



CONNECTING MBC, CHAPTERS, VOLUNTEERS AND MEMBERS

From the Desks of the Directors...

DIRECTOR OF COMMUNICATIONS/CHAIR – GAIL MOORE

At the 2008 MBC AGM in Markham this October 18th, I reluctantly assumed the Chair position, replacing an outstanding, hard-working and dedicated person - Kim Weatherall.



I am somewhat intimidated by the prospect of trying to follow Kim because she has set the bar quite high. She moved MBC forward in many ways including partner development which resulted in annual funding from EMD Sereno and many donations from Duchesnay Inc., initiating new member discounts, recruiting dozens of new national volunteers, and leading multiple projects to fulfill our mandate. To Kim I say, THANK YOU, for all that you have done for MBC – AND for the many other amazing things you will accomplish in the years to come.

At the 2008 AGM, three new Board members joined the team and will be instrumental in helping the Board and other national volunteers to move the goals and objectives of MBC forward faster. We are excited to have them join the existing Board members who will continue in their roles: Melanie Dugard, Director of Finance, Jennifer Dawson, Director and Kimberley Weatherall, Director of Volunteer Management.

Since the last RFN, I have been very busy, then resting to get over from being so busy, then very busy again! And, so the cycle continues. The first very busy describes the six weeks leading up to the 2008 National Conference and the 30th Anniversary Celebrations. Thank goodness there were four of us with the same focused work ethic! ... and thank goodness even more that we had three angels in the form of Theresa Meninger-Sanders, Janice Crawford and Heather Scher to take charge of the Silent Auction, Instant Raffle and Vendor Showcase. What a team! The Magnificent 7 plus many MANY extras. You will find more thanks to everyone later in this RFN.

We got a bit of media coverage for the conference including a spot on Global TV news – Toronto and a feature on CBC Radio – Sudbury. Each time the MBC name is featured in the media we reach new families, and we know this helps to develop new Chapters and bring new members to current Chapters.

After the National Conference, it would be safe to say I was exhausted. We planned to take a few weeks to recover, but there are always after-Conference activities needing to be addressed as soon as possible. During the wrap-up days, we received many wonderful comments from our delegates and

MBC Board and Volunteers...

Officers

Chair, Gail Moore
Past Chair, Kimberley Weatherall
Treasurer, Melanie Dugard
Secretary, Jennifer Dawson
Privacy Officer, Kimberley Weatherall

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Board of Directors

Director of Chapter Development, Sheila Catto
Director of Communications, Gail Moore
Director of Finance, Melanie Dugard
Director of Volunteer Management, Kimberley Weatherall
Director, Jennifer Dawson
Director, Sheri Franklin
Director, Heather Scher

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Business Office

Business Services Manager, Vicki Riley

office@multiplebirthscanada.org

Committee Chairpersons & National Volunteers

Adult Multiples Network Chair, VACANT
Breastfeeding Support Network Chair, Lynda P. Haddon
Clothing Sale Updates, Vicki Riley
Conference 2009 Committee
Conference 2010 Committee
Discount Coordinator, Heather Scher
Health and Education Committee Chair, Donna Launslager
Francophone Support Network Chair, Denise De Grâce
HOM Support Network Chair, Vanessa Luce & Team
Lone Parenting Network Chair, Melissa Wray
Loss Support Network Chair, Lynda P. Haddon
Making a Difference Awards, Lynn Stadler-Hawkins
Multiple Moments Book Reviewer, Kim Skublics
Multiple Moments Editor, VACANT
Special Needs Support Network Chair, Theresa Meininger Sanders
Project Representative, Diane Myers
Volunteer Coordinator, VACANT
Webmaster, John Withnall
Web Updates, Vicki Riley

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education@multiplebirthscanada.org
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homenetwork@multiplebirthscanada.org
lonereparents@multiplebirthscanada.org
loss@multiplebirthscanada.org
makingadifference@multiplebirthscanada.org
mmbookreviewer@multiplebirthscanada.org
mmeditor@multiplebirthscanada.org
specialneeds@multiplebirthscanada.org
d.myers@multiplebirthscanada.org
mbcvolunteers@multiplebirthscanada.org
webmaster@multiplebirthscanada.org
webupdates@multiplebirthscanada.org

our speakers. They were truly appreciative and indicated to us that when we talk about fulfilling our mission—improving the quality of life for multiple-birth individuals and their families in Canada—MBC rocks!

Then, came an email from Christian Martin, expectant father of twins, and we got really busy all over again. Check out the Advocacy column posted later in this RFN for that story. It's a big one and it will consume some of our time during the coming months, however there are two other important topics on the burner—developing the new 2009-2012 MBC Strategic Plan and finalizing and developing the media kit for National Multiple Births Awareness Day 2009. These two topics are also featured later in this RFN.

That's what I've been up to and what will be on my plate for the next few months. If there is anything you would like to comment on regarding any of these activities or something else please email me at mbcchair@multiplebirthscanada.org.

To our members and volunteers across Canada, comes this special wish for you and yours—All the best in 2009!

PLEASE TAKE THE LATEST MBC ONLINE SURVEY!

Just log on to www.multiplebirthscanada.org and you'll find the link on the left under *Latest News & Notices*. Make a difference... assist with the direction MBC will be taking for 2009 – 2012 and help develop the 2009 theme for National Multiple Births Awareness Day!

CONNECTING MBC, CHAPTERS, VOLUNTEERS AND MEMBERS

DIRECTOR OF VOLUNTEER MANAGEMENT/ PAST CHAIR

– KIMBERLEY WEATHERALL

Since the last time we published the RFN, so much - yet so little has happened to change the focus of my attention.



The last column was written when entrenched in plans for the 2008 conference. Leading up to the conference in October my focus was almost 100% conference related as we planned for and held the 2008 Conference and 30th Anniversary celebrations. While very tired after the conference was completed, I have to say I am very

proud of the results of all that hard work and cannot thank enough those who contributed to its planning and to those who during that weekend gave so much to making it the success that it was. After the weekend was completed I immediately went into a new position for my paid work and a newly merged organization which has since severely limited my ability to work on MBC.

With the closure of the conference also came the closure of another chapter of my life that has meant so much to me over the last 4 years—that of holding the position of Board Chair. While I am actually quite sad that I have had to give up this position which I have enjoyed, even with the long hours and responsibilities, I feel comfortable in passing over the position to the very capable and dedicated Gail Moore, along with a very dedicated group of women in the Board of Directors. I will however not be going far as I remain on the Board as the Director of Volunteer Management, continue my Acting Role of Director of Fund Development (when needed) and work as the Past Chair to help with new projects and those that may have been put on the back burner, along with hopefully increasing the time and attention needed by COMBO.

Over the next few months I will focus much of my attention to the development of the strategic planning process, guiding its implementation and then work towards writing the plan that will help guide the work of MBC for the years 2009 – 2012. In addition, I will spend time preparing for the 2009 Conference / Retreat to be held in the fall, along with helping the 2010 Conference Committee prepare for the conference in Edmonton in the fall of 2010 as the Conference Board Liaison.

As we begin a new year, it is important to update your list of goals and priorities for 2009. As the Director of Volunteer Development I feel it important to encourage you to add to your list to spend more time volunteering! Volunteering can be very rewarding for both those that you will help with your kindness, but volunteering will also bring you many rewarding and long lasting effects for you personally. Consider giving a few hours of your time a week or a month to either your local Chapter, or to the national organization by contacting me with your interests at volunteers@multiplebirthscanada.org.

Wishing you the very best in 2009!

DIRECTOR OF FINANCE – MELANIE DUGARD



Below are the financial results ending September 30th, 2008. Please keep in mind that at this time we had received conference registrations, sponsorships, etc. but had incurred little of the 2008 conference costs. So, while results look superb, they are not really reflective of the outcome.

Multiple Births Canada/Naissances multiples Canada Statement of Revenues and Expenses and Surplus

6-Months Ended Sept 30, 2008	2009		2008
	Actual (April-Sept)	Budget (annual)	Actual (annual)
Revenues			
Memberships	\$7,273	\$17,500	\$ 15,523
Subscriptions	2,560	7,500	7,628
Donations	3,317	3,750	5,723
Conference revenues	18,410	-	-
Other	1,582	6,650	6,292
	\$33,142	\$35,400	\$35,166
Expenses			
Business office	\$9,004	\$20,500	\$19,405
Conference/interim	1,659	1,500	4,614
ICTS 2007	-	-	2,250
Other	1,576	3,600	3,776
Multiple Moments	333	6,800	5,161
Publications	1,031	3,000	3,106
	\$13,603	\$35,400	\$38,313
Excess of revenue over expenses (expenses over revenues)	\$19,540		\$(3,147)
Surplus, beginning period	2,854		6,001
Surplus, end of period	\$22,394		\$ 2,854

If there are any specific questions, please contact me at finance@multiplebirthscanada.org

DIRECTOR OF CHAPTER DEVELOPMENT – SHEILA CATTO

I have just joined the Board of Directors for Multiple Births Canada as the Director of Chapter Development, taking over from Nicole Fisher. I would like to introduce myself so you can contact me with any questions, concerns or requests your Chapter might have now or at any point during the upcoming year. You can reach me by email at

chapters@multiplebirthscanada.org.



My name is Sheila Catto, and I am the mother of 8-year-old triplets, two girls and a boy. I live in Saskatoon, where I've been a member of the Saskatoon Parents of Twins and Triplets Organization since 2000, and the MBC Rep for about 5 years. With my husband Steve Reid I co-edited the Chapter newsletter for 3 years. In October I attended the MBC Conference for the first time, and was delighted to meet delegates from many different Chapters. I learned so much from the Conference workshops, and had a wonderful time!

CONNECTING MBC, CHAPTERS, VOLUNTEERS AND MEMBERS

Now working with the Board, I'm learning a lot from the experienced volunteers who work so hard at the National level.

As director of Chapter Development, my role is to keep in touch with Chapters, to communicate your needs and ideas to the Board of Directors, and to develop programs and resources for Chapters. I'd also like to help you share information with other Chapters, help your operations run smoothly, and find out how MBC can serve you at the national level.

Soon I will email every MBC Chapter to introduce myself, ask how things are going, and what your Chapter is working on for 2009. The Board of Multiple Births Canada is asking Chapters for input in creating our next Strategic Plan, and in choosing the theme for National Multiple Births Awareness Day in 2009. We need your ideas! You can find a link to the survey on the home page of the MBC website.

Please drop me an email any time to tell me what's new in your Chapter, and how MBC can help you to support families with multiple births.

DIRECTOR – SHERI FRANKLIN



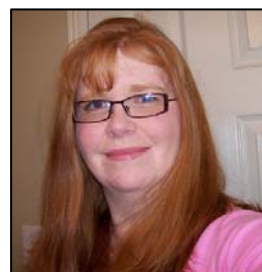
My name is Sheri Franklin and I live in a small rural farming community in Southwestern Ontario. I'm married to Dwayne and we have 5 children, Stephanie 14, Maitland 12, twins Kirkland and Mikayla 10, and Hastings 2.

I work for Community-Living Chatham-Kent where I supervise work training and the running of a restaurant. I am also a partner in a scrapbook business called Red Barn Scrappin' Studio where I teach scrapbook-related classes and sell products. Many weekends are spent on the road attending various scrapbook events.

I've been involved with the Chatham-Kent chapter of MBC since finding out at 17 weeks' gestation that I was carrying twins. With MBC, I have had the opportunity to act as the single parent network chair and the chapter liaison. Locally, I have been involved at every level of the chapter. In 2006, I had the privilege to chair the MBC National Conference that took place in Chatham-Kent.

I look forward to learning more about Multiple Births Canada and helping families continue to find the resources and support they need.

DIRECTOR – HEATHER SCHER



I would like to introduce myself, Heather Scher. I am a member of Newmarket POMBA and Toronto POMBA.

I am a mom to seven-year-old dizygotic twin girls and a 14-year-old daughter. I have been active in both associations since the birth of my twins seven years ago. I have

managed the discount lists, helped organize picnics and other events, run playgroups, edited the TPOMBA newsletter, sat as VP in Newmarket POMBA, as well as trying to pitch in whenever hands are needed. Over the years I also helped out MBC by organizing summer discount opportunities, organizing the NMBAD at the Toronto Blue Jays in 2006 and organizing the Vendor showcase at the 2008 National Conference.

In my professional life, I am a juvenile products specialist, with special interest in commercial childcare furniture. I work from a home-based office, overseeing my family's import and distribution business.

In future months I hope to really get my feet wet on the Board of Directors and take on more responsibilities such as coordinating national discounts. I look forward to the challenges and rewards that working with MBC volunteers will provide.

MBC Business Office Update – Vicki Riley

Congratulations to everyone who helped make the 2008 National Conference such a great success! It was wonderful to meet many of you whom I only know by name. I hope that those of you that attended for the first time were pleasantly surprised and those of you that attend regularly were very pleased. We sincerely missed some of you that couldn't make it and hope that you can attend the next conference in the fall of 2009.

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 39 incoming calls in **September**, 61 in **October**, 29 calls in **November** and 11 calls in **December**.

The MBC office refers families to MBC chapters and non-member multiple-birth groups through telephone conversations, email and written information included with orders. Referrals in the fall of 2008 were very high; probably due to the increased exposure of Multiple Births Canada and the 2008 Conference being held in the greater Toronto area. The numbers of referrals 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 but under the Website Links page under Multiple Birth Organizations.

Multiple Moments, MBC Publications, and the Members Only and Chapter Executive sections of the website are only a few of MBC's tangible benefits and resources. Members are encouraged to check the website for updates and new downloadable resources. Suggestions for new resources are welcome.

Remember to renew your MBC membership! If you are not sure when your MBC membership expires or you can't remember your password to the Members Only section of the website, feel free to contact me at the Business Office office@multiplebirthscanada.org.

Keep warm everyone and all the best for 2009!

CONNECTING MBC, CHAPTERS, VOLUNTEERS AND MEMBERS

National Multiple Births Awareness Day

Currently, the Board is considering two themes for our 5th Annual National Multiple Births Awareness Day (NMBAD); these themes were discussed with MBC members at the 2008 MBC National Conference but have not been finalized.

1. Involving parents in the school placement decisions of their multiples—this topic has received much attention in the United States, resulting in the Position Statement on School Placement of Multiples by the New York Association of School Psychologists.

2. Drawing attention to and encouraging the use of the Society of Obstetricians and Gynaecologists of Canada (SOGC) guidelines for all multiple pregnancies in Canada. These guidelines can be viewed online—Part 1 and Part 2.

If you have other themes to suggest, we encourage you to identify them now so they can be considered for NMBAD 2009, likewise if you want to provide input on the two suggested themes we encourage you to send your comments to Gail Moore at communications@multiplebirthscanada.org by email at your earliest convenience.



Volunteers Needed!

Are you looking to make a difference? Do you have an interest in multiple-birth issues or the passion to improve the lives of multiples and their families? If you have answered yes to either of these questions, then we need you!

Advocacy Committee Chair/Coordinator: Develops partnerships and re-establishes partnerships with other like-minded organizations doing similar advocacy work. In addition, there is a need for advocacy committee members—preferably volunteers from each province—to track and respond to provincial/territorial issues. Average monthly commitment is 5-8 hours.

Volunteer Coordinator: MBC Volunteers are an integral part of our organization; without them, we would not be able to provide support and services to our Chapters, members and to the multiple-birth community as a whole. As such, the role of Volunteer Coordinator is an essential one for our national organization to support volunteers across the country who work independently and remotely from each other. MBC is looking for someone who has experience working with volunteers in a coordination role to oversee the recruitment, ongoing orientation and training, creation of appropriate position descriptions and tracking national volunteers' progress, as well as providing ongoing and annual recognition. The responsibilities of this position could be shared by more

than one person. Average time commitment is 6-10 hours a month.

Volunteer Newsletter Editor: Keeps MBC national volunteers connected and informed by producing a digital newsletter for distribution on a bi-monthly or quarterly basis. Average monthly commitment is 4-8 hours.

Multiple Moments Volunteers:

- **Multiple Moments Editor-in-Chief** - Coordinate contents, submissions, editors, layout, printing, distribution, and advertising. Average time commitment is 50 hours per quarterly issue.
- **Advertising Coordinator for Multiple Moments:** Secures advertisers. Average monthly commitment is a few hours per month.

For details, please contact Kim Weatherall, Director of Volunteer Management at volunteers@multiplebirthscanada.org. We are waiting to discuss where your experience, interests and passion are best suited to the needs of Multiple Births Canada.

Welcome to New MBC Volunteers

Please join us as we welcome the following national volunteers to the growing MBC volunteer list:

- Theresa Meininger Sanders – Special Needs Support Network Chair
- Melissa Wray – Lone Parents Support Network Chair
- Sheila Catto – Director of Chapter Development
- Sheri Franklin – Director
- Heather Scher – Director
- Kathy Litalien – Health & Education Committee



**Know someone who is retired?
Someone with time on their hands?
Someone looking to volunteer?**

**Why not volunteer for
Multiple Births Canada?**

MBC is looking for an **independent CA or CGA** to perform the annual financial engagement review of the MBC financial statements. This review is estimated to take 20-25 hours of volunteer time per year. Contact Melanie Dugard at financial@multiplebirthscanada.org for further information.

www.multiplebirthscanada.org

Goodbye to Appreciated Volunteers

Nicole Fisher has stepped down after 4 years as the Director of Chapter Development as of the 2008 AGM and Conference. Nicole will be most remembered for her development and monitoring of the MBC Facebook network (and the MBC Discussion Boards prior to that) which has allowed for greater communication between members and Chapter Executives. Nicole will continue to volunteer with MBC, recently taking on the task of updating the MBC Resource Guide and offering to continue tasks associated with Facebook and write-ups for *Multiple Moments*. The MBC Board and national volunteers wish Nicole well as she continues with these and her many other volunteer roles currently held within her community.

CONNECTING MBC, CHAPTERS, VOLUNTEERS AND MEMBERS

Meredith Fraser-Ohman will be missed as the *Multiple Moments* Editor-in-Chief where she was responsible for securing, organizing and editing the content in *Multiple Moments*. Prior to that position, Meredith was Co-Editor with Vicki Riley. Meredith has been and will remain a strong asset to MBC, continuing to offer her amazing editing services for *Multiple Moments* and other projects as they become available.

Francesca Bell for her ongoing dedication and passion for special needs issues in her role as Special Needs Support Network Chair. Francesca will continue to share her knowledge and strengths in coping with the challenges of having special needs children. We have truly appreciated Francesca's ability to encourage others to connect, share and support each other through their individual journeys.

30th Anniversary National Conference and Annual General Meeting

A huge round of applause goes out to everyone who helped to make this event the success that it was! If you were not able to attend you will be pleased to know that the handouts are posted in the Members Only section of the MBC website.

To the delegates who traveled from far and wide to hear top-notch speakers, network with other multiple-birth families, and get caught up on MBC activities... MBC thanks you!

To the many volunteers who stepped up to introduce speakers, decorate for the amazing 30th Anniversary Celebration, set up the silent auction and raffle tables, greet/host the hospitality suite, take pictures and prepare the final PowerPoint presentation, coordinate the vendor showcase, produce workshop reports and a dozen other things... MBC thanks you!

To the MBC Advisory Board which was well represented at this conference, many as workshop leaders and guest speakers... MBC thanks you!

And, to the hundred plus businesses and organizations that sponsored and donated items to the National Conference... MBC thanks each and every one of you!

MBC salutes our corporate sponsors for making the 30th Anniversary National Conference and AGM a true celebration!

A Special Thank You to the following Sponsors!



2009 National Conference & AGM

Plans for the 2009 Conference are slowly taking shape. The 2008 Conference Committee has had to take a well deserved break, but discussions have begun about topics, themes, locations and overall plans for the upcoming conference. A 2009 Conference Committee will get started putting more of the details together early in 2009, and will keep you posted as plans develop.

What we can tell you now is that it will take place in the fall, near Toronto / Wasaga Beach area and will focus on Chapter and Volunteer Development. We would like to make the focus for the weekend about being the best Volunteer and Chapter possible... learning how to best support our families and members. Sharing best practices and learning from one another.

Since the 2008 conference, the MBC Board of Directors have had some incredible help from Kathleen Healy from the Guelph Chapter, who with her family has been taking "road trips" to scout out potential locations for the conference. Thank you to Kathleen and to the Guelph Chapter for coming forward with the offer to look for prizes, raffle items, etc.

If you or your Chapter would like to get involved please contact Kim Weatherall at conference2009@multiplebirthscanada.org to further discuss ways you can be involved.

2010 National Conference & AGM

On **September 23 – 26, 2010**, the Edmonton Twin and Triplet Club will host the National Multiple Births Canada Conference and AGM. The Edmonton Twin and Triplet Club (ETTC) is a local support organization for parents of multiple births (twins, triplets, quadruplets, etc.). We have operated as a society for 41 years and support such organizations as the Stollery Children's Hospital, Royal Alexandra Hospital Multiple Birth Prenatal Program, Neonatal & Infant Follow-up Clinic, Glenrose Rehab Hospital Foundation, Terra Centre for Unwed Mothers and provide scholarships to multiple families in and around Edmonton.

The City of Edmonton boasts a beautiful river valley with some of the country's longest river valley trails anywhere. We are home to the NHL team, The Edmonton Oilers and have a just recently hit the 1 million mark for population. The weather in late September is mild, and with our many trees the river valley is a colorful cascade of orange, red and gold.

Our conference will be at West Edmonton Mall, one of the largest malls in the world complete with wave pool, skating rink, mini golf, submarines and shopping and entertainment galore. These are just a few highlights about the City of Edmonton. If you would like more information on Edmonton, please visit www.edmonton.ca.

Start fundraising now!

See you in Edmonton in 2010! - www.ettc.ca

CONNECTING MBC, CHAPTERS, VOLUNTEERS AND MEMBERS

2009 - 2012 MBC Strategic Plan

The 2006-2009 Strategic Plan—Building the Future—encompasses five Strategic Priorities: Ensuring Financial Stability; Ensuring Membership Growth and Support; Strengthening Human and Organizational Resources; Increasing Awareness of MBC and Multiple-birth Issues; and Developing and Strengthening Partnerships. The document laying out the [2006-2009 Strategy](#) describes the mission, goals and rationale for targeting these five key areas as well as the activities planned to accomplish these goals.

Two other documents, Yearly Updates for [2006-2007](#) and [2007-2008](#) thoroughly present the work accomplished by the MBC Board and its volunteers. The Board of Directors is requesting input via an [online survey](#) that can be found through a link on the MBC home page. Before providing your input it is recommended you review these documents to determine if these five focus areas and the activities assigned to each are still relevant and should be part of the 2009-2012 plan. As well, if you think there is a need to address other priorities and methods for accomplishing this strategy, please email Kim Weatherall at pastchair@multiplebirthscanada.org at your earliest convenience.

Advocacy News

In early November, expectant multiple-birth father, Christian Martin, contacted MBC to alert us of what he sees as an opportunity for both parents to request parental leave benefits at the same time. He identified wording in the EI Act that he believes supports his argument. In December, Christian sent a letter to Human Resources Minister Diane Finley—the Minister responsible for the employment insurance program—outlining his interpretation of the EI Act and explaining why he believes it allows one parent to receive parental leave benefits for one baby, and the other parent to receive parental leave benefits for the other baby.

As their children are not expected until May, Christian and Paula have not yet made their claims for EI. When they do, should one of them be denied the parental benefit, they plan to appeal the decision. Without a doubt, if they are able to argue their case and win, this would set a significant precedent for all expectant multiple-birth parents in Canada. It would allow both parents eligible for EI parental benefits to be home at the same time, bonding with their babies, and ensuring the newborns get a good start.

To date, MBC has supported Christian and Paula by providing them with details on past advocacy work and preparing them for public response once media broke the story. We will continue to support them by sharing their story, now and as it progresses, with our members and with all multiple-birth families.

If you require further information on this topic, please contact Gail Moore at mccchair@multiplebirthscanada.org.

COMBO/ISTS Update

One Day Conference – June 2009

In conjunction with the Behaviour Genetics Association (BGA) Annual Conference held the weekend of the 17th-20th June 2009, there will be a one day meeting for ISTS members organized and hosted by Matt McGue (current President of the ISTS Board of Directors) in Minneapolis Minnesota.

International Congress on Twin Studies (ICTS) – June 2010

The 13th Annual ISTS Congress will be held in Seoul, South Korea in early June 2010 and will be hosted by the South Korean Twin Registry. The meetings will be held at the Grand Hyatt Hotel. Along with the congress workshops there will be excursions planned for delegates who may include visits to Folk Villages and/or a tour of the city of Seoul. In the Folk Village, delegates will be able to see ordinary lives of Koreans in the 19th century. On the tour, delegates can experience learning about Seoul which at one time was the capital of the Chosun dynasty in Korean history, hosting many old palaces and museums. Taking the Seoul Tourist bus, delegates will have an opportunity to visit many palaces and museums.

More information on both events will follow as plans develop. Please contact Kim should you have any additional questions about either the events or the work completed by the COMBO or ISTS Board at pastchair@multiplebirthscanada.org.

Our very own Kim Weatherall is the current Chair of COMBO while Gail Moore holds the position of Co-Vice-Chair.

Sustaining Members

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

- Donna Launslager
- Diane Myers
- Kimberley Weatherall

MBC's Support Networks

It is important to remind MBC members about our Support Networks. Membership to one or more Support Networks is FREE. Contact by email as listed below:

Breastfeeding Support - breastfeeding@multiplebirthscanada.org

Francophone Support - francophone@multiplebirthscanada.org

Higher-Order Multiples Support - homnetwork@multiplebirthscanada.org

Lone Parenting Support - loneparents@multiplebirthscanada.org

Loss Support - loss@multiplebirthscanada.org

Special Needs Support - specialneeds@multiplebirthscanada.org

*Supporting Multiple Births
Together for over 30 Years!*