



La Leche League Canada

Supporting breastfeeding families since 1961



Planned Giving: Leave a gift for the future of our children
May 2016



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May 16, 2016

At some point in our lives, we all begin to think about how we could improve the world we leave behind. Whether we have children and grandchildren may impact on that but not necessarily so. I think we all would like to think that we left this world a better place than the one that we arrived in. Planned Giving can go a long way toward helping with that.

What is Planned Giving? By definition, a planned gift is any major gift, made in lifetime or at death as part of a donor's overall financial and/or estate planning. Often it is something we put off for the future but I am hoping that you will consider leaving a gift for the future of La Leche League Canada (LLLC) and the families that we serve.

Leaving a gift through planned giving lets you demonstrate your values, your commitments during your lifetime and is a way to ensure that your wishes are taken into account. It is a powerful opportunity to ensure that your values are preserved.

Your donations in the past have helped to ensure the survival of mother-to-mother breastfeeding support in communities across Canada. Making a planned gift to LLLC would help your grandchildren and future generations receive the best of beginnings. A bequest is:

- not payable until death, so it does not affect your assets or cash flow during your lifetime.
- private – your will is not filed or made public until your death.
- revocable – you can change the provisions in your will or trust at any time during your lifetime.



Designating a bequest to a charity is quite straight forward. You may leave a specific sum or a percentage of the funds remaining after your family and your bills are looked after. You would need to provide instructions and the full name/address of the charity to your lawyer. This information can be inserted in your will before you sign it.

An alternative method is to designate La Leche League Canada as a beneficiary or partial beneficiary in an insurance policy. To do this with a work related policy, contact your employer's human resources department to find out how to proceed.

If you have questions, please see our contact information at the end of this package. The [Planned Giving brochure](#) is available on our website.

Thanks again for your continued and valued support!

Sincerely,

A handwritten signature in black ink, appearing to read 'Suzanne Gorman', with a stylized flourish at the end.

Suzanne Gorman
Executive Director



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April 18, 2016

Forty years ago today I became a mother. I knew that I wanted to breastfeed our new baby as soon as we began to plan a family. My mother had breastfed me. I remembered my aunt breastfeeding her baby when I was a young child. I learned about La Leche League Canada at our childbirth education classes and I immediately became a member and purchased a copy of the *Womanly Art of Breastfeeding*. I was determined to learn all I could. Not only did I learn a great deal about breastfeeding, LLC became a foundation for



the way of life we chose for our family. I embraced the philosophy and principles of La Leche League Canada. I felt supported and encouraged by the Group I attended. We had 3 more children who were also breastfed and I continued my membership, commitment and involvement in La Leche League Canada over the past forty years by becoming a Leader, District Adviser, Area Coordinator of Leaders, member of the La Leche League Canada Board of Directors and most recently as a member of the Finance Committee of La Leche League International Board of Directors. Through volunteering with La Leche League Canada I have made lasting and close friendships with many of the women I encountered over the years.

Now I am the grandmother of two dear little grandsons and a darling granddaughter born to our first child, our daughter Meredith. I think often of what life will be like for them in the future when they begin to plan families of their own and I hope that they will be able to find a La Leche League Canada Leader and Group nearby to support, encourage and provide information for them as they welcome new babies into their lives and grow together as a family.

Breastfeeding sometimes comes with challenges. It is an art and does require assistance and guidance which research has shown come best from someone with knowledge and experience and the skills to share these with other mothers. La Leche League Canada has been helping mothers breastfeed their babies one-to-one for nearly sixty years.

My greatest wish is that La Leche League Canada's mother-to-mother support will be available for our grandchildren and for future generations of our family. Please help me fulfill this hope for the future by considering a legacy gift to La Leche League Canada. Even a small investment today can grow to be a generous gift in the years to come. There are several ways to plan your gift including bequests in your will, life insurance, mutual funds, RRSPs and RRIFs.

Together, we can protect the financial well-being and continued sustainability of La Leche League Canada for generations to come.

Sincerely,

Wendy Dale
LLLC Leader

What our families say...



“Couldn't have done it without Karen at LLLC Mississauga Chapter. So happy there are resources like LLLC for women where we are not judged and not treated like a nuisance. The nurses and lactation consultants at the hospital encouraged me to keep going. But no one answered the question "how". That's when LLLC came in. These women who volunteer at LLLC are heroes in the true sense.” - from Loulwa

“I really appreciated the help of the La Leche Leader, Jazmine. She really guided me through the process of becoming comfortable with my breastfeeding. Very knowledgeable, compassionate and dedicated volunteers! Thank you!”
- from Kristen

“Thanks to Michelle (LLL Leader in Vancouver – Commercial Drive) I’m still breastfeeding my 10 month old son! I was worried about having enough milk since my friends all had to supplement. I attended a meeting while I was pregnant and with my son when he was young. I never had a supply problem

and was able to donate extra milk to a mom in need.” - from Marisa

“When it was hardest for me, Laura didn’t just make breastfeeding easier, she made new motherhood easier. And for that, there just aren’t enough thanks.” - from Anonymous

“I found La Leche League very helpful. The ladies answered all my questions and helped me and my daughter make it through our breastfeeding challenges. I would recommend La Leche League to any mother facing a breast feeding challenge.” - from Ruth

La Leche League has been a great support to me through the meetings I have attended with my first son. I am now expecting a second child in July. I am positive that I will continue to benefit from La Leche League support! Thanks!” - from Emilee

“LLL helped me SO much with my lil guy after he was born. Jenni (Leader) is an angel.” - from Gwen

"I received exceptional support and guidance from the Ottawa Centre Group. I feel extremely lucky to have access to these great people and resources." - from Tera

"La Leche League was an invaluable support to me as a first time mom. As most of my pre-mom friends were from work the sudden isolation of maternity leave was shocking. La Leche League was a safe place to go to meet like-minded moms with babes of a similar age. I also found the preparation done by attending LLL in advance of my birth was great - I was able to get breast feeding off to a wonderful start with only a few phone calls to my leader for reassurance in the early days. I also avoided many of the "booby" traps that I probably would have fallen prey to were it not for the info gained at LLL meetings and in *The Womanly Art of Breastfeeding*. I wish that every new mom could have a copy of *The Womanly Art* and that everyone would hook up with LLL to the point that we can all reclaim our birthright of normal use of breasts as food source." from Heather

"In honour of the Markham Ontario Leaders who helped my daughter-in-law and her sister with support and encouragement. As a former Leader, it was heartwarming for me to attend a meeting with my daughter-in-law and see the same kind of caring and support still being given to new mothers after all these years.

La Leche League changed my life and that of my 3 sons. Hopefully, it will continue to serve many mothers for many more years." - from Marjorie

"You helped me be the mother I wanted to be for my children. Now I want you to be available to help my children as they have children of their own. Breastfeeding is so important to bonding with our children."

- from Janine

"Thank you for all the wonderful work you do. I couldn't have made it through my daughter's birth and learning how to breastfeed without my local LLL friends. Keep up the great work and support of moms who need you!"

- from Tricia



*La Leche League Canada
Board of Directors*

Miyoko Rasmussen: Chair

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For more information on Planned Giving, please contact us:

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Charitable Registration Number: 11900 3812 RR0002