

CONNECTING MBC, CHAPTERS, VOLUNTEERS AND MEMBERS

Message from the MBC Board of Directors

Thank you to everyone who attended the Special Member's Meeting in Toronto on March 12th 2011. Our Board members were delighted to meet new members of MBC, as well as catch up with many that we know from past years, and those volunteers we work with regularly. Thanks to each of you for taking the time to learn about MBC's plans, represent your fellow MBC members, and cast your votes. We are also most grateful to every member who sent in a Proxy vote. Your voices and opinions are very important, as the Board works to strengthen MBC's corporate structure and position the organization to apply to become a registered charity. And lastly, thank you to all those who assisted in some way during the meeting, either by writing notes on a flip chart, facilitating portions of the Chapter Exchanges or simply by sharing how your Chapter deals with a question put forth to the group – your participation was very much appreciated. For a more detailed review of the Meeting you can read the full report below.

In March, with regret, the Board accepted the resignation of Director Colin Carmichael due to time commitments. The Board would like to thank Colin for his contributions and suggestions, especially in the area of social networking and website management. We wish him the very best with the many other activities he is involved in.

If you are interested in becoming a Board member, or volunteering with MBC in another capacity, please contact Kim or Sheila to discuss possibilities. Volunteers are essential to Multiple Births Canada.

National Volunteer Week, led by Volunteer Canada, was celebrated this year from April 10 to 16th and is one of the biggest celebrations of volunteers and volunteerism in our country. Throughout the week, organizations like Multiple Births Canada celebrated volunteerism by recognizing and appreciating the efforts of thousands each and every day. The campaign's theme "*Volunteers: Passion. Action. Impact.*" reflects the many dedicated volunteers within MBC and its Chapters.

Volunteers are truly the heart of MBC. We offer our heartfelt thanks to all our national volunteers who have dedicated many hours serving as Board members, leading national Support Networks, writing information and education documents, networking online, answering questions, offering advice, editing and proofreading our publications, updating and administering our website and Facebook pages, and acting as liaison with

MBC Board and Volunteers...

Officers

Chair, Sheila Catto	mbcchair@multiplebirthscanada.org
Past Chair, Gail Moore	pastchair@multiplebirthscanada.org
Secretary, Lynn Stadler	secretary@multiplebirthscanada.org
Treasurer, Shirley Combden	financial@multiplebirthscanada.org
Privacy Officer, Todd Ohman	todd.ohman@multiplebirthscanada.org

Board of Directors

Director of Support Services, Sheila Catto	support@multiplebirthscanada.org
Director of Finance, Shirley Combden	financial@multiplebirthscanada.org
Director, Todd Ohman	todd.ohman@multiplebirthscanada.org
Director, Lori Oldfield	lori.oldfield@multiplebirthscanada.org
Director, Lynn Stadler	lynn.stadler@multiplebirthscanada.org
Director of Volunteer Management, VACANT	volunteers@multiplebirthscanada.org

Business Office

Acting Executive Director, Kimberley Weatherall	kimberley.weatherall@multiplebirthscanada.org
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Committee Chair Persons & National Volunteers

Breastfeeding Support Network Chair, Lynda P. Haddon	breastfeeding@multiplebirthscanada.org
Clothing Sale Updates	clothingsales@multiplebirthscanada.org
Communications Coordinator, Jennifer Schultz	communications@multiplebirthscanada.org
2011 Conference Committee	conference2011@multiplebirthscanada.org
Health and Education Committee Chair, Donna Launslager	healthed@multiplebirthscanada.org
Father Support Network Chair, Eric Novak	fathersupport@multiplebirthscanada.org
Francophone Support Network Chair, Murielle Dietrich	francophone@multiplebirthscanada.org
HOM Support Network Chair, Vanessa Luce	homnetwork@multiplebirthscanada.org
Lone Parenting Network Chair, Melissa Wray	loneparents@multiplebirthscanada.org
Loss Support Network Chair, Lynda P. Haddon	loss@multiplebirthscanada.org
Making a Difference Awards, Lynn Stadler-Hawkins	makingadifference@multiplebirthscanada.org
Multiple Moments Book Reviewer, Kim Skublics	mmbookreviewer@multiplebirthscanada.org
Multiple Moments Editor	
Vicki Riley Spring Edition / Jennifer Schultz Summer Edition	mmeditor@multiplebirthscanada.org
Research Coordinator, Jenna Kelland	research@multiplebirthscanada.org
Special Needs Support Network Chair, Theresa Sanders	specialneeds@multiplebirthscanada.org
Volunteer Coordinator, VACANT (Kim Weatherall, Acting)	volunteers@multiplebirthscanada.org
Webmaster, Lori & D'Arcy Oldfield	webmaster@multiplebirthscanada.org
Web Updates	webupdates@multiplebirthscanada.org

Chapters and local communities. We have so many wonderful people helping in so many ways. We also have an outstanding MBC Advisory Board made up of leading medical and educational authorities in Canada and abroad, who donate their time and expertise to our families and the MBC mission to support multiple-birth families every step of the way.

National Volunteer Week is one way for MBC to celebrate our wonderfully dedicated volunteers, and there is another way for you to participate. You can nominate someone for one of MBC's *Making a Difference Awards*. Express your appreciation for someone special who has made a difference in your life or your community. Not only will that person receive recognition for their efforts through your nomination, but their story will likely inspire others to continue volunteering and some to begin for the very first time. To learn more, visit the MBC [Making A Difference](#) web page.

If you are looking for a new volunteer opportunity, MBC has a number of open positions. Read more about MBC volunteers and how to become one below, and visit the [Volunteers](#) web page.

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On behalf of the MBC Board of Directors and our Acting Executive Director Kim Weatherall, I would like to thank each of you for your commitment to making a difference in your communities. Whether it is in support of a Chapter, Multiple Births Canada, or the many individuals and families your life has touched, your willingness to volunteer on behalf of the multiple-birth community is always appreciated.

With deepest appreciation,

Sheila Catto

Multiple Births Canada, Chair and Director of Support Services
mbcchair@multiplebirthscanada.org



MAKING A DIFFERENCE AWARDS

DEADLINE—JULY 15TH, 2011

DON'T WAIT TIL THE LAST MINUTE:

NOMINATE A DESERVING VOLUNTEER TODAY!

makingadifference@multiplebirthscanada.org

Acting Executive Director / Office Update: Kimberley Weatherall

The MBC office continues to receive a number of inquiries on a weekly basis from new and expectant parents of multiples – looking for contact with MBC Chapters (referred to non-member groups where no Chapter exists); information on clothing sales; those interested in studying or contacting multiple-birth children or parents; and professionals seeking more information from MBC to help in their support of multiple-birth families in their communities.

Since the last Report from National my time has been focused primarily on the following tasks: preparing for the Special Member's Meeting; charitable application; working with Vicki Riley and Shirley Combden to update the finances in preparation for year end; responding to inquiries through the office email and toll free number; contacting potential advertisers for Multiple Moments and the website; liaising with the hosts of the 2011 Conference; liaising with Assisted Human Reproduction Canada about the Fact Sheet project and providing contributions to the AHRC Outreach Strategy; monitoring current, and establishing new affiliate programs and discounts; seeking funding from the three main fertility companies, receiving our annual contribution from EMD Serono; along with more tasks too numerous to list!

In February I attended a social media workshop here in Ottawa which provided good information about social networking for nonprofit organizations. This gave me the opportunity to learn more about CanadaHelps.org which hosted the session, to see what they can offer to our organization when we become a registered charity.

Over the next few months my focus will continue to be on Charitable Status – finalizing the application and then looking towards what we will need in place once we become a charity; beginning to look at preparing the Annual Report; preparing for the AGM and Conference; while continuing to look for additional sources of funding and volunteers. If you have any questions, please free to contact me at kimberley.weatherall@multiplebirthscanada.org.

SIGN UP TODAY! To start receiving Information Circular updates, contact the [Business Office](#) and ask to be added to the list.

Report on Special Member's Meeting & Chapter Exchanges

On March 12th, 2011 members of Multiple Births Canada gathered in Toronto for a Special Member's Meeting, followed by workshops and Chapter Exchanges. There were 35 members in attendance throughout the day, representing 10 MBC Chapters in addition to a few Direct Family Members. The day ended with a dinner at the hotel where more discussions and sharing took place. The following is an overview of the meeting and workshops held that day.

Special Member's Meeting

MBC Chair Sheila Catto welcomed delegates and introduced the Board members: Lori Oldfield and Lynn Stadler (Secretary), Kim Weatherall (Acting Executive Director) and Gail Moore (Past Chair). She introduced guests Kevin Fritz and Nick Gray, lawyers from Toronto firm of Wildeboer Dellelce assisting with MBC's application process to become a registered charity in Canada.

There were 29 members present at the Meeting and entitled to vote. These members brought 51 Proxy forms, so there were 80 votes in total.

Kevin Fritz provided an overview of the process for Multiple Births Canada to apply to become a registered charity. The MBC Board of Directors have identified that achieving charitable status is in the future best interest of MBC. This would give MBC the ability as a Registered Charity to provide tax receipts for donations, therefore increasing the potential funding for MBC. Kevin reviewed the changes to MBC's corporate documents that will be necessary, to comply with federal regulations and make it more likely for a charitable applications to be successful.

Resolution 1 was to update MBC's Letters Patent. After some discussion, one of the objects of the corporation was amended to add the words "organizations and communities". The amended object c) reads: "To improve access to educational information and resources available to multiple-birth individuals, families, professionals, organizations and communities in Canada". The resolution was adopted as amended, by unanimous vote.

Resolution no. 2 concerned a new set of bylaws of the corporation, to replace By-law no. 1 with the new By-law no. 2. After discussion, paragraph 14 was amended to clarify the quorum requirements. The first sentence in paragraph 14 now reads: "Quorum. A total of 20 votes including a minimum of 9 members present in person in the room will constitute a quorum." The resolution was adopted as amended, by unanimous vote.

Resolution no. 3 directed the MBC Board to proceed with an application to become a registered charity. There were no amendments, and this resolution was passed unanimously.

There were no further resolutions, and the meeting was adjourned, with thanks to the lawyers and everyone who attended.

Workshops and Presentations

Employment Insurance Update (Parental Leave)

Stephen Moreau, the lawyer representing Christian Martin and many parents of multiples in their claim for EI parental benefits for their second child, presented the members with an update on the Martin case and its implications for other parents. His conclusions are that the law is in a state of flux and will not be finally resolved for several more years, pending which time eligible parents should carefully consider their position. If they can afford to take time off, Mr. Moreau

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advised that they should, and make an EI parental leave claim with the hope that one day the claim will be successful. Mr. Moreau left his contact information for those wishing to contact him, at smoreau@cavalluzzo.com or 416-964-5541.

Using Technology and Social Media Workshop

Lori Oldfield led the discussion, and shared a handout from canadahelps.org, a social media glossary. Delegates shared ideas on using Facebook groups for Chapters, posting Facebook events for Sales, meetings and social events. We also discussed using Twitter and blogs. Some chapters have message boards or discussion forums linked to their websites, where members can ask questions and share stories privately, and can connect with others in similar circumstances. Notes will be posted on the MBC website with more information on this topic.

Celebrating National Multiple Births Awareness Day

Gail Moore led the discussion on National Multiple Births Awareness Day 2011. She presented the outreach plan for this year's theme: **"Prenatal education and professional support must reflect the unique needs of Canada's multiple-birth community."**

She explained that groups can get involved in two ways – by hosting celebrations locally in their home communities – and, by encouraging local course providers of prenatal multiple-birth courses to fill out MBC's online [survey](#). Delegates were asked to compile a list of prenatal multiple-birth courses in their area, and/or other courses used by their families, then send contact names and email addresses to MBC at office@multiplebirthscanada.org.

Later that day members shared celebration ideas that were successful in their communities – including picnic events, indoor gym dates, bowling, swimming, and other family type activities.

For more information about this year's theme see the National Multiple Births Awareness Day column below.

Plans for 2011 AGM and Conference

Heather McAuley, on behalf of Windsor/Essex POMBA and the other 5 members who attended, presented their video invitation which can be found on both the conference and MBC websites. Heather outlined the different workshops and presenters that have been confirmed, and gave those in the room an opportunity to provide input into other topics that will be available for delegates. They topped off their presentation with a small gift for everyone, encouraging all to come to Windsor on October 13 to 16, 2011.

For more information about the conference please take a look at the advertisement in this Multiple Moments. Stay tuned for further developments and information on registration at the following link: <http://www.familiesmultiplied2011.com/>. Those in attendance walked away very excited about the conference, and have begun making plans to bring additional volunteers from each of their Chapters.

Ontario
Trillium Foundation



Fondation Trillium
de l'Ontario

Congratulations to the Windsor / Essex POMBA Conference Committee on receiving a 2011 Ontario Trillium Foundation grant to support the Conference.

It will definitely be a weekend you won't forget! Thank you to the 2011 Conference Hosts – Windsor / Essex POMBA!

Reports from Edmonton 2010 Chapter Exchange

Sheila Catto gave an overview of the 8 topics discussed at the Chapter Exchange sessions in Edmonton. Copies of the notes were shared with delegates and have been posted on the MBC website in the Chapter Executive section. Delegates discussed fundraising ideas, finding volunteers, program ideas and other topics.

MBC Membership and Multiple Moments Update

Theresa Sanders led a discussion on the Membership renewal process, including changes to Multiple Moments subscriptions, and encouraged Chapters to promote the national Support Networks to all their membership on a regular basis.

Chapter Exchanges

MBC hosted a full afternoon of Chapter Exchange Sessions following the Special Members meeting in Toronto on March 12th 2011.

In a round table discussion, the following topics were discussed and various strategies were developed. Summary reports will be posted on the website in the Chapter Executive section for all Chapters to share.

How do you support families who are struggling financially? Asking for help can be difficult for families in need; we discussed ways Chapters can offer help in a confidential and respectful way.

How do you keep members with older multiples engaged? Losing member families after their multiples become school age children and other activities take over their busy lives is a common issue for Chapters; this brainstorming session provided many new ideas on how to meet the needs of older children and their parents.

How do you keep members engaged – from a distance? Maintaining relationships with members who are geographically distant can be a challenge; this group sharing exercise reviewed effective methods currently used by other Chapters, and some new suggestions.

How do you get the community to support your Chapter with Discounts and/or Partnerships? Developing mutually beneficial relationships with local businesses can result in successful fundraising activities; this discussion provided Chapters with a better understanding of how to create this win-win situation.

How can you streamline your Membership Registration Processes? Streamlining and 'standardizing' the MBC membership process for Chapters can make this task less hectic; this workshop discussed how to renew more easily and quickly.

WELCOME – NEW MBC Chapter!

Multiple Births Canada would like to welcome the families of a new Chapter in the Sault Ste. Marie area. **The Parent Connection-Parents of Twins or More Sault Ste. Marie and Algoma District** was formed in conjunction with the Ontario Early Years Centre and Algoma Child Care Centre and has more recently formed officially to become a Chapter of Multiple Births Canada.

A reminder to Chapter Executive volunteers of the [Chapter Executive section](#) of the MBC website which contains a number of publications and other resources that will be helpful to you and your volunteers. If you do not know your Executive password, please check with your Executive or contact the MBC office at office@multiplebirthscanada.org.

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URGENT – New Volunteers Required!

The following is a list of the most urgently needed volunteers for Multiple Births Canada. There is much work to be done and we can only achieve it with your help. If you are interested in volunteering, please let us know what your skills, background and interests are; we will be sure to find something for you to contribute to. For more opportunities visit our [Volunteer Opportunities](#) page on the MBC website. Please contact Kimberley Weatherall at office@multiplebirthscanada.org.

Multiple Moments

- **NEW – MM Editor Required:** MBC requires a new MM Editor(s) to publish *Multiple Moments* every 3 months. MBC is looking for one or more volunteers with professional editing experience to take over from the current Editor, to edit submissions and organize the production of an electronic magazine.
- **Writers Required:** *Multiple Moments* is in need of additional writers to become part of the MM Team, providing articles on a quarterly basis. Volunteers who may work in the writing or communications field are needed for regular columnist positions.

Chapter Support Network Chair (NEW Position): Working with the Director of Support Services and the Acting Executive Director, this position will oversee Chapter Development, respond to Chapter related questions and liaise with Chapters on a regular basis. This position is a new position and is rather urgent, as MBC has a number of new groups looking to become a Chapter of MBC and needing care and guidance from an experienced Chapter Volunteer.

Volunteer Coordinator: The role of Volunteer Coordinator is an essential one for our national organization. MBC is looking for someone with experience working with volunteers in a coordination role to oversee recruitment, ongoing orientation and training, creation of appropriate position descriptions and tracking national volunteers' progress, and providing ongoing and annual recognition.

Making a Difference Chair: the Making a Difference Awards Committee Chair position is a good entry position to volunteering with MBC. The time commitment is minimal throughout the year. In the months leading up to the Annual Conference the responsibilities include advertising for nominations, coordinating the MADA committee to review and choose winners in 6 categories; and preparing for the presentation of the awards during the Conference.

National Multiple Awareness Day – May 28th!



2011 National Multiple Births Awareness Day

"Prenatal education and professional support must reflect the unique needs of Canada's multiple-birth community"

What is the purpose of this year's awareness theme?

In the words of Linda G. Leonard, RN MSN, Multiple Births Specialist, Associate Professor Emerita, University of British Columbia:

All expectant multiple-birth parents need to receive multiples-specific information

and continuous support from their team of health professionals. Why? It enables parents to:

- *Know how to best care for themselves during what is often a physically and emotionally challenging pregnancy;*
- *Increase the chances of delivering healthy multiples at or close to full term;*
- *Recognize signs that a possible problem with the pregnancy may be developing and seek help early;*
- *Make essential plans for welcoming two or more babies into their lives;*
- *Gain the confidence and knowledge needed to take on the unrelenting demands of parenting twins, triplets or more; and*
- *Be an active and informed participant with health professionals in making decisions that ensure the best possible outcomes for mother, babies and the family.*

Unfortunately, many Canadian families manage their multiple pregnancy with little or no direct support from a prenatal multiple-birth course – some because their community lacks the resource, others because they are unaware of the availability of such courses.

MBC recognizes that some Canadian health agencies, professionals, and individuals are addressing this need by offering a prenatal multiple-birth course. In support, we are promoting known courses by listing them on our website, however there are noticeable gaps. The outreach planned for this year's theme will result in a more complete list. It will also draw attention to the communities lacking this important educational resource.

MBC hopes this list will encourage additional programming in geographic areas where multiple-birth specific courses are not currently being offered, and will encourage all course providers to offer a full scope of topics as part of their prenatal multiple-birth course.

How is MBC collecting information about prenatal multiple-birth courses?

MBC is currently administering an online [survey](#) directed at course providers offering this type of programming. Please contact us at office@multiplebirthscanada.org with the names and email addresses of course providers as soon as possible; once received we will send these course providers an invitation to participate in the survey.

Findings from this survey will be posted on this page later this summer, and on the MBC website.

Are there other ways multiple-birth groups celebrate National Multiple Births Awareness Day?

MBC encourages groups to plan activities in their local communities – see the community celebration planner on the MBC Awareness Day page. In this way, multiple-birth groups across Canada will create a venue to network with multiple-birth families and provide an opportunity to meet with media to spread the news about this year's theme. The Media release and supporting documents will be posted on the MBC Awareness Day webpage in early May.

Once groups confirm their celebrations, they are encouraged to email details to the Business Office at office@multiplebirthscanada.org so they can be posted on this page.

To view previous [Awareness Day Themes](#) and Supporting Documents visit the MBC Website

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Multiple Moments Update

Multiple Moments is in need of a new Editor(s) effective immediately. Please see the call for volunteers for more information or contact Kim at kimberley.weatherall@multiplebirthscanada.org if you have the background, experience and interest in coordinating the only Canadian national magazine written by and for families with multiple births.

A reminder: as of January 2011, *Multiple Moments* will be available only in electronic format and free to all MBC members, as a download from the Member section of the MBC website. You will receive email instructions when the magazine is available for download. We look forward to having every MBC member reading the stories, learning and sharing together across Canada! The print edition of *Multiple Moments* will stop until additional funding is found. Non-member electronic subscriptions are available – see the MBC website for more details.

MBC Partnerships

ICOMBO News – the ICOMBO Board continues to work towards establishing itself as an independent organization - researching nonprofit requirements for an international organization, while working to further develop a website and make contact with multiple birth organizations world-wide. An ICOMBO Board member has recently taken part in a meeting in Melbourne Australia of a new organization, the International Network of Twin Registries (INTR) and will represent the interests of ICOMBO and its members at future meetings.

ISTS News – The ISTS Board has announced that the 14th Congress of the International Society Twin Studies (ISTS) will be held in conjunction with the 2nd World Congress on Twin Pregnancy – A Global Perspective. It will be held in Florence Italy from April 1st – 4th, 2012.

Assisted Human Reproduction Canada (AHRC) Update – Kim Weatherall recently provided input in her role on the Patient Committee to the AHRC Patient/Client Group Outreach Strategy – a document that will outline in what capacity the Agency will work with organizations such as MBC in the future. Work continues on the project to update a number of MBC Fact Sheets, led by Donna Launslager, working towards a final product to be produced by AHRC for fertility clinics. This product will address the non-medical risks associated with multiple births. The project will be completed by May 31st at which time MBC will format the fact sheets and prepare them for distribution.

For more information on any of these partnerships, please contact Kim at office@multiplebirthscanada.org.

2012 / 2013 National Conference Hosts Needed!

Now that the 2011 Conference is well underway with planning by POMBA Windsor/Essex and everyone is looking forward with great anticipation to attending, the Board is looking to the future to hear from Chapters (even co-chapters) wanting to know more about hosting the 2012 or 2013 AGM and Conference.

National conferences do not have to be extravagant affairs – simple is good! What matters most is we bring volunteers and parents together to share with one another. We are open to ideas – feel free to share them with us!

Please contact Kim at office@multiplebirthscanada.org.

Welcome New Volunteer

MBC welcomes Jennifer Schultz as the new volunteer Communications Coordinator. She specializes in social media, media relations and marketing communications. Jennifer has an Honours BA in Psychology from the University of Guelph and recently completed her post-graduate certificate in Public Relations at Humber College in Toronto.

She currently works for a communications firm based in Mississauga, Ontario where she is responsible for social media strategy, drafting communication plans and supporting media relations activities. With a strong personal interest in the non-profit sector, she looks forward to bringing her enthusiasm and passion to the inspiring work at MBC. Jennifer will be assisting MBC in coordinating media relations, updating social media accounts and writing and editing for Multiple Moments. She is also a monozygotic twin and daughter of Past President Bonnie Schultz.

Jennifer can be reached at communications@multiplebirthscanada.org.

Our Appreciation

Multiple Births Canada would like to thank the following very special individuals for their help, support and dedication to MBC:

- **Vicki Riley** – For stepping in at the last minute in the MM Editor role for the Q1-11 Edition of MM. As always MBC can count on Vicki to provide assistance when we need it most!
- **Stephen Moreau** (Cavalluzzo Hayes Shilton McIntyre & Cornish Barristers & Solicitors) – for his continued support to families seeking double parental leave and most recently for presenting at the March Special Member's Meeting.
- **Kevin Fritz** (Wildeboer Dellelce LLP) – for his continued support and work on the MBC Charitable Status application and most recently for helping to facilitate the Special Member's Meeting and responding to the questions of those present.
- **Nick Gray** (Wildeboer Dellelce LLP) – for his continued support and work on the MBC Charitable Status application and most recently for attending the Special Members Meeting to provide assistance to Kevin Fritz and the MBC Board.
- All those who helped to facilitate the workshops and Chapter Exchanges at the Special Member's Meeting including **Theresa Sanders, Erin Little, Gail Moore, Heather McAuley, John Morton, Sheila Catto, Lori Oldfield, Lynn Stadler** and all those others who willingly stepped up to take notes or who contributed in some way to making the day a success.
- **Sydney Riley** – for assisting in the collation of MBC publications.
- **EMD Serono** – for their continued support of MBC through their annual contribution of \$3,500.
- **Iron Kids Vitamins** – for their donation of vitamins distributed at the Special Member's Meeting.
- **Sustaining Members** – Diane Myers, Bonnie Schultz, Donna Launslager, Debbie Jennings and Catherine Spreitzer

2011 AGM & National Conference
October 13-16, 2011
For more information:
familiesmultiplied2011.com