



USLCA E-news
June 2007 / Issue 6

FROM THE USLCA BOARD OF DIRECTORS

FROM THE PRESIDENT



As summer approaches, thoughts of those taking the IBLCE exam in July bring back my own memories of working very hard to meet the requirements to sit for the exam and then taking the exam in 1991 and again in 2001.

Why was this certification important for me? Why is it important to all of us striving to become a member of a young profession that does not always lead to a career path that includes a secure, high paying position? That degree of effort is not entered into without a commitment to excellence and a passion for helping

mothers achieve their breastfeeding goals. What is the next step after achieving our certification that will enable us to move forward individually as a lactation professional and collectively as a profession?

I believe that next step is joining together with fellow lactation professionals through membership in USLCA/ILCA. We all are aware that there is strength in numbers. Remember in elementary school when we played Red Rover and linked arms with those on our team to stop the other team from breaking our barrier? Most of us have participated in group activities that reinforce the concept of strength through joining forces with others: studying in groups during our preparation for the IBLCE exam, sharing our collective knowledge through conferences, and writing letters designed to effect change. When an IBCLC joins USLCA/ILCA, she contributes her single voice to our larger, collective One Voice. That One Voice becomes stronger with each new member. USLCA's vision that IBCLC's are valued, recognized members of the Health Care Team will be achieved much more quickly the stronger our Voice becomes.

We invite you to join us and help our profession move forward.

Warmest Regards,

Glenda Dickerson RN, MS, IBCLC
President USLCA
One Voice, United

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CALENDAR NOTES

2007

- June 15: **Early Bird Registration deadline for ILCA conference**
- July 20-23: **La Leche League International 50th Anniversary Conference**, Chicago, IL
- August 14-15: **USLCA Board of Directors meeting**, San Diego
- August 18: **General USLCA Member meeting at 8:30 - 9:15 am**. Hope to see you there!
- August 15-19: **ILCA's 2007 Conference and Annual Meeting**, San Diego, CA

2008

- July 23-27: **ILCA's 2008 Conference and Annual Meeting**, Red Rock Resort, Las Vegas, NV,

EARLY BIRD DEADLINE FOR ILCA ANNUAL CONFERENCE: JUNE 15TH!

Why pay more than you have to?



Don't miss out on the opportunity to SAVE 15% on your Conference Registration fees!

There are only a few days left to take advantage of this cost savings opportunity!

USLCA members can use their email invitation reminder to [register online](#). If you are sending in payment via regular mail, be sure to include a copy of your registration form. Registrations received or postmarked by June 15th will be processed at the Early Bird rate.

If you have any questions about the ILCA Conference, please feel free to contact Natalie Porterfield at natalieporterfield@ilca.org or 919-787-5181 x260.

WHERE

Town and Country Resort & Convention Center
500 Hotel Circle North
San Diego, CA 92108
USA

[View Conference Summary](#)

2008 ILCA ANNUAL CONFERENCE IN LAS VEGAS!

ONE...

Have you ever thought about the number **one**? When somebody "invented" numbers, chances are, this is the number he or she started with. Zero came later.

Think about the various connotations and meanings assigned to this lowly number:

One is not very much at all.

Three Dog Night tells us " **One** is the loneliest number that you'll ever do..."

In mathematics, **one** is the identity for multiplication and division— **one** times anything is that same number.

And yet, while we associate " **one** " with insignificance, " **one** " is also a symbol of incredible power. **One** as a sign of unity—of many voices coming together for **one** cause—is nearly a symbol of infinity, and about as far away from the lowly starting place on the number line as we can get.

So what does this have to do with Lactation Consultants? [read more.](#)

WHAT'S IN A NAME? - REVISED SURVEY RESULTS

First of all, a thank you to those of you who took the time to respond to our survey. Over 200 of you offered your opinions and comments, and they were thoughtful and varied.

And the Winner is...

First Name

"Lactation" was the hands-down favorite among respondents: 69.3%, as compared to 26.8% for "Breastfeeding." A handful of people expressed no preference, and three individuals suggested "Infant Feeding" as a way of emphasizing breastfeeding as the biological norm. A surprising variety of reasons were given for individual preferences: [read more.](#)

**A YEAR'S WORTH OF
ADVOCACY OPPORTUNITIES-
THE NEXT INSTALLMENT**

There are a lot of reasons people go to Las Vegas, and next summer, we can add "to attend an ILCA conference" to the list! It takes months of planning and hard work to prepare the kind of quality conference we have come to expect from ILCA. And with so many of these conferences happening in the United States, we as the official US affiliate need to rise to the challenge and help out. Please consider offering your time and talents to ensuring that nobody has to "gamble" on the success of this conference! If you'd like to help, please contact: Scott Sherwood at ScottSherwood@ilca.org.

LEGISLATIVE UPDATE: MALONEY "BREASTFEEDING PROMOTION ACT"

It pays to have friends in high places! US Representatives Carolyn Maloney (D-NY) and Christopher Shays (R-CT) hosted a nurse-in on the steps of Capitol Hill on May 10. More than 100 mothers and children participated in the event to draw attention to the reintroduction of the [Breastfeeding Promotion Act](#). This is a bipartisan act designed to encourage breastfeeding—and prevent discrimination for breastfeeding mothers. [read more.](#)

PRACTICAL PERSPECTIVES— Meet ANN CALANDRO, BSN, RNC, IBCLC, from Waxhaw, North Carolina!



I am Ann Calandro, an IBCLC working in a community hospital. I began my professional journey as a pediatric nurse in the Army. I was accredited as an LLL Leader in 1977, and became an IBCLC in 1989. I live in North Carolina and work part-time in Rock Hill, South Carolina, at Piedmont

Medical Center. Piedmont has about 200 births per month. We have many low income mothers and many Spanish speaking mothers to assist. Our breastfeeding rate is about 60-65%. [read more.](#)

KUDOS! A NEW COLUMN!

All around the country, USLCA members are doing some pretty terrific "stuff" in the name of breastfeeding and professional advocacy. And all too often, their efforts go unnoticed outside of their immediate geographic area-and sometimes even within that area. So let's provide a place and space to say "Congratulations!" If you know of someone-or a hospital, clinic, or organization-that deserves a public round of applause through the eNews, let me know. Send your nominations to eNewsEditor@ilca.org. Include a picture if you have one. This month's KUDO goes to Karen Zeretzke, MEd, IBCLC, RLC, in Baton Rouge, Louisiana. Check out the award she received May 11, 2007, from the Champions for Children Awards Luncheon during the 21st Annual "Kids Are Worth It!" Conference on child Abuse and Neglect, sponsored by Prevent Child Abuse Louisiana: [read more.](#)

ADVOCACY AROUND THE COUNTRY: THE NEW HAMPSHIRE BREASTFEEDING TASK FORCE'S NEW CURRICULUM AND RESOURCE GUIDE FOR HEALTH CARE PROVIDERS-A BREASTFEEDING-FRIENDLY

The last issue of eNews brought you information on the [National Health Information Center's calendar of National Health Observances](#) that lists an entire year's worth of health observances, as well as contact information for the sponsoring agency for each observance. Picking up where we left off...: [read more.](#)

A BIG THANKS TO "SWAG" FOR A GENEROUS DONATION!

Okay, Quick! What's a "SWAG"? Give up? It is the conference company started by **S**ue **W**irth and **A**nne **G**arrett—a relatively new company with a generous heart and a belief in USLCA. These two women put on the Comprehensive Lactation Care Conference in March, with a promise to make a donation to USLCA—and they have made good on their promise. Anne and Sue have each sent a check for \$515, totaling \$1030, saying "We hope this can be used to help members attend educational offerings throughout the year."

USLCA is lucky to have this kind of support, and thank "SWAG" for their generous donation—not only the monetary one, but also for their efforts in putting on an excellent conference.

Thanks, SWAG!

USLCA FAQs-ANSWERS TO ALL THOSE BURNING QUESTIONS YOU HAVE ABOUT OUR ORGANIZATION!

How can I find USLCA on the web?

Let's start with an easy one! Click [here](#): will take you directly there. Or, you can go to the ILCA website and click on "affiliates" and then "find an affiliate" and then look for USLCA under "United States."

Once you have found your way to the USLCA website, you can click on "[FAQ](#)" for a list of, well, frequently asked questions.

If you still have a question about USLCA, feel free to write me at eNewsEditor@ilca.org and I'll see to it that you get an answer.

TIPS-TECHNOLOGY IN

APPROACH TO DEPRESSION IN NEW MOTHERS

The New Hampshire Breastfeeding Task Force has recently made available an exciting new resource for health care providers on a growing concern in this country—Depression. Breastfeeding is all too often left out of the equation when dealing with mothers suffering from depression—or is made a scapegoat. Kathy Kendall-Tackett, PhD, IBCLC, and the rest of the NH Task Force have provided this guide in a pdf format and are sharing it widely. Check it out, use it to help the mothers you work with—and be sure and give credit where credit is due!

<http://www.nhbreastfeedingtaskforce.org/nhbftf-ppd-curriculum.pdf>

PRACTICE— WONDERFUL WEBSITES!

Want to strengthen your next presentation? Need some numbers to back up your professional practices? Or maybe you are just curious about “who?” and “how many” questions concerning mothers, babies, etc. This month, TIPS is about the numbers. Where can you go for statistics you need? Here are some good places to start: [read more.](#)

Need Professional Liability Insurance?

The USLCA is proud to offer Discounted Liability Insurance Rates to our members, for more information please visit: <http://www.ilca.org/uslca/join/benefits.php>

That's it for this month. Remember to send in your stories for Practical Perspectives, Advocacy Around the Country, TIPS, KUDOs, and anything else you think USLCA readers might be interested in. Remember, the more individual voices we hear from, the stronger the ONE VOICE will be. Let's work together!

Thanks!

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