megan Anusionwu, Area Finance Coordinator

EXCITING NEWS! Our Area has funds available for Leader education and community outreach!

After another successful conference, the Area Department Coordinators (ADC) team met to discuss ways to spend the funds that were raised. Ultimately, we agreed that supporting the Leaders is the best way to support La Leche League's mission and values.

The ADC team, with support from the Finance Department, has decided to offer Leader Education Grants to fund continuing education opportunities for Leaders. Each Leader may request reimbursement for up to \$50. If

interested, please email me the conference, course, or book receipt, and the total amount requested. Please inquire beforehand if you are not sure if the education cost would be approved for breastfeeding education.

In addition, the ADC team aims to support all Groups with outreach opportunities, and especially those outside of the Twin Cities. Funds are available for advertisements, to pay fees for expos or fairs, or any other way Groups believe they can spread the word about LLL in local communities. Please email me at <llmnda.finance@gmail.com> to discuss Group outreach requests.

### Breastfeeding Education by Jen Mason, Area Professional Liaison

There are many great in-person education opportunities in our area. Here are a few coming up:

- Protecting Breastfeeding in a World of Pharmacology, Staples, MN, September 19-20, 2019
- Foundations for Best Practice in Lactation Care, Minneapolis, MN, October 21-25, 2019
- Minnesota Breastfeeding Coalition: 12th Annual Statewide Conference, Rochester, MN, October 24-25, 2019
- Twin Cities Birth & Baby Expo, St. Paul, MN, November 2, 2019
- Optimal Outcomes: Perinatal, Reproductive & Sexual Health, Minneapolis, MN, November 15, 2019
- Wisconsin Association of Lactation Consultants, March 19-20, 2020

Online resources for education:

- Lactation Education Resources <https://www.lactationtraining.com/>
- Health e-Learning <https://www.health-e-learning.com/>
- ILCA <https://www.ilca.org/home>
- USLCA <https://uslca.org/>

Books:

- *Supporting Sucking Skills in Breastfeeding Infants 3rd Edition*, by Catherine Watson Genna
- *Hale's Medications & Mothers' Milk 2019*, by Thomas Hale PhD
- *Nonprescription Drugs for the Breastfeeding Mother 2nd Edition*, by Frank Nice
- *Counseling the Nursing Mother: A Lactation Consultant's Guide 6th Edition*, by Judith Lauwers
- From our 2019 Area Conference speaker: *Making More Milk: The Breastfeeding Guide to Increasing Your Milk Production, 2nd Edition*, by Lisa Marasco, Diana West

Please join Leaders via the Area Facebook group, LLL of MN/DAs Leaders, via email or through in-person connections to share what other options are available to further our knowledge of lactation and parenting and best supporting LLL families.

## Pumping Rights Enrichment Meeting

Jessica Underwood, Golden Valley / St. Louis Park

In January, the St. Louis Park/Golden Valley group hosted an Enrichment Meeting on breast/chestfeeding and pumping rights. We had time to discuss what the law currently says about nursing and pumping, as well as ideas for working with employers to ensure adequate time and space for milk expression. The enrichment meeting featured a guest speaker from Gender Justice, a Robina Fellow who is



currently involved in litigation regarding pumping rights. Our group was very excited to offer this enrichment meeting, as pumping rights were something that had been coming

up very frequently in our meetings.

Unfortunately, we had zero attendees. On the bright side, the two leaders from our group had a great discussion and felt like we walked away with some good information!

The current Minnesota Statute (145.905) states: “A mother may breast-feed in any location, public or private, where the mother and child are otherwise authorized to be, irrespective of whether the nipple of the mother’s breast is

uncovered during or incidental to the breastfeeding.” Additionally, Minnesota law guarantees your right to pump at work. Breaks do not need to be paid (you can opt to use paid breaks, but your employer cannot force you to do so), can be as often as needed, must be of a “reasonable” duration, and must be a suitable place to pump (not a bathroom), shielded from view or intrusion, close to workspace, and access to an electrical outlet.

Our discussion centered around the fact that nursing parents should not have to choose between pumping and being a working parent. A parent should never have to choose between going to work and being able to feed their child their expressed milk. Unfortunately, these legal protections are often unenforced. Some practical steps for families to take as they prepare to pump at work: consult your employee handbook and/or speak with HR, develop a couple schedules that may work as reasonable possibilities, communicate with supervisors, document all communications, and remember that employers cannot retaliate against you for taking unpaid breaks. If pumping needs are not being met after working with HR and/or direct supervisors, families should contact the Department of Labor and Industry (DOLI). They can call 651-284-5070 or 800-342-5354 or email <[dil.laborstandards@state.mn.us](mailto:dil.laborstandards@state.mn.us)>. By registering a complaint with DOLI, turnaround is quite fast. DOLI must contact the employer within two business days of the complaint and investigate within ten days.

## Book Review

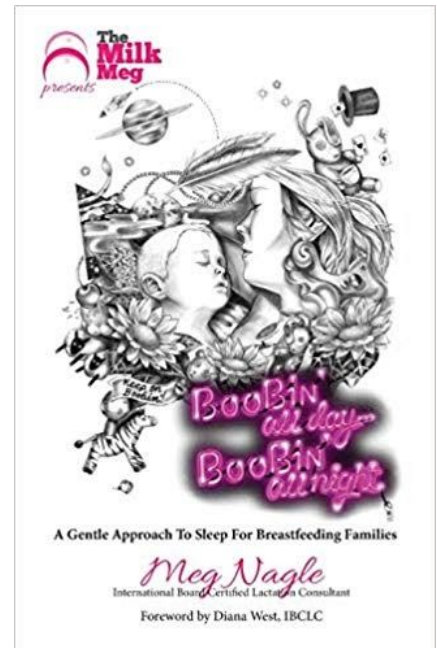
Christina Forga, St. Paul Metro

*Boobin' All Day...Boobin' All Night: A Gentle Approach To Sleep For Breastfeeding Families*, by Meg Nagle

This book is a great resource for mothers who are looking for an alternative to sleep training and cry-it-out parenting methods. It is aligned with La Leche League philosophy and would be a great resource for a Group library or Group book recommendation list. The author, Meg Nagle, has breastfed her three children and is an IBCLC living in Australia. This book is mother-sized (total 137 pages) and written in short easy sections by topic. Nagle talks about the biology of mothers and their need to be with their babies, that



frequent waking during the night is normal and necessary, and all babies are good babies. She touches on topics of reverse cycling, safe co-sleeping and bedsharing, naps, gentle weaning, and more. Common themes throughout the book include trust your instincts, follow the lead of your baby, and keep on boobin' (her affectionate, humorous term for breastfeeding). Meg Nagle can also be found on her blog and website: [www.themilkmeg.com](http://www.themilkmeg.com).



A book that has impacted me greatly was one I picked up randomly as a high schooler: *Our Babies, Ourselves: How Biology and Culture Shape the Way We Parent*, by Meredith Small. This book resonated with me even then, and really made me reflect on the ways that culture influences our parenting decisions. This book also made me more deeply appreciate how

practices like full term breastfeeding and bed sharing were normalized within my family growing up. This book was an assigned text years later when I was getting my Parent Education license, and I've returned to it more than once since then.

Jessica Underwood,  
Golden Valley/St. Louis Park



## Each Child, Unique

Naomi Benjamin, Anoka County

My first child is what many would call high needs (I've always called her my Velcro baby). As a baby, she needed to be touching me pretty much 24/7, which was partly why going to LLL meetings was so refreshing (affirming that my baby was not broken, and that by holding and wearing her all the time I was not doing anything wrong)! Until she was about two years old, the only way I could vacuum was to wear her, as she'd just cry otherwise.

I was thinking about that the other day while I was vacuuming, as I have other reasons to wear my second while doing housework. That's her in the photo: she thinks she belongs on the table all the time. This is what came to mind while I vacuumed, wearing the climbing child. Why is it that, in general, our society is totally accepting of our children having different temperaments or personalities when it comes to things like how they handle new situations, how they respond to things like loud noises, etc. But then we turn around and have expectations about how they sleep, expecting them to fit a routine or even a parent-imposed schedule. The same is true with other aspects of parenting. It's easy to think that if something our child is doing doesn't fit what we've seen in other families, or how it worked with our own

prior children, that something is wrong. It may be that one of the hardest things to avoid is to compare how things worked (breastfeeding, sleep, what solids they like best, anything!) with one child when others join our families.



Once we can find a way to relieve that mental stress, remembering that every breastfeeding relationship is different, just like every child is different, hopefully we can relax and embrace what we have rather than trying to change it to what we expected.

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One of my favorite parenting books, partly because of the title, is *You Can't Make Me (But I Can Be Persuaded): Strategies for Bringing Out the Best in Your Strong-Willed Child*, by Cynthia Tobias. Tobias, a spirited individual herself, gives concrete strategies for motivating strong-willed children. Also, I found that *Discipline that Connects with a Child's Heart*, by Jim and Lynne Jackson, gives me tools for more joyful parenting. I appreciate that the book acknowledges that children come with different temperaments and that my happiness or satisfaction in a day does not hinge on my child's behavior. The worst parenting book I ever read was *Healthy Sleep Habits, Happy Child*. Perhaps there are helpful tips in its 600+ pages, but I stopped and threw it away when I read that I should tie my ankle to my bedpost at night to remind myself not to instinctually go to my crying child.

Lindsay Taylor, St. Paul Metro

## What's Up Wednesday

Lindsay Taylor, St. Paul Metro

If you have tuned into the LLL of MN/DAs Facebook Group the past couple of weeks, you probably noticed the new weekly thread called “What’s Up Wednesday.” This online sharing forum is intended to be a low-key, low-pressure connecting point for Leaders in all three states. In the thread, you can tell your fellow MN/DAs Leaders what is on your agenda for the day, how your last Group meeting was, or your current parenting joys or challenges. During these first few weeks of “What’s Up Wednesday,” I noticed that the sharing about parenting resembled an LLL meeting, except for all topics, not just breastfeeding (although that came up too). It was a lovely exchange of daily life, frustrations, empathy, and encouragement. There was no advice or judgement, but rather solidarity and suggestions as appropriate. At Leader Day last November, we had similar sharing during the LLL meeting for Leaders at the end of the day. Various ideas and opinions were given, but the point was to take what works for you and leave the rest. I hope “What’s Up Wednesday” continues to open this space, and that you also have in-person relationships that offer this kind of support, well beyond the toddler years.



### Word Scramble

Unscramble the letters to reveal words and phrases that come up in breastfeeding helping situations. The answers will be posted in the Leader Facebook group mid-August, or email me for the list at <lindsaytaylor333@gmail.com>.

Etwgih gnia	nneigaw
Plepe	mgnupip
Plrsyvupeo	hsthur
Reveesr ycnlicg	chatl
psoamassv	bble
Hhgi aipesl	lte wdno

### Cute Kiddo Story!

I was in the kitchen and overheard my three-year-old boy playing with his big sister's Barbie and Chelsea dolls and speaking for both.

Chelsea: “Mom, I want to nurse. I want to nuuuurrrse!!”

Barbie: “No, we can't nurse now. Let's go over here and play.”

I had to laugh to myself because at first I thought he was talking to me. Then he responded himself.

Jenny Benz, Bismarck/Mandan

## Help Wanted

Your Area needs you! There are open Area jobs that need to be filled. If you are interested in any of these positions or need more information, please contact Jill <jillkensok@hotmail.com>. In addition, if you are interested in an Area job or department not listed, let Jill know that as well. The Area team can always use more hands, and it's helpful to plan ahead as the terms for existing ADC team members expire.

**Coordinator of Leader Accreditation (CLA).** Full description on next page.

**Group Financial Advisor (GFA).** This position is part of the finance department and reports to Area Financial Coordinator, Megan Anusionwu. The main duties of the GFA include

- Helping new Groups set up bank accounts and file any necessary paperwork
- Ensuring each Group files its Group Financial Reports (GFRs)
- Helping Groups file sales tax forms if applicable
- Answering questions from Leaders and Treasurers about their Group finances
- Filling out Form 990-N for each Group once per year

**Area Equity Advocate (AEA).** The AEA is a member of the ADC team and promotes equity, diversity, and inclusion in the Area. Responsibilities may include

- Offering learning opportunities to Leaders and Leader applicants at Leader Days and/or Area Conferences
- Writing regular articles for *Northern LLLights*
- Reaching out to typically underserved communities

**District Advisor (DA).** Currently, one DA position is open, and another will open in a few months as Kay Heimermann prepares to retire. DAs are part of the Leader Department and report to Jill Christianson, the ACL. Responsibilities include:

- Welcoming new/moved-in Leaders; thanking retiring/moving-away Leaders
- Communicating regularly with the ACL through correspondence and regular District reports
- Maintaining records of current Group statistics
- Notifying the ACL of all Leader/Group status changes
- Offering support, suggestions, and information to Leaders and Groups
- Being a primary resource for questions from Leaders and assisting in solving Leader and/or Group problems

## Job Description: Coordinator of Leader Accreditation

The Coordinator of Leader Accreditation (CLA):

- is an accredited La Leche League Leader who is current with Leader dues.
- is responsible (with ACLAs) for Leader accreditation work in the Area.
- uses a variety of methods (including personal correspondence with Leaders and Leader Applicants, articles, and educational presentations at workshops/conferences) to support Applicants' adequate preparation in the areas of breastfeeding management, philosophy, and leadership skills to represent La Leche League International (LLLI) when accredited.
- is able to manage time and work so that response to communications from Leader Applicants, Leaders or other Area personnel are made within a two-week period.
- is responsible for the collection and routing of appropriate Leader application and Leader accreditation fees, and Leader Applicant and new Leader information.
- promotes basic Communication Skills Enrichment series through the distribution of information to all Leader Applicants and by encouraging attendance at series where available.
- keeps accurate records and reports semi-annually to the Regional Administrator of Leader Accreditation (RALA), using the CLA Semi-Annual Report; develops and continues consultative communication with the RALA between report dates.
- contributes articles for the Area Leader Letter (ALL) and reviews articles written by ACLAs; submits to the RALA for review all LAD materials intended for publication, including LAD session materials.
- consults with and makes recommendations to the RALA about challenging applications and correspondences.
- appoints Associate Coordinators of Leader Accreditation (ACLAs) in consultation with the RALA and Area Team.
- in collaboration with the RALA, offers support to ACLAs by providing initial orientation and ongoing education; facilitates ACLA collaboration in the development of the Area LAD.
- represents the Leader Accreditation Department (LAD) as a member of the Area Team.
- as a peer with other Area Team members, works to support the Area Council and assists her partners with Area planning, problem-solving, and goal setting and furthering the mission of LLL within the Area.
- annually submits a proposed budget for the LAD and contributes to Area budget planning.
- provides education and support to Leaders and Leader Applicants by coordinating (with appropriate Area personnel), preparing, and presenting sessions at Area Conferences, and other Area Leader events; provides resources for Leaders who present Leader Applicant or interested mother workshops.
- is actively involved with other Team members in planning the Area Conference and its program and in hosting the Area Conference.
- as she is able, attends Area Council Meetings, Area Conferences, Area Leader events, and is available for other gatherings.

### Term of Office

The position of CLA has a three-year term of office with two possible one-year extensions. At the end of five years, the CLA may reapply by responding to a CLA search.



## Group Profile: Rochester

*1. Who are the Leaders of your Group?*

Barbara Golley, Megan Anusionwu, Amanda Nowak

*2. How long has your Group been meeting?*

Since 1973!

*3. What is your Group's meeting location?*

Nursery of Zumbro Lutheran Church

*4. How do you do outreach or publicity?*

Flyers given in prenatal appointments and education and postpartum at both local hospitals. Flyers and business cards available at WIC and several chiropractic offices. We advertise Group meetings on our Facebook group and page, and have a basic website.

*5. What is your Group's biggest challenge?*

Attendance is very low this year.

*6. What are you most proud of?*

Our Group has sustained over the years through many "waves" of families. We have been blessed to receive financial support through charitable

giving by employees at the local IBM which supports the area and our Group.

*7. What are your foremost goals for the next year?*

Help a new group of parents "find their tribe" and support in LLL.

*8. What else would you like to share with other Area Leaders?*

Remember, nothing is permanent. If you're struggling as a lone Leader, you might encourage a Leader applicant. Your Group might have a Leader moving into your area or a retired Leader returning to active leadership. All of this has happened for our Group in the last decade (as well as several Leaders retiring and one moving away and starting a new Group). We've been encouraged by our local breastfeeding coalition; they organize a World Breastfeeding Walk and we assist some, advertise, and show up ... super easy and builds community!

## HARK! New Leader

*Name:* Hope Betterman



*Children:* Eloise (3 years), Henry (9 months)

*My Occupation (if something in addition to motherhood):* Stay-at-home mom. I was a social worker before Eloise arrived!

*Partner's Name/Occupation:* Jeffrey, engineer

*Date Accredited/Current Group Affiliation:*  
Golden Valley/St. Louis Park

*Where I was born:* St. Louis Park, MN

*I started attending LLL meetings because* I just wanted some like-minded friends. Then I stuck around because I was learning so much about breastfeeding! I started going when Ellie was two weeks old.

*My favorite part of being a Leader is:* Well, I've just started, but I have been enjoying responding to phone calls.

*Before I had children,* I was a social worker for Dakota County. I worked in adult mental health! I loved it.

*My favorite part of mothering is* watching Eloise copy me and do things that I've taught her to do. I always tell her that she is so strong and brave; she tells her chickens that, too. :)

*When I have a few moments to myself,* I like to read, watch silly reality TV and scary crime shows, go on dates with my husband, take my dog for walks, and cook new recipes.

*My partner and I maintain closeness by* going on dates. My parents live next door, so it is easy to get a babysitter!

*My favorite activity with my children is* going to the park, having playdates, going for walks, and taking them to petting zoos (I enjoy petting zoos - they are a good excuse to go!!)

*People are probably surprised to know that* I love to sew! When my daughter was under 2 I would sew the majority of her clothes.



## Area News

### New Leader

Hope Betterman  
4914 Birchwood Ln  
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Group: St. Louis Park  
Date of Accreditation: 4/5/2019

### Retiring with Many Thanks

Traci De Cesare, Prior Lake  
Tracy Fleming, Burnsville  
Laura Kluver, Burnsville  
Emily Arruda, Burnsville

The Burnsville Group has disbanded.

## Welcome with LLLove



Baby boy Lorcan Elmer Svec was welcomed by Tanya and Aaron and big siblings Nara, Harry, and Otto on June 28 in a peaceful home birth. 8lb 4oz, 22in.



Northern LLLights is La Leche League of Minnesota and the Dakotas' newsletter produced by and for Leaders. This issue was produced by Lindsay Taylor and Anne-Marie Studer, with editing assistance from Amy Nelson. All Leaders are encouraged to submit content. The deadline for the Winter issue is November 8, 2019. Event recaps, meeting ideas, recipes, photos, and any other inspirational or informational submissions are welcome. Submit ideas, articles, or pictures to Lindsay Taylor at <lindsaytaylor333@gmail.com>.



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#### Coordinator of Leader Accreditation

OPEN

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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 158

Summer 2019