



# eConnect

La Leche League US Western Division  
Forming Connections Leader to Leader

Issue Number 4

## Announcing... USWD FutureTEAM Event August 2-6, 2006

Wanted: Enthusiastic, energetic Leaders interested in helping design the “new and improved” US Western Division with USWD staff members.

The USWD is holding a training and kick-off meeting to plan the final steps in the Division's transition to distributed leadership. We're learning together about the responsibilities and opportunities contained within the USWD Agreements for Implementing LLLI Policies. Read those here.

All interested Leaders are invited. We hope Areas will extend this invitation to all Leaders and will fund as many Leaders and Area Department Coordinators (ADCs) as possible. This is not an ADC-only event! The wider and more inclusive the circle is, the richer the experience and the more effective our work will be.

**Registration fee:** \$200

**Place:** Indian Lakes Resort  
250 W. Schick Road  
Bloomington, IL 60108  
630.529.0200

**Room rate:** \$109/night (up to 3 in room)

**Register online:**

**Find out more:**  
<http://www.lllusa.org/USWD/EVENTS>

### In this issue:

Announcing FutureTEAM .....	1
CS Workgroup: Behind the Scenes ...	1
Introducing CS Workgroup .....	2
WBW Winners Raise \$6000+! .....	5
Search Teams in AR/OK .....	5

## CS Workgroup: Behind the Scenes

By Misty Dunn

Right now, the three of us, Rosetta Bartels, Sue Scott, and Misty Dunn, working in the US Western Division (USWD) Communication Skills (CS) Workgroup are experienced CS Instructors (CSIs) and can train Leaders who are interested in becoming CSIs for their Areas. The CSI Trainer (CSIT) conducts a three-day training that provides instruction and practice of communication skills to the new CSI so that she is comfortable facilitating CS sessions. A thorough orientation is offered to each new CSI as she leads her first few sessions. Throughout orientation and beyond, the CSITs are always available for consultation and to provide feedback or further resources when requested.

A very rewarding responsibility of the CS Workgroup is to maintain contact with USWD CSIs, offering resources, support, information, or a listening ear when needed. For instance, if some CSIs have a particular concern with their CSI work, their Area, etc., the Workgroup may set up and facilitate ongoing, confidential discussions

among any CSIS who are interested and also having difficulties to help them work out their problems.

Peer support is highly promoted among the CSIs; we have about 40 CSIs participating in a CS online list. As moderators of this e-list, the CS Workgroup offers feedback, shares experiences and resources, and encourages the CSIs to share their experiences, questions, challenges, and triumphs with the other CSIs on the list. The USWD CS Workgroup creates new session outlines, handouts, session aids, etc, and encourages all the CSIs to share materials they have customized, revised or developed. These resources are all made available to USWD CSIs in the files section of the e-list (or by postal mail when requested).

The CS Workgroup keeps the CSIs up-to-date on what is happening within the Division, LLLI, and within the USWD CS department (e.g., whenever something new is developed or revisions are made, the reasons for these changes are explained, a CSI Directory is maintained and distributed, etc.).

The CS Workgroup provides continuing education and resources for CSIs through materials and, when possible, face-to-face meetings. CSIs are encouraged to attend USWD gatherings where opportunities are provided for CSIs to discuss CS work, practice skills, and enjoy getting together for rich conversations. (Isn't this a terrific, descriptive phrase – rich conversations?) The “USWD CSI Toolbox” is given to every CSI; it is available online, as a CD, or as a paper copy. This resource contains customizable forms, letters, sample articles on CS topics, session statement sheets, handouts, etc.—everything to make the job of a CSI as easy as possible.

Being a CS Workgroup member is fun, fulfilling, and enjoyably challenging, and it provides the wonderful opportunity to work closely with absolutely terrific people in the CS Workgroup, the USWD Staff, and with other CSIs.

We look forward to the future with questions and excitement, when USWD Staff will no longer exist as we know it, and networks will support all Leaders with information and resources. What will

those networks look like? What needs and services will CSIs – and all Leaders – want to have met by this network? These questions and others will need to be discussed throughout this coming year and we look forward to finding answers together with all USWD Leaders!

## **Introducing CS Workgroup**

### **Lucky Me! -Misty Dunn**



I believe I am lucky—first, to have found LLL while I was pregnant with my first baby. Like many other Leaders, at my first meeting I felt like I had “come home” to a warm and accepting family. That feeling, the desire to help others as I was helped, and the wonderful friendships I’ve developed, have kept me active in LLL for about 35 years. LLL helped me nurse my toddlers back when there was not much written about nursing beyond a year, helped me to have faith in “loving guidance” whenever I found it especially challenging to parent three active boys, and helped nurture me as my first marriage of 20 years fell apart.

Lucky again, seventeen years ago, I married a real gem of a husband and got three lovely daughters as a bonus! (If you’re interested, ask me sometime about my “fairy-tale” marriage and our resulting “Brady Bunch” family—it’s too long a story to narrate here.) I will briefly recount that when we married, the children were 19, 18, 18, 14, 13, and 9--five teen-agers! They are all wonderful adults now and we have three gorgeous granddaughters who bring us unceasing joy!

Bill, my fantastic, supportive husband, has encouraged me to listen to my heart and continue and even increase my involvement with La Leche League and other worthwhile organizations. In fact, he encouraged me to quit a fulltime, paying job (teaching kindergarten) so I could volunteer even more with LLL! And, he accepted the job of LLL treasurer for N. California/Hawaii and last year, he became a part of the USWD Finance Workgroup!

He also greatly supported me when I was diagnosed with ovarian cancer four years ago. Learning to deal with this life-threatening illness helped me focus my life even more on what I consider most important—my religion, family and

*“Don't ask yourself what the world needs; ask yourself what makes you come alive. And then go and do that. Because what the world needs is people who have come alive.”*

-Howard Thurman

friends, a positive attitude, finding blessings in every day, and helping others. These are reflected in my interests and volunteer work, and it seems like all are based on communication. In addition to being a local LLL Leader, a Communication Skills Instructor (CSI), a CSI Trainer, and working with the USWD staff, I am also a Stephen Minister, facilitate a faith-based cancer support group at my church, and work to increase education about ovarian cancer with the National Ovarian Cancer Coalition (NOCC).

I have many favorite quotes or phrases that help me live my life more fully. They have meaning for me because of the lessons that life has taught me. A few of them are: *“We can not all do Great Things, but we can do small things with Great Love.”* (Mother Theresa) *“Everything can be taken from us but one thing -- the last of the human freedoms -- to choose one's attitude in any given circumstance.”* (Viktor Frankl) *“Don't ask yourself what the world needs; ask yourself what makes you come alive. And then go and do that. Because what the world needs is people who have come alive.”* (Howard Thurman) *“What is the opportunity in this situation?”* and, *“Every day is a blessing!”*

My love of learning has definitely been enriched by the opportunities that USWD has offered me. I was lucky enough to take a three-day workshop about “little l leadership” with Marcia Conner, author of *Learn More Now*. I was also introduced to Appreciative Inquiry, World Café, and Open Space (OS) Technology—all very exciting ways to facilitate conversations that matter. I’ve enjoyed learning more about them and participating in events like the “Transformative Large Group

Conversations” (TLGC) that USWD offered where we learned about and practiced all three methodologies, TEAM 2004 where we offered OS and “little l leadership,” and the OS at IMS (International Mastery Symposium, held before the 2005 LLLI Conference).

USWD staff work has also encouraged me to develop my thinking, to be more flexible, to “think outside the box,” look for the “question behind the question,” look for more than one right answer, and to question why we are doing something—“Is it to purpose? Is it for the good of the whole?” With all of this great mind-enrichment and the wonderful, wonderful friends that LLL has given me—is there any doubt that I’ll stay with LLL for a LONG, LONG time? ?

### **It's About Relationships -Rosetta Bartels**



Where to begin? I have blank book whose cover says, “Do one thing every day that scares you.” Maybe that’s a description of one of my life aspirations. I’ve used this book to collect wise sayings that inspire me. One of the entries is from Dr. Seuss:

*“You have brains in your head. You have feet in your shoes. You can steer yourself, any direction you choose.”* Another goal that directs my life is to continue learning something new, every day, every year. And I continue to strive to be accountable (responsible) for myself, for the journey and the relationships that make up my life.

A central relationship began forty plus years ago when I found a wonderful man, Bob, who has been my husband since 1965. When I graduated from Kansas State University I found a teaching job in Inman, a small rural town almost in the middle of Kansas. Soon after I arrived in Inman I began to hear that the the banker was unmarried and was someone with whom I should become acquainted. That was a piece of advice that I’m glad I listened to.

Another relationship began when our first daughter, Diane, was born in 1969. Diane led me to LLL and I’ve been grateful ever since. When I was teaching home economics I had clipped a tiny bit of information about La Leche League and

added it to my child care files. While pregnant with Diane I ordered the blue manual, THE WOMANLY ART OF BREASTFEEDING. I remember asking Bob to bring the manual to the hospital because I was getting such conflicting and negative advice from the doctor and nurses. I wanted to read that book again because it made more sense than what I was being told.

About four months after Diane's birth I learned that there was a La Leche League Group in Hutchinson, 15 miles away. I attended a meeting in the home of the Leader, met several mothers including one who thought my beautiful daughter was delightful. (That Leader was Jan Riordan, who was the first Leader in Kansas; we consider her our "founder." She is author of *Breastfeeding and Human Lactation*.) I was hooked. I was "certified" a Leader in January 1973 and have been at home in LLL every since.

Eleven years after Diane's birth, our second "only" child was born. Laura has been such a delightful addition to our relationships. She has kept us young (I was 40 and Bob was 50 when she was born), kept us in touch with the ever changing world around us and helped me continue that goal of learning something new every day.

*"You have brains in your head. You have feet in your shoes. You can steer yourself, any direction you choose."*

-Dr. Seuss

Within LLL I have found several niches, each bringing new learning and new opportunities and responsibilities. Over the years I've been a part of the Leader Department, the Leader Accreditation

Department, and the Communication Skills Department. Each task was my favorite at the time. I've treasured all the relationships within Kansas LLL Area Council and all of the friends that have been and continue to be a part of my work within United States Western Division.

I remember when one of my co-Leaders in the Hutchinson LLL Group (who also happened to be KLLL ACL) brought information to our Group Leaders about this new thing, Human Relations Enrichment. I was immediately intrigued and

wanted to learn these skills that would help me communicate better with mothers, Leaders, family, etc. In 1986 after completing my term as CLA, I traveled to Texas and trained as a Human Relations Enrichment Instructor (HREI, now called CSI) so I could continue learning through teaching.



### **The Facts About... -Sue Scott**

WHO am I? Sue Scott, wife of Tom Hinkle, mother of four grown children (19-30), two boys and two girls, grandmother of two little girls (yes, breastfed!!!), guardian to 17 year old girl. I have a BS in biology from the University of Oregon. I am: an introvert who enjoys people very much, a former tomboy who has given much of her adult life to the feminine art of breastfeeding, a naturally clumsy fitness fanatic, and a singer who cannot read notes.

WHAT do I do in my spare time? At my age, I don't think of any time as being spare. I read on a wide variety of subjects. I write poetry sometimes and am a Sunday School teacher for 4s and 5s. I exercise hard every day except Sunday. I manage our rental property and am involved in a development project for our large back yard. I am passionate about cooking and often relax with cookbooks to plan complicated ethnic meals. Yes, I do actually execute them as an incentive to make sure my children come over often. I like to do special projects in LLL. I am the leader of a group for "reasonably decent parents of extremely challenging children". We call ourselves Mental Moms! We have breastfeeding in common and are somewhat dismayed but resigned to the fact that breastfeeding does not guarantee perfect children, perfectly wonderful yes, just not perfect.

WHERE do I hang out? I live in Springfield, Oregon, a town of about 40,000 in the beautiful Willamette Valley. We have the best organic blueberries! I have lived all over this country except for the deep south and southwest. I told my husband I do not want to move anymore and this is especially true because all of our children are settled very near us.

WHEN did I become involved in administrative work? I have been a Communication Skills Instructor (CSI) for 11 years and CSI Trainer (CSIT) for six. I have been part of the Leader Accreditation Department (LAD) since 1988. I got involved on the Area level with LAD because it was something I could do completely from home. It was no longer working to take my youngest out to meetings.

HOW do I keep my LLL passion burning? I need to learn new things often and LLL affords me the opportunity to keep growing that way. Occasional face to face contact with you, my fellow Leaders, helps me stay connected and involved. Meeting with new mothers and watching their confidence grow along with their babies still gives me a deep satisfaction that all is right with the world.

WHY do I give so much time to LLL? Clue: I have a favorite saying which is above my desk: *"Never doubt that a small group of faithful committed citizens can change the world; indeed it's the only thing that ever has."* Margaret Mead. Yep, I think I am changing the world. I am energized to do it with you, fellow Leaders and thoughtful committed citizens. I also want to carry on the legacy of my dear mother who breastfed six kids in the 50s and 60s when it seemed no one else was doing it. She changed our individual family culture so I know what a profound impact deciding to breastfeed can have.

## **World Breastfeeding Week Winners Announced!**

The U. S. Western Division (USWD) is pleased to announce the following four Groups as the USWD scholarship winners for the 2005 World Breastfeeding Week.

Manhattan, KS  
Whittier/Montebello, SCA/NV  
Great Bend, KS  
Neenah-Menasha, WI

These four Groups raised a combined total of \$6,975.15 with their WBW activities. Each of these groups will receive a \$150.00 scholarship

that can be used for a USWD Leader event, Area Conference, or International Conference. Congratulations to each of you!

## **Search Teams in AR/OK**

By Wista Waldroop, Tahlequah, Oklahoma

Recently, Arkansas/Oklahoma tried something different when they needed to conduct two ADC (Area Department Coordinator) searches. They used search teams, each of which consisted of several current ADCs, a USWD staff member, a USWD ADC from another Area, and an AR/OK Leader. For the Leader on each team, a request was posted on the Area email list that asked for volunteers who were not past or present Area Council Team members, and who were Leaders with at least 6 months experience.

Next, three email discussion lists were created: one where both teams could consult together as needed, and one for each team to discuss candidate responses and decide on other questions.

The ADCs had already sent out the search letters and there were several recommended candidates for each position. Each team decided on initial questions for the candidates, and after those responses came in, team members consulted again for additional questions to ask. The dialogue was lively, as teams discussed the different areas on which they wanted to focus.

Each team had an ADC who acted as the contact with the candidates. She emailed the letters from the full team, and then shared responses as they came in.

This process worked great and team members recommend that other Areas consider using this method to make ADC appointments. Doing it this way eliminates any cries of unfairness or 'cliqueness' from Area Leaders. It also gives the candidates a look at the bigger picture of the USWD when they learn who makes up the search teams.

Remember that all open ADCs positions are filled with an Area-wide search for candidates and a team of some sort making the appointment. Other

Area Council Team member vacancies can be filled by the respective ADC after consulting with her co-ADCs.