



# La Leche League Canada

*Breastfeeding support, Mother to mother, Generation to generation*

✓ *I am pleased to support breastfeeding mothers!*

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Telephone: \_\_\_\_\_

E-Mail address: \_\_\_\_\_

*Thank you for your valued support!*

Tax receipts are issued automatically for donations of \$10 or more.

Please make cheques payable to:

*La Leche League Canada*

and mail to:

P.O. Box 700, Winchester, ON K0C 2K0

La Leche League Canada protects the personal information you voluntarily provide. This information allows us to keep you informed of LLLC services, special events and funding needs. LLLC does not lend, rent, sell or trade our mailing lists. If at any time you wish to be removed from any of these contacts, please advise our Privacy Officer by mail, at 613-774-4900 or at [adc@lllc.ca](mailto:adc@lllc.ca).

Charitable Registration Number: 11900 3812 RR0002

### *Become a monthly donor:*

A monthly donation adds up quickly! Your donation of \$20 a month, or \$240 a year is enough to prepare one new Leader to help mothers in her community.

*Yes*, I want to be a monthly donor of \$ \_\_\_\_\_ per month.

I have enclosed a series of postdated cheques, payable to *La Leche League Canada*

*OR*

I hereby authorize a monthly payment from my:

VISA       MasterCard

Credit Card Number \_\_\_\_\_ Expiry Date \_\_\_\_\_

Signature \_\_\_\_\_

*We plan to publish an ONLINE HONOUR PAGE to recognize our donors.*

*I DO NOT want to have my name published in the annual LLLC on-line Honour Page.*

### *Make a single donation:*

*Yes*, I would like to support breastfeeding with my gift of:

\$1000 (Gold)     \$500 (Silver)     \$150 (Bronze)    Other \$ \_\_\_\_\_

My gift of \$50 or more is in honour/in memory of: \_\_\_\_\_

*(Please PRINT the full name of the person you are honouring or remembering)*

Cheque enclosed, payable to *La Leche League Canada*

*OR*

VISA       MasterCard

Credit Card Number: \_\_\_\_\_ Expiry Date \_\_\_\_\_

Signature \_\_\_\_\_

### *To receive a tax receipt immediately:*

You may use your credit card to donate or to set up a series of monthly donations on-line at: [www.canadahelps.org](http://www.canadahelps.org)

*Interested in finding out how you can help make sure La Leche League Canada's mother-to-mother support will be here for future generations?* Contact us for a copy of our *Planned Giving* brochure, also available on our website at [www.LLLC.ca](http://www.LLLC.ca)

Why I Love La Leche League  
*excerpts from Judy Pettersen's blog, August 3, 2009*

Sometimes when we look back over our shoulder, we catch a glimpse of the past streaming behind us, like a comet's tail. In that moment, we see the events of our lives with a clarity and perspective given only by the passage of time. Sifting through the multiple chapters of our life's experience, we can sum up the characters and events that have made us who we are, who we love, and why we love. We nod in relief at our wise decisions, and grieve our foolish ones. We can clearly see the impact of each decision, and the road taken as a result.

My road to La Leche League started with my sister Linda, who was told by our mother to "get the information, but don't join!" In an uncharacteristically rebellious manner (ha ha) Linda did indeed join, paving the way for the next five sisters.

At first, La Leche League Canada was our introduction to mothering through breastfeeding. After that, they might as well have called the meetings "How to Empower Yourself and Become The Person You Were Meant To Be." Such was the effect of LLLC on myself and my friends.

We learned how to stand up for ourselves and our children. I used to be such a fraidy cat. It's easy to surrender your values and ideals, and then complain later, but that kind of passive aggressive behavior leaves such a bad taste in the mouth. LLLC taught me to stick up for myself, my children, and my beliefs. I learned to trust my heart. When I had my first child, everyone had an opinion on how she should be raised. At La Leche League Canada, I learned to listen to my baby and my own instincts. This led to the design of my first carrier, the babyTrekker.

I finally got organized by being involved with La Leche League Canada. Planning meetings, budgeting, and speaking in front of the group all prepared me for running my own business. I've made plenty of mistakes, and I'm not the world's most savvy business owner. But I'll tell you what: I'm a darned good mother. (Just ask my kids!) So thanks, La Leche League Canada, and bless all of you out there. Your mother-to-mother help meant more than you could ever know.

*Judy Pettersen*

La Leche League Canada supporter

Founder and operator of Pettersen Infant Products and designer of the babyTrekker baby carrier

[www.babytrekker.com](http://www.babytrekker.com)

