

**Utah Breastfeeding Coalition**  
**Executive Committee Meeting (11:00 am – 12:00 noon)**  
**June 9, 2009**  
**Minutes**

**Executive Committee Members Present:** Elizabeth Smith, Cara Munson, Heather Hendricksen, Melissa Knighton  
**Absent:** Nicole Bernshaw, Marlee DiCristofano, Sonya Flowles, Kathy Pope  
**Recorder:** Melissa Knighton

Discussion Item	Action/Follow Up
<b>Opened Executive Meeting</b>	<b>Elizabeth Smith</b> opened the meeting.
<p><b>New Business</b></p> <p><b>Salt Lake Breastfeeding Café</b></p> <p><b>Volunteers</b></p> <p><b>Marketing</b></p>	<p>Send Lisa Harper suggestions, notifications, and updates</p> <p><b>Melissa Knighton</b> asked committee members to send her the names of any possible volunteers or organization where we might find volunteers.</p> <p>Patrice Isabella reported that the library has requested a list of volunteers by August 1<sup>st</sup> for parking purposes. We don't know yet if we are going to have a limit this year.</p> <p>Melissa will let volunteers know that they need to sign up by mid July to get on the parking list.</p> <p><b>Heather Hendricksen</b> has a template from the flyer we used last year. We will use full and quarter sheets this year.</p> <p>A sample of classes offered and café website will be listed on the flyer.</p> <p>Flyers will need to be posted on community bulletin boards around the</p>

## Education

area.

**Cara Munson** reported that the schedule of classes is coming along nicely.

Cara inquired about doing New-Mom Mondays. Melissa Knighton hosted them two years ago and reported that two or three moms would typically show. Melissa is going to see if any La Leche League mothers would be interested in volunteering to run these.

Patrice Isabella suggested we also find a volunteer to host a pregnant mothers group. Melissa will also see if a La Leche League volunteer would like to host this. These will tentatively be held on Saturdays to accommodate pregnant mother who are working.

Cara is going to get names of IBCLC's from Susan Johnson. Sunday will be the "Ask an IBCLC Day"

Heather is going to contact the Wildflowers again to see if they want to do a concert; Patrice sent the reservation form to the library for the auditorium for August 22<sup>nd</sup>, a Saturday and August 20<sup>th</sup>, as a backup. Patrice will follow-up with the library to make sure the auditorium is reserved. Heather will check to see if we need audio equipment.

Cara is going to contact Mardi Harver (contact given by Karen Wheeler) regarding an essential oil class for pregnancy.

Cara has been in contact with Michelle Snow, a PhD student, via Christy Porucznik, regarding a presentation on relactation in times of disaster. Should

this be marketed towards Health Care professionals, moms, or both? Cara is going to chat with Michelle about this.

Elizabeth is going to let Cara know about a time she will be available to do a hypnobirthing class.

Cara has had a lot of suggestions for classes; she doesn't have teachers for all the classes. Other ideas: Emergency response, maintaining milk supply with a high stress level (Cara is going to see if Michelle's class will cover this); How to Protect the Breastfed Baby and Nursing Mother in the Hospital (Brenda Gulliver?); Nutrition and Breastfeeding (we also have the Ask and RD day) (a handout about nutrition); Breastfeeding During Pregnancy, Herbs and Breastfeeding (midwife; pregnancy risk line, Julia Robertson, Liz Baldwin?), Birth Options (Elizabeth or a midwife from the midwives college), Breastfeeding Adoptive Baby, Back Care for the Breastfeeding Mom (Christina Stitcher), Prenatal massage and infant massage (set up already), Massage for Moms (Utah College of Massage Therapy, Elizabeth may have a contact for this); Yoga (Greentree Yoga, Patrice will ask); Common Baby Questions (Jennifer Cox or Jay Moreland). Patrice will contact Moreland. Nursing and older child and Weaning (LLL will have their extended meeting and series 4 meetings). Sling Crochet (Melissa will get Cara Kestrel's e-mail). Siblings at Birth (there is concern about interest in this class); Reading Circles at the Library for Children (Patrice is contacting library to see if we can integrate this with their children's reading circle; Patrice will create a list of books).

<p><b>Other Locations</b></p>          <p><b>Other Business</b></p>	<p>UBC wants to order a Breastfeeding Answer Book and LLL tear-off sheets. Is there a tear-off sheet on weaning? Melissa will find out what is available and we can decide what we need. Melissa will find out price for BAB.</p> <p>Heather suggested we have a Baby-friendly facility suggestions at the Café? We would need to be clear that UBC and LLL does not endorse any providers and we would also want to avoid negative suggestions.</p> <p>Midwives College of Utah is going to loan us Kathy Grossman's painting to display in the Café.</p> <p><b>Cara Munson</b> is going to query other health departments to see if they are interested in holding their own breastfeeding cafes. We can provide a guide, if need be.</p> <p><b>Elizabeth reported</b> that Molly Pessil will do a day long event in addition to Grand Rounds. Regarding Medela sponsorship: WHO code is tricky, we can't have Medela pay for the lunch, which registration fees can cover, but they can sponsor Molly, as long as she is okay with that.</p> <p><b>Elizabeth reported</b> that we missed the Wheeler farm event.</p> <p><b>Elizabeth reported</b> that there are people working on the law portion of the Business Case. She will provide updates as they become available.</p> <p><b>Elizabeth inquired</b> about abstracts for the USBC conference in January. If there is anything the collation would be interested in presenting please send to</p>
---	---

	<p>Elizabeth. Two coalition members will attend.</p> <p><b>Patrice expressed appreciation</b> for people who represented the coalition at the PANO forum. It is great for the coalition and breastfeeding to be represented in all areas.</p> <p><b>Cara reported</b> that she will have an intern started in the fall.</p> <p><b>Patrice reported</b> that she has made an acquaintance with two legislators: Brian King and Jackie Biskupski. She will research what committees they are involved with and determine how we can utilize these associations.</p>
<p><b>Next meeting: July 7th 11:00 – 12:00; Cannon Health Building</b></p>	