



## News & Information from Multiple Births Canada



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Wasaga Beach, ON

FOR IMMEDIATE RELEASE  
November 26, 2009

### MBC Board of Directors for 2009-2010

At the 2009 Annual General Meeting (AGM) in Collingwood, Ontario on October 16<sup>th</sup>, 2009, the following Directors were elected to the Board by acclamation:

Director of Communications – Gail Moore  
Director of Chapter Development – Sheila Catto  
Director of Volunteer Management – Kimberley Weatherall  
Director – Heather Scher  
Director – Todd Ohman

At the first Board of Directors meeting following the AGM, on Monday, November 9<sup>th</sup>, 2009, the following officer positions for 2009-2010 were appointed:

Chair – Gail Moore  
Past Chair – Kimberley Weatherall  
Secretary – Sheila Catto  
Treasurer – Heather Scher  
Privacy Officer – Todd Ohman

The MBC Board welcomes new Board Members throughout the year. Ideal candidates are past MBC Chapter Executives, who have held the position of President/Vice President and who are now ready to make the move from their local Chapter Executives/Board to the National Board. However, if you have not held these positions in the past and are interested in learning more, please do not let this requirement stop you from contacting MBC. The list of open positions for the Board of Directors is listed on the [Volunteer Opportunities](#) page of the MBC website. Please contact Kimberley Weatherall if you are interested in learning more about volunteering with MBC at [volunteers@multiplebirthscanada.org](mailto:volunteers@multiplebirthscanada.org).

### Sponsorship Required to Print New MBC Brochure & Posters

The MBC Board of Directors is excited to announce the creation of new publicity materials by [Character Creative](#). The new posters and brochure are the result of pro bono work by this nationally recognized agency. The new posters were unveiled at the 2009 National Retreat. They are colourful and express the support offered by MBC to today's multiple-birth families. The Board is searching for potential sponsors for printing the posters and brochure, and encourages interested parties to contact Kimberley Weatherall at [volunteers@multiplebirthscanada.org](mailto:volunteers@multiplebirthscanada.org).

### Multiple Moments – Quarterly Issue 4, 2009

The 4<sup>th</sup> Quarterly Issue of 2009 is now in the final stages and will soon be sent to the printer for production. Subscribers to [Multiple Moments](#) can expect to receive their print copies or e-copies in early December. This will be the second full colour edition under the expert editorial eye of Sabine Ehgoetz; the September 2009 issue has been very well received by subscribers. With the new look comes an increased need for quality photos of our multiple-birth families. Anyone interested in submitting photographs should send them to Sabine at [mmeditor@multiplebirthscanada.org](mailto:mmeditor@multiplebirthscanada.org).

In the past, every issue of *Multiple Moments* has included a full **Report From National** (RFN) insert—varying from 4-8 pages in length. Commencing with the December 2009 issue, the RFN in *Multiple Moments* is a 2-page condensed version while a FULL version of the [Report From National](#) is posted online. Click to read the current November 2009 RFN as well as past issues. This change will allow for more articles and pictures within the colourful pages of the only Canadian magazine for multiple-birth families.

Wondering what Multiple Births Canada is doing for you? Keep up-to-date by reviewing the [Report From National](#) quarterly and the email [Information Circulars](#) which are emailed several times a month..

### MBC Announces Free Fact Sheet Downloads!

Six MBC Fact Sheets are now being offered to the public free of charge. We hope that non-members reviewing these documents will see the value in becoming a member of MBC and gaining full access to over 70 Fact Sheet titles now available. These free Fact Sheets are listed in the MBC [Publications/Fact Sheets section](#) of the website along with the others available for purchase. We hope soon to translate these free Fact Sheets into French. Chapters, members and multiple-birth educators are welcome to share these free resources with multiple-birth families in their communities.

*Signs and Symptoms of Preterm Labour  
First Few Weeks  
11 Tips for Breastfeeding Your Multiples  
Postpartum Depression and Mothers of Multiples  
Parental Relationships After Multiple Births  
Zygosity Testing*

### Stuck on You – Get Stuck into Christmas!

**Personalized Knitted Stockings – Personalized Christmas Long & Short Sleeve T-Shirts – Personalized Santa Sacs – Personalized Wooden Christmas Ornaments & Personalized Gift Labels Too!**

**No shipping! No Taxes! Delivered directly to you!** Partial proceeds from each order are provided to Multiple Births Canada when you enter "**MBC**" in the 'School/Camp Fundraiser' line in your customer details section during your on-line order. Or, call 1-866-904-9790 to place your order by phone and tell them you are supporting "Multiple Births Canada". **Or, click on this link to enter the MBC page on the Stuck on You website – [www.stuckonyou.biz/mbc](http://www.stuckonyou.biz/mbc).**

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

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