

Connecting MBC, Chapters, Volunteers and Members...

Report from National...

Kim Weatherall, CHAIR OF MBC
chair@multiplebirthscanada.org

During our recent Board of Directors' Interim Meeting, the Board spent over 20 hours in meetings and work sessions for MBC business. Work sessions focused on preparations for the 2008 National Conference including finalizing the hotel contract, creating a draft agenda for the weekend, producing a Call for Presenters and a Sponsorship letter. Discussions also included follow-up plans for non-member groups, reviewing MBC financials and MBC Committee reports.

The weekend also provided an opportunity for the Board to review the 2006-2009 Strategic Plan at the six-month mark of Year Two, to evaluate how the work completed to date compares to the objectives laid out in this plan. The Board noted that, in fact, many objectives had been achieved and others were on track for completion. Unfortunately, the Board had to identify areas that will have to be deferred to future years or cancelled due to lack of time, volunteers or for financial reasons.

The Board and the Business Services Manager were then asked to identify their overall goals for the next six months and identify the specific tasks needed to accomplish these goals, with work plans as a result. Consequently, the following are some of the tasks and objectives that were identified:

- Preparation for the 2008 Conference and the 30th Anniversary Celebrations for the next year will dominate the majority of work done by the Conference Committee (three members of the Board and the BSM).
- Increase both MBC's human resources by building our volunteer base and financial resources through requests for core and conference funding.
- Ensure that the MBC Board and Office continue to function on a daily basis, respond to inquiries and achieve overall goals.
- Ensure that MBC is represented nationally and internationally, through partnerships with stakeholders and memberships in organizations such as COMBO and ISTS.

- Increase financial reporting to the Board and membership.
- Create the 2008 Conference Budget and the 2009 MBC Budget.
- Examine MBC's current accounting policies and practices to ensure best practices are in place.
- Complete the Advisory Board Biographies project.
- Review and update the Policies and Procedures Manual.
- Increase communication and build stronger relationships between the national organization and Chapters, Chapter to Chapter, and follow-up on outreach to non-member groups.
- Increase readership, encourage contributions and increase advertising both within and of Multiple Moments.
- Launch the Francophone Website, implement an FAQ section and continually update the website as needed.
- Prepare and deliver the 2008 National Multiple Births Awareness Day Celebrations.
- Create a strong Communications Committee with the involvement of Chapter Reps, and target media in areas not currently represented by MBC.
- Assist in the Coordination of a Multiples Day at Canada's Wonderland.
- Coordinate, prepare and distribute the 2008 Annual Report.

As you can see, there will be lots to keep these already busy women busy! It won't be easy to achieve everything we have set out, but with the support of wonderful volunteers and Chapters, we are determined to make it happen. At the core of our work and in our hearts is always the mission to improve the lives of multiple-birth individuals and their families in Canada—making what we do all that more important.

Please feel free to contact the Board should you have any questions about any of the plans that we have outlined or simply to share what you have been working in your own community. We would love to hear from you!



The new 2007-2010 Council of Multiple Birth Organizations (COMBO) Board of Directors. From left to right: Mary Adcock (COMBO Past Chair/USA), Gail Moore (COMBO Vice-Chair/Canada), Carol Robins (COMBO Vice-Chair/UK), Kimberley Weatherall (COMBO Chair/Canada), Dr. Christine Disselkamp (COMBO Board Member/Germany)

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Report from National...

Vicki Riley,
BUSINESS SERVICES MANAGER
office@multiplebirthscanada.org

A chill is in the air... okay, okay...let's face it... snow is in the air. Time to pull out the mittens, hats, boots and snowsuits. By the time you read this, the leaves will be all raked up and the holidays will be upon us. Are you ready? I am vowing to be more than ready before the kids start their holidays.

The last few months have been very busy in the Business Office. Thankfully, my snowbirding parents were with us for the month of October so MBC benefited with all the extra hands for stapling, folding, sealing and organizing! Thanks Mom and Dad!

Here is a quick review of some of the Business Office statistics from the last few months:

On our toll-free line, the Business Office received 37 incoming calls in July, 20 in August and 35 calls in September.

August referrals to local chapters and non-member groups: 4 referrals to member chapters (1 Newmarket, 1 Guelph, 1 Edmonton, 1 Durham) and 5 referrals to non-member groups (1 Toronto, 1 Burlington/Hamilton, 2 Calgary, 1 Manitoba). September: 8 referrals to member chapters (1 Guelph, 2 Kitchener-Waterloo, 2 Brampton, 2 Durham, 1 Vancouver) and 11 referrals to non-member groups (1 Montreal, 3 Toronto, 2 Mississauga, 2 Niagara, 1 Ottawa, 2 Sudbury). October: 2 referrals to member chapters (1 Durham, 1 Brampton) and 5 referrals to non-member groups (1 PoCoMo [BC], 1 Montreal, 1 Burlington/Hamilton, 2 Toronto). The MBC office refers through telephone conversations, email and written information included with orders. We feel that the referral numbers are usually lower for our member chapters because their contact information is easily found on the MBC website under 'Locate a Chapter'. Non-member groups are also listed on the MBC website under the Website Links page under Multiple Birth Organizations.

MBC has added a new book to its inventory. Be sure to get your copy of Parenting School-Age Twins and Multiples by Christina Baglivi Tingloff. Order it online or by mail. Contact the Business Office for more details on ordering MBC products.

Enjoy your winter and the special times with your family over the holidays.

Vicki

Gail Moore,
DIRECTOR OF COMMUNICATIONS
communications@multiplebirthscanada.org

We have finalized our next National Multiple Births Awareness Day focus!

First, let me explain our journey to selecting this theme. As you may be aware, your MBC Chair, Kim Weatherall, and I attended the International Congress on Twin Studies (ICTS) in Belgium this past June. Our ultimate goal was to connect with other multiple-birth organizations to create better and stronger relationships with organizations worldwide; our other objective was to learn more about the International Society for Twin Studies to see how the work of this global group of scientists, researchers, and professionals benefits our membership. That week we learned that Assisted Reproductive Technology (ART) has not only increased multiple-birth pregnancies worldwide, but it has also influenced ICTS programming and discussions over the past two decades.

Beyond my personal realization that each country is regulating the ART industry differently, listening to the presenters made us realize more than ever that MBC has a responsibility to help professionals understand they must purposely educate their clients about the risks of multiple-birth pregnancy before they are pregnant. Consequently, our 2008 National Multiple Births Awareness Day theme was developed to be:

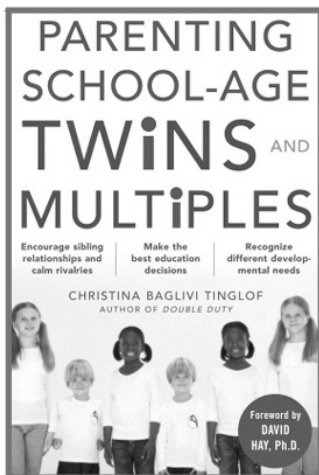
"It is imperative health care professionals working with infertile couples recognize, and fully educate them early in the process, that multiple-birth pregnancies can result in increased risk of death and disability for multiple-birth babies, more complications for the mother during pregnancy, and longer-term consequences for the welfare of multiple-birth families."

It is our goal that the 2008 NMBAD theme will emphasize the importance of education and proper counselling to ensure that all families are making informed decisions.

As I begin preparing the media kit and Chapter support documents for this event, I am also inviting all Chapters to encourage one of your members to sit on our MBC Communications Committee. This could be your MBC Rep; however, if someone else within your Chapter would like to sit on this committee, please encourage him or her to contact me at communications@multiplebirthscanada.org. The main responsibility of this Chapter-level position will be to keep the media contact list for your community up-to-date and to assist the MBC Director of Communications to distribute information to the media in your community in a timely basis. It's not a huge time commitment, but it will lead to a more efficient process for external communications. And it will enhance your Chapter's own media relations and maximize your Chapter's opportunities to leverage media for your own events and work.

The other two projects I will continue to work on during the upcoming months are to follow up on the invitation to non-member multiple-birth groups to become MBC Chapters, and to circulate the 2008 National Conference "Call for Presenters" to ensure we deliver a superior program to our delegates. Oh, and did I mention that I'm looking for a volunteer to join the Board of Directors so that I can mentor them to take on the Vice Chair position? If you're interested, please contact me at communications@multiplebirthscanada.org.

Gail



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Make the best education decisions;
recognize different developmental needs;
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Order your copy today!

Connecting MBC, Chapters, Volunteers and Members...

Report from National...

Melanie Dugard, DIRECTOR OF FINANCE

finance@multiplebirthscanada.org

I am very excited to have recently joined the board of Multiple Births Canada as Director of Finance. Having met my fellow board members and witnessed their enthusiasm and vision for this organization firsthand, I am in awe of what can be accomplished with such a small group of people.

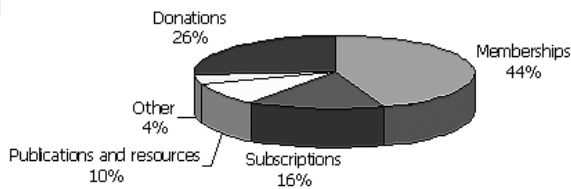
To introduce myself, I am a mother of five-year-old twins and am a Chartered Accountant in public practice. While I was able to take 13 months off from work after my babies were born, I have continued to work full-time since then. The combination of full-time work and young twins was quite time-consuming for me. I have only recently found out that there is more to life than work and my twins. This newfound spare time will now be filled by MBC.

My plan for the next six months is to review current financial policies and procedures of MBC and look for opportunities to make life easier for our Business Services Manager, as well as to enhance internal controls. The fiscal 2008 operating budget is on my radar for January. On an ongoing basis, my goal is to stay on top of the quarterly financials and the reporting to the Board and membership. The summary graphical information below highlights where our revenue is coming from and what costs are covered. These results reflect the six months ending September 30, 2007. Revenues are in-line with our budget for the period. Expenses are slightly above budget at this time, so we will need to ensure we monitor costs as we head through the next six months.

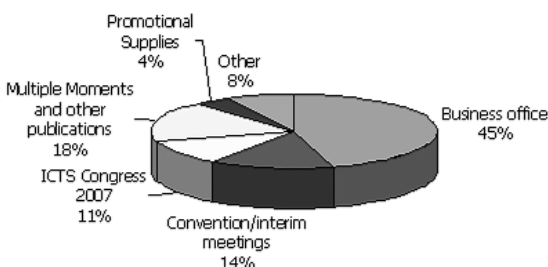
As my learning curve with respect to the operations of MBC improves, I'll refine the financial information reports to provide more meaningful information. In the meantime, if there are any specific questions, just let me know. You can reach me at finance@multiplebirthscanada.org.

Revenues to-date

Melanie



Expenses to-date



Interim Board Meeting October 12-14, 2007



6 women, 6 laptops and a lot of work accomplished!



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MBC would like to thank its Sustaining Members for their added support:

Cheryl Wadasinghe Nepean, ON
Bonnie Schultz Calgary, AB
Kimberley Weatherall Orleans, ON

Donna Launslager Waterloo, ON
Diane Myers Moffat, ON

Multiple Births Canada would like to thank the following individuals:

- **Vivian & Martin Hassam (Vicki Riley's parents)** for assisting in the Business Office and organizing the storage unit.
- **Maureen Tierney & her helpful kids** for hauling the Finding Our Way books (20 cases) out of their basement where they have been storing them for many years.
- **Diane Myers and her boys, Perry & Harry**, for assisting with transporting and hauling of the Finding Our Way cases from Mississauga to the Wasaga Beach storage unit.
- **Candi Cuppage** for her successful fundraising initiatives for MBC through various sources.
- **National MBC Volunteers** - we can never thank you enough! Thank you for your dedication and time in assisting all of the members of MBC.
- **HBC Foundation and the many MBC supporters** from all across the country who helped to raise close to \$200 through *The Giving Day* held on November 3rd, 2007.



Join us as we celebrate our 30th Anniversary during the 2008 Multiple Births Canada Annual General Meeting & Conference.

The MBC Board of Directors and national volunteers wish to invite you to join them and the multiple-birth community as they host this exciting conference.

Date: October 16 – 19, 2008
Location: Delta Markham, Markham, Ontario (corner of Highways 7 & 404)

An educational weekend focusing on:

- ↳ Volunteer development
- ↳ Multiple-birth-related workshops and guest speakers
- ↳ Celebrating our 30th Anniversary

*2008 AGM & Conference
Supporting Canada's multiple-birth
community for 30 years.*

Nicole Fisher,
DIRECTOR OF CHAPTER DEVELOPMENT
chapters@multiplebirthscanada.org

Facebook is a free social networking utility website launched in early 2004 by a Harvard graduate. Initially created for the college and university crowd, it has been open to anyone with an email address for the past year. By the end of 2007, it is estimated that Facebook will have 60 million users worldwide. Like a website, Facebook allows you to use preset applications to post photos and information, and send friends messages via public or private means. Several MBC Chapters are using Facebook to share information with their Chapter members.

Barrie Parents of Twins and More (BPOTAM) has an active page, with upcoming events, photos, videos and conversations on child product recalls, items for sale, chapter events, and other pertinent topics. Reminders are sent out via Facebook about chapter events. An RSVP option helps those people running the BPOTAM event have an idea of numbers attending or inform a large group of people about any changes in plans.

Windsor Essex Parents of Multiple Births Association also has a Facebook page, with photos, contact information and some discussion. What a great way to reach out to any mom who searches for a group for multiples in the area!

The Twins Plus Association of Brampton is using their Facebook page to share the details of a fundraising initiative.

London Multiple Birth Association has a very active page with a huge discussion board with members sharing on sleep and feeding issues, Chapter events, shopping bargains, quick meals and encouragement, among many other topics. A high percentage of the chapter is registered, so this is a great way for the Chapter to keep informed and form friendships!

There are several other Chapters who are using Facebook, but at the time of submitting this article, I was only given access to the pages listed in this article. If you have any questions about using Facebook with your Chapter, please contact me or any of the Chapters listed below.

Barrie Parents of Twins and More:
barrie@multiplebirthscanada.org

Windsor Essex County POMBA:
windsor.essex@multiplebirthscanada.org

Twins Plus Association of Brampton:
brampton@multiplebirthscanada.org

London Multiple Birth Association:
london@multiplebirthscanada.org

Nicole

**Start your fundraising
to attend Conference 2008!**