

CONNECTING MBC, CHAPTERS, VOLUNTEERS AND MEMBERS

From the Desks of the Directors...

DIRECTOR OF SUPPORT SERVICES/CHAIR



Sheila is a member of the Saskatoon Parents of Twins and Triplets Organization, where she has volunteered for the past 7 years. She and her husband Steve Reid are the proud parents of 10 year old triplets Katie, Maggie and Robbie. After serving for two years on the MBC Board of

Directors, Sheila became Chair in September 2010.

On behalf of all MBC members, I would like to express our thanks and deep appreciation to **Gail Moore**, who stepped down as Chair after an extremely busy 2 years. Gail worked tirelessly to raise awareness of the needs of multiple-birth families, through media stories, working with Christian Martin to challenge the EI regulations for families with multiples, producing many communication pieces, and especially in leading our National Multiple Births Awareness Day campaigns. Gail continues to offer her experience and advice as Past Chair and as NMBAD coordinator.

I also want to thank **Vicki Riley**, our Business Services Manager in the MBC Office for the past 8 years. Vicki has done an amazing job supporting our members: managing the Business Office; responding to phone calls and emails; coordinating all aspects of membership renewals; editing and updating MBC publications and the website, as Multiple Moments Editor for part of that time; and assisting the Board of Directors with many documents, meetings and decisions. The Board of Directors would like to thank Vicki for all her hard work, dedication, creative ideas and passion for MBC, and we wish her well in her new career at Maclean Engineering. We are very pleased that Vicki continues to volunteer as Publications Coordinator to update, format and distribute MBC publications, and to train Kim and other volunteers in their new roles.

I'm also very grateful to **Kim Weatherall**, Past Chair of MBC, who has taken on the paid position of Acting Executive Director. With Kim's many years of experience on the MBC Board including serving as Chair, and her work with ICOMBO, she is very well suited to this new leadership role. Kim has been volunteering a great deal of time in addition to her paid hours, and is making the Office changeover go as smoothly as possible. Thanks for all you do, Kim!

If you have questions or thoughts regarding any of these changes please contact me at mbcchair@multiplebirthscanada.org.

DIRECTOR OF FINANCE – SHIRLEY COMBDEN



Shirley Combden has joined the board as the new Director of Finance. Shirley is married to Michael and is the proud mother of 12 year old dizygotic twins, Amber and Andre. Completing their family is their oldest son, Anthony. Shirley is an active member of the Edmonton Twin & Triplet Club and has served on

MBC Board and Volunteers...

Officers

Chair, Sheila Catto
 Past Chair, Gail Moore
 Secretary, Lynn Stadler
 Treasurer, Shirley Combden
 Privacy Officer, Todd Ohman

mbcchair@multiplebirthscanada.org
pastchair@multiplebirthscanada.org
secretary@multiplebirthscanada.org
financial@multiplebirthscanada.org
todd.ohman@multiplebirthscanada.org

Board of Directors

Director, Colin Carmichael
 Director of Support Services, Sheila Catto
 Director of Finance, Shirley Combden
 Director, Todd Ohman
 Director, Lori Oldfield
 Director, Lynn Stadler
 Director of Volunteer Management, **VACANT**

colin.carmichael@multiplebirthscanada.org
support@multiplebirthscanada.org
financial@multiplebirthscanada.org
todd.ohman@multiplebirthscanada.org
lori.oldfield@multiplebirthscanada.org
lynn.stadler@multiplebirthscanada.org
volunteers@multiplebirthscanada.org

Business Office

Acting Executive Director, Kimberley Weatherall

kimberley.weatherall@multiplebirthscanada.org

Committee Chairpersons & National Volunteers

Breastfeeding Support Network Chair, Lynda P. Haddon
 Clothing Sale Updates
 2011 Conference Committee
 Health and Education Committee Chair, Donna Launslager
 Father Support Network Chair, Eric Novak
 Francophone Support Network Chair, Murielle Dietrich
 HOM Support Network Chair, Vanessa Luce
 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, Sabine Ehgoetz
 Research Coordinator, Jenna Kelland
 Special Needs Support Network Chair, Theresa Meininger-Sanders
 Volunteer Coordinator, **VACANT (Kim Weatherall, Acting)**
 Webmaster, Lori & D'Arcy Oldfield
 Web Updates

breastfeeding@multiplebirthscanada.org
clothingsales@multiplebirthscanada.org
conference2011@multiplebirthscanada.org
healthed@multiplebirthscanada.org
fathersupport@multiplebirthscanada.org
francophone@multiplebirthscanada.org
homnetwork@multiplebirthscanada.org
loneparents@multiplebirthscanada.org
loss@multiplebirthscanada.org
makingadifference@multiplebirthscanada.org
mmbookreviewer@multiplebirthscanada.org
mmeditor@multiplebirthscanada.org
research@multiplebirthscanada.org
specialneeds@multiplebirthscanada.org
volunteers@multiplebirthscanada.org
webmaster@multiplebirthscanada.org
webupdates@multiplebirthscanada.org

that board for the past nine years. She brings over 15 years of experience to our board—mostly served in the not-for-profit sector.

For the past two years, all of my spare time (and sometimes not so spare) has been used up organizing the 2010 MBC National Conference. I had the pleasure to work with nine very dedicated ladies to plan an educational weekend focusing on topics and workshops related to parenting all ages. Helping coordinate such an event was, at times, overwhelming as this was my first time organizing an event of such caliber. However, I can honestly say that it reminded me of planning my wedding but there were 10 brides to please rather than just myself. The hard work and dedication of many (from the support of our own Edmonton Twin & Triplet Executive, the MBC Board and our families), truly made the 2010 Conference a huge success. Since I joined the Board in September, I must admit I am amazed at what the national board accomplishes with having its directors spread out across the country. I look forward to a year of learning and contributing to this great organization, and hopefully along the way to actually make a difference in the multiple birth community.

You can reach me at shirley.combden@multiplebirthscanada.org.

DIRECTOR – TODD OHMAN



Todd Ohman resides in Ottawa with his wife and former Multiple Moments Editor, Meredith, and their 8-year-old trizygotic triplets, Everett, Madelynn and Nadia. Todd joined the MBC Board in August 2009. As an avid Toronto Maple Leafs fan and parent of higher-order multiples, he understands what it's like to always be on the penalty kill. Todd has a

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Bachelor of Science in Computer Science from the University of Guelph and has spent the majority of his 14-year career at Nortel in various leadership roles in R&D, Business Operations and Strategy. He currently leads the Hardware Support Services Business at GENBAND. His other volunteer activities include backstage accreditation at the annual Cisco Ottawa Bluesfest, the second largest blues festival in North America.

You can reach me at todd.ohman@multiplebirthscanada.org.

DIRECTOR – LORI OLDFIELD



Lori Oldfield from Multiple Births Guelph-Wellington has volunteered with the Making a Difference Awards committee, 2009 MBC National Chapter Development Retreat and website administration. Lori is a Mom of four amazing boys, aged 11, 9 and almost 5yr old twins. To say they have a busy and hectic home life is an understatement but she's always enjoyed helping out and volunteering. Lori became a member of MBG-W (Multiple Births Guelph Wellington) in the fall of 2005 not long after she found out she was pregnant and within the first year they had her on the executive. Since joining the Chapter she's worked on creating and launching their original website, redesigning and editing the Newsletter and currently holds the position of Communications Coordinator on the executive. After reading her bio, Lori said she thinks she's on her computer way too much.

When I showed up at Conference in Edmonton and I got all the welcome hugs from the board members my only thought was "What have I gotten myself into?" My first exposure to MBC was at the Kitchener Conference (2007), the following year I had my first exposure to volunteering with MBC when I signed on to the MADA committee and then truly became hooked with the Markham Conference (2008). This past year I have stepped up a little more with helping out as Web Admin for the MBC website. Now as a member of the Board of Directors I hope to expand this work further to streamline and consolidate the data currently held on the website. I am sure there are many more things that I will become involved in and work towards, but for now I am just trying to find my footing amongst the other members of the Board.

You can reach me at lori.oldfield@multiplebirthscanada.org.

DIRECTOR – LYNN STADLER



Lynn has been a member of the Guelph-Wellington Multiple Births Chapter of MBC since the birth of her monozygotic twin boys, Liam and Connor, in 2000. Following her time on the chapter executive as Communications Director, Secretary, President, Past-president and MBC liaison, Lynn took on the role of Making A Difference Awards Chair in 2007 for MBC after spending a few years volunteering on the Making A Difference Awards committee. Lynn shares her life in Everton, Ontario with

husband Greg, their sons and her step-daughters Jocelyn and Valerie (and a multitude of pets)! No longer a practicing Veterinary Technician, she spends much of her time volunteering in her community and at the boys' school.

You can reach Lynn at lynn.stadler@multiplebirthscanada.org.

DIRECTOR – COLIN CARMICHAEL



Welcome to Colin who joined the MBC Board after the conference!

Colin Carmichael lives in Cambridge, Ontario with his wife Arminta and their four children Hannah (5), Isabella (3), William (1), and Emma (1). Colin was born in Montreal and grew up in Eastern Ontario, finally settling with his family in the Waterloo Region more than a decade ago.

Colin is a digital communications executive who currently serves as the director of communications for The Presbyterian Church in Canada's national office in Toronto. He brings a wealth of experience in social media and digital communications to MBC. Colin also runs a digital communications company, Carmichael Digital, with his sister Sarah, and was recently appointed to serve on the Board of the Cambridge Public Library. In his spare time he plays a little hockey and tries not to obsess over his growing genealogy research. For the Carmichaels, life with twins has been joy and a blessing with just a little challenge thrown in for good measure. Now almost two years from the fateful ultrasound that delivered the news of twins, Colin and Arminta still find themselves turning to each other saying: "Two? Really? Two?" Colin's interest in serving on the Board of MBC is to help ensure that the organization continues to grow and develop so that it can support families of multiples and the unique life-long challenges they face.

You can reach me at colin.carmichael@multiplebirthscanada.org.

Acting Executive Director / Office Update – Kimberley Weatherall



If you haven't heard yet - the MBC office has moved to Ottawa! The office address remains the same, with the mail being forwarded to the Ottawa "office". The new local number is 613-834-TWIN (8946). The toll-free number remains the same, 1-866-228-8824. The office email also remains: office@multiplebirthscanada.org.

It has been a really busy time since October and in some cases quite the learning curve! Having been on the Board and involved with MBC for many years has certainly helped with

the transition, but there is still lots to learn and I am very thankful that Vicki has been so helpful. She is a pretty hard act to follow!

Along with the office transition and office administrative work, my main focus has been on working with the lawyers to prepare the Charitable Status application, planning for the Member's meeting in March (more information to follow soon), looking for additional funding, working with AHRC and the project coordinator on the Fact Sheet project, searching for *Multiple Moments* and Website advertising, finding additional volunteers, and responding to the needs of members, Chapter Executives, Volunteers and the Board. Each day brings many new challenges, discussions and a new area to focus on. I am looking forward to the many exciting changes to come for MBC in 2011. The biggest I hope is that MBC will finally become a Registered Charity!

If you have any questions, please free to contact me at kimberley.weatherall@multiplebirthscanada.org.

Keep March 12th Free! MBC is calling a Special Meeting of the Members to address proposed changes to the By-Laws. This is in preparation for applying for Charitable Status. Added Bonus – One Day Chapter Exchange! Stay tuned for more details!

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Additional Volunteer Changes

Gail Moore – Past Chair pastchair@multiplebirthscanada.org or gail.moore@multiplebirthscanada.org

Gail Moore will be holding a non-voting position as Past Chair and is not considered a Board Member. She will also continue in her role as the National Multiple Births Awareness Day and Advocacy Coordinator.

Vicki Riley - Publications Coordinator
publications@multiplebirthscanada.org

Vicki has resigned as Business Services Manager but has chosen to continue volunteering as the Publications Coordinator, not as a Board Member as originally planned. On behalf of all MBC members, the Board thanks Vicki for her many years of caring, dedication and hard work, and passion for MBC.

Kimberley Weatherall – Acting Executive Director

The Board of Directors appointed an Acting Executive Director to take charge of some executive work previously handled by the Board of Directors, as well as some of the Business Services Manager duties, and additional tasks as assigned. The paid position of Acting Executive Director was offered and accepted by **Kimberley Weatherall**, who stepped down from the Board to take on this six-month acting position. The Board will work towards securing funding to make this a permanent position in the next fiscal year. Kim can be reached at kimberley.weatherall@multiplebirthscanada.org

Welcome New Volunteer – Jenna Kelland

Multiple Births Canada welcomes Jenna Kelland, who has stepped up as the Research Coordinator. She will also be part of the Health and Education Committee. One of her first tasks is to help update the Facts and Figures Fact Sheet.

Jenna is the mother of a four-year old son (Aidan) and two-year old monozygotic twin daughters (Rachel and Sarah). She lives in Edmonton, AB and has been the Library Representative for the Edmonton Twin and Triplet Club since last spring. In November, she completed a PhD in adult education where she researched the experiences of women learning online. Over the past four years, Jenna and her husband (Ron) have both balanced work, graduate school and their growing family. After all the craziness of the last few years, Jenna is taking some time at home with her children and considering how best to balance family and work in the future. She is excited about combining her academic background and her experience as a parent of multiples to work with MBC, sharing research about multiple births and conducting research that will benefit our members.

Jenna can be reached at research@multiplebirthscanada.org.

Welcome New Volunteer – Kim Kruegar

Multiple Births Canada welcomes Kim Kruegar, who volunteered to be part of the Health and Education Committee. *Kim Kruegar is the proud mother of 6-month old fraternal twins and a member of the Edmonton Twin and Triplet Club. She has a Bachelor of Science in Nutrition from the University of Alberta and is currently completing her medical degree. With over 20 years of teaching experience in dance and fitness, she has a love for the arts, fitness, nutrition, education and medicine. Her volunteer experience includes: ER volunteering, developing patient education resources for nutrition, teaching sex-education in junior high schools, teaching skin cancer awareness in elementary schools, teaching basic nutrition to clients at the Youth Emergency Shelters, leading an Obstetrics and Gynecology interest group, volunteering at a clinic for*

disadvantaged youth, fundraising for AIDS Place Los Angeles, and assisting with medical school interviews. Kim is very excited to be a volunteer with Multiple Births Canada as she has absolutely loved the support she has received from the organization and would love to "pay it forward" to help keep the community alive and thriving.

Volunteer Recognition

Making a Difference Awards (MADA)



Local Winner
– Rose Danyliuk

This year's recipient of the Local Making a Difference Award is no stranger to the MADA committee. She had been previously nominated in this

category and has already been a recipient of an honorary mention!

Rose Danyliuk has been a member of the Edmonton Twins and Triplet Club (ETTC) for 30 years and has served in almost every capacity on the executive of the club, and still to this day helps out with events that her family no longer participates in! She has always been a "hands-on" and tireless champion of the multiple birth cause, this year even taking on the role of Program Director for ETTC. Rose has been instrumental in piloting projects such as the ETTC Scholarship Fund, which continues to provide financial relief to many multiple-birth (and non-multiple-birth) families in and around the Edmonton area. The list of her accomplishments is endless, including her role as part of the 1997 POMBA Conference Committee and now the 2010 AGM and Conference. Congratulations Rose!

National Winner – Stephen Moreau

Stephen Moreau was presented the national MADA award for his work in the EI Parental Leave reform for Canadian multiple-birth families. Stephen is a father of twins, lawyer with the law firm - Cavalluzzo Hayes Shilton McIntyre & Cornish. Not only did he successfully represent Christian Martin, who won his EI appeal in front of a Board of Referees in September 2009, Stephen has been a support for the many families who have followed that first case. He has provided guidance, reassurance, and encouragement to those who believe that EI benefits do not address the needs of Canada's multiple-birth community. Canada's multiple-birth community owes a huge debt of gratitude to Stephen Moreau. He has selflessly volunteered himself as the expert who can make a difference on this issue. The MBC Board believes we would never have moved this issue into the public agenda as dramatically as we have without the support of Stephen Moreau.

Media Winner – Diana Ballon

This year's Media award was presented to freelance writer Diana Ballon and *Canadian Living Magazine*. Diana produced an educational article, originally titled "Raising Twins (and Multiples)" for *Canadian Living Magazine's* April 2009 edition (still available on-line as part of a series titled *A Guide to Helping you Raise Twins*). It was well researched, written in a reader friendly style and acknowledged MBC throughout the article. The timing of the article also coincided with our 2009 NMBAD theme on classroom placement.

Service Awards

The following MBC Volunteers were recognized for the dedication and years of service to Multiple Births Canada. Without dedicated and hard working volunteers Multiple Births Canada would be unable to fulfill its objectives and serve the multiple-birth community in Canada.

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Five Years

- **Alison Pilz** (Multiple Moments Layout Editor)
- **Darlene Nagy** (Making a Difference Award Committee)
- **Nancy Young** (Making a Difference Award Committee)
- **Lynn Stadler** (Making a Difference Award Committee / Chair)
- **Murielle Dietrich** (Francophone Translation / Support Network Chair)

Ten Years

- **Vicki Riley** (Business Services Manager)
- **Gail Moore** (Chair / Board Member / National Multiple Births Awareness Chair)

The Board of Directors chose to award a special recognition to **Bonnie Schultz for 20 years** as Friend, Donor, Supporter and Volunteer to Multiple Births Canada. While Bonnie is no longer volunteering on a regular basis, Bonnie continues to support MBC in a variety of ways. Most recently Bonnie provided a donation to MBC that will be used to cover the expenses associated with recognizing volunteers through the Making a Difference Awards (an initiative very close to Bonnie's heart) and other forms of volunteer recognition.

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.

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 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, and providing ongoing and annual recognition.

Multiple Moments

- **Additional Editors Required:** MBC requires additional assistance to edit and publish *Multiple Moments* every 3 months. MBC is looking for one or more volunteers with professional editing experience to assist the current Editor in editing submissions to produce an electronic magazine. With a move to an electronic version there is more opportunity to expand the size of the magazine, however this can only become reality with more assistance.
- **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.

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 5 categories; and preparing for the presentation of the awards during the Conference.

Multiple Moments Update

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. 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 International Council of Multiple Birth Organizations (ICOMBO) planned the first International Multiple Births Awareness Week, celebrated from November 1-7th 2010. It was an excellent opportunity for multiple-birth organizations to draw attention to the unique needs and challenges of twins and higher order multiples around the world. This new event was made possible because of Canadian volunteers through the leadership of Gail Moore from Multiple Births Canada. MBC applauds all the National Volunteers and the MBC Advisory Board members who made it possible! The theme for **International Multiple Births Awareness Week 2010** was to promote the newly updated [Declaration of Rights and Statement of Needs of Twins and Higher Order Multiples](#). Please take the time to review this important and thought provoking document. We also encourage you to discuss the document within your Chapter or group to identify any specific areas of concern you see within Canada. Please pass those comments on to Gail Moore at gail.moore@multiplebirthscanada.org.

Assisted Human Reproduction Canada (AHRC) Update – Kim Weatherall continues to represent MBC on the patient committee with AHRC where the focus of this group is to look at ways to minimize the number of multiple births born as a result of in vitro fertilization (IVF). One of the goals of this committee is to increase awareness and provide education to patients considering IVF and to those professionals who are working with these patients. This will assist all parties to make informed decisions with regards to the number of embryos transferred during each IVF cycle. As a result, in October the new MBC pamphlets were sent to 2500 members of the Society of Obstetricians and Gynaecologists of Canada (SOGC), resulting in requests eight offices/health centers across Canada requesting additional copies to be shared with their patients (totaling approximately 600 copies), and agreeing to display our new posters.

MBC is excited about the potential to reach not only those considering IVF which may result in a multiple pregnancy, but also those who have recently given birth to multiples or are expecting and need to know where to turn for guidance. The next joint project to be completed is the creation of an education product (booklet) outlining the risks of multiple births with a particular focus on the psycho-social challenges, based on the content from seven (7) of our MBC Fact Sheets which will be updated as a result of this overall project. In addition, Donna Launslager the Chair of the Health and Education Committee has recently joined the AHRC Editorial Committee, representing MBC and providing her background and multiple-birth expertise to the editing of any new documents that are created through AHRC, non multiple-birth and multiple-birth related.

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2010 MBC AGM and National Conference Post Conference Report

The Board of Directors would again like to thank the Edmonton Twin and Triplet Club and their outstanding Conference Committee for hosting a fun, educational, motivational and inspirational weekend! The three-day event, *Our Lives with Twins, Triplets and More...Where Friendship Begins*, provided many opportunities to learn, network, recharge, and relax. Delegates were treated to wonderful speakers, entertainment, hospitality and an opportunity to shop till they dropped at the West Edmonton Mall.

Highlights of the Weekend

Summary notes from the many Speakers, Workshops, and Chapter Exchange will be posted on the MBC website in the Members Only section.

Dr. Karyn Gordon: Affirmations: a person must hear 7 times more positives to balance out one negative. Make sure you praise children the right way. Praise the work, not just the outcome. You can work hard but you can't control the mark the teacher gives you, so praise the effort and learning, not the final mark.

Dr. Fiona Bamforth: The biggest complication of multiple births is pre-term delivery. 60% of twins deliver before 37 weeks, 12% before 32 weeks. 92% of triplets deliver before 37 weeks and 36% before 32 weeks. However, survival of pre-term babies has increased dramatically, giving better outcomes than in the past. What causes monozygotic twins doesn't seem to be one factor, but rather a combination of several, including several possible genetic factors and environmental factors.

Nurse Audrey: Remember that children laugh 500 times per day, adults maybe 15. Be with your kids; enjoy them as they have fun!

Dr. David Roseman: Multiples have been shown to interact in utero as early as 65 days/7 weeks after conception, with high levels of interaction at 10/11 weeks. Monozygotic twins are more likely to interact and do so earlier.

Dr. Scott Wooding: Lack of discipline causes stress. Teenagers hate no rules or boundaries. They take lack of rules to mean you don't care! Every school year sit down with your kids and review the rules, ask them if any changes need to be made, then decide together. And Rules must have Consequences. Breaking a rule must have an immediate consequence! This teaches kids self-discipline.

Shauna Paisley-Cooper: Encourage young people to choose activities they like, enjoy it and do it well – because you never know when you won't be able to do it again. Treat everyone in your life with respect and kindness, maintain excellent relationships with family members and friends – those people will be there for you in your time of need.

Example of Parenting Tips Learned From Attendees: When toddlers fight over a toy, send them to the discussion chairs and let them talk and work it out. If they can't come up with a solution then they go to timeout, and then Mom decides for them.

Delegate Feedback Quotes

- Overall the speakers were fantastic. They were enthusiastic and passionate which made them very entertaining.
- Very informative. I like how humour was included.
- Karyn Gordon was very impressive. I learned so much from her; to be a better mom.
- The ETTC committee did a fantastic job. Hats off to an amazing group of women!

Annual General Meeting Business – Minutes from MBC's Annual General Meeting held on September 25, 2010 will be posted on the MBC website in the Member Only Section.

2011 National AGM and Conference – Windsor, Ontario

Multiple Births Canada National Conference
October 13–16, 2011

Hilton Downtown Windsor, Ontario

Families *Multiplied...* Friendships *Amplified*

Hosted by POMBA Windsor



Windsor/Essex POMBA is hard at work planning the 2011 MBC National Conference and AGM. The weekend will give all participants a chance to learn about their multiples, themselves and their chapters.

The conference will begin Thursday night with registration and a pizza party! Friday morning will be the start of 2 full days of fabulous speakers, workshops and other fun activities. We will wrap things up with enthusiasm on Sunday morning.

A large block of rooms has been reserved at the Hilton Windsor at the low rate of \$140/night, based on single or double occupancy.

www.hilton.com/Windsor

1-800-HILTONS – Use promotional code ZXP

More information regarding conference fees, speakers and workshops will be available as more details are confirmed.

Check out our promotional video at
www.youtube.com/watch?v=ET3VoVnHOHk

More information is available at
www.familiesmultiplied2011.com

Or by emailing
conference2011@pombawindsor.com



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2012 National Conference Host Needed!

While the MBC Board is very excited about having the 2011 Conference hosts confirmed, the Board is also looking to the future to hear from Chapters wanting to know more about hosting the 2012 AGM and Conference.

MBC encourages Chapters to come forward to begin planning future conferences to allow for a minimum 2-year planning period, decreasing the stress sometimes associated with conference planning. Without Chapter hosts, national conferences are in jeopardy of not continuing in their current formats, as the present MBC Board is unable to host another one in the foreseeable future. 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!

Please contact Kim at office@multiplebirthscanada.org.

MBC Discounts & Affiliate Programs

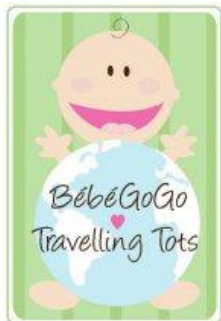
There are many more Discounts available to MBC Members – Check out the Member Section for details!

FOR THE DISCOUNT CODES AND OTHER IMPORTANT INFORMATION ON THESE DISCOUNTS, SIGN INTO THE MEMBER SECTION AND CLICK ON 'MEMBER DISCOUNTS'.

www.clothdiaperkids.com



Cloth Diaper Kids.com is an online baby store run by a stay at home Mom. We carry FuzziBunz pocket diapers as well as a full selection of Bummi's prefold diapers and diapering accessories. We also offer a large selection of other eco-friendly products for Mom and Baby like amber teething necklaces, baby slings, natural stretch mark and diaper rash balms, leather bibs and more. We offer many Canadian products and products made by other work at home Moms too. Drop by and visit us today or join us on Facebook for updates on all our sales and giveaways. We are offering a 10% discount for MBC members PLUS, at Cloth Diaper Kids.com there is no tax!



www.bebegogo.com

BébéGoGo – Travelling Tots is Montreal's premiere baby equipment rental company. Specializing in the rental of high quality strollers, cribs, high chairs, toys and more. We deliver directly to your location including airport and hotel deliveries. Let us help take the trouble out of travel.

BébéGoGo would like to offer a discount of **15% off the first week rental and 30% off each additional week rental** to members of your organization. Mention MBC to receive your discount!



www.bebéboo.ca

BébéBoo – Premium Baby Products for the fashion savvy mom and baby.

If you love beautiful, unique and innovative design-inspired products, why should baby products be any different? We carry a wide selection of organic products, stylish diaper bags, amazing baby Carriers, and the coolest dishware ever! And much more.

BébéBoo is a Fresh, awe-inspiring online shopping experience, and a serious eye for coolness.

BébéBoo offers **Members of Multiple Births Canada a \$30 discount for orders over \$125.00**. This special has NO expiry date so use as often as you wish! In order to access this discount please sign into the MBC Member's only section of the website.

If you are not a member of MBC, BébéBoo offers parents of multiples a \$15 discount for orders over \$75.00 with no expiry date so use as often as you wish! Consider [joining MBC](#) and save more! To enjoy this discount use the following code at the time of check out: **save15**

Follow our footsteps and sign up for our newsletter to get a dose of BébéBoo every month! Read about our new products, sales, gift ideas and special offers.

BIRTHDAY PARTY SUPPLIES



Multiple Births Canada has teamed up with **A Perfect Party by Cody** to raise funds for MBC (10% of every purchase) while offering **MBC Members a 10% Discount** on purchases made through the special MBC portion of the **A Perfect Party by Cody** website. MBC is hoping that

your party planning will help MBC to reach its goals!

What is A Perfect Party by Cody? It is... everything you need to celebrate every kind of party, event and other seasonal celebrations. Fantastic costumes and accessories are also just a click away!

Where do you go? <http://www.perfectpartybycody.com/mbc/>

What do you do? Shop for your celebration needs, then head to the check-out where you can use the MBC Discount Code found in the Member section of the MBC Website.

REMEMBER – Many of the Summer Attraction Discounts continue into the Fall and run throughout the Winter. Some of the year round sites include the Ontario Science Centre, Casa Loma in Toronto, the CN Tower and the Sony Centre for family theatre performances. Check the full list online in the Member Section of the MBC website.