

# Forever Angels



*Hello Everyone,*

*A special poem in this issue was written by that prolific person, Anonymous. Some folks have such a way with words. I hope it speaks to you in a gentle fashion.*

*MBC's Retreat Conference is coming up in October and there will not only time to learn, share and connect, but also to pamper, exercise, relax and connect. Details within. If you do decide to attend, please let me know you are attending so I can track you down and meet you. That would be wonderful.*

*Hope the sun is shining on you in your part of the country and you are not one of those mopping out wet basements. Only SIX days of sunshine so far in July in Eastern Canada and Upper States. Crazy!*

*Enclosing the very best of wishes,*

*Thinking of you,*

*Lynda*

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## **She is Gone**

*You can shed tears that she is gone  
Or you can smile because she has lived.  
You can close your eyes and  
pray that she'll come back  
Or you can open your eyes and  
see all she has left.  
Your heart can be empty because  
you can't see her  
Or you can be full of the love you shared.  
You can turn your back on tomorrow  
and live yesterday.*

*You can remember her and only  
that she is gone  
Or you can cherish her memory  
and let it live on.  
You can cry and close your mind,  
be empty and turn your back  
Or you can do what she'd want:  
Smile, open your eyes, love and go on.*

*~Anonymous*

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*Letters to the Editor.....*

RE: Issues: 09-05 and 09-06

Lynda,

Thanks for an informative e-newsletter! I was struck by Jean Kollantai's statement about accepting that "there is more than one child emotionally." This hits at the core of our grief work: accepting the reality of "more than one," when some (or all) are not physically present. Our deceased children stay in our emotions & love for a time. (For some parents it's forever, but I have also seen people who had worked through loss & grief fairly quickly, found peace, and then moved on to have other children or accept a child-free life). It is different for everyone, but the grief at some point needs to be acknowledged. In complicated situations, such as with two or more medically challenged survivors from a triplet or greater pregnancy, it's often a little at a time over years.

I've seen parents struggle with prolonged, complicated grief if they try to ignore & deny the reality of their deceased children, putting them in an emotional closet as "shadow children" not worthy of full emotional or mental attention. It is painful to work through grief... and often nearly impossible to devote the time to it while raising other children (survivors or subsequent children). But if bereaved parents can at least acknowledge that the other children were there, and resolve to attend to their "emotional reality" as time allows, life will be easier. I've found that it takes much more emotional energy to maintain denial and pretend that everything is fine, than to cry for a few moments and then move ahead through our present challenges.

Beth Pector, M.D.

*mom to David (high school grad this year!) and twins Jared (12-year-old survivor) and Bryan, stillborn at 33 weeks*

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*An Amazing Series of Coincidences and the Kindness of Strangers.....*

Hello Lynda: Thank you for your follow-up and concern. I'd like to share the following with you.

My Son, Wesley, called today to tell me that he talked with several local companies about an engraved stone to place next to a tree that is being planted in his backyard during a memorial service for the babies. They were all too busy or charged far more than he and his wife Heather could afford to pay.

Late in the afternoon, after checking with the memorial companies in his local area, he felt very discouraged and was about ready to give up. Wandering down the interstate, he found a memorial company 25 miles south of his home. He walked in and told the woman behind the counter what had happened and what he needed. She promptly left the room and reappeared with a large slate-type of stone that looked as if it had just been dug up out of the ground. She told my Son that it had been in her backyard but she had just brought it in not knowing what she was actually going to do with it. She asked my son if he would like to have it. Though it was dirty, it was beautiful and just the size and shape he had hoped for. He asked her how much it would cost and she said there would be "no charge".

The woman proceeded to share that she too had lost a baby, at 5 months, several years ago and she was happy to help. A young man emerged from the back office and offered to do the engraving. My Son asked what the charge would be. The young man said "no charge". Asked the babies' names, my Son told them that the first was a miscarriage and his name was Bradley Michael. The other two, Brittany Ann and Brandon Wesley had been born and lived for only 1/2 hr. The woman explained that after her own miscarriage, she gave birth to her two living children whose names are also Brittany and Brandon.

My Son is an ex-Marine and now a deputy sheriff, but that touched him so deeply that he began to cry. He asked the engraver if he needed any additional information to engrave the stone. The engraver said, "oh no, it will be a surprise, and you will like the finished stone." Again my Son asked what he could pay for the engraved stone. They repeated that there would be "no charge".

My Son asked me how he could repay such a selfless and generous act. I explained that it was God's love and that I believe that He had lead him to that place. I advised that he only send a Thank you note with a picture of the finished stone resting beneath the tree they are planting.

God showed His love and grace today.

I have good days and bad days. It breaks my heart that both of my children are going through dark days, my Son Wesley and his wife Heather losing their babies and my Daughter Becky going through a very upsetting divorce, childless at 34. You know that Moms only want their kids to be happy and it is so hard to watch them suffer.

Bless you for what you do. Hope you are doing well.

*Carol Shillingburg  
Hope you have a Great Day!*

*Editor's Note: Carol is the grandmother of triplets, Bradley, Brittany and Brandon, who died of extreme prematurity and whose story was shared in #09-06.*

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MBC's Up Coming Conference in October, 2009 -

Here, in part are the details of MBC's Upcoming Retreat in October next. You might be interested in attending some of the workshop sessions. There is also a section waaayyy down at the bottom for the MBC Making A Difference Awards (MADA). The deadline is very close, but nomination is easy. If someone in your community made a difference for you and you would like honour them, consider sending in a nomination for a MADA Award.

**Registration Form posted** on the MBC website here: [www.multiplebirthscanada.org/english/conference2009.php](http://www.multiplebirthscanada.org/english/conference2009.php) The first 50 delegates to register for the 2009 Chapter Development Retreat will receive a free copy of *Chicken Soup for the Soul: Twins and More!* It will be a great experience for your Chapter volunteers. Our keynote speaker will inspire delegates to "Light a Fire" of energy and inspiration, and take that spark home to your Chapter to share the energy with others. There will be lots of opportunities to learn, reflect, and bring new ideas home to your Chapter. Take a little time for yourself - enjoy healthy fitness activities outdoors, relax at the spa or pool, and learn how to take care of yourself to prevent fatigue or volunteer burnout. There will be time to meet other volunteers, share ideas and get inspired to do even more for multiple-birth families in your region.

#### **Call for Presenters - Chapter Exchange topics**

As this is a Retreat designed entirely for Chapter volunteers, all presenters and workshops will focus on the needs of our volunteers and the programs delivered at the Chapter level. Chapters are invited to provide presenters or handouts for the following sessions:

**Public Relations and Awareness Building** panel discussion facilitated by Gail Moore. How does your Chapter communicate with educators, health care professionals and social service providers? How do you reach out to diverse groups within your community, helping every family with multiples learn about the resources and support offered by your Chapter?

**Fundraising and Funding** facilitated by Heather Scher and Kim Weatherall. Last year's session on Clothing Sales and fundraisers was very popular, indicating how important it is for Chapters to discuss their success stories and best practices. With many Chapters planning to send delegates to Edmonton in 2010, fundraising is important for all of us. Share your tried-and-true fundraisers, learn about new ideas to help earn revenue, and make your Clothing and Equipment Sales more profitable.

**Chapter Prenatal Sessions** - Lynda Haddon will discuss the essential information to share with new parents expecting twins, triplets or more. Does your Chapter have special speakers on certain topics, or an extensive library? How do you encourage expectant couples to develop friendships and stay connected with the Chapter after the babies are born? Share your experience and tips to help every Chapter run great information sessions for the parents who need our support.

**MBC and You** - led by Sheila Catto and Vicki Riley. Share the setup and administration of your Chapter's website, discussion forum or social networking site if you have one. What information technology do you use for Chapter finances, membership renewals, clothing sales, meetings and other business? How do you communicate with your members via email, newsletters or phone messages? We will review the MBC website, Chapter Handbook and other tools for Chapters to help run your operations smoothly.

Please consider placing the following link on your Chapter website or email communications. This is MBC's most successful fundraiser and discount affiliate program: <http://www.perfectpartybycody.com/mbc> Use the attached logo as the artwork needed for the link. Help support MBC while shopping for your party needs and save 10% off of your purchase.

**Reminder: MADA Award Nominations**

Do you know someone who deserves an award for their dedication and service to helping multiple-birth families? Is there someone special in your community / Chapter who has volunteered with your Chapter, working endless hours to further the objectives of your local Chapter? More nominations are needed for Local, National, International awards, the Media award and the Dionne Adult Multiples award. For details see [www.multiplebirthscanada.org/english/makingadiff.php](http://www.multiplebirthscanada.org/english/makingadiff.php) The deadline for nominations is **August 1, 2009**.

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*Siblings of Angels.....*

Angel Kylie's big brother Hunter and identical twin sister Kaylee. Kylie passed away in the womb at 22 weeks from Twin-to-Twin Transfusion Syndrome. Kylie's surviving twin sister, Kaylee, is now almost 2 years old and has been diagnosed with Cerebral Palsy.

