



### Connecting MBC, Chapters, Volunteers and Members...

#### From the Desks of the Directors...

##### DIRECTOR OF VOLUNTEER MANAGEMENT/CHAIR—Kim Weatherall

As we approach the end of 2005 and the beginning of a new year, I find myself thinking often about just how much the MBC team has accomplished this past year. I could not be prouder of this amazing team, what it has accomplished and what the future holds for MBC because of their unbelievable dedication and passion for the work that they do. MBC is very lucky to have such great Volunteers at both the local and national levels!

Our Fall Interim Meeting gave us the opportunity to come together face-to-face, something that we



wish we could do more often (especially when we can spend it in the Kawarthas in a beautiful cottage—thank you to Jennifer's parents). What we can accomplish in one weekend would normally take months. There were many important topics discussed and resolved throughout the weekend. Two topics that weekend that I had spent considerable amount of time planning for prior to our meeting were that of the mini strategic planning session and the Board self-evaluation.

Our mini strategic planning session included a mini SWOT analysis in order to confirm what direction the Board should take in addressing MBC's overall goals for the next 3 years. Key strategic issues were identified and work began on identifying how best to address them. With the current Transitional Plan coming to a close at the end of March 2006, the new plan that the Board is currently working on will be completed and shared at the 2006 AGM.

Another highlight and a first for our Board, was the Board self-evaluation. The Board was asked to answer a series of questions about how the Board works together and rank their knowledge about areas related to MBC, volunteering and non-profit organization management. The results were presented to the Board along with some areas of concern that the Board will address over the upcoming year.

Other areas that I have been working on include writing a consultation letter to CRA addressing new guidelines proposed for obtaining charitable status by umbrella organizations with a structure similar to that of MBC and its chapters, following up with the office of Helena Guergis (MP) about our quest to have the National Awareness Day officially recognized, preparing for Board meetings, working on the Retreat follow-up package along with many other routine activities.

#### Board & Volunteers...

##### Officers:

Chair, Kim Weatherall  
Vice-Chair, Gail Moore  
Treasurer, Jennifer Dawson  
Secretary, Gail Moore  
Past President/Chair, Carrie Johnston  
Privacy Officer, Kim Weatherall

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##### Board of Directors:

Director of Communications, Gail Moore  
Director of Finance, Jennifer Dawson  
Director at Large, Cheryl Wadasinghe  
Director of Membership, Nicole Fisher  
Director of Volunteer Management, Kim Weatherall

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cherylw@multiplebirthscanada.org  
membership@multiplebirthscanada.org  
volunteers@multiplebirthscanada.org

##### Business Office

Business Services Manager, Vicki Riley

office@multiplebirthscanada.org

##### Committee Chairpersons:

Adult Multiples Network Chair, Lynda P. Haddon  
Breastfeeding Support Network Chair, Lynda P. Haddon  
Chapter Liaison, Sheri Franklin (Lockyer)  
Clothing Sale Updates, Vicki Riley  
Conference 2006 Chair, Sheri Franklin (Lockyer)  
2006 Conference Liaison, Gail Moore  
Conference 2007 Chair, Melody Parent  
(Acting) Discount Coordinator, Kim Weatherall  
Education Coordinator, Donna Launslager  
Francophone Support Network Chair, Josée Roy  
(Acting) HOM Support Network Chair, Diane Myers  
Lone Parenting Network Chair, Stepheny Palmer  
Loss Support Network Chair, Lynda P. Haddon  
Making a Difference Awards, Katherine Romain  
MBC Representative Liaison, Shelly Blizzard-Jones  
Multiple Moments Book Reviewer, Kim Skublics  
Multiple Moments Editor, Vicki Riley  
Multiple Moments Co-Editor, Meredith Fraser-Ohman  
Special Needs Support Network Chair, Francesca Bell  
Project Representative, Diane Myers  
Volunteer Coordinator, Lori MacEwen  
Webmaster, John Withnall  
Web Updates, Vicki Riley  
Western Liaison, Carrie Johnston

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conference2007@multiplebirthscanada.org  
discounts@multiplebirthscanada.org  
education@multiplebirthscanada.org  
francophone@multiplebirthscanada.org  
homnetwork@multiplebirthscanada.org  
loneparents@multiplebirthscanada.org  
loss@multiplebirthscanada.org  
makingadifference@multiplebirthscanada.org  
mbcrep@multiplebirthscanada.org  
mmbokreviewer@multiplebirthscanada.org  
mmeditor@multiplebirthscanada.org  
multiplemoments@multiplebirthscanada.org  
specialneeds@multiplebirthscanada.org  
d.myers@multiplebirthscanada.org  
mbcvolunteers@multiplebirthscanada.org  
webmaster@multiplebirthscanada.org  
webupdates@multiplebirthscanada.org  
westernliaison@multiplebirthscanada.org

Please take the time to read the other updates, information provided and share in our excitement about the future of MBC. We truly are at a place where we can see that collectively we can make a huge difference for families in Canada. Our hope is that our excitement will become your excitement, taking us even farther than we ever thought we could go. Please send your suggestions and comments to [chair@multiplebirthscanada.org](mailto:chair@multiplebirthscanada.org).

##### DIRECTOR OF COMMUNICATIONS/ VICE-CHAIR – Gail Moore

This may not be the wisest comment to make, but the truth is—our Fall Interim Meeting was not quite long enough! We have so many projects and initiatives on the go nationally that a 20-hour meeting just didn't give us enough time to get through it all!!

On the communications side, I had quite a few opportunities to get excited. Our theme for National Multiple Births Awareness Day 2006 will build upon our 2005 theme. Look for more information later in this RFN.

Approval was given to produce an MBC public service radio announcement. The Board wants to provide our chapters with a ready-to-air radio PSA, make it easy to download from our website, then give you the "how to" information

needed to visit your local radio station to request airtime. Check our website for details.

The board also approved the creation of a new annual Media Award to be announced every spring starting in 2006. The criteria are outlined later in this RFN, please review it and consider nominating one of your media outlets.

These are exciting times for MBC. We have accomplished so much in 2005, and 2006 promises to be even better! The reason for that success, my fellow members, is we are all trying our best to "improve the quality of life for multiple-birth individuals and their families in Canada." Thank YOU for all your hard work and your passion for our community!

While I'm on the topic of showing appreciation to those who make a difference for our cause, if you have a chance to thank Anthony Rota, MP for Nipissing-Timiskaming, for his key role in getting us into Minister Stronach's office for our November meeting please do! He is truly a friend of MBC and we should let him know how much we appreciate his support. Email Anthony at [rotaa@parl.gc.ca](mailto:rotaa@parl.gc.ca).

Suggestions and comments can be sent to [communications@multiplebirthscanada.org](mailto:communications@multiplebirthscanada.org).

# Connecting MBC, Chapters, Volunteers and Members...

## DIRECTOR OF MEMBERSHIP – Nicole Fisher

For me, everything right now seems to be focusing on fundraising—through my responsibilities volunteering with my chapter, MBC and my school council. My local chapter has recently taken on the challenge of hosting an upcoming conference, and I am the current K-W POMBA Fundraising Coordinator, giving me some large shoes to fill!

For those of you who know me, you realize that I have not a single sales related bone in my body! I hate going to home sales parties and feeling the pressure to buy clothing, kitchen gadgets, candles, craft supplies or any other items I don't really need or want to pay too much for. I could not make a sales pitch to save my life either; I simply don't like putting that pressure on anyone else!

The MBC Board of Directors compiled some information to share with all MBC chapters at the Volunteer Development Retreat regarding some new, creative and easy ways to raise some money for their groups. The chapters that attended the "Back to Basics" retreat in May received a handy bag of information and samples from some of these companies. The MBC Board has information for the chapters who did not attend the retreat, however due to the financial challenges of mailing such a heavy package we are going to be limited in what we can supply to each chapter. Therefore a list of names will be included in the Post Retreat Report for that weekend with a list of websites for you to visit. We want to enable our chapter volunteers and members to come to the conferences, and hold events that benefit their membership. Please take a look at the fundraising opportunities and consider at least assigning the funds from one or two of these opportunities to pay for the expenses of sending a representative to the upcoming 2006 Conference in Chatham.

Another part of my position at the national level, is managing the message forums, where many people are sharing their joys, struggles, questions and solutions with others. In the MBC Rep section of the forum, a fundraising conversation is carrying on between people representing different MBC chapters. There is so much we can learn from one another!

My school council has been invited to several fundraising fairs and information sharing gatherings, which has not only assisted our school, but when I go, I wear several hats, gathering information for both local and national levels of MBC. There is another opportunity coming up in the near future that I plan to attend, so please check the forum to learn from the information that I pick up from this event.

If your chapter representative has not registered on the forum, I strongly encourage them to do so now! If you have any questions about or suggestions for the Forums please contact me at [membership@multiplebirthscanada.org](mailto:membership@multiplebirthscanada.org).

## DIRECTOR AT LARGE – Cheryl Wadasinghe

This fall has been a bit of a challenge for me—balancing work and home was taken to a new level between August and October due to a

change in responsibilities, including the pros (and cons) that go along with it. However, a 'thought-full' and very productive interim board meeting in early October quickly refocused my MBC work on two items: preparing for a fall meeting with Minister Stronach's office on the Employment Insurance program, and contributing to the planning and thinking for NMBAD 2006.

As for the former, persistence has paid off and we have confirmed a meeting with Minister Belinda Stronach's office on November 16th. I am helping to organize the agenda items and MBC package for the meeting, as well as trying to whittle down our many messages into a concise format that can easily be reviewed and discussed. Thanks to many of you who have written letters and sent them to us about your own experiences—credible stories, all following a common theme: the inadequacy of the current EI provisions! We are proud and honoured to bring your views and input to the table, and to make some recommendations for change. We will have a better idea of the scope of change for the EI program after the meeting, and will report back in the next RFN about the outcomes.

In terms of the 2006 NMBAD, if you can believe it, it is only six months away! We have begun work on a theme for this coming year, activities to support it and some key messages we would like to use to increase awareness among Canadians, employers, and the many levels of government that makes policies and designs programs for our use. This year our focus will be on the unique aspects of multiple-birth pregnancy and the early post natal period. If you are interested in being a part of the design and planning for the next NMBAD, please don't hesitate to contact either Gail Moore or myself.

If you have any questions, comments, or are interested in getting involved in the advocacy work described above, please contact me at [cherylw@multiplebirthscanada.org](mailto:cherylw@multiplebirthscanada.org).

## DIRECTOR OF FINANCE – Jennifer Dawson

My strategy for getting quarterly financial information into each of the four issues of RFN backfired, for this issue. The second quarter results, for the six months ending September 30<sup>th</sup>, have not yet been completely compiled, and although I am hoping to have them available soon, they will not be ready in time for the deadline of this RFN. Life can sure get in the way of best intentions! However, I am confident that the results will present no unpleasant surprises, and that they will indicate MBC's ongoing commitment to good fiscal management. Once they are ready and have been reviewed by the Board, we will issue them in an Information Circular.

In the last RFN, I asked you to let me know if there is any interest in a financial forum on the MBC website. I have not had any feedback on that as yet, but I know that *Multiple Moments* with the last RFN is only recently in your hands. If you think it might be helpful, I am happy to work with participants to answer all those burning financial questions. There might be good questions prompting some discussion, and providing some insight into either your chapter's financial picture, or even your

personal one. If nothing else, it might help to understand some basic accounting concepts that you just never quite grasped. Just let me know if you are interested at [financial@multiplebirthscanada.org](mailto:financial@multiplebirthscanada.org).

Have a great fall, and enjoy the little bit of fall colour that is left. Winter is fast approaching along with the busy holiday time—enjoy it and be safe.

## From the Desk of the Business Services Manager...

In keeping with the last RFN, here now is a quick review of the referrals provided to local chapters and non-member clubs by our Business Services Manager.

**September** 5 referrals to non-member clubs (3-Toronto, 1-Montreal, 1-Burlington/Hamilton) and 4 referrals to member chapters (1-Sault Ste Marie, 1-Durham, 1-Brampton, 1-Edmonton)

**October** – 11 referrals to non-member clubs (1-Niagara Region, 1-Kingston, 1-Ottawa, 1-Calgary, 3-Mississauga, 3-Burlington/Hamilton, 1-Toronto) and 5 referrals to member chapters (2-Newmarket, 2-Brampton, 1-Barrie)

**November** – (first 9 days of the month) - 4 referrals to non-member clubs (1-Calgary, 1-Burlington/Hamilton, 2-Toronto) and 7 referrals to member chapters (2-Newmarket, 2-Durham, 1-Collingwood, 1-Windsor, 1-Orangeville)

**On our toll-free line** – In September, the Business Office received 51 incoming phone calls and in October, 47.

## Volunteer Positions...

If you are interested in volunteering at the national level, we are looking to fill the following positions:

- Publications Coordinator
- MM Layout Coordinator
- MM Production Editor
- MM Advertising Coordinator
- MM Distribution Person
- Research Coordinator
- Fundraising Coordinator
- Discounts/Affiliate Coordinator
- Parent Resource Coordinator
- Support Networks Coordinator
- Provincial/Regional Coordinators in:  
Southwestern and Southeastern Ontario,  
Quebec, Atlantic, Prairies and Northern  
Canada.

In addition, MBC needs members and persons willing to take the lead for the following committees that have yet to be formed:

- Financial Sustainability (fundraising, sponsorships, fund development, etc.)
- National Multiple Births Awareness Day
- Restructure of Multiple Moments
- Chapter Development
- Advocacy
- Publications (to be part of a team to review, update and create new publications)
- 30<sup>TH</sup> Anniversary Planning Committee—2008

If you are considering volunteering with MBC or just want to learn about the many volunteer opportunities available, please contact MBC's Volunteer Coordinator, Lori MacEwen at [mbcvolunteers@multiplebirthscanada.org](mailto:mbcvolunteers@multiplebirthscanada.org).

# Connecting MBC, Chapters, Volunteers and Members...

## (NMBAD) National Multiple Births Awareness Day theme for 2006...

At the Fall Interim Meeting, the Board reviewed the evaluations submitted by chapters who celebrated National Multiple Births Awareness Day in their communities. Suggestions were then tabled on the follow-up theme for 2006.

The goal of NMBAD is to educate all Canadians about the issues and challenges faced by our multiple-birth community. The E.I. dialogue of 2005 has shown us that there is a need to draw attention to pre-natal/post-natal realities faced by our families. Hence, the theme for 2006 will be *"Raising awareness of the unique risks of multiple-birth pregnancies and the post-natal issues faced by parents and babies"* with a sub theme *"Supporting Multiple Births Together"*.

Coincidentally, MBC national volunteers Diane Myers and Donna Launslager have been hard at work developing new partnerships with researchers and agencies, one of which has led to a collaborative effort with Best Start. This liaison resulted in the creation of a new resource piece entitled *Low Birth Weight & Preterm Multiple Births: A Canadian Profile*—see more details later in this RFN.

To prepare for NMBAD 2006, the Board is encouraging chapters to form committees now, remembering that some of us will be in Chatham-Kent on May 28<sup>th</sup> for the lead event. A kit will once again be produced to provide chapters with information to distribute to the media and to make the planning of the day less stressful. Kit components will be finalized early next year.

If this theme interests you personally, and you would like to become more involved with NMBAD, contact us as soon as possible. Email [communications@multiplebirthscanada.org](mailto:communications@multiplebirthscanada.org).

## New "Media" Award will be presented in Spring 2006...

This year has been an amazing one for MBC and its members! We've had media coverage from dozens of broadcast and print outlets. Some stories were a result of National Multiple Births Awareness Day, others were more local in content celebrating chapter milestones, identifying local families and their needs, announcing the formation of a new chapter, and reporting not-so-happy news such as a tragedy resulting from postpartum depression.

The time has come for MBC to acknowledge our appreciation of the journalists and media outlets who give time and space to multiple-birth issues. In the spring of 2006, the Board will present its very first annual Media Award. The process for making a nomination is as follows:

Send the Business Office a copy of the newspaper, magazine, radio or television story along with a letter identifying the writer/producer of the story, the media outlet's name and address, and the reasons why you think this candidate is deserving of the award. All stories printed or aired during the calendar year of 2005 will be considered for the MBC Media Award. So, don't wait, if you have a nomination worth considering please send it to us now!

## 2006 MBC AGM and National Conference...



This is going to be a big one! If you need reasons to attend "Plowing thru Parenthood" May 25-28 in Chatham, Ontario, here are a few:

- The word is a lot of delegates plan to attend, which means you'll get to meet many like-minded members from across the country!
- The line-up of workshop and keynote speakers features many experts in the field of multiple-births, including professionals from MBC's advisory board!
- The conference topics are varied. You'll learn how to raise your energy levels, relate better to the multiple-birth relationship, and enhance programs and services within your chapters.

Find out more! Check out the registration form in the December issue of Multiple Moments or visit the Conference section of the website at [www.multiplebirthscanada.org](http://www.multiplebirthscanada.org).

If you have questions, need to discuss payment options, or if your chapter would like to sponsor a Health Break, please contact Sheri Franklin (Lockyer), Chair Conference 2006 [conference2006@multiplebirthscanada.org](mailto:conference2006@multiplebirthscanada.org).

## 2007 MBC AGM and National Conference Host Announced...

The Board announces with great pleasure that it has awarded the 2007 AGM and Conference to **Kitchener-Waterloo Parents of Multiple Births Association (K-W POMBA)**.

The three-day event will be held June 1-3, and will feature the theme "Focus on Family". In applying to host the Conference, the organizing committee noted that 2007 marks the 30<sup>th</sup> anniversary of K-W POMBA and they want to celebrate by introducing their cities to MBC chapters across Canada.

Words of encouragement can be sent to [conference2007@multiplebirthscanada.org](mailto:conference2007@multiplebirthscanada.org).

We thank Nicole Fisher, MBC's Director of Membership, for stepping forward as the 2007 Conference Board Liaison.

## 2008 AGM and Conference Hosts Needed...

POMBA Canada, now MBC, had its start in the west, more precisely in Lethbridge, Alberta. The organization has seen a few transitions over the last 30 years, helping us to fulfill our mission by providing support, education, research, and advocacy both nationally and internationally to individuals, families, chapters, and organizations that have a personal or professional interest in multiple-birth issues.

Since 1978 the AGM and Conference has been held in dozens of Canadian cities from Vancouver to Halifax and points in between

(see the MBC website for complete list of locations). However, the time and energy required to organize the event has resulted in Ontario hosting all of our Conferences since 2000. The board is hoping that this reminder of our western roots will encourage one of our chapters, or a partnership of a few chapters, in the west to consider commemorating our 30<sup>th</sup> Anniversary by offering to host the 2008 AGM and National Conference.

Chapters wanting to know more about this opportunity should contact Kim Weatherall at [chair@multiplebirthscanada.org](mailto:chair@multiplebirthscanada.org).

## MBC Chapter Exchange...

*This print version of the chapter exchange is a direct result of consultation with MBC Reps. It allows chapters to share news about projects and events at the local level. Chapters are encouraged to submit reports semi-annually.*

*When your chapter has news, please send it to [communications@multiplebirthscanada.org](mailto:communications@multiplebirthscanada.org)*

**Temiskaming Multiple Births (TMB)** apologizes for hogging the available space from this column, but we have important news to share.

Our 20<sup>th</sup> Anniversary year (2005) created new opportunities to reconnect with former members, to introduce TMB to adult members and recent parents of multiple-birth children.

TMB was established in 1985, and created a cookbook to finance the chapter during the start-up years. Now WE want to create a NEW cookbook to introduce our fellow chapters, educate our community on multiple-birth issues (yes, we have plans to use the cookbook as a disseminator of more than just recipes!), and spotlight the MBC board and chapters as well as TMB members. So, PLEASE...run a quick competition within your chapter and send us your three best recipes. Email us at [temiskaming@multiplebirthscanada.org](mailto:temiskaming@multiplebirthscanada.org). Our goal is to have all 32 chapters from across Canada represented in this cookbook! Please help us meet our objective.

## Low Birth Weight & Preterm Multiple Births: A Canadian Profile...

In partnership with Multiple Births Canada, Best Start: Ontario's Maternal, Newborn and Child Health Resource Centre, have published *Low Birth Weight & Preterm Multiple Births: A Canadian Profile*.

This profile is based on a comprehensive review of national and international data sources, and consultation with experts in many fields. It provides background information for health professionals on risks and strategies for low birth-weight and preterm multiple births. This resource will be available in December in both English and French, on the Best Start Resource Centre website [www.beststart.org](http://www.beststart.org) and the Multiple Births Canada website [www.multiplebirthscanada.org](http://www.multiplebirthscanada.org).

*Have you signed up to receive the email updates from the Business Office? There is no better way to stay in touch with what is happening with MBC. Please send an email to: [office@multiplebirthscanada.org](mailto:office@multiplebirthscanada.org)*

# Connecting MBC, Chapters, Volunteers and Members...

## New MBC radio PSA!

MBC has its very own radio public service announcement! It was produced by Adam Sharp of CJTT FM, Connelly Communications, as an in-kind donation for chapters to use across Canada.

The instruction sheet of how to approach a radio station to ask for air time, or to purchase air time at a reduced rate, is posted along with the audio version of this commercial in the Chapter Executive section of the MBC website. Check it out and consider using it in 2006 as a way to find new members for your chapter!

### Here is the script:

**WOMAN #1:** My world changed when I found out I was having triplets! I was overwhelmed. Three at once!! How would we manage?

**MAN #1:** We have twins. It's amazing. And exciting. And exhausting. Both wanting and needing.

### SOUND: TWO BABIES CRYING

**MAN #1:** Both teething at the same time! It's hard coping!

**WOMAN #2:** The teachers didn't understand. The principal didn't get it. My son was acting out in school. They thought it best to put my twins in different classrooms. I knew better. One still needed to be near the other! Twins have a special and unique bond! How could I explain?

### MUSIC: SOFT, CALMING THEME

**ANNOUNCER:** Multiple Births Canada can help. For over 25 years our volunteer based organization has helped thousands of Canadian multiple-birth families. We've developed a wide range of resources to guide you during those tough moments. Why travel the road alone? Become a member of Multiple Births Canada and we'll give you...

**WOMAN #1:** Support.

**MAN #1:** Education.

**WOMAN #2:** Research.

**MAN #1:** Advocacy.

**ANNOUNCER:** Visit us online at: [www.multiplebirthscanada.org](http://www.multiplebirthscanada.org) or call 1-866-228-8824.

## Welcome New MBC Chapters...

MBC is pleased to announce the addition of a new chapter in Ontario! **Quinte Parents of Multiples** became an official MBC Chapter in August of this year. In addition we would like to welcome back a chapter from New Brunswick-**Fredericton Area Moms of Multiples**. We send a big multiple-birth welcome to our newest member chapters and look forward to working together to support multiple-birth families in these areas.

Please extend a huge welcome to:

**Quinte Parents of Multiples** at [quinte@multiplebirthscanada.org](mailto:quinte@multiplebirthscanada.org) and **Fredericton Area Moms of Multiples** at [fredericton@multiplebirthscanada.org](mailto:fredericton@multiplebirthscanada.org)

## Association Members...

Simcoe North (Midland, ON) Ontario Early Years Centre

## Sustaining Members...

MBC would like to thank its sustaining members for their added support:

**Cathy Barr, Guelph, ON**  
**Jennifer Brasch, Waterdown, ON**  
**Donna Launslager, Waterloo, ON**  
**Diane Myers, Moffat, ON**  
**Diane Nelson, Grande Prairie, AB**  
**Bonnie Schultz, Gormley, ON**

## Multiple Thanks...

**Linda Leonard** – for her assistance with the prenatal vitamin article in Multiple Moments.

**Temiskaming Multiple Births** – For offering to reproduce the MBC poster in BOTH of Canada's official languages.

**Jeannie Germain** – For producing a CD of the 2005 'Back to Basics' Development Retreat to be shared with all MBC chapters across Canada.

**Lynda Haddon** – For her constant support of MBC initiatives and for promoting MBC resources and membership wherever she's called to make a presentation.

**Chris White** – a student helping in the Business office on an as needed basis.

**Candi Cuppage** for her continued assistance in the Business Office.

**Donna Launslager** and **Diane Myers** for representing MBC at conferences, visiting chapters to give updates on MBC initiatives, and for always finding ways to make a difference!

**Mr and Mrs. Dawson (Jennifer's parents)** – For the use of their beautiful cottage for our Interim Meeting.

**Martin and Vivian Hassam (Vicki's Parents)** – for helping Vicki in the Business Office with a variety of tasks including helping her to move a number of old files and MBC items to a storage unit near by the office.

## What's New on the Website?

Make sure to check out the MBC website for new items that are added. While there, check out the beautiful pictures on the home page! Would you like to see your children there? Please send your pictures to [webupdates@multiplebirthscanada.org](mailto:webupdates@multiplebirthscanada.org)

Recently added items to the website include:  
**A new Fact Sheet in collaboration with Best Start-Low Birth Weight & Preterm Multiple Births-A Canadian Profile**

<http://www.multiplebirthscanada.org/english/research.php>

### A NEW MBC PSA

Along with instructions—located under the Chapter Executive Section in the Media and PR area.

### Registration Form for the 2006 Conference and AGM

<http://www.multiplebirthscanada.org/english/conference2006.php>

### Prenatal Multivitamin-Mineral Supplementation: Minimizing Adverse Events

<http://www.multiplebirthscanada.org/english/PrenatalVitamins.php>

**The Christmas Personalized CD Fundraiser**  
<http://www.multiplebirthscanada.org/english/othertohelp.php#CD>

## Looking for new funds to deliver chapter projects?

Never again will you say, "If only someone at our chapter knew how to do that!" Charity Village has the learning tools you need and YOU CAN DO AT HOME! Enhancing your skill levels has never been easier or more convenient! **Check out these:**

**CHV0010 – Grantseeking** -- This 2-hour self-paced course is designed to walk you through the five major steps in the grant seeking process. You'll learn about preparation, prospect research, making contact, the funding proposal, and how to follow up effectively after the proposal. Cost is just \$97 for a three-month web license.

**CHV0020 – How Fundraising Works** -- This 1-hour self-paced course is an excellent primer for people and organizations that are new to the fundraising field. You'll learn how to prepare your organization for fundraising success and where to look for your best donor prospects. You'll also learn about the primary fundraising principles that will help you build a solid foundation of support for your mission. Cost is only \$37 for a three-month web license.

**CHV0030 – Proposal Writing** -- Whether you're applying to foundations, government, or corporate donors, this 2-hour self-paced program will help make your funding proposals more focused, more strategic, and more successful. As with all CharityVillage Campus courses, you'll have access along the way to dozens of downloadable resources as well as short, optional self-tests to help you make sure that you're retaining what you're learning. Cost is a low \$97 for a three-month web license.

See the potential for your chapter? Get the details on these online learning opportunities at: <http://learn.serebra.com/charityvillage/index.cfm>

## MBC Promotional Products...

One of the benefits of being a member chapter is that you can use MBC promotional items to create awareness of your group. These items can be ordered directly from our website or through the Business Office.

### MBC Pin

MBC lapel pins (1.5" wide) make great gifts to thank your chapter volunteers, guest

speakers, sponsors and supporters.

Cost is \$5.00 each for 1-9 pins, \$4.50 each for 10-19 pins, \$4.00 each for 20+ pins.

### MBC Promotional Poster

The MBC poster is also a great tool for creating awareness of multiple-birth issues and your local chapter. There is space to add your chapter's contact information at the bottom. Then just post in public areas such as medical clinics, community centres, etc.

Cost is \$1.00 each for 100-249, \$1.25 each for 50-99, \$1.50 each for 1-49.

