View this email in your browser

August 2024 - Volume 37, Number 3

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

In This Issue

- Letter from the Editor
- Chicago Bound
- Your Membership
- Memories of Alumnae Trips and Conferences
- You Might Like to Read...
- And a Book Review with a Historical Background
- Pin Sales in Chicago
- Is Storyworth for You?
- Tributes
- Gifts
- We Remember
- Chicago Trip Registration Closes 9/20!
- Thank You to Our Donors

Keep Up With Us

Facebook

Website

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

We are getting closer to the end of October when we will have our get-together for our Chicago trip! I am looking forward to spending time with other Friends I haven't seen in a while. I do hope that you will decide to register and join us if you have not yet done so!

This month's *Continuum* is full of articles to get you prepared and excited for our trip! Edna Kelly, who has been on every trip with the Alumnae/Friends, has shared her memories about past trips, as has long-time member Harriet Smiley. Ellen King connected how our memories of our LLL experiences can make this Chicago trip even more meaningful. Even one of the book reviews by Carroll Beckham is about the history of Chicago: *The Devil in the White City.*

I can't wait for our Meet and Mingle with the authors of the new *Art of Breastfeeding* and the current Board of Directors of LLLI. That same group of people will be with us at the LLLI Gala, along with other LLLI supporters. I am so looking forward to seeing Marian Tompson at the Gala and spending more time with her at the Wilder Mansion.

I'm sharing a group photo from the LLLI Conference at the same hotel in 2007. A much younger me is in the back row in black with a string of pearls on.

See you in Chicago!

Susan Mocsny Thomas
Continuum Editor

Chicago Bound

by Ellen Goodrich King

From my first LLL meeting in 1968, to today, I have held a loving relationship with La Leche League. At that first meeting, I left my second baby at home with her dad and a bottle of formula. I had no idea that women actually took babies to a meeting to learn about breastfeeding!

I joined LLL that very night, and my life was changed forever. Do you remember **your** first meeting, and how the years went by, your children growing up, and still being attached to ideas that you learned at those very first LLL meetings? Oh, there was so much more learning that we continued to learn. The bonuses were the friendships you made along the way -- those relationships with the people in your local Group, the process of becoming a Leader and working in tandem with a co-Leader, possibly becoming an Area Team member or being involved in other ways in LLLI, and maybe even having the opportunity to attend Area or LLLI Conferences. Such wonderful memories were afforded us.

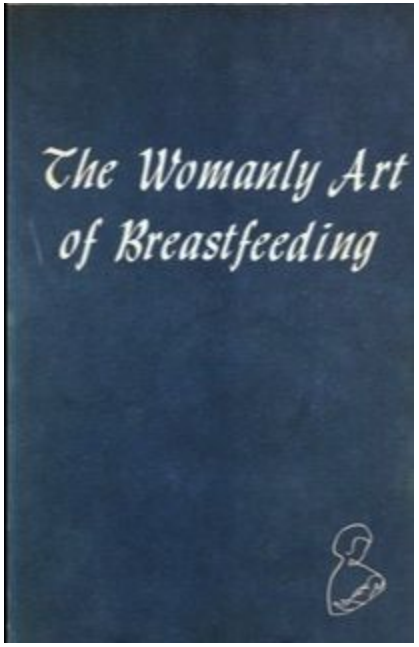
And now -- more memories and opportunities come our way, thanks to Friends of LLL. I realize that most of my friends have no idea how deeply embedded LLL is in my psyche! I don't pull out my old copy of *The Womanly Art of Breastfeeding* (from 1968) to show them, but it's a book I will never give away. And now -- I'm looking forward to getting the new revision in Chicago.

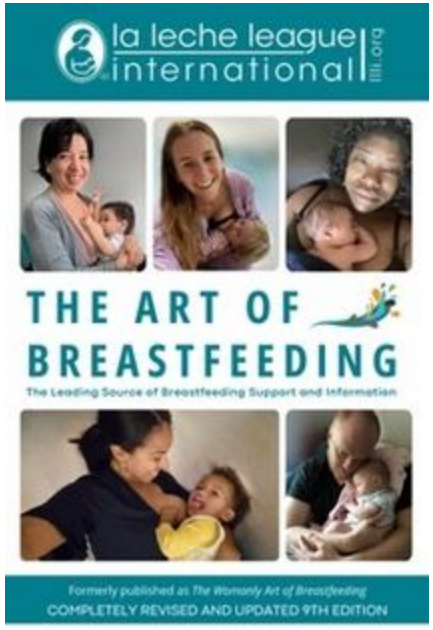
Did I say CHICAGO? Oh yes! I hope that each of you will join your like-minded "sisters" for the Friends of LLL (FoLLL) Chicago trip in October. Your spouses, children (young or old!), and friends are also welcome to be there and see one of the important things that has made you YOU! Come renew friendships and meet new friends -- like me! Maybe you've been to the Chicago Hilton and Towers in the past for LLLI Conferences. This trip will bring back many memories for many of us. If you haven't, you're in for a treat. This grand old lady of a hotel has many of her own stories to tell, and we will be creating new ones.

We'd love to hear your stories AND to hear how your experiences in LLL led you to many other opportunities. For instance, editing the *Ten Gallon Tidings* for Texas LLL helped get me my job at the

American Embassy in Paris to produce the weekly *Embassy News*, which led to being the Community Liaison Office Coordinator there from my other roles in LLLI along the way. We all have stories to share that were a direct connection to other adventures.

The FoLLL committees have been hard at work to make this a memorable experience. You really shouldn't miss it – and we hope to see you there. I have my registration, airline tickets, and hotel reservation. Get yours soon! I am so looking forward to that very special weekend and to meeting each of you.





1968 edition of *The Womanly Art of Breastfeeding*, a resource from Ellen Goodrich King's early days as an LLL Leader. And *The Art of Breastfeeding*, to be available at our Reception and the LLLI Gala celebrating the authors of this latest edition.

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.)

Memories of Alumnae Trips and Conferences

by Edna Kelly and Harriet Smiley

Friends, friends, friends! That's what makes me happy when I think of the Friends' trips. Janet Jendron and I always share good laughs (and Janet, Larry is tagging along so maybe y'all will have a chance to dance again!). My fingers are crossed that Nancy Franklin will be in Chicago -- it's been too long since us Texans have gotten together. I first met Carol Bollin on the wonderful Savannah trip and we still talk about, "Think. Do." Sandy and Gayle were a great team in San Diego, making that trip so memorable. Same for Evy and Carroll in New Orleans where we were able to celebrate Marian's birthday. I'm hopeful that I'll see Barbara Parker to catch up on her new life without her annual summer stay in Yellowstone. So many more friends I hope to see -- Fran, Harriet, Jane, Joan, Leslie, Lupe, Marge, my SOLLL friends, Paula, Sue, Villy, and so many more. Hopefully I'll make some new friends friends too!

The trips are not all about friends though. I enjoy seeing new sights, especially in places I might never otherwise visit. I had never been to Philadelphia, so I was thrilled to see the Liberty Bell. I grew up in New Mexico so touring Albuquerque and Santa Fe with LLL friends, especially climbing a mesa with Marian Tompson and Mary Ann Kerwin, made a great memory. I hope you will be in Chicago for this extra special Friends together-time. I look forward to seeing friends old and new in October.

LLLove, Edna

Edna (on left) with friends at the 2011 trip to St. Augustine, Florida.

I was able to go on the Friends trip to Albuquerque, NM in the fall of 2013. I'd never been to NM before and was impressed by the beauty of the area when flying in. There was a beautiful swath of yellow below us as the plane was getting ready to land. I later learned that it was the aspen trees making this beautiful display. We were also able to take a train from Albuquerque to Santa Fe, another opportunity to enjoy the beautiful scenery of the area.

I attended the LLLI Conference in Washington, DC in the summer of 1985, just before taking my oldest son to Purdue University for his first year of college. I got to spend time with Betty Ann Countryman, who was on the Board of Directors for LLLI, during the conference. She lived in the Indianapolis area of Indiana and invited my family and me to stay at her house when we brought my son to college. Being able to stay with her and her husband Frank was such a blessing, as it cushioned the separation process for me and my family as we left our first child so far away from our home in Connecticut.

There are so many memories of my years in and around LLLI as I could probably fill many pages but I

will stop at these two.

Warmly,
Harriet Smiley

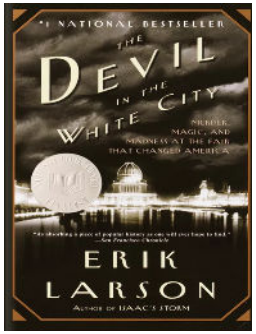
You Might Like to Read...

by Carroll Beckham

The Frozen River, 2023, by Ariel Lawhon

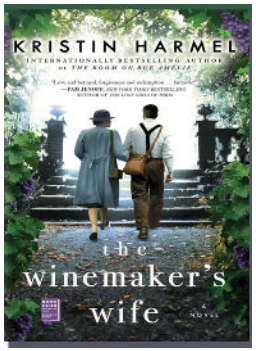
Based on the actual diary of a Maine midwife and healer in 1789, this is an amazing story with lots of birthing and breastfeeding woven around a mystery. The Kennebec River freezes, entombing a man in the ice. Martha Ballard is summoned to examine the body and determine cause of death. Martha refuses to accept anything less than justice at a time when a woman was not even allowed in a courtroom without her husband present. I think the Friends of LLL will love this book.

The Devil in the White City, 2003, by Erik Larsen



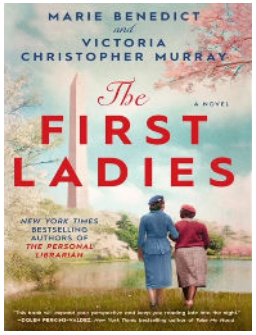
This is a true tale of the 1893 World's Fair in Chicago and a serial killer who used the fair to lure his victims to their death. The architect of the fair was David Hudson Burnham, a brilliant man who also built the Flatiron Building in New York and Union Station in Washington, DC. He organized the talents of Fredrick Law Olmstead, Charles McKim, Louise Sullivan and others to transform swampy Jackson Park into the White City. The murderer was Henry H. Holmes, a young doctor who operated a hotel near the fairgrounds, where he tortured his victims and disposed of their bodies. I learned a lot reading this book about the city of Chicago and the World's Fair that changed America and I was reminded that evil has always been among us. An interesting take on the history of the city we will be visiting in October!

The Winemaker's Wife, 2019, by Kristen Harmel



Love and betrayal, forgiveness and redemption combine in this novel set amid the champagne vineyards of northern France during the darkest days of WWII. You learn much about the making of champagne and the French Resistance from reading this book. A beautiful story with a happy ending sixty years in the making. This story examines how the choices we make in our darkest hours profoundly change our lives and how hope can come from the places we least expect.

The First Ladies, 2019, by Marie Benedict and Victoria Christopher Murray



This is historical fiction about the partnership between Eleanor Roosevelt and civil rights activist Mary McLeod Bethune, an unlikely friendship that changed the world. Initially drawn together because of their shared belief in women's rights and the power of education, Mary and Eleanor become fast friends through tragedy and triumph. This is the story of two different, yet equally formidable, passionate and committed women and the way their friendship helped form the foundation for the modern civil rights movement.

And a Book Review with Historical Background

by Randee Kaitcer

The Good Left Undone, 2022, by Adriana Trigiani

“A family is only as strong as their stories” -- Matelda Rosso

This is an historical fiction about strong women, beautiful settings, laced with humor, family bonds, and trauma in a multi-generational saga. Adriana Trigiani says it took a “long time” to write her twenty-first book. She describes it as “dreamlike “ and “magical.”

Carefully researched, this book is inspired by the true story of the attack on the SS Arandora Star, July 2, 1940. Trigiani’s story begins in the cloister garden of St. Andrews Roman Catholic Cathedral in Glasgow, Scotland, where Trigiani was directing a movie. It was there when she saw the memorial for the victims of the SS Arandora Star that she learned of the roundup of Scottish Italians after Mussolini declared war on the Allies. Winston Churchill panicked in his concern to rid the UK of spies, and classified Italian residents of the United Kingdom as enemy aliens. Churchill ordered them to be deported. They offered no resistance to being rounded up, trusting their friends and neighbors, and were imprisoned prior to their deportation.

The Arandora was originally an ocean liner, converted to a cruise ship, and made over to a war ship in WWII. She was torpedoed by a German U-boat and sunk of the coast of Ireland. Eight hundred and five people died in the incident, including four hundred and forty-six Scottish Italians. I had never heard of this horrific event.

As a woman of Italian heritage, I also had no idea there was an Italian diaspora from 1800 to the early 1940s. Italians emigrated to France and Scotland, creating full, rich lives there. Italian immigrants brought calamari, which later morphed into British fish and chips, gelato, and pizza to their new homes. They worked in the food service industry and other service industries, including healthcare. Considered “exotic,” the Italians were “good looking and worked hard,” making them sought after by

high end restaurants as waiters and maître d's.

But later, there was a constant drip of lies and propaganda about Italians and German Jewish intellectuals, considered the “other” for years. Churchill realized he had made a grave mistake and rescinded his enemy alien deportation order six weeks later, but the damage had been done. Loyal and upstanding UK citizens had been deported to Canada, Australia, New Zealand, and the Falkland Islands. This undignified collection of people of Italian descent made me think of how the United States treated Japanese citizens after Pearl Harbor, as well as the current anti-immigrant sentiment.

Trigiani follows the women of several working-class families, primarily the Cabrellis who lived in Viareggio, an Italian resort city on the coast of the Tyrrhenian Sea, known for its famous Carnevale, but had ancestral ties also in France and Scotland; and the Speranzas, a Jewish family from Venice. Both families were gem cutters and jewelers for the Vatican. Prior to WWII, there was little money in cutting gems for the Vatican. Payment was considered to be for “the Honor and Glory of God.” But after WWII, gem cutters grew prosperous.

As often happens, as a family prospers financially, they begin to lose their family identity. Trigiani is a proponent for writing down our family stories: the good, the bad, and the ugly. According to her, half the history of the world has not been recorded due to the fact that women were too busy to record their own stories. Our inheritance is not silver, china or collectibles. Our stories are our true inheritance.

Strong willed matriarch Matelda Cabrelli Roffo is nearing the end of her life and realizes she has kept many secrets from her family. As her days wind down, and her granddaughter Anina faces some of her own questions, Matelda is determined to repair the wrong, sharing her truth with Anina.

Matelda’s mother, Domenica Cabrelli, has her own stories of love and loss which are revealed along the way.

One aspect of the book I particularly enjoyed was that each character had their own distinct voice. They were imperfect people, but very well-developed characters. I cared about the choices they made and how they dealt with circumstances beyond their control. There are many small, vibrant details that bring the story right off the page. I found myself chuckling, ”My nana used to say that, too.”

This novel is about how we live and what we leave behind after we go: love, family, loyalty, bravery.

Trigiani weaves together their stories from different times and countries and makes it seem effortless. Father Fracassi, who is a nonfictional person, shares to "reflect on the past (and) make peace with it. You cannot control the evil done to you. You cannot turn back and right the good left undone." Much to think about.

There are so many layers to this book that I know I missed some of the nuances. As soon as I finished it, I wanted to read it again. It's that good!

When Domenica is in the French convent, we find her breaking up walnuts for a cherry walnut cake. Some internet digging uncovered a traditional recipe, possibly the one used by Domenica:

Italian Cherry Walnut Cake – serves 8
Has a delicious macaroon texture.

Ingredients
2 large eggs
1 tsp. vanilla
1 cup sugar
1 cup flour
1 tsp. baking powder
½ tsp. salt
¾ cup chopped walnuts
2 cups fresh pitted cherries
½ Tbsp. butter for buttering pan

Directions
Preheat oven to 350 degrees F. Lightly butter a 9" springform pan and line bottom with parchment paper.

Lightly beat eggs and add vanilla and sugar. Beat until light and creamy.
In a separate bowl, sift together flour, baking powder and salt.
Mix in walnuts and fold into egg mixture.
Gently fold in cherries.
Spread cake mixture into bottom of prepared springform pan.
Bake for 1 hour to 1 hour 20 minutes until golden brown on top and a wooden pick comes out clean.
Cool on wire rack for 10 to 15 minutes and carefully remove pan.
Serve warm or cool completely. Top with powdered sugar if desired.
Enjoy!

Leader Recognition Pin Sales at the Friends Trip to Chicago

by Susan Geil

Are you coming to Chicago in October? Would you like to save money on a pin order?

Our inventory of Leader recognition pins lives in Chicago with me! You'll be able to purchase pins at two events on the Friends trip — the LLLI Gala on Saturday evening and the luncheon on Sunday at the Wilder Mansion — and save money by not having to pay a shipping fee or local sales tax. Pins are $6 each for quantities below 10, $5 each for 10-25 pins, and $4 each for 26 or more. See the pins we have for sale on our **website pins page**.

To save us all some time, you may also preorder by sending an email to me at **pins@friendsoflll.org** with details of the pins you want. You can either prepay (I'll send you instructions) or pay in person when you pick up the pins (check, cash, and card all accepted). Your pins will be ready and waiting for you in Chicago.

Consider offering local active Leaders in your area a chance to have you bring pins home for them! It should be easy to fit a few more pins in your suitcase to take home.

Looking forward to seeing you in Chicago.

Is Storyworth for You?

by Randee Kaitcer

Did our book review of *The Good Left Undone* inspire you to record your memories for your family and future generations? Are you wondering how you might get started in this endeavor? Some of my friends told me about Storyworth and I love to write, so I decided to give it a try. It's been a lot of fun! Disclaimer: I am not affiliated with Storyworth in any way and I do not receive anything if you decide to use the service.

As one of seven children, my experience provided the motivation to slow down and reflect on my life to date – the joyful and the upsetting. It helped me see how blessed I am. It enabled me to share what life lessons I believe are foundational.

Once a week, I received an email question to jog my memory and encourage me to write. I replied with an email with an answer that was as long or as short as I wanted. At the end of the year, my stories are bound into a keepsake book. That's it, it's that simple.

Storyworth has hundreds of questions from which to choose. You can even write your own if you don't like that week's prompt. A few examples of questions include:
What things do you think you cannot live without?
Do you have any regrets in life?
What is one of your fondest childhood memories?
What personal expectations do you hold yourself to?
If you were to do it over, what would you do differently?
Have you ever feared for your life?
What was your mother like when you were a child?

A subscription cost $99, which is a little pricey, but my children gifted me with my subscription. Yours might, too! At times, you can find a discount code, too. For the subscription fee, you receive weekly

story prompts and then one black and white interior hardcover book. You can order extra copies ($39 each) for each child/grandchild, if you choose. The books are 6x9 inches, font is Merriweather, size 10, but there are no italics, bolds, or underlines. You can include photographs.

For me, Storyworth was an easy way to set down my memories and life experiences for my children and grandchildren to share. But the important thing, as we learned from the book review of *The Good Left Undone*, is that we DO pass those stories along. Our stories are our family treasures. So even if you get a specific notebook in which to record your thoughts, it is important that you do it. Have fun!

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 **Nancy Thompsen Sherwood**, Aldie, Virginia USA
"For her kind and generous heart."
From **Randee Kaitcer**, Fort Worth, Texas USA
July 24 2024 – July 24 2025

In Memory Of **Mardrey Swenson**, Lebanon, New Hampshire USA
"In memory of Mardrey Swenson, retired Leader and IBCLC."
From **Carroll Beckham**, Beaufort, North Carolina USA
May 22 2024 – May 22 2025

Honoring the **Leaders Who Organized and Those Who Attended the NON-**

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,

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, 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

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 **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

Gifts

by Evy Simon and Jo-Anne Elder

On August's online Happy Hour Chat, Evy led a discussion about thoughtful and meaningful breastfeeding-related gifts members had received. As you can imagine, there was quite a variety of favourite gifts. We'd like to highlight some of them.

Here's Evy's story: "When our first child was born, we were living in a studio apartment in Greenwich Village in New York City. In front of us was a stunning needlepoint shop called Wool Farm.How delighted I was when Mrs. Berke, the owner of the shop, knocked on the door and presented me with one of her handmade pillows. I said how lovely that would be to put in the baby's carriage. She replied, 'No dear, that's not for the baby; that's for you to put in your rocking chair so you will be comfortable when you nurse your newborn baby.'"

Evy's needlepoint pillow

When an encyclopedia salesman showed Harriet Smiley a picture of a mother and baby breastfeeding, she didn't know that this would be a long-term inspiration. Harriet has now collected many examples of breastfeeding art.

Some works in Harriet Smiley's mother and baby art collection. At left: artwork by Gari Melchers. Below left: work by Edna Hibel, the same artist who did the 25th anniversary fundraiser for LLLI. Below right: notecards in magnetic frames.

Several members talked about books they had received when they were pregnant or had a newborn, and especially about the *Womanly Art of Breastfeeding*. The blue "manual" was mentioned frequently at the Chat and has been celebrated by our members in our Facebook group. Alice Ziring, who was living in Israel, was given *Nursing Your Baby*, by Karen Pryor, by another American who had lived there. Some participants received correspondence or a newsletter from LLL.

La Leche League publications were affirming and even life-changing for many. Even more so was the gift of LLL Leaders and members, who became life-long friends or supportive co-Leaders. For Nancy Franklin, LLL meant women's empowerment and giving back; for Kathie Sutherland, connections with lots of women and a rich memory bank; for Harriet Smiley, the power of women supporting women; LLL gave Nancy Sherwood and Nancy Franklin, the gift of learning about Human Relations Enrichment (now Communications Skills Instruction/Development).

Of course, family members like Rae Schopp's mother-in-law and Nancy Franklin's "influencers," who determined, "All Franklins will be breastfed," are key. LLL and other friends brought Jo-Anne Elder and Carroll Beckham food, support, and sometimes an opportunity to rest.

Jo-Anne Elder had a day-long "babymoon" as LLL friends brought gifts, food, and a chance to nap.

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
Catherine Anne Devereux ~ New Zealand
Kathy Zambie Doody ~ North Carolina
Karen Evon ~ California
Debbie Heffern ~ Missouri
Elizabeth Hormann ~ Germany
Johanna Horton ~ Illinois
Leith Kassier ~ Great Britain
Angie Lundstrum ~ Illinois United States
Vicky Maline ~ Colorado
Marijane McEwan ~ Illinois
Gail Moak ~ California
Helen Henning Palmer ~ Washington, United States
Kathleen Peace ~ New Zealand
Jane Ritchie ~ New Zealand
Norma Ritter ~ New York
Rita Saltarelli ~ Michigan United States
Helene Scheff ~ Rhode Island
Kate Schmid ~ Colorado
Virginia Steele ~ Kansas
Mary Strack ~ California
Mardrey Swenson ~ New Hampshire
Melanie Kilgore Tuggle ~ North Carolina United States
Anna Utter ~ Maryland
Nancy "Nan" Vollette ~ Virginia United States
Keitha Whitaker ~ Mississippi
Dorothy Masie Wilkinson ~ New Zealand

Photo of Marian Tompson reading names of deceased Leaders at the We Remember Ceremony in 2017 in San Diego.

2024 We Remember Ceremony at Wilder Mansion

We will be honoring all recently deceased Leaders at our We Remember Ceremony on Sunday, October 27 at Wilder Mansion as the culminating part of our Friends of La Leche League trip to Chicago.

Wilder Park is the very place where the Founders conceived the idea for La Leche League, and our We Remember Ceremony will be preceded by time in the park to view commemorations to LLL. We will have a lovely luncheon at the Mansion sharing LLL and Alumnae/Friends History. Participation in these Sunday activities is included in the registration fees for the Chicago trip (with events Thursday through Sunday). Those local to Chicago may also choose to register for the Sunday events only for $75.

Register Now for the Chicago Trip!

Register Now for We Remember and Sunday Events!

Registration for Chicago Closes September 20!

In order to provide the hotel and our meal and activity vendors with early confirmed attendance numbers, we need to close registration for our trip to Chicago on September 20. Please don't miss your chance to participate in this very special trip that celebrates both the history and the future of La Leche League. Our itinerary includes many trip activities and excursions to enjoy with the group, or just take the opportunity to hang with old friends and make new ones. We hope you will join us in Chicago!

Some Trip Updates

Since we opened registration in late May, our trip planning team has been busy working out more details with our venues, and we have a few updates to our trip plans. First the Hilton Chicago is providing a meeting room for our group on Saturday and Sunday afternoons. We will use the space as a lounge for registrants, allowing folks to meet up and relax together before the LLLI Gala. The room will also be available on Sunday following our Wilder Mansion outing for anyone staying over at the hotel Sunday night to meet up with Friends Board members (who will be staying over to conduct an in-person Board meeting on Monday morning).

We have also slightly modified our Sunday plans, moving both our farewell luncheon and We Remember ceremony at the Wilder mansion a half hour earlier. This allows for more informal time afterwards to explore the history of the park and walk through the Wilder Park Conservatory, while also allowing some departing people to leave a little earlier for airports or home if they choose. These changes are reflected in the updated Trip Itinerary below and on our website.

Register now and don't miss out on this fabulous Friends of LLL trip!

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

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

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)
OR 12:00 pm +	Hang out in the Friends of LLL meeting room
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*

Sunday, October 27

\

7:30-8:30 am	Optional Early Morning Exercise Session
By 11:00 am	Check-out of Hilton Chicago for those leaving Sunday
10:00-10:45 am	Bus ride from Chicago Hilton to Wilder Park in Elmhurst, Illinois
10:45-11:15 am	Explore Wilder Park, where the idea for LLLI began, and view the LLL International Doll Collection
11:15 am	Trip group photo at the Wilder Mansion
11:30-1:00 pm	Trip farewell seated luncheon at the Wilder Mansion with LLLI/Alumnae/Friends slideshow, honoring special guest, LLLI Founder Marian Tompson
1:00-2:00 pm	We Remember Ceremony honoring all LLL Leaders who passed away since our last ceremony in November 2019
2:00 – 2:45 pm	Additional time to take photos, view the LLLI International Doll Collection, explore Wilder Park, and see the Wilder Park Conservatory Fall Flower Show
2:45 pm	Board bus to return to Hilton Chicago OR leave for airport or home from Wilder Mansion

Click Here for More Trip Details and Registration

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
Jo-Anne Elder
Anne Hutton

Unrestricted Donations from April 2023 to March 2024:

Judie Ellison
Jacque Gates
Mary Gisch

Rebecca Keepers
Edna Kelly

Restricted Donations to Fund Marian Tompson Chicago Trip Participation :

Carroll Beckham
Carol Bollin
Edna Kelly
Ellen Goodrich King
Barbara Mullins
Patricia Spanjer
Ann-Marie White

In-Kind Donations from April 2024 to March 2025:

Penny Piercy

Marguerite Gravlee (2 gifts)
Judith Gubala
Anne Hutton
Randee Kaitcer
Edna Kelly
Rebecca Keepers
Yomaira and Eugene Lampi
Lou-Ellen MacDonald
Denise Moak O'Neill
Janice Pickett
Rae Schopp
Barbara Searing
Amy Shaw
Merike Tamm
Marianne Vaikener

In-Kind Donations from April 2023 to March 2024:

Anne Hutton
Penny Piercy

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.

Copyright © 2024 Friends of La Leche League, All rights reserved.

Want to change how you receive these emails?
You can update your preferences or unsubscribe from this list.