

La Leche League of Southern California, Inc. Board of Directors' Minutes

Call to order: A regular meeting of the Board of Directors was held on August 8, 2021 via Zoom at 7:10 pm with Stephanie Laurean as host.

Members present :

Stephanie Laurean

Network Financial Coordinator/ NFC

Sharon Savene

Board President

Hedi Herrmann-Blanton

Network Professional Liaison / Events co-Chair

LLL USA Council Delegate for LLLSCNV Network

Patricia Ochoa

Area Representative / AR - San Diego Imperial Valley

Tyler Dodge-Griffin

LLL USA Council Delegate for LLLSCNV Network

Renee' DiGregorio

Executive Council Facilitator

Not present:

Elise Hamel

Network Coordinator of Communication and Social Media / Events co-Chair

Karima Khatib

Network Coordinator of Leaders- NCL / Events co-Chair

Elizabeth Krey

Area Representative / AR - Nevada and Northern CA Deserts

Emily Niemeyer

Area Representative / AR - Orange County Inland Empire

Romy Rapoport

Area Representative / AR - Central LA Beaches

Departments not currently represented:

Leader Accreditation - Network CLA not assigned

Agreements - OPEN

Approval of Minutes

A draft of the Minutes of Board of Directors Meeting held 7/11/21 was sent for review during the month and approved by quorum vote. The minutes have been posted on the Network website. A notice will go out to Network Leaders that these documents are available for viewing. [Elise]

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Old Business

-Discussion revisited on creating a donation button for our website and for the public Network FB page. Stephanie will work with our webmistress and Elise on how to make this happen. Both can be connected to our existing PayPal account. Stephanie will work on the verbage to accompany this and provide account information for connectivity. As discussed before, this has been a missed opportunity to assist in the financial health of the Network.

Department Reports

Leader

-Due to family obligations, work on updating the Leader Stats survey will be delayed. Since an official 'ask' has not come from LLL USA, it was felt this extra time will be used to put together a more efficient survey that will result in an easier way to compile and report.

LAD

-There are currently 6 active Applicants.

-People with interest in leadership continue to submit forms from the LLLI website. Lori Bryan has been reaching out to Renee to find the closest Leader contact. The Leader will reach out to evaluate interest and readiness.

Finance

-Conference Acct: \$5,000.00

-General Acct: \$10,175.27

-Morgan Stanley: \$23,214.53

-Group Financial Reports: All but 5 groups have reported. Two of which are accounts that have closed and are required to respond with a final report. One is trying to get to the bank after applying for a new EIN. Stephanie will reach out to all 5 Group Leaders. Three of the reporting groups must submit a 990N before August 1, 2021. Update 7/11/21 Efforts continue to reach these groups. Update 8/8/21 Another effort will be made to reach those groups who have yet to submit Financial Reports.

-Corporate Board Insurance was paid, but we received notice that payment had not been received and upon inspection, the check had not cleared our bank. It was discovered that there had been a mailing address change that was overlooked. Payment was re-sent. Original mailing was received back this week as undeliverable.

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Department Reports - continued

PL/Events

-Speakers considered for a future webinar were forwarded to the USA Code Committee. Sharon spoke with Linda Anderson who questioned that one speaker as 'too profit oriented'. As this speaker suggestion originated from a Board member, more input will be requested.

See Addendum #1.

-The next Leader Social was planned for the end of August. Due to heavy LiLoLa involvement of Event Department planners, it will be difficult to plan this month. It can be re-considered for October to coincide with LLLI 65th Anniversary.

-Live Love Latch Nation-wide events have been arranged so that anyone who registers can designate a specific group or Network to receive their donation. The Group or Network must be registered and have a valid EIN.

Communications and Social Media

- New & Notes was published with a reminder that in-person meetings remain suspended. Also included in this edition is a list of Groups holding virtual meetings. Leaders were encouraged to use this list to send to anyone asking for meeting information. It will be maintained and placed on the website and pinned in the LLL of Los Angeles Meetings FB page.

-A board member asked if it could be seen who opens these MailChimp notifications. Elise commented on this. **See Addendum #2**

Events - see PL Report

Agreements

Last workgroup was held July 27, 2021. Future dates (to be held on the 4th Sunday of every month) are now as follows: August 29, September 26, October 24. Due to the holidays, November and December workgroup will not be held and will resume January 23, 2022.

LLL USA Delegate Report

-A special zoom meeting was held July 13 to receive input from Board members who were not able to attend 7/11/21 meetings. It was decided to accept Tyler Dodge Griffin's application to represent our Network as the additional delegate to the LLL USA Council. Hedi forwarded this choice to the LLL USA Council and the official announcement was made July 25th. Hedi has been working with Tyler's orientation to LLL of SoCA/Nevada structure and Board Director obligations. Tyler will have an equal vote when needed and fulfill the Director-at-Large position. Board rosters on the website have been updated and Tyler was given the Board gmail and password to join..

-Hedi forwarded the thanks of the LLL USA Council to Elise for her efforts in planning LiLoLa 5K festivities.

-Letter received from LLL USA to further address EDI statements.

-Universal standards for Leader Accreditation. The LAD is working to standardize and create a uniformity to Leader accreditation procedures worldwide.

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- Repeated here for reference: Discussion began regarding new Leader mentorship expectations. It was determined that any new Leader, but especially those who will be starting their own new Groups/leading more independently of an established Group/Leader, should receive a personal phone call from the PL department. A direct phone call can be a friendly introduction to offer continued support as well as follow up to the Leader welcome email sent by Renee/ADA/the Board. This email should include reminders of WHO Code Compliance, requirements for Leader reporting (including links to personal contact Google form & meeting sign-in Google form once completed) and best practices for avoiding liability in giving “medical advice”.

Next Board meeting is scheduled for September 12, 2021 at 7:00 PM.

Meeting adjourned at 9:10 PM

Respectfully submitted

Renee' DiGregorio - Executive Council Facilitator

Attached:

Addendum #1 Speaker vetting

Addendum #2 MailChimp

Addendum #1 - Speaker vetting

Comment from Elise:

"I found Free to Feed and Dr. Paullin through Instagram (through another gal I follow who is a biological infant sleep specialist and very in line with LLL philosophy). Yes, she does have paid services but I feel her knowledge on BFing and allergies is really cutting edge and researched backed (she's won grants for her research and her invention). Do we not allow people who have a product to sell to share their knowledge? I mean, of course if council/PL want to do their due diligence into her research they could and should. And yes, much of what she says is not what LLL says in our general statements about sensitivities/allergies but from what I've seen if her work is more current evidence based stances. It's new information, which is why I think it could be beneficial to us. For example, she says food proteins do not take a full 4-6 weeks to clear your system. If that's true women can interrupt breastfeeding for a much shorter duration to rule out certain breastfeeding sensitivities which in turn will likely lead to better breastfeeding rates if it doesn't take that long of an elimination. Her services and product would not be marketed to leaders, they are marketed directly to families who need more specialized breastfeeding support, just like any IBCLC."

Renee's comment:

Since our last known speaker on this subject was Leader Susan Aldana (with unpublished research) yet totally popular and accepted at several of our conferences)...then why don't we have her look over Dr. Paullin's site and see what she thinks. Susan was asked to speak at our November 2018 Conference but claimed her talk was in need of major updating which she was not prepared to do/tackle. I could ask her since we worked together back when she was on the Board.

Renee'

P.S. though we prefer to inform parents that there is no special diet or food avoidances required to breastfeed. Many parents pass on traits such as food sensitivities to their children. Dr. Lindon Smith was the first I heard at one of our Conferences (hmm maybe the Western Division Conference we hosted) speak on this subject. Dr. William Sears based his book 'The Fussy Baby..how to care for your high need baby" on food sensitivities as the cause of behavioral reactions; this is not a new subject. Personally, both Drs Smith and Sears enlightened me to the behavioral issues with my middle child. We found a chiropractor who used applied kineasiology (muscle testing) ...originally referred by Chele and Ellen which they used to demonstrate during one of their IBCLC preparation courses. Hedi, you probably remember this. I was a little late to the game in elimination of the suspect food for my son; but he changed to a totally different child after we removed dairy from the entire household (Dad, btw, was the contributor), My Johnny never had a rash or running nose...but instead showed as an nearly inconsolable infant, my fussy baby...then into a child that would have probably been misdiagnosed as AD/ADHD. So, I don't believe this topic should be set aside as not important to parents.

I definitely agree that if Dr. Paullin is the only one speaking on this subject, we either have to ask her to submit an outline and narrative on a talk she would present AND give her the ground rules. Or start first by asking Susan Aldana to look it over.

There was a Leader, Jennifer Moguin, who wrote articles on "Eating Dairy Free"...don't know if she's still active or still doing instruction on the topic.

Further from Elise:

Reading Renee's commentary as well after my input I do want to clarify. Dr. Paullin's heart is to help preserve breastfeeding relationships when they're being told by medical professionals that breastfeeding is bad for their babies because of X

allergies, or to lighten the burden of figuring out allergies when they are present to preserve that breastfeeding relationship. Her research talks about exactly how long you have to eliminate trigger foods, she has sample elimination diet plans that still fuel your body (she ate this entire diet plan herself while tracking her macro and micro nutrients while active military duty) while allowing you to figure out what is going on with baby without having to go straight to formula. Her research shows that you don't need to necessarily go on a veggies and rice diet for 6 weeks, that it could be much less time, and works with families in reintroduction plans so they can get back to as many foods as possible while still being able to breastfeed baby safely. Her test strips are meant for when you may have accidentally been exposed to your baby's allergen so that you know exactly when you can return to breastfeeding again. She is not marketing a product for every woman who breastfeeds to somehow test their milk for what might be bad for their baby. She is working to eliminate the barriers that the quick-to- diagnose allergies and food sensitivities doctors have caused for breastfeeding families.

On Mon, Aug 9, 2021, 9:59 PM Hedi <hedi613@yahoo.com> wrote:

Appreciate this dialog and yes, Renee, I remember the muscle testing and Susan Aldana. If she would be willing to look over the website, I'd love to hear what she thinks!

Kindly,
Hedi

Addendum #2 - MailChimp

MailChimp....yes, we can see who opens IF they check the email from their inbox. If they click on the link we post to Facebook or the one we text to them we see that someone opened the email but we do not know who it is. So just because we don't see either [Leaders' names] on the list of who opened it does not mean they did not see.