

Come Join the Fun!

# REJUVENATION ACTIVITIES

organized by the La Leche League Alumnae  
for the enjoyment of all conference attendees

## Thursday Evening, July 19

### *Spirit of Chicago -- Lake Michigan Cruise*

**5:45 PM (17:45):** Begin Check-in  
**6:00 PM (18:00):** Begin Boarding  
**7:00 PM (19:00):** Ship departs  
**10:00 PM (22:00):** Ship returns to Navy Pier

**\*\*\*\*\*All attendees should meet at the Spirit of Chicago docking area at Navy Pier.\*\*\*\*\***

#### **Options for transportation:**

By car: parking is available at Navy Pier  
By bus: Bus #29 State St., stop is 1 1/2 blocks west of the Hilton, \$2/Adult, \$1/children ages 7-11  
By taxi: \$8-\$9 (4 people)  
By foot: approximately 30-40 minute walk, through Grant Park and north to Navy Pier

## Friday, July 20

### **10:30 AM – 11:30 AM Private Art Viewing**

A private art viewing in the Print and Drawing Room at the Art Institute of Chicago. You must be registered for this event. Please check the sign-up at the Navigating the LLLI Conference table for availability.

### **3:00 PM – 4:00 PM (15:00 – 16:00)**

#### **Area Alumnae Representatives (AARs) Meeting**

Come to network with other AARs, or find out more about this position. Help the Alums locate, re-connect, and re-establish relationships throughout La Leche League. — Waldorf Room —

### **4:00 PM – 5:00 PM (16:00 – 17:00)**

#### **Alumnae Volunteers Meeting**

An orientation for Alumnae conference volunteers. We always welcome new volunteers! — Waldorf Room —

### **6:00 PM – 6:45 PM (18:00 – 18:45 PM) Conference Orientation**

“Hello!” “Bonjour!” “Buenas Tardes!” – This gathering will offer an orientation for first time attendees and those from outside the USA to the conference, the hotel, and the Chicago area. — Waldorf Room —

### **10:00 PM – 11:00 PM (22:00 – 23:00)**

#### **Late Night Chat with the Alums**

An LLL Alumnae Association “members only” gathering for some Alum Fun! — Imperial Suite, 27th Floor. —

## *Navigating the LLLI Conference*

LLL Alumnae Association volunteers will answer questions about the Conference, the hotel, and the Chicago area.

A message board for postings information about meeting, gatherings, childcare, exchanges (quilt, chocolate, beads), personal notes, and tickets will be next to the table.

— Located in the Conference Registration area, Lower Level —

#### **HOURS:**

Thursday:	1:00 PM – 5:00 PM	(13:00 - 17:00)
Friday:	8:00 PM – 9:00 PM	(08:00 – 21:00)
Saturday:	8:00 AM – 4:00 PM	(08:00 – 16:00)
Sunday:	8:00 AM – 4:00 PM	(08:00 – 16:00)
Monday:	8:00 AM – 12:00 NOON	

## Saturday, July 21

### **EARLY MORNING REJUVENATION ACTIVITIES**

#### **6:00 AM – 6:45 AM Early Morning Walk**

Meet at the hotel entrance on 8th Street (south side) for a walk in Grant Park. — Sharon Fairborn, Marilyn Thompson —

#### **6:00 AM – 7:00 AM Water Aerobics**

Hilton Pool-Health Club. This class is not designed to include infants or children in the pool.

#### **6:30 AM – 7:15 AM Cardio Kickboxing**

Cardio Kickboxing, - a 45 minute, total body workout! Cardio Kickboxing combines elements of boxing, martial arts, and aerobics to provide overall physical conditioning and toning. The aerobic combinations of kicks and punches are designed to improve strength, cardiovascular fitness, flexibility, coordination, and balance. Let's get pumped up before our day of sessions..... sweat and have fun!!

This class will be lead by a LLLL who is not a certified instructor, but has attended cardio kickboxing classes regularly for the past 2 years. — Trina Kerns, Waldorf Room —

#### **9:00 AM – 9:30 AM Ballet/Yoga Stretch**

A combination of dance steps and yoga poses for a relaxing and invigorating low impact workout. Come dressed to move. — Ariel Hulvey, Waldorf Room —

#### **10:00 AM – 10:45 AM Knitting**

Learn to knit on the Conference Scarf. All experience knitters are welcome to join us and work on the scarf or their own project.— Marilyn Thompson, Waldorf Room—

#### **10:00 AM – 10:45 AM Crochet and Other Needle Work**

Did you bring a crochet or needle work project to the conference? Come and join our circle and share your knowledge. — Wendy Masters, Waldorf Room —

#### **10:00 AM – 12:00 PM Founders' Parlor**

Sign up in the Waldorf Room to chat with a Founder. — Astoria Room —

#### **11:00 AM – 12:00 PM Introduction to Infant/Child Massage**

Learn some basic techniques of infant/child massage. Bring your child, blanket for floor, and favorite toy. — Kris Rauschert, Waldorf Room —

**2:00 PM – 3:00 PM (14:00 – 15:00) Card Making**

Learn to make your own greeting cards for every occasion.  
 Nikki Julien – Waldorf Room

**3:00 PM – 4:00 PM (15:00 – 16:00) Jewelry Making**

Come and learn how to make your own stylish bracelets, key chains, and earrings. Supplies available for purchase.  
 Karri Rickard – Waldorf Room

**3:30 PM – 5:30 PM (15:30 – 17:30) Founders' Parlor**

Sign up in the Waldorf Room to chat with a Founder.  
 – Astoria Room –

**4:00 PM – 5:00 PM (16:00 – 17:00) Chocolate Truffles**

Learn how to make your own chocolate truffles.  
 – Sheryl Dombeck, Waldorf Room –

**8:00 PM – 10:00 PM (20:00 – 22:00)****Twenty-Five Year Leader Gathering**

A gathering for Leaders who have celebrated their silver anniversary (or more) with LLL, hosted by the LLL Alumnae Association. Don't miss this opportunity to continue lifelong connections and make new friends. You will also have the opportunity to learn more about how to be involved with the LLL Alumnae Association and within your own Area. We have invited the Founders of LLLI to this gathering.

– Sharon Fairborn, Waldorf Room –

**9:30 PM – 11:00 PM (21:30 – 23:00) Musical Jam Session**

Bring your singing voice or musical instrument and join in this jam session. – Kathy Maka, Astoria Room –

**Sunday, July 22****EARLY MORNING REJUVENATION ACTIVITIES****6:00 AM – 6:45 AM Early Morning Walk**

Meet at the hotel entrance on 8th Street (south side) for a walk in Grant Park. – Sharon Fairborn, Marilyn Thompson –

**6:00 AM – 7:00 AM Water Aerobics**

Hilton Pool-Health Club. This class is not designed to include infants or children in the pool.

**6:30 AM – 7:15 AM Cardio Kickboxing**

Cardio Kickboxing, - a 45 minute, total body workout!  
*This class will be lead by a LLLL who is not a certified instructor, but has attended cardio kickboxing classes regularly for the past 2 years. — Trina Kerns, Waldorf Room —*

**9:00 AM – 10:00 AM Me and Baby Fitness**

Designed for new moms and babies. This unique class allows moms to balance and revitalize the mind and body while bonding with baby. Developed to help strengthen the pelvic floor, abdominal, hip, leg, and back muscles. This class offers a welcome setting for baby to relax and participate in exercises with mom. Class designed to accommodate all fitness levels.

— Danielle Pender, Me and Baby Fitness, Waldorf Room –

**10:00 AM – 12:00 PM Founders' Parlor**

Sign up in the Waldorf Room to chat with a Founder.  
 – Astoria Room –

**10:15 AM – 11:15 AM Relax and Renew – self-care workshop**

This session will include Hatha Yoga movement and breaths, self-massage and partner work. All ages and children welcome.  
 Jennifer Barron Fishman, Sweet Pea's Studio  
 – Waldorf Room –

**11:30 AM – 12:00 PM The Joys of Herbal Tea**

A demonstration and discussion on how to make your own herbal teas at home. – Dena Smith Givens, Waldorf Room –

**12:00 PM – 5:00 PM (12:00 – 17:00) Massage Anyone?**

Enjoy a chair massage. Must pre-register in Waldorf Room.  
 – Stephanie Kalka, Wellness and Massage Training Institute –

**2:00 PM – 2:30 PM (14:00 – 14:30) Kids Dance**

Move to the music. Create you own moves with scarves and upbeat kids music. For kids of all ages.  
 – Ariel Hulvey, Waldorf Room –

**3:00 PM – 5:00 PM (15:00 – 17:00) Arm and Hand Massage**

Enjoy a 5 minute treatment and educational session on the benefits of massage, skin exfoliation, and conditioning treatment. Learn about the benefits of skin care for yourself and loved ones. Learn what is safe for your skin and how to find quality products. – Christine Hull, Waldorf Room –

**– FOUNDER'S TEA – 5:15 PM - 7:00 PM (17:15 - 19:00)**

Join us in recognizing the LLLI Alumnae Association Award Recipients at the Founders' Tea. LLLI Alumnae Association Award is given to an LLL Leader, active or retired, who has demonstrated excellence in her personal, professional, or volunteer accomplishments, and who is a recognized leader in her field of endeavor. – Grand Ballroom –

*This year's recipients are: Barbara Parker, breast cancer advocate, Martha Sears, author and speaker, and Marian Tompson, founder of AnotherLook.*

**8:00 PM – 10:00 PM (20:00-22:00) Let's Dance**

Tired of being a wall flower? Ready to learn the latest dance craze? Learn the Cha Cha Slide, Macarena, and Electric Slide. Be prepared to make new friends and have tons of laughs! No experience necessary! (All ages welcome.)  
 – Karri Rickard, Waldorf Room –

**Monday, July 23****EARLY MORNING REJUVENATION ACTIVITIES****6:00 AM – 6:45 AM Early Morning Walk**

Meet at the hotel entrance on 8th Street (south side) for a walk in Grant Park. – Sharon Fairborn, Marilyn Thompson –

**6:00 AM – 7:00 AM Water Aerobics**

Hilton Pool-Health Club. This class is not designed to include infants or children in the pool. — Joan Dziak

**6:30 AM – 7:15 AM Cardio Kickboxing**

Cardio Kickboxing, - a 45 minute, total body workout!  
*This class will be lead by a LLLL who is not a certified instructor, but has attended cardio kickboxing classes regularly for the past 2 years. —Trina Kerns, Waldorf Room—*

**8:15 AM – 9:45 AM Irish Dancing**

Come see some World Class Irish Dancers in action and learn the basics of Irish Dancing, including the jig. Wear comfortable clothing. All ages welcome.  
 – Eileen, Anne, and Maryellen Dziak, Waldorf Room –

**9:00 AM – 10:00 AM Private Nutrition Consultation**

STARTING BABY ON SOLIDS? Do you have problems feeding a finicky, fussy, difficult-or special-baby? Having trouble with allergies or other food intolerance? Consult privately with

Margaret Kenda, author of LLLI's Whole Foods for Babies & Toddlers. This is a 15 minute consultation. Only four individuals will be scheduled. *Please sign up in the Waldorf Room.*

– Margaret Kenda, Astoria Room –

### **10:00 AM – 11:00 AM Felting Workshop**

Would you like to make a little crown for the little prince or princess in your life? How about a wee-gnome, may be a little mouse or a needle felted little apple. Join us to learn about how you can use to create many different projects with plant dyed felt, or learn about needle felting. No experience is necessary.

– Ann Perrine, Waldorf Room –

### **10:00 AM – 12:00 PM Founders' Parlor**

Sign up in the Waldorf Room to chat with a Founder.

– Astoria Room –

### **2:30 PM – 3:30 PM (14:30 – 15:30) Soap Making**

Learn about soap making using natural ingredients and the cold process method. Useful books and Web sites, and simple recipes for beginning soap makers will be shared.

– Ann Calandro, Waldorf Room –

### **3:00 PM – 4:00 PM (15:00 – 16:00) We Remember**

A special time to remember the deceased Leaders who have been part of La Leche League's 50-year history. Names of Leaders who have died will be read and there will be time for memories to be shared.

– Don Buckley, Nancy Franklin, and Mary Ann Kerwin –

– Astoria Room –

### **4:15 PM – 5:15 PM (16:15 – 17:15)**

#### **Parenting is a Spiritual Journey**

For most of us, parenting our children is one of the most profound spiritual experiences of our lives. From infancy to adult children, we are challenged to 'practice what we preach' in the most intimate and ultimately rewarding ways. This discussion will explore how our children give us opportunities to grow on our spiritual journey~ from learning patience, understanding, surrender and empathy to struggling with modeling these qualities for our children. All religious traditions are welcome at this session.

– Barbara Nicholson and Lysa Parker, Astoria Room –

## *A Special Thank You to Our Rejuvenation Presenters*

We would like to thank the following businesses for making the Alumnae Activities possible:

- ★ **Arbonne**
- ★ **Labor Together Inc.**
- ★ **Me and Baby Fitness**
- ★ **Sweet Pea's Studio**
- ★ **Trinity Academy of Irish Dance**
- ★ **Wellness and Massage Institute**

We would also like to thank the many individuals that have donated and volunteered. A listing will be posted on our website at : <http://alumnae.llli.org> and published in our next issue of Continuum.

**Calandro, Ann**, North Carolina, USA ; LLL Leader–*Soap Making*  
**Dombeck, Sherryl**, Illinois , USA ; LLL Leader, Division Administrator of Leader Accreditation – *Chocolate Truffles*  
**Dziak, Joan**, Illinois , USA –*Water Aerobics*  
**Fairborn, Sharon**, California , USA ; LLL Leader –*Early Morning Walks, 25-Year Leader Gathering*  
**Fish, John**, Illinois , USA ;  
*Wellness and Massage Training Institute – Chair Massage*  
**Fishman, Jennifer Barron**, L.M.T., Illinois, USA ;  
*Founder Sweet Pea's Studio–Relax and Renew Self-care Wkshp*  
**Franklin, Nancy**, Texas , USA ; LLL Leader –*We Remember*  
**Givens, Dena Smith**, Pennsylvania , USA ; LLL Leader –*The Joys of Herbal Teas*  
**Hull , Christine, RN**, Michigan , USA ;  
*Arbonne Representative – Arm and Hand Massage*  
**Hulvey, Ariel**, Maryland , USA ; LLL Leader –  
*Ballet/Yoga Stretch; Kids Dance*  
**Julien, Nikki**, Washington , USA ; LLL Leader – *Card Making*  
**Kalka, Stephanie**, Illinois , USA ;  
*Wellness and Massage Training Institute – Chair Massage*  
**Kerns, Trina**, Maryland , USA ; LLL Leader – *Cardio Kickboxing*  
**Maka, Kathy**, Illinois , USA; LLL Retired Leader–*Musical Jam Session*  
**Nicholson, Barbara**, Tennessee , USA ; LLL Leader, cofounder  
*Attachment Parenting Intl. – Parenting is a Spiritual Journey*  
**Parker, Lysa**, Alabama , USA ; LLL Retired Leader, cofounder  
*Attachment Parenting Intl.–Parenting is a Spiritual Journey*  
**Pender, Danielle**, Illinois , USA ;  
*Director of Me and Baby Fitness–Me and Baby Fitness*  
**Perrine, Ann**, Maryland , USA ; LLL Leader – *Felting Workshop*  
**Rauschert, Kris, CNA, CD (DONA)** Illinois , USA  
*Labor Together, Inc.– Introduction to Infant/Child Massage*  
**Rickard, Karri**, Pennsylvania , USA ; LLL Leader–*Jewelry Making*  
**Thompson, Marilyn**, Minnesota , USA ; LLL Retired Leader,  
*Alumnae Assoc. Coordinator – Early Morning Walks; Knitting*  
**Masters, Wendy**, Indiana , USA ; LLL Leader – *Crocheting*

### **Founders' Parlor**

Stop by the Alum Fun/Waldorf Room to sign up for a half-hour visit with one or two LLLI Founders. Enjoy chatting with Mary Ann Cahill, Edwina Froehlich, Mary Ann Kerwin, Viola Lennon, Marian Tompson, and/or Mary White. The Founders hope you will make time to visit with them, sharing LLL stories, family pictures, memories from the past, and dreams for the future. For this unique and limited opportunity, sign up early in the Alum Fun/Waldorf Room.

### **Founders' Parlor hours:**

Saturday, July 21 - 10 AM to 12 Noon and 3:30 PM to 5:30 PM

Sunday, July 22 - 10 AM to 12 Noon

Monday, July 23 - 10 AM to 12 Noon

### *Our Silent Auction:*

*featured items displayed in the Waldorf Room*

**There are many wonderful items to bid on, won't you come and take a look at the variety of items generously donated to support the Alumnae Fund.**

- ✓ One week Vacation Townhouse North Carolina, North Carolina Mountains, Asheville Area, Alexander
- ✓ Numbered Lithograph Flower painting by R.E. Gordillo
- ✓ Green Tea variety gift pack

### *Silent Auction Guidelines*

*Check in with the day-worker in charge of the Silent Auction to get your Bidder ID.*

- Bid on Silent Auction items by writing your bidder number and the amount of your bid on the bid sheet which corresponds to the item you are bidding on.
- Starting bid is 1/3 of the approximate retail value.
- Bids that do not meet the minimum raise will be disqualified.

**Bidding closes promptly at 4:00 PM (16:00)  
— The highest qualifying bid wins. —**

*Winners will be announced at 4:15 PM (16:15)*

Payment is due immediately by cash, credit card or check made payable to "LLL Alumnae Association".

If you are unable to be present, please arrange for someone to pay for and pick up your items.

**\*\*\*Items not picked up and paid for by 6:00 PM. will be offered to the next highest bidder.\*\*\***

### *Our Donation Drawing*

*featured items displayed in the Waldorf Room*

**In addition to the Auction come experience the FUN in our Drawing. Purchase raffle tickets from an Alum representative and come and place your tickets towards the items of your choice. Good Luck!**

### *Donation Drawing Highlights:*

- ✓ Batik fabric hand – dyed Quilt – featuring Families
- ✓ Dish from Malaysia
- ✓ Many made with Love items such as afghans, mother and baby cross-stitch, needle work, socks, and cards.
- ✓ Autographed Copy of the Womanly Art of Breastfeeding
- ✓ Watercolor painting by M. Cahil-Fisk
- ✓ Dolls from Pakistan and Brazil
- ✓ Boxes of Choice Organic Teas
- ✓ Wooden Case filled with 8 boxes of Traditional Medicinal Teas
- ✓ Fine Tea and Herb Gift Assortment
- ✓ Ergo Carrier Front Pouch, Back Pack, and carrier
- ✓ Many items for children : DVD, kids cross stitch set, games, hot wheels, books
- ✓ Crystal from Brazil

### **ALUMNAE MEMBERS, LLL LEADERS AND MEMBERS, ACTIVE OR RETIRED**

Come to the "Alum Fun!" Room in the Waldorf room to:

Enjoy one of our many Rejuvenation activities.

- Relax, connect, laugh, and discuss issues with other like-minded women
- Purchase tickets for the *Donation Drawing*, and view the fabulous prizes
- Place a bid on a fabulous item in our *Silent Auction*
- Volunteer to be a part of the "Alum Fun!" at this Conference
- Learn more about the LLLI Alumnae Association and purchase a membership
- Purchase unique gifts to take home for your friends and family
- See how the Alums are helping with the LLL Breastfeeding Helpline in the US
- Sign up to chat with a Founder in the Founders' Parlor