



2010 National Conference & MBC Annual General Meeting September 23 - 26, 2010

*Our Lives with Twins, Triplets or More...
Where Friendship Begins*

Our Presenters for the 2010 National Conference are:

Friday Morning, September 24, 2010

Dr. Karyn Gordon, Keynote #1 - Dr. Karyn Gordon is one of North America's leading authorities on understanding and motivating Generation Y. A mother of twins, Dr. Karyn has been the expert on the national TV show, "The Mom Show" and has shared her advice on her own radio talk-show and in Canadian Living Magazine. She is frequently interviewed by national media (Entertainment Tonight Canada, Globe & Mail, National Post, Maclean's, Much Music) and speaks to national corporations to provide insight into connecting with Generation Y. BRIDGING THE GAP is an empowering, educational and entertaining presentation that will equip you with the strategies, tools and resources you need to create an extraordinary relationship with your child.



Dr. Karyn Gordon

Dr. Fiona Bamforth - Workshop #1 - Fiona is currently Professor and Chair in the Department of Laboratory Medicine and Pathology and Director of the Medical Laboratory Science program at the University of Alberta. Fiona's workshop on twins and twinning will cover some aspects of the development of twins in early pregnancy, why some 'identical' twins don't look alike, and her experience at the University of Alberta Hospital with reasons why some parents of multiples or multiples themselves want to know their zygosity.

Patricia Kehoe - Workshop #2, Workshop #5 - Patricia Kehoe was born and raised in Edmonton, Alberta and started her career as a teacher and counsellor with Edmonton Public Schools. After doing her graduate work in Counselling Psychology at the University of British Columbia, Patricia taught at the University of British Columbia, worked for the Richmond School Board and ran a private practice. In 2002 Patricia gave birth to twin girls and returned to Edmonton, where she currently has a private practice. Patricia's interactive discussion will provide parents an opportunity to voice their concerns and worries and will be geared specifically to those in attendance. Participants will find this session to be informative, humorous, and grounded in realism and practicality.

Dr. Karyn Gordon - Workshop #3 - Motivating Your Pre-Teen/Teen: Dr. Karyn is passionate about helping children, pre-teens and teens develop a "love of learning" and wants to empower adults and parents to ignite this love! Regardless of whether a student is naturally gifted or struggles academically, Dr. Karyn is a firm believer that being self-disciplined, focused and motivated are simply three of the most critical skills young people should develop. She has seen firsthand within her successful private practice that when adults learn specific skills, ask certain questions and encourage certain home boundaries it radically improves a child's motivation.

Friday Afternoon September 24, 2010

Audrey Pihulyk - Keynote #2 - Professional speaker, author, and entertainer, "Nurse Audrey" believes that it is possible for us to live a more "distress free life." In her presentations she shows you how by living in the moment and mobilizing your stress in creative ways you can achieve a life with more harmony and peace. With many years experience gained as a practical nurse and professional speaker, she delivers in her own style of wit and humour, and will inform, challenge and entertain her audience.



Audrey Pihulyk

Mardi Bernard - Workshop #4 - Mardi Bernard is a Registered Nurse with a background in Child and Adolescent Mental Health. She has worked extensively with children and families who are dealing with extraordinary stressors such as learning disabilities or mental health issues. During this session, Mardi will outline why the social and emotional realm is important, and will offer specific and effective strategies that parents can use to support their child's development.

Dr. David Roseman - Workshop #6 - Dr. Roseman received his Medical Degree in England and his pediatric training in Canada. He works in Edmonton in a primary care and consulting pediatric practice. Although his practice covers all aspects of Pediatrics his particular interest lies in trying to ensure that a child functions to the best of his or her potential within the family and community. Dr. Roseman will review the data on just how special multiple birth siblings are with particular reference to the degree of similarity that identical twins demonstrate. He will discuss the special bonds that most of us intuitively feel are present in these siblings.

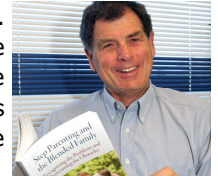


2010 National Conference & MBC Annual General Meeting September 23 - 26, 2010

Our Presenters for the 2010 National Conference are: (cont.)

Saturday Morning, September 25, 2010

Dr. Scott Wooding – Keynote #3 - Today children of all ages are under more stress than ever before. This stress manifests itself as temper tantrums, bullying, aggression and violence, or emerges in the form of obesity and drug, tobacco and alcohol abuse. These high stress levels, and the undesirable behavior that they bring, are the result of changes in our society that have affected the way that adults are now parenting. In this keynote, which is based on his latest book, Dr. Wooding outlines these changes and clearly shows what parents and professionals need to do to reduce the stress levels of their children, so that they grow up happier and healthier.



Dr. Scott Wooding

Chapter Exchange #1 – Effectively Running Member Support Programs - Workshop #7 – Share your Successes and Challenges! Bring your most successful program ideas to share with other Chapters, as well as all your challenges and questions. Learn from each other what works and what does not. If you are interested in sharing tips on (but not limited to) planning sales, outreach, preparing Christmas Hampers, member communications, websites and social networking, this session is for you!

Chapter Exchange #2 – Effectively Running Your Chapter - Workshop #8 – Creating a Successful and Well Run Support Group For Your Members. Bring your ideas, questions and suggestions to share best practices in running an effective Multiple Births Canada Chapter in your community. Topics will include recruiting and retaining volunteers, strengthening finances, organization and bylaws, and changing to meet members' needs. This session is recommended for Chapter Officers and MBC Reps.

Board Development Program, Alberta Culture and Community Spirit - Workshop #9 - This engaging and informative workshop is geared towards board members of non-profit/voluntary organizations and will provide information addressing the needs of effective board development. Learn about board recruitment, orientation and training, and evaluation.

Saturday Afternoon September 25, 2010

Janet Matthews – Keynote #4 - Janet Matthews is a writer, editor, professional speaker, workshop facilitator, and co-author of the Canadian Best seller, Chicken Soup for the Canadian Soul. Janet first became involved with the Chicken Soup Brand in 1997 when she produced and edited stories for another title. When Jack Canfield invited her and fellow Canadian Raymond Aaron to Co-author Chicken Soup for the Canadian Soul, she jumped at the opportunity to help create this unique Canadian book. Four years and **6,000** stories later, the book was released and became an immediate best seller. Janet will share the uplifting and passionate stories of others that will inspire and captivate you in her Heroes and Hearts presentation.



Janet Matthews

Sunday Morning September 26, 2010

Shauna Paisley-Cooper – Keynote #5 - Shauna Paisley Cooper and her husband Greg are the proud parents of three and a half -year-old fraternal twin girls, Kyra and Mya. When they decided it was time to start a family, they were surprised to find out early in the pregnancy that it was twins. During the summer of 2008, while preparing for an annual family mountain biking trip, Shauna misjudged a trail, fell and broke her neck. Her severed spinal cord injury left her paralyzed from her chest down and she is a quadriplegic. Shauna will share her difficult journey of recovery and her life since she returned home from the hospital to her family. Shauna and her husband continue to be active members of the Edmonton Twin & Triplet Club and are doing everything they can with their children to make their life as normal and joyful as possible.



Shauna Paisley-Cooper

REGISTRATION

Registration fees and details are found on page 4. **Payment is required in advance—Early Bird date of July 31st—Final date of August 20th, 2010.** Registration will take place on Thursday (6:30—8:30pm), Friday (7:30—8:30am) and Saturday (7:30—8:30am) in the third floor foyer of the Fantasyland Hotel at West Edmonton Mall. The Conference begins at 9:00am on Friday morning. One day registration available.

HOTEL ACCOMMODATIONS

Fantasyland Hotel at West Edmonton Mall
17700—87 Avenue, Edmonton, Alberta T5T 4V4
1-800-RESERVE (7373783) or 1-780-444-3000

Delegates **must** make their own reservations directly with the hotel using the group name **Multiple Births Canada by August 15, 2010 and Conference Code #11000062685**

Room Rates:	Thurs Sept 23	\$174.00
	Fri/Sat Sept 24-25	\$244.00/night

Taxes not included. Based on Single or Double Occupancy. \$10 for each additional adult. (Children under 18 years sharing a room with their parents stay at no charge.)

Find more details at www.multiplebirthscanada.org and www.etc.ca



2010 National Conference & MBC Annual General Meeting Conference Schedule

Thursday, September 23, 2010

9:00-5:00pm **MBC Board of Directors Meeting**
 6:30-8:30pm **Registration - Hospitality Suite**
 8:30-Midnight **Welcome Reception - Hospitality Suite**

Friday, September 24, 2010

7:30-8:30am **Registration**
 8:00-9:00am **Breakfast**
 9:00-9:15am **Opening Remarks
City of Edmonton**
 9:15-9:30am **Opening Remarks
Committee Co-Chairs / MBC Chair**
 9:30-10:45am **Keynote #1
Dr. Karyn Gordon - Bridging the Gap
Building an Exceptional Parent/Youth
Relationship**
 10:45-11:05am **Health Break**
 11:05-12:20pm **Workshop #1
Dr. Fiona Bamforth - Zygotity Expert**
 11:05-12:20pm **Workshop #2
Patricia Kehoe - Psychologist
Don't be afraid to ask - Round table
discussion on multiple related topics**
 11:05-12:20pm **Workshop #3
Dr. Karyn Gordon - Motivating Your
Pre-Teen/Teen**
 12:20-1:00pm **Lunch**
 1:00-2:20pm **Keynote #2
Audrey Pihulyk - Laugh for the Health
of It!**
 2:20-2:45pm **Health Break**
 2:45-4:00pm **Workshop #4
Mardi Bernard RN - Social and
Emotional Support for Kids with
Learning Differences**
 2:45-4:00pm **Workshop #5
Patricia Kehoe - Psychologist
Don't be afraid to ask - Round table
discussion on multiple related topics**
 2:45-4:00pm **Workshop #6
Dr. David Roseman - Evidence on the
differences and similarities of twins
and the Implications this has on life
choices.**
 4:00-6:30pm **Free Time**
 6:30-11:00pm **Jubilations Dinner Theatre**

Saturday, September 25, 2010

7:30-8:30am **Breakfast, AGM Registration and
One Day Registration**
 8:30-10:30am **MBC Annual General Meeting**
 10:30-10:45am **Health Break**
 10:45-12:00pm **Keynote #3
Dr. Scott Wooding - Parenting Crisis**
 12:00-1:00pm **Lunch**
 1:00-3:30pm **Workshop #7
Chapter Exchange #1 - Effectively
Running Member Support Programs
(MBC members)**
 1:00-3:30pm **Workshop #8
Chapter Exchange #2 - Effectively
Running Your Chapter (MBC members)**
 1:00-3:30pm **Workshop #9
Board Development Program, Alberta
Culture and Community Spirit—How to
recruit and retain good board
volunteers (Non-MBC members)**
 3:30-6:30pm **Free Time**
 6:30-7:00pm **Cocktails**
 7:00-7:45pm **Dinner**
 7:45-8:15pm **Recognition Awards**
 8:15-9:10pm **Keynote #4
Janet Matthews - Co-Author - Chicken
Soup for the Canadian Soul - Heroes
and Heart**
 9:10-9:30pm **Break**
 9:30-10:15pm **Entertainment - Kip the Court Jester**

Sunday, September 26, 2010

9:00-10:00am **Breakfast**
 10:00-10:45am **Keynote #5
Shauna Paisley-Cooper - Inspirational
Story from an ETTC member**
 10:45-11:15am **Closing Remarks - MBC Board Chair &
MBC 2010 Conference Committee**
 11:30am **Conference Adjourned**

SHOPPING AT WEM

Welcome to the largest shopping and entertainment center in North America! As the holder of six Guinness World Records, West Edmonton Mall boasts over 800 stores and services, over 100 eating establishments and nine world-class parks and attractions. Whether it's shopping for the adults, entertainment for the kids or dining and nightlife for the entire family, this Mall has something for everyone... and it's all under one roof!

HOSPITALITY SUITE

Drop by our Hospitality Suite in the Fantasyland Hotel.

**For more information contact the
2010 National Conference Committee at
2010conference@ettc.ca or
conference2010@multiplebirthscanada.org**



2010 National Conference & MBC Annual General Meeting Registration Form

PLEASE PRINT CLEARLY

Name: _____

Address: _____

City: _____ Prov: _____

Postal Code: _____ Tel: _____

Email: _____

Are you a member of MBC? Yes No
If yes, please state your affiliation
Chapter / Affiliation: _____

Position Held (if applicable): _____

Type of Multiples:
 Twins Triplets Quadruplets Quintuplets

Age and Sex of Multiples: _____

Age and Sex of Other Children: _____

Have you suffered a loss? Yes No

Is Your Spouse attending the Conference? Yes No

If so would he like to attend an event tailored for fathers? Yes No

First-Time Attendee of an MBC Conference/Retreat: Yes No

DELEGATE REGISTRATION FEE

Deadline is August 20, 2010

Payment must accompany this conference registration

***Note: A \$25 cancellation fee will be charged if cancelled after Aug. 20/10**

The Conference Fee covers attendance at five full group keynote sessions, choice of three workshops, three breakfasts, two lunches, four health breaks, Jubilations Dinner Theatre, Annual Banquet and Awards, Hospitality Suite, resource center, conference booklet and delegate bag.

- MBC Member Early Bird Registration Before July 31/10** **\$250**
- MBC Member Registration After July 31/10** **\$280**
- Non MBC Member Early Bird Registration Before July 31/10** **\$300**
- Non MBC Member Registration After July 31/10** **\$330**

One Full Day Only Fee — Friday or Saturday

This fee includes breakfast, 2 full group keynote sessions, two workshops, two health breaks, and lunch. (Jubilations or Sat. banquet not included).

- \$100 MBC Member One Full Day**
- \$125 Non MBC Member One Full Day (MBC Membership is \$30)**

Friday Morning, September 24, 2010 Workshops

- | Select Workshop Choice | 1st Choice | 2nd Choice |
|--------------------------------|--------------------------|--------------------------|
| Workshop #1-Dr. Fiona Bamforth | <input type="checkbox"/> | <input type="checkbox"/> |
| Workshop #2-Patricia Kehoe | <input type="checkbox"/> | <input type="checkbox"/> |
| Workshop #3-Dr. Karyn Gordon | <input type="checkbox"/> | <input type="checkbox"/> |

Friday Afternoon, September 24, 2010 Workshops

- | Select Workshop Choice | 1st Choice | 2nd Choice |
|-------------------------------|--------------------------|--------------------------|
| Workshop #4-Mardi Bernard | <input type="checkbox"/> | <input type="checkbox"/> |
| Workshop #5-Patricia Kehoe | <input type="checkbox"/> | <input type="checkbox"/> |
| Workshop #6-Dr. David Roseman | <input type="checkbox"/> | <input type="checkbox"/> |

Saturday Morning, September 25, 2010 Workshops

- | Select Workshop Choice | 1st Choice | 2nd Choice |
|---------------------------------------|--------------------------|--------------------------|
| Workshop #7-Chapter Exchange #1 | <input type="checkbox"/> | <input type="checkbox"/> |
| Workshop #8-Chapter Exchange #2 | <input type="checkbox"/> | <input type="checkbox"/> |
| Workshop #9-Board Development Program | <input type="checkbox"/> | <input type="checkbox"/> |

Special Requirements

Please indicate any special Dietary needs.

Do you have any other Special Requirements Yes No
(You will be contacted later to discuss)

Additional Tickets

For additional tickets to attend the Friday Night Jubilations Dinner Theatre or Saturday Banquet and Awards Dinner. This fee does not allow that person to enter the workshops.

\$60 Friday Night - Jubilations Dinner Theatre

Number of Additional Tickets _____

Name(s) of Additional People: _____

\$55 Saturday Night - Banquet and Awards Dinner

Number of Additional Tickets _____

Name(s) of Additional People: _____

REGISTRATION DETAILS

**Remember to: include your Registration Fee
add Additional Tickets Fee**

\$_____ Total submitted

Mail completed form and payment to:

Edmonton Twin & Triplet Club
P.O. Box 809
Edmonton, AB T5J 2L8

**For more information contact
the 2010 National Conference Committee at
2010conference@ettc.ca
conference2010@multiplebirthscanada.org**

There is no online payment set up for the 2010 National Conference & MBC Annual General Meeting.