

# Northern LLLights



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

Winter 2022, Issue No. 164

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## 65TH ANNIVERSARY CONFERENCE SESSIONS OPEN UNTIL 30 APRIL 2022

Did you miss LLL's 65th Anniversary Conference in October? Over 1200 attendees from 56 countries enjoyed the opportunity to attend approximately 80 sessions offered during the three-and-a-half days.

But it isn't over yet! Those who registered can continue the experience by watching recorded sessions, and receiving CERPs, until 30 April 2022. **This is true for those who want to register now, as well.** (Link to registration below.)

<https://www.llli.org/celebrating-connections-conference/>

You can watch one of the videos presented in the conference opening session here:

<https://www.llli.org/we-are-lll/>

**Website Updates:** If you need to make any changes to your Group's website, Anne Ferguson is now our Website Manager. She replaces Sarah Schwabel, who has recently retired. Thank you, Sarah, for your time and effort in maintaining and updating our website over the years!



## From the Desk of

Anne-Marie Studer, Area Communications Coordinator

Hello, Leaders, and Happy New Year!

What a whirlwind the last few months have been! I'm not sure about you, but I'm ready for the new year and hopefully (maybe foolishly), an early spring.

On the winter solstice, we spotted a red cardinal on our backyard bird feeder. The flash of color against the freshly-fallen snow was breathtaking! He reappeared on December 24 and has been spotted once this January. After a little research on red cardinals, I learned two things: first, red cardinals typically don't live up this far North, but habitats are changing for various reasons, and while somewhat rare, they are becoming more common in this region. Secondly, I learned that many people see red cardinals as harbingers of good news from loved ones who are far away. Both these new pieces of information cheered me up immensely and allowed me to believe that good things are still to be seen and experienced all around us.



Despite the prevailing sense of weariness and fatigue that seems to be omnipresent these days, there is lots to be hopeful about. Within our Area, we continue to offer support to parents and families throughout our three states by providing multiple online meetings and 24/7 access to Leader support and encouragement (Metro Phone). We also have a new Group serving East Central and Northern Minnesota (see more details on page 14) with Christina Forga at the helm.

In addition, we are exploring the option of collaborating with LLL Wisconsin. Both our Areas are similar in numbers of Leaders and Groups and the option to share resources would allow us to continue supporting families locally, as well as fulfilling certain administrative tasks and responsibilities. As the old saying goes, there's strength in numbers! We have enjoyed some positive and proactive conversations with the Area Council members of LLL Wisconsin and each feel our presence will add a "boost" of energy to our respective Areas.

In the meantime, if you would like to help out at the Area level and have the time and energy for some "parent-size" roles, please reach out! Roles ranging from co-editor of *Northern LLLights*, to District Advisor, to Coordinator of Leaders and Area Events are all available. See page 15 of this newsletter for a list of all the roles open.

We are also looking for more Metro Phone volunteers! If you haven't already signed up, there is a list of open dates listed on page 4 of this issue. Your time and support of breast/chestfeeding families in our Area is hugely appreciated!

I hope to "see" many of you at our next Leader Connection Time on February 7th. As always, a heartfelt thank you to all who contributed and to Amy Nelson in particular for her keen eyes and insight in the final stages of editing. Wishing you all warmer and brighter days ahead.

WarmLLLly,  
Anne-Marie

*Northern LLLights* Winter 2022

## Updates from your Area Professional Liaison

Naomi Benjamin, Anoka County

### ABM Clinical Protocol #35: Supporting Breastfeeding During Maternal or Child Hospitalization

I recently noticed a new resource for those situations where parents need support as they navigate hospital stays, whether for parent or baby, as it relates to protecting breastfeeding. While I wouldn't say there is anything new to most of us as Leaders found in this clinical protocol from the Academy of Breastfeeding Medicine, I do see this as an essential document to share when families are encountering challenges with medical providers, as those medical professionals are far more likely to respond positively to a parent armed with a statement from a source like ABM.

Some key takeaways that I appreciated:

- ❖ this clinical protocol strongly supports keeping baby with the parent as much as possible
- ❖ the protocol strongly supports directly feeding at the breast rather than requiring a parent to pump when possible, even if it's inconvenient to medical staff
- ❖ the protocol addresses medication safety and provides appropriate resources for medication safety including Infant Risk, eLactancia, and LactMed
- ❖ the protocol identifies that allowing a child who is ill, or with congenital conditions, may become more stable if they are able to breastfeed directly.

This is a quite comprehensive protocol that could be used by many parents to advocate for their breastfeeding relationship. The article can be found here:

[https://www.liebertpub.com/doi/10.1089/bfm.2021.29190.mba?utm\\_source=Adestra&utm\\_medium=email&utm\\_term=&utm\\_content=article1&utm\\_campaign=BFM+PR+September+13+2021](https://www.liebertpub.com/doi/10.1089/bfm.2021.29190.mba?utm_source=Adestra&utm_medium=email&utm_term=&utm_content=article1&utm_campaign=BFM+PR+September+13+2021)

### Collaboration with LLL Wisconsin

Lindsay Taylor, NGA

Greetings, Area Leaders!

Recently, some of the MN/DAs Area Team got to know the Area Council of Wisconsin over a Zoom call. We discussed how collaboration and connection on the Area Team level will benefit both Areas with support and resources. The hope is that collaboration from the Area Team/Council level will trickle down to better support individual Leaders. Nothing will change with how you operate in supporting families on a local and Group level, and you may see new opportunities come up to get to know WI Leaders over Zoom connection times and continuing education opportunities. Continue to check your email and upcoming issues of *Northern LLLights* for further updates on collaboration between our two Areas.

## Leader Connection Time

Join us for our first Leader Connection Time of 2022! This is an opportunity to chat with other LLL Leaders and Leader Applicants in our Area and talk about LLL work challenges and/or your own breastfeeding or parenting questions. We have also invited our friends from LLL Wisconsin to join the call!

**Monday, February 7 at 9:30 a.m.** All Leaders and Leader Applicants welcome!

To join this meeting, go to:

<https://us02web.zoom.us/j/89413489449?pwd=QU92YmtOVnZKR3BECjJMUKZ3emlNQTo9>

Meeting ID: 894 1348 9449

Passcode: 044523

Reach out to Anne Ferguson (lllannemn@gmail.com) if you've any trouble connecting with us!



### Metro Phone needs you!



Metro Phone continues to serve breastfeeding, chestfeeding, and human milk feeding mothers and families in our Area throughout this time of paused in-person meetings. It is a fantastic opportunity to reach and support parents in addition to the online meetings our various Groups through Minnesota and the Dakotas offer.

We are very short on volunteers for the spring, summer, and fall. Signing up for a shift or two is greatly appreciated. The following dates are still available:

**March 14-27, March 28-April 10, April 11-April 24, April 25-May 8, May 9-May 22, May 23-June 5, June 20-July 3, July 4-July 17, August 1-August 14, August 15-August 28, August 29-September 11, September 12-25, September 26-October 9, October 24-November 6, November 7-November 20.**

If any of those dates work for you, or if you have any questions about how Metro Phone works, please reach out to Anne-Marie ([annemarie.studer@gmail.com](mailto:annemarie.studer@gmail.com)). Thank you!

# Revised Area Agreement: Questions and Answers

Lindsay Taylor, NGA

Last summer, Leaders voted to accept the Revised Area Agreement, and as of November 1, 2021, the Revised Area Agreement is in effect.

As many of you noticed, the new Agreement places a significant emphasis on continuing education in breastfeeding/chestfeeding, as well as diversity and inclusion.



We received several questions on how to track and what qualifies as continuing education. The following FAQ addresses the most commonly-asked questions that arose with regard to the new Agreement. If you have a question regarding continuing education that has not been answered below, please reach out to any of the Area Team.

## Area Leader Agreement FAQ

1. How can Leaders report their continuing education?
  - a. Go to LLLofMNDAs.org. Click on “For Leaders”; passcode: LLLMND4ME
  - b. Link to the spreadsheet titled “Continuing Education Reporting” under General Documents. Find your name and the correct sheet, then type the basic details.
2. Why did the Area Team revise the Area Leader Agreement?
  - a. LLLUSA urges Areas to include specific requirements about continuing breastfeeding/chestfeeding education, and diversity and inclusion education, and also to outline a grievance policy. Many Areas updated Area Leader Agreements in 2021. You can find a letter from LLLUSA Council here: <https://conta.cc/3lCGZFp>.
  - b. The Area Team has experienced lack of communication from some Leaders and thus added 1.b. and 1.c. and 2.b.
3. Can the same continuing education experience meet both the equity/diversity/inclusion requirement and the breastfeeding/chestfeeding knowledge requirement?
  - a. Yes. Any resource that educates about breastfeeding/chestfeeding from a lens of or with a focus toward a marginalized group can be listed in both categories. For example, the session presented by the Hmong Breastfeeding Coalition at the LLL of WI conference can be listed in both categories.
4. If I do breastfeeding information research for a helping situation, may I count that toward the breastfeeding education requirement?
  - a. You can! On the spreadsheet, list the topic and where you researched. For example: 01/20/22, mastitis, *Breastfeeding Answers Made Simple* and LLLI.org.

5. Does reading *Leader Today* or other LLL publications count toward continuing education?
  - a. Yes! For every complete issue read, count one activity done. The January 2022 issue of *Leader Today* is just fifteen pages and has a fascinating article on human milk and brain development. Your spreadsheet box can state simply: Jan '22 *Leader Today*.
6. Why are Leaders required to document their education activity on a spreadsheet instead of reporting to the District Advisor?
  - a. The Area currently has only two District Advisors. The DA role has been a tough one to fill in recent years, and the Area Team does not want to add more work to the role.
  - b. Seeing what other Leaders are doing provides mutual accountability as well as gives ideas for ways to fulfill requirements.

**Note: The Leader section of the LLL of MN/DAs website now has a way for you to track your continuing education in breastfeeding/chestfeeding and in diversity and inclusion. Go ahead and mark the resources you have read/listened to/attended in the past six months to get you started!**

## Continuing Education Opportunities for Equity, Diversion, and Inclusion

As part of our new Area Agreement, Leaders are required to complete continuing education opportunities for breast/chestfeeding, as well as in diversity and inclusion. If you are unsure of where to start, LLL USA has a list of resources that can be a great starting point. Go to the Leaders page of LLL USA's website and scroll down to "Equity, Diversion, and Inclusion Resources." Here is a quick link: <https://lllusa.org/leaders-page/>

LLL International also has some great resources. There is an extensive range of webinars available to view (<https://www.llli.org/webinars/>), in addition to the most recent issue of *Leader Today* (<https://www.llli.org/leader-pages/leader-today/>).

If you have any questions about these or any other equity, diversion, and inclusion resources you may find, Jessica Underwood is our Area Equity Advocate. She can be reached at [jessicapierce2488@gmail.com](mailto:jessicapierce2488@gmail.com).

# 60 Things to Love About LLL

Vickie Albright, ACL with input from the Area Coordinators Team

*In a nod to Valentine's Day and La Leche League's 65 Year Celebrations (2021), we hope you enjoy this reprint from Northern LLLights Fall 2016, Issue 150! Can you think of five more to make it "65 Things to Love About LLL"?!*

## Our Publications and Written Materials

1. *The Womanly Art of Breastfeeding*, 8th Edition (and the seven editions that came before, beginning in September 1958)
2. *Sweet Sleep*
3. *Feed Yourself, Feed Your Family*
4. *Whole Foods for the Whole Family*
5. *Breastfeeding Today*
6. *Leader Today*
7. *New Beginnings* blog
8. *Northern Lights*, our region's newsletter
9. *Leader's Handbook* (new edition in the works!)
10. Lending libraries at local Groups

## Our Parenting Ideals

11. Promotes gentle discipline for children
12. Acknowledges breastmilk as the normal food for babies
13. Understands baby's need for comfort at the breast
14. Maintains that any amount of breastfeeding is beneficial for mother and baby
15. Demonstrates the idea that needs that are met go away
16. Instills confidence for nighttime parenting
17. Recognizes that mothers are the experts on their babies
18. Shows mothers how to love themselves for the parents they are
19. Teaches mothers to forgive themselves

20. Helps mothers understand their unique role as their children's parent

## Our Meetings

21. Mothers can see breastfeeding in action
22. Mothers can vent or complain in a safe space
23. Mothers can ask questions
24. Mothers can cry
25. Mothers can find strategies for success
26. Mothers can find inspiration to keep on their paths
27. Mothers can find their community
28. Mothers can share stories
29. Mothers can help each other
30. Mothers can practice breastfeeding in public

## What accredited Leaders provide

31. Phone, email, or text helping anything
32. Up-to-date, evidence-based breastfeeding knowledge
33. Personal breastfeeding experience
34. Empathy
35. Listening
36. No Judgment
37. Encouragement
38. Warmth
39. Compassion
40. Understanding

### As Leaders We Love

41. Witnessing mothers find their confidence
42. Mothers who say just the right thing to another mother who is struggling
43. Thank you messages from families we have supported
44. Bumping into families at the grocery store whom we've helped at meetings
45. Seeing a family years later who remember LLL supported them in the early months of parenthood
46. Grandmas who approach us at events to tell us their memories of LLL
47. Our co-Leaders
48. When someone purchases a Leadership
49. Communication Skills training

### 50. Continuing Education

### As an Organization We Love

51. Meeting families where they are at
52. Fostering closeness and love between people
53. Healthy babies
54. Thriving children
55. Empowered parents
56. Mother-sized ways to give back
57. 2069 Groups in 68 countries
58. That every mother-baby dyad is unique
59. Telling families to take what works and leave the rest
60. Sixty years ago, a small group of mothers had a vision of supported and successful breastfeeding, and impacted the world with their actions





# Reflections on Twenty Years of LLLeadership

Barb Barrett, South Washington County

It was a snowy January morning in 1998. I had a six-week-old in tow and was heading across the Cities to my first La Leche League meeting in Bloomington. As I continued to drive west, the snow was getting worse and worse. The driving was manageable, so I kept going. When I arrived a little late, I found a lone Leader still there with no other mothers in sight. I was so grateful for her—for staying there and making my trek worth it and for the encouraging words that she offered to me as a new nursing mother. It was a meeting of two mothers that had a profound effect on me. Fast forward to January of 2001. With a six-month-old and three-year-old in tow, I had my last face-to-face meeting with my supporting Leader. At the end of the month, I would become an accredited Leader.

Twenty-plus years later, I reflect on my experiences as a volunteer with La Leche League of Minnesota and the Dakotas. I have served in various capacities over the years and have grown personally and professionally in my LLL work. I was initially a Leader with LLL of Richfield/Bloomington. I was blessed to begin my LLL work with Ann Carr, an incredible advocate for breastfeeding mothers, and Donna Wallander, a long time wise Leader and mother. Donna used to be responsible for Metro Phone. It was a landline in her basement where she had an answering machine that recorded an outgoing message of what Leader to contact for help (whomever was on duty that week). At that time, we were listed in the phone book and got a number of helping calls this way.

After a few years, I became a District Advisor for North and South Dakota. I enjoyed corresponding and supporting those Leaders who were very much on their own. Our monthly Leader reports were paper and MAILED to our District Advisors at the end of each month. Each year, we were sent a paper copy of the Leader Handbook with Leader contact information, which we updated by hand when each *Northern LLLights* arrived, and listed any Group or Leader changes.

After attending the LLLI Conference in San Francisco in 2003 with my mother, I decided to join the Area Team as the Area Communications Coordinator/Area Leader Letter Editor. After all, one of the perks of volunteering for an Area job was that you were able to attend the International Conferences for FREE (Area paid your way). I attended the next LLLI Conference in Washington, D.C. in 2005 with my mother and met some amazing women from around the world. I met U.S. Leaders whose names I only knew on paper. At that time, when I was ready to publish an issue of *Northern LLLights*, I printed out my rough draft and sent it on an “editorial loop” to at least three other Leaders across the U.S. They would each use a different colored pen and edit the paper copy and send it on to the next Leader. Once the last Leader offered edits and comments, it was sent back to me to make changes and go to print. It was a lot of time and effort to get an issue out. I did it all with dial-up internet, too! Can you imagine? Electronic editing is such a blessing now, I’m sure!



The most memorable conference was the 50<sup>th</sup> Anniversary Conference in 2007 in Chicago. My mother and I again attended this event in downtown Chicago. By then, there were rumblings that it might be the last International Conference. It was. I was glad to have learned from and traveled with some amazing women and other breastfeeding legends. The year prior there was an Anniversary Picnic in the park where the Founders met for the first time. We even snapped a picture of my daughter (now 21 years old) and me with all 7 Founders...what a treasure to be able to meet each one of these trailblazers of breastfeeding support!

Even after my work on the Area team, my mother and I continued to find excuses to travel. We attended a LLL Conference in Georgia at a beautiful state park and got to hear Marla Cilley, aka the FlyLady, speak again (we heard her speak at our first conference in San Francisco). We also were treated to boiled peanuts (a first for us) when the local Leaders heard we had never tried them!



Because of my work in LLL, I was asked to be a founding member of the Washington County Breastfeeding Coalition. It was energizing to be a part of a grassroots effort that was taking hold to help increase breastfeeding rates in our county. Sheila Humphrey, a local LC, author and respected retired Leader led us as the coalition found its roots and continues to bring the most influential women to the table to increase breastfeeding successes among local families.

I am not sure how much longer I will continue to be a Leader...this organization has changed tremendously since I first joined as a Leader in 2001. One constant still remains...mother-to-mother support continues to be at the forefront at a local level. My co-Leader, Martha Miltich, keeps me energized and focused on the mothers and families we serve.

Helping mothers, babies, and families is why I became a Leader over twenty years ago...because one mother supported me when I attended my first LLL meeting that snowy January morning.

*Thank you, Barb, for your support and commitment to La Leche League and breast/chestfeeding families of Minnesota and the Dakotas! You are an inspiration to many and we are grateful for your continued Leadership.*

# Mother-Daughter Leadership through the Generations

Christina Forga, East Central and Northern MN, and Michele Lein, Prior Lake

## Christina's Story

My mother became a La Leche League leader in 1983 when I was two years old, just before my brother was born. I am the oldest of six children and my childhood was filled with fond memories of La Leche League meetings, Chapter meetings, Area conferences, and International conferences. I would attend meetings and events with my mother often to



watch my younger siblings so my mother could lead meetings, panels, and give support. I remember solid weeks of non-stop breastfeeding helping phone calls when my mother would volunteer to have our home phone number connected with the

Metro Phone help line. In fact, by age 12, I was pretty confident that I could help a breastfeeding mother over the phone just based on all the conversations and meetings I'd heard my mother have! It was never a question of whether or not I'd be involved in LLL in my adult life, it was just a matter of when. I couldn't wait to become a La Leche League Leader.

I grew up in a place where breastfeeding, co-sleeping, and gentle discipline were the norm (even in all of my extended family). *The Womanly Art of Breastfeeding* was given as a baby shower gift to every expectant mother we knew. I didn't realize this was not a typical childhood until I was in college and one of my roommates came home in hysterics because she saw a woman breastfeeding her baby in the

restaurant she was just at. I remember being so confused as to why she was so visibly upset and giving her the weirdest look saying, "And... then what?" She replied with a laundry list of why she was so traumatized. Floored by her response, I asked her if this is what everyone thought? Her annoyed "YES!" in response made me realize that perhaps my experience with breastfeeding as a norm may have been unique. This instance solidified my commitment of wanting to help mothers breastfeed their children and to normalize breastfeeding in public, in private, and everywhere. I even became a birthing support person for two friends during college when their children were born, getting them connected with the local LLL groups and Leaders for more breastfeeding support.

In my 20s, when I was single and without children, I attended LLL conferences and meetings with my mother and read every edition of *The Womanly Art* and other LLL publications. I even spent my 27th birthday at a local League meeting. My summer vacation in 2007 was attending the 50th anniversary international LLL conference in Chicago with my mother.

I was an official La Leche League member starting at age 18, paying my yearly membership fee to support my mother's local Group even though I lived in another city. I started actively attending monthly LLL meetings as a mother myself when I was 12 weeks pregnant with my first son. After breastfeeding my son for a year and being an active member of my Group, I inquired about becoming a Leader myself. Following my accreditation I officially became a Leader in



2016 one month before my second son was born. I breastfed for about six years total from start to weaning, and in every public place I found myself in with my nurslings.

I began leading monthly meetings in my city and sometimes attending my mother's meetings with my boys in the summer just for fun. When COVID started and we could no longer meet in person, I started a monthly Zoom meeting with my mother's Group, and we now lead meetings together!

~Christina Forga, LLL Leader since 2016

### Michele's Story



La Leche League and its philosophy changed my life and how I mother my children and parent them. I am so thankful for LLL throughout the years. My oldest, Christina, was the one who taught me about breastfeeding and brought me to LLL for help and support, and she has never left! It is such a joy that she is in Leadership now. LLL has always been a part

of her life. When she was dating, she always said she would tell prospective boyfriends that she wanted to have children one day and that breastfeeding was NOT optional. Christina is a wonderful mother and LLL Leader. We have often attended each other's Group meetings, and it has been great to co-Lead Zoom meetings together this past year. It is also great to confer with each other on helping calls and helping mothers breastfeed.

We have each had different experiences and suggestions and we balance each other well.

I am so thankful to be two generations of LLL, creating community and helping mothers through breastfeeding!

~Michele Lein, LLL Leader since 1983



Christina and Michele

**This article originally appeared in *Breastfeeding Today and Leader Today 65th Anniversary Edition (October 2021)*, which can be found at: <https://www.llli.org/welcome-to-our-65th-celebratory-issue/>**

## Recipe Corner

Christina Forga, St. Paul Metro

### **Russian Rocks (Chocolate Chip Cookies)**

1 ½ cups brown sugar  
¾ cup shortening or butter or margarine (softened)  
3 eggs  
1 cup chocolate chips or raisins or any chips (I just use an entire 10 oz bag)  
1 tsp vanilla  
1 tsp baking soda  
2 cups quick cook oatmeal  
2 cups flour



Combine in order given. Drop by spoonful onto a cookie sheet. Bake at 350 F for about 10 minutes. Makes around 4 dozen depending on cookie size.

Notes: This is my favorite chocolate chip cookie recipe, passed down from my great grandma June Davis, to my grandma Lois Simacek, to my mother Michele Lein, to me, Christina Forga! In our house we make these cookies almost once a week. Our favorite thing to do is mix up the dough together and then each person gets their own portion, on their own cookie sheet to create any shape or design of cookies they want! Some of our favorite shapes include: dog-poop shaped cookies (made by the boys), a single huge circle cookie then cut into pizza slices when done, and brownie cookies (the dough formed into a jelly-roll pan or brownie pan, baked, and then cut up like brownies!). Baking time varies depending on shape and size. Enjoy!

## Area News

### Retiring With Many Thanks

Mona Altman, Eden Prairie  
Sarah Schwabel, NGA  
Jessica Santini, Grand Forks  
Emily Ross, St. Paul Metro

### Groups Closing

St Paul Metro

### New Group

East Central and Northern MN

## New Group: La Leche League of East Central and Northern Minnesota

Our MN/DAs area has a new local Group! Christina Forga has been a Leader since 2016 and started with the St. Paul Metro Group. She recently moved up to east central Minnesota to the small town of Askov with her family. She has started a new Group where she now lives. Askov is near the towns of Hinckley and Sandstone, about an hour and a half north of the Cities. There aren't any other local LLL Groups in northern Minnesota or the Duluth area currently, so she has decided to serve all of this region. She is a lone Leader but will be available for email, phone, and text support.

This new Group also meets on Zoom with the Prior Lake Group on the 3rd Monday of each month from 7-8 p.m. If you know of any mothers or parents living in this area who need support feel free to share her contact information! The area website has also been updated!

[Christina.forga@gmail.com](mailto:Christina.forga@gmail.com)

952-210-5998

## Welcome with LLLove...



Megan Anusionwu and family welcomed Hudson Charlie on June 26, 2021. He was 9lbs, 9oz and 20.5" long. Megan writes, "Hudson was born at home and has been an absolute blessing to our family."

Jayne Jo Ebert writes: "Elsie Mae made us a family of four on July 28th, 2021. She's truly our miracle, coming to us after nearly four years of secondary infertility, three rounds of IVF, and a miscarriage. We are over the moon."



## Openings on the Area Department Coordinators Team

- ☐ Are you interested in becoming involved with LLL at the Area Level?
- ☐ Would you like to find out more about spending time in a “parent-sized” role that allows for flexibility and commitment according to your season of life?
- ☐ Are you looking to give back to La Leche League?

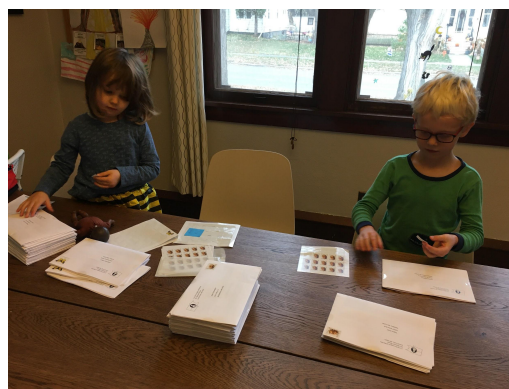
Join the Area Team! Volunteering on the LLL of MN/DAs Area Team is a great way to give a little bit more to LLL, meet other Leaders from the Area, and have fun! You can live anywhere in the Area and have one of these jobs. Coordinator team meetings happen every two to four months, depending on Area needs, and members can call or Facetime in! In fact, most of our meetings over the past two years have been over Zoom! The current members of the ADC team will give you a warm welcome and make sure you have what you need to be trained and feel confident in your role.

Reach out to Anne-Marie ([annemarie.studer@gmail.com](mailto:annemarie.studer@gmail.com)) or any of the other Area Team members for more information on any of these roles.

- ❖ Area Coordinator of Leaders
- ❖ Area Coordinator of Events
- ❖ Communication Skills Coordinator
- ❖ Area Outreach Coordinator

Other supporting roles include:

- ❖ District Advisor (2)
- ❖ Co-Editor for *Northern LLLights*



*Busy helping with Northern LLLights*

*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/Summer Issue is May 2, 2022 . 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](mailto:annemarie.studer@gmail.com)>.



La Leche League of MN/DAs  
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Forks, ND 58201

## Area Department Coordinators (ADC) Directory

### **Area Coordinator of Leaders** OPEN

#### **Area Professional Liaison**

Naomi Benjamin  
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### **Area Communications Coordinator**

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### **Area Coordinator of District Advisors**

Jaci McCaskell Kulish  
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#### **Area Equity Advocate**

Jessica Underwood  
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jessicapierce2488@gmail.com

#### **Area Finance Coordinator**

Megan Anusionwu  
507-261-9528  
2375 Britwood Lane SW  
Rochester, MN 55902  
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### **Area Coordinator of Events** OPEN

### **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  
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