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May 2024 - Volume 37, Number 2

Welcome, <<First Name>> <<Last Name>>!

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Friends of La Leche League Board:

- Carroll Beckham
- Jo-Anne Elder-Gomes
- Lupe Forsang
- Anne Hutton
- Randee Kaitcer
- Evy Simon
- Susan Mocsny Thomas

Secretary to the Board
Sue Ann Kendall

Letter from the Editor

I've been on a journey of sorts. In February, I learned that the stenosis in my aortic valve, which had been mild for many years, had become severe. This would necessitate replacing the valve, and further testing showed that the minimally invasive replacement would not be my best option. I had open heart aortic valve replacement on March 20. Little by little, I've been improving, but it is a long haul. I can't wait until I'm up to par again!

So this serves as a thank you to the other members of the Friends of LLL Board who have swept in and

picked up my slack over the past seven weeks. I can't believe how you have made it appear to be seamless!

And speaking of journeys, this issue of *Continuum* is chock full of information about the Friends' trip to Chicago. For those who have never been there, it will be a grand adventure, and for those of us who have many memories of visiting, maybe at LLLI Conferences, we will have a reunion.

Please enjoy reading through the activities planned, some in coordination with LLLI in celebration of the new edition of *The Art of Breastfeeding*. We also took into consideration comments from prior trips about leaving some free time or activities that are optional, in order to get together with old friends or new people we've met.

We look forward to celebrating on this trip with you whether we've met before or this is the first time! Don't forget to sign up early and take advantage of the Early Bird Discount.

Susan Mocsny Thomas (she/her)
Continuum Editor

Reminisce, Reconnect, and Have Fun with Friends in Chicago!

After several years without the opportunity to meet in person, Friends of La Leche League is truly excited for our trip to Chicago this October. Chicago is a bustling and modern city, yet steeped in history. Our city explorations begin Friday morning with a guided walking tour of downtown Chicago. We will refuel with a family-style lunch of Chicago-style deep dish pizza, pasta, salad, and dessert. Then we will visit the Chicago Architecture Center and take their relaxing and informative river cruise. On Saturday we will geek out at Chicago's world-class museums, with groups heading to their choice of either the Field Museum of Natural History or the Shedd Aquarium.

But this trip is not only about the highlights and history of Chicago. This location affords us a unique opportunity to celebrate both the history and future of LLLI. We kick off our trip Thursday evening with a reception to honor the authors of *The Art of Breastfeeding*, ninth edition. Registrants can purchase this new edition and have it signed by the authors. We are also offering two optional guided visits to view the LLLI Archives at DePaul University. Due to space limitations, these visits are each limited to the first twelve people to register for them. On Saturday night, trip registrants are welcomed at the LLLI Gala honoring *The Art of Breastfeeding* authors and LLLI Founder Marian Tompson. Planned

as a fundraiser for LLLI, the Gala will be a special evening of connection, with a cash bar cocktail hour, an elegant seated dinner, and a panel discussion with *The Art of Breastfeeding* writers.

Finally, our trip will conclude on Sunday with a bus trip from our hotel to the Chicago suburb of Elmhurst, to explore Wilder Park, the very place where the idea for LLLI was conceived. We will visit the Wilder Park conservatory with its Fall Flower Show. Registrants can take photos at the LLLI commemorative bench and plaque in the park and view the LLL Doll Collection before we convene at the beautiful and historic Wilder Mansion for a seated white-tablecloth meal with a variety of boxed lunch options. Lastly we will have our always moving We Remember Ceremony, in which we will recite the names and remember LLL Leaders whose deaths have been recorded since our last Friends of LLL trip.

We are really looking forward to our trip agenda. We will have time to reminisce about our work as LLL Leaders and have fun in the present. We look forward to reconnecting with old friends and making new ones. Because we expect a higher than usual interest in this trip, we are setting a cap on registrations. Please review the registration information detailed **below** in this issue of *Continuum*, then register early to ensure your participation in this special event.

LLL Founders seated around the LLLI History Plaque in Wilder Park to celebrate the 50th Anniversary of La Leche League.

Keep Your Membership Active!

This is your membership information:

<<First Name>> <<Last Name>>, membership expiration date <<Expiration Date>>.

To renew your membership online, sign in **HERE** with your email address as the "Username or email" and your password. (If you don't remember your password, click the button to reset it.)

Travel Tips

by Evy Simon and Jo-Anne Elder

At our last Happy Hour Chat, Evy Simon led a discussion on travel tips. We asked participants ahead of time to think of three "must-haves" for trips. All of us heard about a useful item they had never considered. Here are some of the things people wouldn't leave home without having or doing.

It's good to plan ahead, of course: check visa requirements and credit card use months in advance (Jo-Anne), buy travel insurance (Alice Ziring, Karen Kerkhoff Gromada), register with the embassy if travelling abroad (Jo-Anne), check your itinerary online and do pre-check-in the day of your flight (Jo-Anne). To make it easier to remember the essentials, Kay Hoover suggested having packing lists for a suitcase and a backpack for the trip, as well as a go-bag (or emergency bag) that is ready at all times. She has also prepared a reusable list of last-minute things to do on travel day, as has Carroll Beckham; you can email Kay at **kayhoover697@gmail.com** to get a copy of the lists. Marian Tompson reminded us that a list of important items is good for even short trips, while Rebecca Magalhaes has made separate lists for short and long trips. Kay posts pictures to remind her to close the garage door or turn off the stove in a prominent place, and Marian uses a post-it note on the door to remind her to take her hearing aids. (Evy brings post-it notes with her, too.) Jo-Anne likes to put a plastic bag filled with her toiletries in the place she keeps her toothbrush, so she can put it in her bag as soon as she's brushed her teeth.

Evy suggested taking a picture of your suitcase to make it easier to identify at the airport. Alice Ziring added that you can purchase an Apple Air tag to locate your bag quickly or, as Harriet Smiley suggested, you can tie a colourful scarf tightly around the handle. Nancy Sherwood said you can make or buy personalized suitcase covers made of stretchy material; they may have a unique pattern or custom pictures on them.

For mobility, consider a wheelchair even if you don't usually need one, and bring your cane or walker in case you are standing longer than expected (Nancy Sherwood). If you use a C-Pap, remember to bring it and all its parts (Nancy). And for health and hygiene, a piece of an aloe plant (Evy), ChapStick (Evy),

antiseptic wipes for everything in the hotel room (Rae Schopp), cleaning supplies in a plastic bag (Sandy), and sheets of soap to cut in plastic bags (Charlene Burnett) are practical.

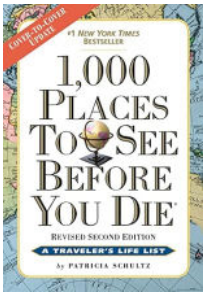
Many participants focused on carry-on items: a plastic bag with pouches for toiletries that will make it easier at security (Evy); a lanyard with a small bag to carry your ID, passport, phone, boarding pass, and $20 (Nancy and Sandy); a Nexus card and enhanced driver's license (Alice); a Global Entry card and/or TFSA pre-check (Harriet); a handicap tag to use in any car (check laws outside the US, but many countries allow the international symbol) (Nancy); chargers for all your devices (Rae); change or small bills in your pocket for tips; finally, a password directory to go with your laptop (Rebecca). Medication should be carried with you in the original prescription containers; even if you are traveling for a few days, it is good to bring enough medication for a week in carry-on. Medication bottles can be put in a plastic bag fastened with elastics (Rebecca). You may also want to bring a double of your medications in your suitcase and a list of numbers (passport number, driver's license number, credit card number and phone number in case it is lost, etc.) on an index card in your suitcase (Alice and Charlene). In fact, it's safer to have two of everything essential, such as eyeglasses (Rebecca) in cases with your name on them (Evy). And it's better to keep your money in three separate places (Evy).

Choosing the right carry-on is important. Karen talked about a lightweight suitcase, and Sandy Patton described a rolling backpack small enough to count as a purse, with underwear in a plastic bag. Of course, underwear is at the top of the list of essentials to pack in a purse or carry-on bag, as well as in checked luggage; a change of clothes was second. In fact, it is possible to pack light, by using a monochromatic colour scheme and rolling up your clothes in a carry-on bag (Karen). Nancy advised us not to bring anything we hadn't worn before.

There were lots of suggestions in the food and drink category, starting with an empty water bottle and small bags of food (Evy). Other nutritious ideas mentioned were granola bars (Nancy), trail mix (Marian), instant grit/oatmeal you can make with the coffee maker in your room (Carroll), dried apples, and breakfast foods such as frozen sausages (Sandy); a supply of suitable foods are especially important for travel day and for those with dietary restrictions.

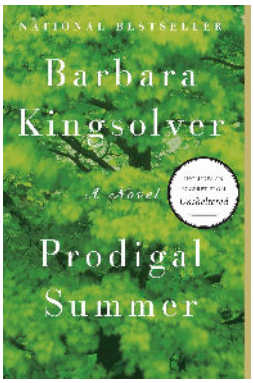
Participants mentioned several other practical items: a flashlight (Evy and Edna Kelly), an extension cord or power strip (Sandy), a travel hot pot or collapsible kettle (Charlene), and a clothespin to keep the curtains closed—the pins on hangers for pants and skirts can also be used for this purpose (Charlene). And Evy reminded us not to forget our bathing suit!

As well as practical advice, people thought of spiritual and cultural enrichment: devotional material (Rebecca), a journal or daybook and a good travel book (Jo-Anne), and a Kindle with many downloaded books (Rae). You may prefer or need printed materials: books or puzzle books (Jo-Anne), maps (Evy), or copies of your travel information. Most important of all, perhaps is Karen's suggestion to bring a good attitude, to watch for synchronicities or miracles, and to enjoy the unexpected.



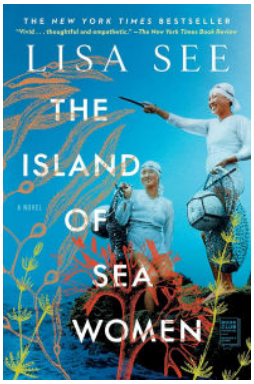
You Might Like to Read...

Prodigal Summer, 2000, by Barbara Kingsolver



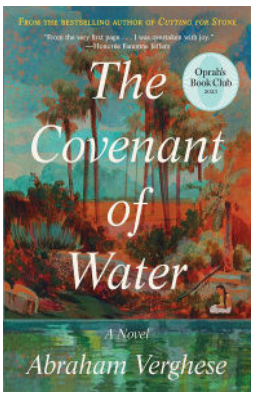
This is a love story of three individuals in Appalachia. Deanna, a reclusive wildlife biologist, studies coyotes and meets a young hunter named Eddie. Down the mountain, another web unfolds as Lusa, a city girl turned farmer's wife, becomes a true farmer. And down the road, there is a pair of elderly feuding neighbors. Over one summer these characters find connections to one another and the land and the truth that humans are only one piece of life on earth. The book is full of ecological concepts and biological facts.
Review by Carroll Beckham

The Island of the Sea Women, 2020, by Lisa See



This book explores the complexities of female friendship and forgiveness in a matriarchal society on Jeju Island, Korea. It shows a country ravaged by decades of conflict, unrest and foreign occupation. Two young women endure the loss of parents, the dramas of marriage and childbirth, cruel family members, disruptive technological advances and the ever present dangers of their livelihood of diving. How long can you hold your breath underwater? It is a multigenerational family saga that will stay with you a long time.
Review by Carroll Beckham

The Covenant of Water, 2024, by Abraham Verghese



Upon first encountering this novel, I was struck by its size. It is a massive book with 82 chapters spanning many years and family trees, starting from 1890 and continuing until the present day or 1970s. Covering both personal and historical events from India, the story is a complex web of characters and traits that can sometimes be challenging to keep track of. As someone who likes to read books over several weeks, I had to keep referring to a list of all the characters to refresh my memory. Thankfully, I discovered a comprehensive list of characters online, which was of great help.
One advantage to listening to the book with the Audible app is that the author narrates it, and he can

pronounce all the specific Indian words and dialects accurately. The book covers many topics: family, friendship, love and beauty, tradition, myths/folklore, medicine and science, youth and aging, birth and death, food and art, racism, religion, and politics. The descriptions of the country, plants, animals, wardrobes, and rivers were vivid and clear.
What does "the covenant of water" mean? You will discover the answer when you read the book and be transported to another culture with intriguing stories. I highly recommend reading *The Covenant of Water*.
Review by Lupe Forsang

Organizing

by Jo-Anne Elder

I know I'm not the only one who has recently dealt with a move that involved downsizing and re-organizing my space. During two discussions that Kay Hoover led at our monthly Happy Hour Chats, many participants shared ideas that were useful for them as they decluttered, modified their "launch pad" or empty nest, adapted to a temporary or long-term intergenerational home, moved into assisted living or long-term care, or reorganizing their home or their schedule.

One of the guiding principles I used to choose what I would keep was to ask myself basic questions: Did I love it? Would I take it to a nursing home? As Marie Kondo proposes, does it spark joy? It is easier to motivate yourself to make decisions if you start with what you want to keep rather than what you need to toss or what can't fit in your new space.

As I learned during our move, different people have different approaches to organizing households. If I were to do it again—though I certainly hope I won't have to do this big a move ever again!—I would carefully pack everything I wanted to take to the new place and mark the boxes with precise labels before sorting the rest. A friend who helped me preferred to proceed room by room, packing or tossing away each item. Others put everything on the floor in piles of keep, toss, give away, and store elsewhere, before putting anything on hangers or in garbage bags.

Organizing time is easier for me than organizing space. Its purpose is clearer to me: to make the best use of my time and energy. I strive to do the most important things first thing in the morning, rather than succumb to the distraction of activities others consider urgent. Establishing a routine to deal with regular chores can be helpful. You can make a simple checklist or schedule daily, weekly, and monthly tasks. Busy families can sit down at the beginning of every week and review upcoming activities. It's a good idea to take care of each piece of mail or email as it arrives or at the same time every day. Use electronic notes, an agenda, or a calendar whiteboard to write everything down; whatever you note in writing is something you don't have to keep in your head.

Some of the travel tips in this issue apply to organizing your daily life as well: a go-to / emergency bag, a pad of paper in your purse and beside your bed, separate bags in the house or boxes in the trunk for frequent activities (looking after a grandchild, going to a meeting, grocery shopping), post-it notes, index cards with lists, visual reminder signs, and hard copies of emergency information. You can print or access electronic checklists for grocery shopping (by aisle), or countdowns for major events like weddings. Organizing your electronic files into folders (Work, Volunteering, Finances) and sub-folders (for instance by volunteer association and then into administration, program, meetings) makes it easy to find things quickly. Books can be shelved by topic, genre, and/or alphabetically by author.

Getting rid of years or generations of accumulated objects takes time. Once you've gone through that experience, keeping from accumulating "stuff" is easier. You can ask yourself if you both need and want each purchase, and then if you need and want to keep it. For instance, if you buy a formal dress for a special occasion, are you likely to wear it again? If not, you can sell or donate it. Having less clutter and keeping the belongings that you love close to you will result in a more open, inviting space. Having a way of dealing with chores and activities that works for you makes daily life less overwhelming. Organization is less a matter of keeping your space and time under tight control, and more about meeting a basic universal need for harmony, beauty, and peace.

Participants suggested the following books:
The Gentle Art of Swedish Death-Cleaning, by Margareta Magnusson
Keep the Memories, Leave the Stuff, by Matt Paxton
Clutter's Last Stand, by Don Aslett
Side-tracked Home Executives, by Pam Young and Peggy Jones
The Life-Changing Magic of Tidying Up, by Marie Kondo

Tributes Honor Those Who Inspire Us

We are honored to list the following current tributes to Leaders and friends of La Leche League. If you wish to honor someone who has inspired you, please use these **instructions and form** to submit your Tribute.

Tributes through December 2025

Honoring the **Leaders Who Organized and Those Who Attended the NON-Conference in New Hampshire!!! LLLOOOXOOO**
"Warm thanks to Linda and Leslie who organized the NON-Conference in Portsmouth, NH!!!! And gratitude to all those who attended!"
From **Jane Atkin**, Framingham,

Tributes through June 2024

In Memory Of **Gail Moak**, Oakland, California USA
"Gail was a dear friend and colleague, the epitome of kindness and grace. I could always count on her to share her wisdom with me."
From **Edna Kelly**, Houston, Texas USA
Jun 27 2023 – Jun 27 2024

Massachusetts USA
May 20 2024 – May 20 2025

Honoring the **Founders of La Leche League**
"In honor if the Founders of La Leche League: Mary Ann Cahill, Edwina Froehlich, Mary Ann Kerwin, Viola Lennon, Marian Tompson, Betty Wagner, and Mary White. They started a movement in their local community that spread around the world and helped us learn to nurse our babies and know that it's okay to Follow Your Heart. With deepest appreciation."
From **Rebecca Keepers**, Yukon, Oklahoma USA
Apr 12 2024 – Apr 12 2025

Tributes through December 2024

In Memory Of **Mary Strack**, Tustin, California USA
"Honoring my longtime dear friend and fellow La Leche Leader who selflessly shared her warm and caring help to many breastfeeding mothers over the years. May she rest in peace."
From **Jacque Gates**, Orange, California USA
Dec 31 2023 – Dec 31 2024

Honoring **Evy Simon**, Philadelphia, Pennsylvania USA
"Happy BIrthday to Evy Simon, retired Leader."
From **Carroll Beckham**, Pine Knoll Shores, North Carolina USA
Dec 1 2023 – Dec 1 2024

Honoring **Marian Tompson**, Evanston, Illinois USA
"I honor Marian Tompson, as one of the seven Founders of LLLI, but also as a person who has always been able to see all sides of an issue."
From **Rebecca Magalhaes**, Neponset, Illinois USA
Nov 12 2023 – Nov 12 2024

In Memory Of **Gail Moak**, Oakland, California USA
From **Amy Shaw**, Hull, Massachusetts USA
Jun 23 2023 – Jun 23 2024

In Memory Of **Gail Moak**, Oakland, California USA
"In Memory of my sister, Gail Susan Moak, who left this Earth too soon but left an everlasting memory with her kindness and gentle spirit."
From **Denise Moak O'Neill**, Coral Gables, Florida USA
Jun 20 2023 – Jun 20 2024

In Memory Of **Gail Moak**, Oakland, California USA
"To Honor the Life and dedicated work to LLL and Friends of LLL and in memory of our wonderful trips."
From **Rae Schopp**, Westbury, New York USA
Jun 8 2023 – Jun 8 2024

In Memory Of **Gail Moak**, Oakland, California USA
"Gail warmly welcomed me as a newbie to Friends of LLL, offering gentle guidance and support. She loved her family, swimming, flowers and her vintage home. Most importantly, Gail lived her life with intention and meaning. I am going to miss her terribly. May Gail's memory always be for a blessing."
From **Randee Kaitcer**, Fort Worth, Texas USA
Jun 8 2023 – Jun 8 2024

In Memory Of **Johanna Meyer Horton**, Illinois USA
"As a La Leche League Leader for over fifty years, Johanna's support of breastfeeding and families ranged far and wide. During her family's time there in the 1960s, she co-founded the first LLL chapter in Norman, Oklahoma. Thus, opening the door for me, and many others, to become Leaders in

In Memory Of **Mary Lofton**, Riverside, Illinois USA
"In memory of my dear friend, Mary Lofton, whose kindness, laughter, and gentle spirit will be missed."
From **Mary Gisch**, Westchester, Illinois USA
Nov 8 2023 – Nov 8 2024

In Memory Of **Gail Moak**, Oakland, California USA
"To a special friend who had such an open heart and fostered the way to moms wanting to breastfeed in a time when it was frowned upon. May her dedication and work continue on. Blessed are those who knew her, blessed are those that unknown to them she touched their lives. Gail in our hearts you are still there."
From **Yomaira and Eugene Lampi**, Portland, Oregon USA
Sep 23 2023 – Sep 23 2024

Oklahoma. (Thank you, Johanna!) Always on her toes, she shared her Wordle score on Facebook, a daily event many of us looked forward to."
From **Rebecca Keepers**, Yukon, Oklahoma USA
Jun 6 2023 – Jun 6 2024

Honoring **Anne Marie Miller**, Athens, Georgia USA
"Thank you for all you have done and are doing to help mothers and babies and for those of us who are also dedicated to helping them."
From **Marguerite Gravlee**, Valdosta, Georgia USA
May 29 2023 – May 29 2024

Purchase Pins Online or in Chicago

Friends of La Leche League offers pins to celebrate years of service as an LLL Leader -- from 5 years to 50 years! We also offer a Leader pin with no year, perfect to present to new Leaders on their accreditation. And we have a fun Friends of LLL pin. Friends of LLL is proud to offer this special service to honor the important work LLL Leaders do in supporting breastfeeding.

Single pins are priced at $6.00, and we offer discount pricing for bulk orders. You can order pins online using the button below. Our pin coordinator, Susan Geil, will also be on site at Chicago trip events for pin sales with no wait and no shipping charges.

Order Pins

We Remember: A Friends of La Leche League Tradition

"So as we live, they too shall live, for they are now a part of us, as we remember them."

"We Remember" is a tradition started by the Friends of La Leche League in 2001, paying tribute to Leaders who have died.

Throughout the history of La Leche League, we have connected to each other on a deep level across countries and cultures. Part of our mission as Friends of LLL is to keep connections strong as we remember and appreciate those who have died.

Leaders' names are recorded in calligraphy in the "We Remember" album by Susan Mocsny Thomas and posted on the **Friends of LLL We Remember page.** We also have a special event at each Friends of LLL trip. If a deceased Leader's name is missing from this list, please **send us the information here**. Include the Leader's name, year of death, and location (country, state/province) where Leader was active. If available, submit year of birth and obituary link. Or email these details to **WeRemember@friendsoflll.org.** When possible, include an obituary link.

These are the names of Leaders we have been informed of since January 2023. Names in blue are linked to their obituaries.

Anne-Marie Arsenault ~ Quebec Canada
Kay Batt ~ Washington
Kristian Billiot ~ Louisiana
Mary Buchanan ~ New Zealand
Ruth DeRosa ~ Maryland
Kathy Zambie Doody ~ North Carolina
Karen Evon ~ California
Debbie Heffern ~ Missouri
Johanna Horton ~ Illinois
Leith Kassier ~ Great Britain
Vicky Maline ~ Colorado
Marijane McEwan ~ Illinois
Gail Moak ~ California
Kathleen Peace ~ New Zealand
Jane Ritchie ~ New Zealand
Norma Ritter ~ New York
Helene Scheff ~ Rhode Island
Kate Schmid ~ Colorado
Virginia Steele ~ Kansas
Mary Strack ~ California
Mardrey Swenson ~ New Hampshire
Anna Utter ~ Maryland
Keitha Whitaker ~ Mississippi

We hope many will join us at the We Remember Ceremony on Sunday, October 27 at the Wilder Mansion in the suburbs of Chicago. [The photo to right shows Marian Tompson reading names of deceased Leaders at the We Remember Ceremony in 2017 in San Diego.]

Registration Information for Chicago

Trip Itinerary

Thursday, October 24

3:00 pm	Check-in at Hilton Chicago
2:00-4:00 pm	Optional Guided Visit to the LLLI Archives at DePaul University; requires a 20 minute rideshare trip; LIMITED to 12 participants
5:00 pm	Trip Registration and Check-in
5:00-7:00 pm	Reception honoring *The Art of Breastfeeding* authors, with hors d'oeuvres and cash bar, with option for *The Art of Breastfeeding* book signing
7:00 + pm	Dinner on own; groups will be going to a variety of restaurants near the hotel

The authors of the new book, *The Art of Breastfeeding*, ninth edition. Clockwise from upper left: Jayne Joyce, England; Bibiana Moreno-Carranza, Mexico; Anna Swisher, Texas, United States, and Teresa Pitman, Ontario, Canada.

Friday, October 25

7:30-8:30 am	Optional Mindfulness Session
9:30-11:30 am	Guided Walking Tour of downtown Chicago
OR 9:30-11:30 am	Optional Guided Visit to the LLLI Archives at DePaul University; requires a 20 minute rideshare trip; LIMITED to 12 participants
12:00-2:00 pm	Family-style pizza/pasta/salad lunch with dessert at Lou Malnati's River North restaurant
2:00-3:30 pm	Visit the Chicago Architecture Center while awaiting boarding for the river cruise
3:30-5:00 pm	Chicago Architecture Center Guided River Cruise, with indoor and outdoor spaces and a full-service cash beverage and snack bar
5:00 + pm	Dinner on own

Guided cruise down the Chicago River. (Photo here and in lead article both from Chicago Architecture Center website.)

Chicago-style deep dish pizza! (Photo from Lou Malnati's Pizzeria website.)

Saturday, October 26

7:30-8:30 am	Optional Early Morning Exercise Session
9:00-11:00 am	Group museum visits to your choice of either Field Museum of Natural History or Shedd Aquarium
11:00 + am	Lunch on own followed by downtime OR Explore Chicago on Your Own (we will provide a list of many sightseeing and tour options)

5:00-9:00 pm	LLLI Gala honoring the authors of *The Art of Breastfeeding* and Marion Tompson, featuring a cash bar reception followed by an elegant dinner, and panel discussion with the writers of *The Art of Breastfeeding*

The Wilder Conservatory

Zimbabwe doll from the LLL Doll Collection

Below: Marian Tompson with Leaders from LLL of Lombard, Illinois at Wilder Park, with Katy Lebbing in front of sign

Sunday, October 27

7:30-8:30 am	Optional Early Morning Exercise Session
By 11:00 am	Check-out Hilton Chicago for those leaving Sunday
9:30-10:30 am	Bus ride from Chicago Hilton to Wilder Park in Elmhurst, Illinois
10:30-11:30 am	Walk through Wilder Park Conservatory Fall Flower Show and explore Wilder Park, where the idea for LLLI began
11:45 am	Trip group photo at the Wilder Mansion
12:00-1:30 pm	Trip farewell seated luncheon at the Wilder Mansion
1:30-2:30 pm	We Remember Ceremony honoring all LLL Leaders who passed away since our last ceremony in November 2019
2:45 pm	Board bus to return to Hilton Chicago OR leave for airport or home from Wilder Mansion

Hotel Accommodations

The Hilton Chicago Hotel viewed from Lake Michigan. (Photo from Hilton.com.)

A room block is reserved for registrants at the Hilton Chicago, venue for several LLLI Conferences over the years, located conveniently downtown at 720 S. Michigan Avenu, Chicago, IL 60605. The Hilton Chicago is a non-smoking hotel.

Our room block includes rooms with one king bed and rooms with two double beds. These rooms are available at the group rate of $229 per night, plus 11.75% sales tax and 17.4% hotel occupancy tax. Rooms are also charged a destination fee of $25 per night, which covers complimentary Wi-Fi, access to the hotel's fully equipped Athletic Club and pool, and a daily $25 food & beverage credit valid at the hotel's restaurant, bar, and lounge. Rooms with two queen beds are available for $239 per night plus taxes. A limited number of two bedroom parlor suites are available for $739 per night plus taxes. Rollaway beds can be added to rooms (based on space) for $40 per night. If you require a room with accessibility to accommodate a disability or special need, please indicate this by checking the box for an accessible room on the online form and/or explain your needs when making your reservation by phone.

Room reservations are subject to availability, and the deadline to reserve rooms at the group rate is October 4, 2024. To reserve rooms for the event, please use the link below.

https://book.passkey.com/event/50782143/owner/2874/home

Or call 877-865-5320 and refer to Friends of LLL 2024.

For those who wish to explore Chicago on their own before or after our event, the hotel will honor our group rate for reservations from October 20 through October 30. The online link only handles reservations for the core event dates, October 23 through October 27. To reserve rooms before or after the event, reserve over the phone, or use the link to reserve your room for the core dates and call our hotel contact, Noell Riese at 312-431-6910 to reserve the additional days. The hotel is providing space for trip activities based on guaranteed hotel room reservations.

Hotel rooms are equipped with a refrigerator, coffee maker, and safe deposit box. Rooms are serviced daily. A microwave is available in the lobby (at Herb N' Kitchen) for guest use. The hotel Athletic Club features a variety of LifeFitness machines, Peloton bikes, free weights, and other equipment, and dry saunas. The Club is open daily from 6:00 am to 10:00 pm. The swimming pool is open for the same hours; reservations for the pool are requested to meet occupancy capacity limitations. Self-parking is available in the hotel garage for $69 per night.

The hotel check-in time is 3:00 pm and check-out is 11:00 am. Guests arriving prior to check-in time will be accommodated as rooms become available. The hotel will check baggage as needed on the day of check-in or check-out. Guests who check-out prior to the check-out date on their reservation will be charged an Early Departure Fee equal to one night's room rate plus taxes. To avoid this fee, be certain to notify the hotel of any changes in plans. Room reservations may be canceled for a full refund up to 72 hours in advance of arrival.

More Trip Details

Accessibility

Friends of LLL has checked lodging, transportation, and venues for Americans with Disabilities Act (ADA) accessibility. Some places may have uneven surfaces or a few steps, and some locations have separate accessible entrances. If you need special accommodation due to a disability or age-related limitation, please indicate this on your Registration Form. If you wish to bring a helper to assist you with needs, please inform us well in advance. Since we expect this trip to be filled to capacity, we cannot provide free registration for a helper to participate in trip events.

Travel within Chicago

All the downtown Chicago activities for this trip are located within two miles of the Hilton Chicago and can be reached by walking. For those who cannot or would prefer not to walk, the hotel is close to a variety of Chicago transit bus and subway lines. Rideshares are also readily available. On Sunday, the bus to Wilder Park will stop at the Conservatory and will also stop at Wilder Mansion for those who

wish to go directly to the lunch without exploring the Park.

What to Bring

Weather in Chicago in late October can be unpredictable. The historic average shows a high temperature of 60 F and low of 42 F, but our dates show record highs in the 80s and some years with snow on our days! And Chicago often earns its "Windy City" nickname. Layered clothing and appropriate outerwear allows flexibility for changing conditions. Comfortable walking shoes are recommended for the walking tour and for walking through museums and around town. Casual clothing is appropriate for all trip activities except the LLLI Celebration Dinner, where dressier business casual or cocktail attire would be appropriate.

Registration

Full Registration Fee Includes

Thursday night reception, early morning activities, fees and tips for downtown Chicago walking tour, Chicago Architecture Center exhibits and River Cruise, and lunch on Friday, admission fee to the Field Museum of Natural History or the Shedd Aquarium, LLLI Gala, bus to/from and tour through Wilder Park, Sunday farewell luncheon, We Remember Ceremony, and optional visit to the LLLI Archives.

Not Included in Registration Fee

Hotel room costs, transportation to and from airport or home, purchase of *The Art of Breastfeeding* book, dinner Thursday and Friday nights, lunch Saturday, any additional museum or tour admission fees not listed as included in the column to the left, and rideshare or public transportation within Chicago if desired.

Included Trip Meal Options

Saturday night LLLI Gala dinner options:

- Pan Seared Chicken Breast, with mushroom risotto, baby carrots, Brussels sprouts, and a rosemary au jus, served with a choice of salad, soup, and dessert (Gluten Free main)
- Broiled Striped Bass, roasted fingerling potatoes, parsnip purée, sautéed spinach, and broccolini, served with a choice of salad, soup, and dessert (Gluten Free main)
- Heirloom Potato and vegetable Quinoa Cakes, with baby carrots, roasted

Sunday lunch at Wilder Mansion Box Meal options:

- Chicken Panino, featuring grilled chicken, with or without cheese, sun dried tomato pesto, provolone, and fresh basil on griddled Italian country bread, with chips, a choice of salad and dessert (Dairy Free without cheese)
- Turkey and Brie, featuring shaved smoked turkey, imported brie, and honey cranberry mayonnaise on a bakery fresh baguette, with chips, a choice of salad and dessert

peppers and Brussels sprouts, and chimichurri, served with a choice of salad, soup, and dessert (Vegan and Gluten Free main)

- Sirloin Wrap, featuring sliced sirloin steak, Swiss cheese, tomato, red onion, and thousand island dressing in a tortilla, with chips, a choice of salad and dessert
- Roasted Vegetable Wrap, featuring roasted peppers, portabello mushrooms, zucchini, yellow squash, tomato, and carrots with balsamic glaze in a gluten-free wrap, with chips and mixed fruit cup dessert (Vegan and Gluten Free)

Registration Fees and Deadlines

To ensure that we provide timely confirmations of registrants to the many vendors supporting this event, our final registration deadline is September 20, 2024. To encourage early planning, we are offering a discount to those who register before July 20, 2024. Also, registration will be closed whenever we reach our registration cap.

Trips are intended as a benefit of Friends of La Leche League membership. Those who have not yet joined or whose membership has lapsed may purchase or renew their membership at the time of registration to receive the member price and enjoy connection with the Friends community for the coming year. To accommodate family or caregivers who wish to attend all trip events, trip registration is also open to non-members at a higher price.

EARLY BIRD Registration Fee – $450 members, $490 non-members, for registrations received by July 20, 2024
Regular Registration Fee – $490 members, $530 non-members, for registrations received between July 21 and September 20, 2024.

Register Now for the Chicago Trip!

Stand-alone Event Registration

We appreciate Chicago's central location and hope to welcome Friends from all over to join us for the entire trip. We also hope that many Friends from the Chicago area will be available to join us for the entire trip and even stay with us at the hotel to participate in the informal gatherings that will arise as part of our event.

To accommodate caregivers, local family members, and local Friends unable to attend the entire event to celebrate LLLI history with us, we are offering stand-alone registration to the following events:
Thursday evening Reception honoring *The Art of Breastfeeding* authors – $90
Saturday night LLLI Gala – $200 (additional options are available at **LLLI.org**)

Sunday at Wilder Park, Wilder Mansion Lunch, and We Remember Ceremony – $75

Register Now for Stand-alone Events Only

A Thank You for Our Donors

Friends of La Leche League programs and activities are primarily funded by memberships and donations. We gratefully acknowledge those who have contributed to our organization. If your name has been omitted, misspelled or listed incorrectly, please accept our sincerest apology and inform us by contacting Treasurer Anne Hutton at **Treasurer@FriendsofLLL.org**.

Unrestricted Donations from April 2024 to Present:

Jane Atkin
Rebecca Keepers

In-Kind Donations from April 2023 to March 2024:

Anne Hutton
Penny Piercy

Unrestricted Donations from April 2023 to March 2024:

Judie Ellison
Mary Gisch
Marguerite Gravlee (2 gifts)
Randee Kaitcer
Edna Kelly
Rebecca Keepers
Yomaira and Eugene Lampi
Lou-Ellen MacDonald
Denise Moak O'Neill
Rae Schopp
Amy Shaw
Marianne Vaikener

Donate Now

Friends of La Leche League
Mission Statement

The mission of the Friends of La Leche League is to support La Leche League as a resource and inspiration for future generations, encourage lifelong connections with the LLL community, and share the insights and wisdom that began with the breastfeeding relationship.

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