



## News & Information from Multiple Births Canada



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Wasaga Beach, ON

FOR IMMEDIATE RELEASE  
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### Multiple Moments – do you subscribe?

#### Things you should know...

- *Multiple Moments* has recently gone through a redesign and is now produced in full-colour!
- Each issue focuses on a common theme. September's theme was *Food & Nutrition*, December's theme was *Family Time* and the **upcoming March issue's theme is *Zygosity Matters***.
- As a member of MBC, you receive *Multiple Moments* at half-price. That's right! You receive a full year's subscription—four issues (March, June, September, December)—for only \$5 electronic version or \$10 print version delivered right to your door!
- *Multiple Moments* is the only Canadian magazine published for multiple-birth families.
- Members can subscribe/renew by downloading and mailing the [Member Subscription Form](#) or by logging into the Member section and subscribing online via PayPal.
- Non-members can subscribe/renew by downloading and mailing the [Non-member Subscription Form](#) or by subscribing online via PayPal in the Publications section.
- MBC will reach more families if you recycle used copies at your Doctor's office and/or community centre.
- The *Multiple Moments* Team is completing the March issue and will soon be focusing on the June issue. The theme will focus on ***Multiples on the Go...summers with your multiples***. The deadline for submitting articles and pictures is April 30<sup>th</sup>.



You can reach the *Multiple Moments* Editor, Sabine Ehgoetz, by email at [mmeditor@multiplebirthscanada.org](mailto:mmeditor@multiplebirthscanada.org).

### MBC Membership Renewal

The MBC Business Office sends out renewal notices to **Direct Family** Members via email. If you are unsure of your membership status, please email the Business Office at [office@multiplebirthscanada.org](mailto:office@multiplebirthscanada.org).

**MBC Chapters** have various renewal dates throughout the year; however, at the beginning of each year, MBC produces a Renewal Letter that includes a list of documents the Board of Directors feel are very important for all Chapter Executives to review. This letter and the pertinent documents are posted in the Chapter Executive section of the MBC website. Please share this information and your Chapter's password with all of your Chapter Executives. Chapters who **did not** send a delegate to the Annual General Meeting last October will be sent the AGM package in the next month. If you have any questions, please contact Vicki at the Business Office [office@multiplebirthscanada.org](mailto:office@multiplebirthscanada.org) or Sheila Catto, Director of Chapter Development at [chapters@multiplebirthscanada.org](mailto:chapters@multiplebirthscanada.org). (A renewal package will not be mailed this year)

### A NEW Fundraiser for Multiple Births Canada!



Enjoy browsing boutiques but short on time? Shop Lavish & Lime for eco chic living and giving. Lavish & Lime has hundreds of eco-friendly, natural non-toxic and Canadian-made products to help you live life a little greener.

Visit the Lavish & Lime website ([click on the graphic to the left](#)) and when ready to check out use, Multiple Births Canada code - **MULTIPLE23**. \*\*

Spread the word! Help Multiple Births Canada while helping the environment!

*\*\*Please note that when you enter this code in your shopping basket prior to checkout it will show up as \$0.01 on your invoice which triggers the Lavish & Lime system to recognize it as a fundraising order and ensures MBC receives their commission.*

### GET READY FOR CAMP—With Mabel's Labels Fundraiser

March Break camps are around the corner...  
— Are you ready?



What you need are labels for the stuff kids lose!  
**SKINNY-MINIS** - Perfect for water bottles, toys and more  
**SHOE LABELS** - Stick to the insole of shoes  
**TAG-MATES** - Peel n' stick clothing labels  
**BAG TAGS** - Ideal for back packs and luggage

Multiple Births Canada is running a fundraiser with Mabel's Labels!

Please visit [www.mbc.mabel.ca](http://www.mbc.mabel.ca) to place your order and support Multiple Births Canada!!!

Spread the word!

### Show Your Twin or Triplet MoM Pride!

The London Multiple Birth Association is offering you an opportunity to purchase their one-of-a-kind Mom<sup>2</sup> & Mom<sup>3</sup> shirts!



LMBA is raising money to go the MBC Conference in Edmonton later this year. This conference is open to all MBC members, and provides a forum for all Canadian members to learn more about the multiples experience and share information about supporting the multiple-birth community.

For more information and to purchase your shirt, go to <http://www.londonmultiples.com/Fundraising.asp>.

Supporting Canada's Multiple-Birth Community for over 30 Years!

[www.multiplebirthscanada.org](http://www.multiplebirthscanada.org)