



Report From National

Multiple Births Canada / Naissances multiples Canada

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Connecting MBC, Chapters, Volunteers and Members

From the Desks of the Directors...

DIRECTOR OF VOLUNTEER MANAGEMENT/CHAIR —Kimberley Weatherall

A Multiple Births Canada member commented recently that they felt as if they missed something this year by not heading off to conference in May or June, and they were feeling a little lost without it. I must agree that as the weekends have come and gone, I too have felt as if I should have been somewhere else at this time of the year having attended every conference since 1999. However, having said that, I have never been so thankful that we chose to move the 2008 Conference to the fall, as these past few months have been some of the busiest for me personally (work, family, school and MBC) that I have ever had or wish to experience again!

The majority of my MBC time has been spent working with the 2008 Conference Committee (Gail Moore, Melanie Dugard and Vicki Riley) to secure quality speakers, plan the schedule, create the conference registration form, and secure funding to cover conference expenses. This has been no easy task and much appreciation goes to the Conference Committee for working so hard to make it happen! Part of the funding that I have been able to secure thus far for the conference was provided by Duchesnay Inc (www.duchesnay.com) - a company that has become a very generous friend and supporter of MBC, not only in their ongoing financial support but also with their in-kind donation of work on the MBC website. Over the last few months, I have also had the pleasure to be communicating with Anne-Marie Mediwake, the co-anchor of The News Hour on Global at 6pm, and mother of triplets, about her involvement at the upcoming conference where she will be our Special Guest Speaker at the opening ceremonies.

In March, I had the pleasure of meeting with Dr. Vyta Senikas, the Associate Executive Vice-President of the Society of Obstetricians and Gynaecologists of Canada (SOGC), and Lillian Petrusa, Manager, Development and Marketing, to discuss the potential of SOGC and MBC working together on a number of projects. As a result of that meeting, Dr. Vyta Senikas has agreed to speak at the 2008 Conference, has offered SOGC's support in other areas (still to be developed), and agreed to distribute MBC pamphlets to their 1000 delegates (Health Care Professionals) in Calgary at their Annual Conference held the last weekend of June.

A lot of my time this spring appeared to be about securing funding. Along with the ongoing search for funds for the Conference, I was pleased at the end of March to once again secure funding from EMD Serono for \$2,500 to go towards the honorarium for the Business

Board & Volunteers...

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Vice-Chair, Gail Moore
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Director of Finance, Melanie Dugard
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Business Office

Business Services Manager, Vicki Riley

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Committee Chairpersons:

Adult Multiples Network Chair, **VACANT**
Breastfeeding Support Network Chair, Lynda P. Haddon
Chapter Recruitment Coordinator, **VACANT**
Clothing Sale Updates, Vicki Riley
Conference 2008 Committee
(Acting) Discount Coordinator, Kimberley (Kim) Weatherall
Education Coordinator, Donna Launslager
Francophone Support Network Chair, Denise De Grâce
HOM Support Network Chair, Vanessa Luce & Team
Lone Parenting Network Chair, **VACANT**
Loss Support Network Chair, Lynda P. Haddon
Making a Difference Awards, Lynn Stadler-Hawkins
Multiple Moments Book Reviewer, Kim Skublics
Multiple Moments Editor, Meredith Fraser-Ohman
Special Needs Support Network Chair, Francesca Bell
Project Representative, Diane Myers
Volunteer Coordinator, **VACANT**
Webmaster, John Withnall
Web Updates, Vicki Riley

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

Services Manager. In June, I found a funding source I felt was worth submitting an application for, particularly since we did not need Charitable Status to do so, and quickly developed and wrote a funding proposal for the *New Horizons for Seniors Program-Community Partnership and Leadership Funding* for a project called *Sharing Seniors' Skills-Supporting Multiple Birth Families* for total funding of \$22,500 (you will find an explanation of this project later in this RFN).

The next few months will be dedicated primarily to preparation for the 2008 Conference, AGM and 30th Anniversary Celebrations. In mid-July I will travel to Markham to meet with committee members and conference volunteers working on the Silent Auction and the Vendor Showcase at the Delta Markham. In addition, I will meet with the hotel catering representatives about the menus, meeting rooms and other conference details. Together as a committee, we will further discuss plans and details needed to ensure that you enjoy this year's Conference and 30th Anniversary Celebrations to its fullest!

Throughout that time there remains an Annual Report to publish, further discussions with SOGC, further development of the MBC website—compliments of the Duchesnay team—the development of a new membership benefit with Primetime Insurance, the monthly Board and Conference meetings, incredible amounts of email to respond to, and numerous other tasks that will be sure to keep me on my toes, at my computer and definitely not bored!

I look forward to seeing many "old" friends and meeting many new MBC members and Volunteers in October! Please feel free to contact me at any time should you have questions, suggestions or comments - chair@multiplebirthscanada.org. We always look forward to hearing from you! Take time to enjoy your summer!

DIRECTOR OF COMMUNICATIONS/ VICE-CHAIR – Gail Moore

Writing this column is somewhat like writing my annual Moore Christmas Newsletter minus the cute pictures! It gives me a chance to review the work I've been doing on your behalf as the Director of Communications.

It also allows me to assess how MBC projects are moving along, measure my productivity, and figure out why I get worn out from time to time!

Since the New Year, with the assistance of Shelly Blizzard-Jones, Diane Myers and Kimberley Weatherall, we contacted 16 Canadian non-affiliate multiple-birth groups to confirm receipt of our invitation to consider membership in MBC and to assess their future intentions. We were pleased with the response, as there was a lot of praise for the work we are doing at the national level; however, the stumbling block in most cases was a lack of funds. Our goal is to continue developing these relationships and encourage

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these groups to find local funding partners to cover MBC membership dues.

In February, with the assistance of Donna Launslager and Vera Teschow of the Health and Education Committee, we produced and monitored an online survey designed to assess the opinions of members who experienced a multiple pregnancy as a result of assisted reproductive technologies (ART). We had 100 respondents complete the 26-question survey. The findings of the survey were released with the media kit for National Multiple Births Awareness Day 2008. To those who took the time to share your thoughts and experiences, thank you!

In March, MBC was called upon to support the efforts of a Calgary mother of multiples who again raised the concern of how EI benefits are allocated for multiple pregnancies. Consequently, the CBC story team decided they wanted to air the story across Canada, which resulted in the Chair of MBC, Kimberley Weatherall, joining me in a tag team effort of interviews by 18 journalists in 18 cities across Canada! This flurry of activity quickly pushed up our plans to update the Honourable Monte Solberg, Ministry of Human Resources and Social Development Canada, on this issue. We quickly produced and sent a letter outlining MBC's effort since our *Call to Dialogue* in 2005.

In April, I produced the 2008 National Multiple Births Awareness Day media kit including a media release, backgrounder, resource list, and results of the online ART survey. Being our fourth annual NMBAD, many resources need not be reproduced since they are already available online. A big thank you goes out to everyone who took the time to support our efforts by downloading the pages and distributing information to local media. Creating awareness truly is a group effort!

In May, we finalized the 2008 National Conference programme with the resultant flurry of emails to advise prospective presenters of our decisions. Again, I thank everyone who suggested and/or contacted potential speakers asking them to submit a proposal. As the programme indicates, we are going to deliver an amazing conference!

Now, it's time to sit back, relax and enjoy a new season, which is my cue to wish you the best this summer – but, please remember to take some time to smell the roses! And, remember if you need my support or mentorship on anything media related, I am just a phone call away! Call me at 705-647-2135 or email me at communications@multiplebirthscanada.org.

DIRECTOR OF FINANCE – Melanie Dugard

My vegetable garden is blooming, vacation plans are finalized and the kids are looking forward to sunny summer days that include camping and trips to the grandparents. It's such a great time of year.

The past few months are my busiest at work, so I'm always happy when June arrives. Things slow down at work, so I'm able to enjoy life a bit more and spend more time with the

family. I'm also able to devote more time to MBC.

In April, I drafted the financial statements for the fiscal year ended March 31, 2008 for Multiple Births Canada. Our results are summarized on page 3. Revenues were a bit lower than budget, but we were able to keep our expenses below budget as well. The end result is a deficit only \$1,000 more than budgeted. Our expectation heading into 2009 is to break even.

Concurrent with drafting the financial results for fiscal 2008, I produced the fiscal 2009 operating budget. 2009 will be an exciting year for us, as we host the National Conference & 30th Anniversary Celebration. Our expectation to break even is inclusive of our anticipated conference results.

Over the past few months, I have been working on a special project, which is a business plan for *Multiple Moments*. Our goal is to have a corporate sponsor take over the costs of publication of *Multiple Moments*. To achieve this goal, we have prepared a proposal-type document to submit to various organizations in the hopes of partnering to produce a new and dynamic *Multiple Moments* publication. The first draft of this document is now complete and we hope to be able to refine the proposal and begin searching for a corporate partner over the summer.

The focus of the next few months will be our National Conference. I'm excited to be a part of this and am looking forward to attending my first MBC conference.

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

DIRECTOR OF CHAPTER DEVELOPMENT – Nicole Fisher

It was a strange feeling this spring to not be getting ready for and attending a conference! Having the extra few months to prepare and having it in the fall will be a nice change. At this conference we are splitting the Chapter Exchange into 2 sessions, so make sure you have at least 2 representatives from your Chapter coming to the conference so you can get the scoop on both Clothing Sales/Fundraisers and Programs/Resources/Initiatives. I hope to see you there!

Remember that dusty MBC Chapter Handbook and Operating Guidelines binder sitting on the shelf that you haven't opened in awhile? (If you cannot find your binder, the Chapter Handbook is available in the Chapter Executive section of the MBC website.) The handbook is being revised, and your input is needed! Please take a moment to look through it and send me your thoughts: What do you want to see in the Chapter Handbook to help you run your Chapter successfully? How could this become a better resource for the executive of Chapters? Any other input is welcome!

Recently, Diane Myers and I attended a meeting of Multiple Births Guelph-Wellington where we did a presentation explaining what Multiple Births Canada is all about and also got to know the members better! I enjoyed talking with everyone and learning more about the MBGW dynamics. Since I spend a lot of my volunteer time communicating with MBC members via email and the telephone, being able to match faces with names was wonderful!

Remember, if you have any suggestions, comments, questions or concerns, please contact me at chapters@multiplebirthscanada.org.

I enjoy hearing from you!

Have a safe and fun-filled summer! Enjoy your children at whatever stage they're at! Hope to see you in the fall at Conference 2008!

MBC Business Office Update – Vicki Riley

Summer is here... school is out, soccer is underway and we have been camping twice already! Incredibly, we have also been to the beach. Considering that we live in Wasaga Beach and I hadn't been in two years, this is a great start to our summer! Our family is again looking forward to our annual camping trip with our friends from my local chapter, Barrie Parents of Twins and More. We are booked at Grundy Lake in the #2 group campsite from August 6th to the 13th. Join us if you can!

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 **January**, 26 in **February**, 38 calls in **March**, 30 calls in **April** and 31 calls in **May**.

February referrals to local chapters and non-member groups: 2 referrals to member chapters (1 Prince George, 1 Vancouver) and 1 referral to non-member groups (1 Winnipeg).

March: 2 referrals to member chapters (1 Stratford, 1 Durham,) and 4 referrals to non-member groups (1 Toronto, 2 Winnipeg, 1 Moose Jaw).

April: 3 referrals to member chapters (1 Durham, 1 Chatham-Kent, 1 Durham) and 3 referrals to non-member groups (1 Ottawa, 2 Toronto).

May: 2 referrals to member chapters (1 Windsor-Essex, 1 Kamloops) and 5 referrals to non-member groups (1 Regina, 1 Winnipeg, 1 Mississauga, 1 Kelowna, 1 Montreal).

June: 7 referrals to member chapters (2 Brampton, 1 Kitchener-Waterloo, 1 Barrie, 1 Edmonton, 1 Vancouver Island, 1 Newmarket) and 8 referrals to non-member groups (5 Toronto, 2 Niagara, 1 Moncton).

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 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 - send them to office@multiplebirthscanada.org.

I wish you multiple days of sunshine and relaxing days on the beach!

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Whirlpool Canada Opportunity Update!

MBC has been advised that the original contact person for the moretimeforme.ca Whirlpool Canada promotion is no longer with Carlson Marketing. It is **VERY IMPORTANT** that anyone who submitted a letter of interest, resend it as soon as possible to the **new contact person** indicated in the **letter of invitation** found in the Members Only section of the MBC website!

If this is the first time you have heard about this promotion, there's still time to enter! Whirlpool Canada is searching for five Canadian multiple-birth families to become involved in an online initiative entitled moretimeforme.ca. These families will be invited to either write a six-month blog or be the subject of a video shot over two or three weeks with the goal of sharing time-saving tips and helpful hints on how to multi-task effectively.

Getting involved has its rewards! The five Canadian multiple-birth families chosen for the moretimeforme.ca initiative will be rewarded by Whirlpool Canada with a gift of appliances.

For more information, please review the **letter of invitation** posted in the [Members Only section](#) of the MBC website. Good luck!!

More opportunities regarding this initiative will be happening at the [2008 National Conference in October](#).

MBC's Support Networks

It is important to remind your members through your Chapter newsletter, etc. that MBC has many Support Networks, some with monthly e-mail newsletters, articles in *Multiple Moments* and confidential e-mail connections within each network. The Breastfeeding & Loss Networks have their e-newsletters posted on the MBC website as well. Membership to one or more Support Networks is FREE. Contact information is listed below, or details can be found on the MBC website or obtained from the Business Office at office@multiplebirthscanada.org.

Adult Multiples Support:
adultmultiples@multiplebirthscanada.org

Breastfeeding Support:
breastfeeding@multiplebirthscanada.org

Francophone Support:
francophone@multiplebirthscanada.org

Higher-Order Multiples Support:
hornetwork@multiplebirthscanada.org

Lone Parenting Support:
loneparents@multiplebirthscanada.org

Loss Support:
loss@multiplebirthscanada.org

Special Needs Support:
specialneeds@multiplebirthscanada.org

2007-2008 Summary of Revenues and Expenses

The following information is the unofficial year end results for March 31, 2008 for MBC.

Multiple Births Canada Naissances multiples Canada

Summary Statement of Revenues and Expenditures

	Year ended March 31, 2008		
	Revenues		2007 Actual
	2008 Actual	2008 Budget	
Memberships & subscriptions	\$23,151	\$25,500	\$24,082
Sponsorships	850	3,000	3,000
Publications and resources	4,994	4,500	4,540
Donations & fundraising	5,723	3,650	6,585
Advertising	448	750	698
	\$35,166	\$37,400	\$38,905

	Year ended March 31, 2008		
	Expenses		2007 Actual
	2008 Actual	2008 Budget	
Board of director expenses	\$ 156	\$ 200	\$ 212
Business office	19,405	21,000	19,933
Conference/ Interim meetings	4,614	3,000	1,885
Depreciation Expense	645	650	922
ICTS Congress 2007	2,250	2,000	
Insurance	1,088	1,100	1,088
Miscellaneous	1,030	925	1,861
Multiple Moments	5,161	6,300	6,499
Networks	-	75	2,000
Promotional Supplies	857	650	1,285
Publications	3,106	3,500	4,236
	\$38,313	\$39,400	\$39,921

Excess of expenses over revenues	\$(3,146)	\$(2,000)	\$(1,016)
Surplus, Beginning of year	6,001	6,001	7,017
Surplus, end of year	\$2,855	\$ 4,001	\$ 6,001

Volunteer Positions - Kimberley Weatherall

There are many ways to volunteer for the multiple-birth community, including getting involved with your local MBC chapter. Giving your time to an organization that strives to make a difference is rewarding, not just for what it means to those whose lives are improved by your generosity, but also for yourself and your family. When those in your family

do volunteer work, your children learn an exceptional lesson in giving. Then, there are the rewards you will personally experience. You will develop new skills, increase your self-confidence, improve your computer knowledge, and feel great about all you're accomplishing for Canada's multiple-birth community.

Before you look at the list of volunteer positions that are available at the national level, consider what you want from volunteering and what you can offer. How many hours per week do you want to give, and how many hours can you realistically give? Are you thinking long-term commitment, or are you project-driven? Would you rather work alone, or on a committee? What skills do you currently possess, and which ones would you like to improve or develop? Are you looking for new challenges? Your answer to these questions will allow you to choose a volunteer position that will satisfy and fulfill you, while you help others in a community of people that have so much in common with you and your family. Something can be said for "been there, done that and now I want to help others though the same experiences!"

Without new and additional volunteers, MBC will not be able to move forward to meet the growing demands of such a large organization and expanding community. There is an incredible potential for MBC to provide even more support and services, but we need your help to make it happen. You will find a list of positions on the MBC website under [Volunteer Opportunities](#) that could be just right for you! Please note: there are often many other tasks and responsibilities that we do not list that you may be interested in – just let us know how you would like to share your skills!

In addition to the positions listed on the website, MBC is looking for volunteers to help in the following ways:

MBC Board Members

MBC is always looking for dedicated and hard-working individuals to fill MBC Board Positions. There are a number of different portfolios listed on the website to provide potential Board Members with ideas of areas where we need assistance; however, if you do not see a portfolio that matches with your skills and interests that does not mean that you are not perfect for a Board Position.

We will be looking to fill two positions specifically over the next few months and they are the positions of:

- Director of Volunteer Management and
- Director of Communications.

While both Gail and I are staying on the Board, we are looking to clear some of our responsibilities to enable us to fulfill other roles and commitments (i.e. Gail taking on Chair and Media Relations, Kimberley taking on Past Chair and fulfilling more of her international roles). If you would like to discuss the potential of taking on a Board role, please contact Kimberley at chair@multiplebirthscanada.org or directly at 613-837-3854.

Connecting MBC, Chapters, Volunteers and Members

2008 Conference Volunteers Needed!

We are looking for a number of volunteers to take on some of the following tasks during the conference:

- Set up Thursday afternoon
- Assist with registration each day
- Take tickets before meals
- Introduce and thank workshop speakers
- Take notes during workshops and Chapter Exchanges (providing them to MBC at the end of the conference)
- Assist with the set up of the 30th Anniversary Celebrations (late Saturday afternoon/early evening)
- Volunteers or a group of volunteers from a Chapter to host the Hospitality Suite on Thursday or Friday nights
- Volunteers to assist with the set up of the Resource Room on Thursday
- Volunteers to assist with general set up on the Thursday.
- Sell 50/50 tickets
- Look after door prizes and draws
- Bake and donate goodies for the Hospitality Suite
- Help assemble AGM packages on Thursday afternoon
- Scrutineers at the AGM
- Take pictures and send to MBC Office
- Or simply be put on an "on-call" list to help where needed!

All interested individuals are encouraged to put their name forth if they feel they may have both the qualifications and the background to be a Volunteer or Board Member with Multiple Births Canada. For further information on volunteering with MBC, contact the Director of Volunteer Management, Kimberley Weatherall, at volunteers@multiplebirthscanada.org.

National Multiple Births Awareness Day 2008

As you may recall, a communications plan for National Multiple Births Awareness Day 2008 was developed and posted on the MBC website in the Chapter Executives section for our members to review. It indicated a number of strategies to promote our theme:

"Multiple Births Canada encourages all health care professionals providing fertility advice and/or treatments to fully disclose all risks associated with a multiple pregnancy and birth, including all negative and positive outcomes, to enable patients to make informed decisions."

One of the tactics was producing a survey to assess the personal feelings of our members relating to the NMBAD theme. The results from this survey were used to develop the media kit, and along the way it assisted MBC in developing stronger relationships with key stakeholders like the Society of Gynaecologists and Obstetricians (SOGC) as well as the Infertility Awareness Association of Canada (IAAC). You can access this survey and review the results at www.multiplebirthscanada.org/english/awareness.php

MBC thanks all the families who took the time to complete the survey and provide input on this important subject.

MBC also thanks the Health and Education committee for assisting in the behind-the-scenes work of producing the communications plan and the survey.

The resource piece chosen to support the key message for this year's theme was entitled **Multiple-birth children and their families following ART** – by Jane Denton and Elizabeth Bryan. Published in **"Current practices and controversies in assisted reproduction, Report of a WHO meeting."** We thank Jane, an MBC Advisory Board member, for giving us permission to use this publication.

And, another big thank you goes out to all the people who worked at the Chapter level to hold NMBAD events and speak to journalists. MBC appreciates the work that goes into organizing these events and hopes you all had fun doing it. Thank YOU – Well done everyone!

2008 National Conference & AGM

The registration form confirms it... This year's MBC National Conference promises to deliver amazing educational opportunities for parents, volunteers and professionals!

The **2008 MBC National Conference Registration Form** has been finalized and is available for download in PDF format. For those who would like to register online and pay via PayPal, the online form will be available in early July. Check out pages 2 and 3 for details on the speakers and their workshops or check online.



The conference starts with the Opening Address entitled **Welcome to the World of Multiples** presented by **Special Guest Speaker, Anne-Marie Mediwake**, the co-anchor of The News Hour on Global at 6pm. In 2007, with her husband, reporter Darryl Konynenbelt, Anne-Marie experienced her greatest success—giving birth to triplets. Her popular weekly column in The National Post shared her humorous journey through pregnancy and self-described awkward entry into motherhood.

The **2008 MBC National Conference** offers you an excellent educational opportunity, as a parent, volunteer or professional supporting multiple-birth individuals and their families. It will provide an excellent opportunity to network with other multiple-birth parents, volunteers and professionals, a voice in charting the future of MBC, and a chance to celebrate 30 years of supporting Canada's multiple-birth community together.

More specifically, **MBC Chapter representatives** will have plenty of opportunities to network with other volunteers throughout the weekend during meals, in the hospitality suite and during Chapter specific learning opportunities such as the two **MBC Chapter Exchanges** and the following Chapter-specific workshops.

- **Losses in Multiple Birth** - Volunteers will learn how to provide the appropriate support to families suffering such a loss within their communities.
- **Risk Management 101** – learn how to identify the key risks facing your multiple-birth chapter and develop a plan to manage these risks.
- **Volunteers: Get'em, Build'em, Keep'em** - explore how relationships are central to all aspects of volunteer management; learn the basics of the volunteer management cycle; and gain practical ideas for building your local chapter.

Along with a number of multiple-birth specific topics and speakers for you to choose from, there will be four keynote events.

MBC and the SOGC – Supporting Canada's Multiple-birth Community Together presented by **Dr. Vyta Senikas**, the Associate Executive Vice-President of the Society of Obstetricians and Gynaecologists of Canada (SOGC). Dr. Senikas will examine the care needed and provided by Canada's health care system to those expecting multiple births, touching on the latest research in this field and sharing SOGC's guidelines for multiple-birth Best Practices. In addition, following on MBC's 2008 National Multiple Births Awareness theme, Dr. Senikas will address the impact of IVF technologies on multiple pregnancies.



The Art of Parenting Twins and the Joy of Watching Them Fledge the Nest presented by **Patricia Malmstrom**. Patricia is an internationally recognized authority on multiples, a mother of four adult children, including monozygotic twins, and an MBC Advisory Board Member. Her presentation examines the highs and lows of twinshock, the abiding myths about multiples and twin-specific dynamics as children grow from infants to adults.



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One Size Does NOT Fit All presented by **Karen Kerkhoff Gromada**. Karen authored *Mothering Multiples: Breastfeeding and Caring for Twins or More* and co-authored **Parenting Multiples**. Her realistic presentation includes a discussion on strategies for assisting multiple-birth

couples to partner with obstetrical care providers and potential postnatal support systems in order to attain their perinatal goals.

Conscious Multiple-birth Parenting presented by **Jo-Anne Cutler**. Jo-Anne is an author, speaker, awareness coach, and radio talk show host. Jo-Anne is a passionate voice for children; building



awareness of what we teach them by our example, inspiring and empowering others to be conscious and connected parents, teachers and role models. This presentation will get you pumped and ready to make a difference!

The all-inclusive price for MBC members is \$200, which includes the four Keynote Speakers described above plus your choice of four workshops (16 to choose from), three hot breakfasts, two lunches, four health breaks, pizza party, 30th anniversary banquet and dance, hospitality suite, resource centre, vendor showcase, conference booklet and delegate bag. All-inclusive price for non-members is \$250. *A late registration surcharge of \$25 will be added to registrations post-marked after September 1st.*

Conference Fundraisers

Looking to Donate, Sponsor, Advertise and get exposure at our National Conference? This year's conference is hosted by the national organization, its Board of Directors, and National Volunteers.

We look to you, members of the multiple-birth community, and to others in our communities across Canada for support. Consider sponsoring a speaker, purchasing advertising space in the Conference booklet, donating a silent auction, or a raffle or door prize - financial or in-kind donations are some options to consider. All support is welcomed and greatly appreciated. For more details and the opportunities available, [click here for details](#). Your donation will be recognized on the MBC website and in the Conference Program.

Vendor Showcase

Looking for Vendors for the **2008 Conference** on Friday, October 17th Vendor Showcase from 4 until 7pm. Do you have a home-based business that sells merchandise or offers a service that

would be of interest to parents of multiple-birth children? Here is your opportunity to "show your stuff"! Please email Heather at vendors@multiplebirthscanada.org to book your table(s) now! Tables are available for \$50 each. If you would like to get even more exposure for your business or service why not consider advertising in the Conference booklet or donating a prize for the Silent Auction by contacting the MBC Business Office at office@multiplebirthscanada.org.

Photo Contest

Multiple Births Canada is excited to offer a Photo Contest to have YOUR multiples on the cover of the 30th Anniversary Special Edition of *Multiple Moments*. To be published in September 2008 with a colour cover and double the content, this opportunity is open to Members Only and includes 3 prize rankings. For more details, [click here](#). Only entries following the proper procedures will be considered. This contest is to raise funds for a very special 30th Anniversary Celebration at the MBC National Conference on October 16-19, 2008.

2010 National Conference & AGM

The MBC Board is **VERY EXCITED** to announce that the Edmonton Twins and Triplet Club have generously stepped forward to host the 2010 MBC AGM and Conference. After attending the 2007 Conference, two of their executive members almost immediately expressed an interest in hosting an upcoming conference, taking their excitement home to their Chapter, where the Executive team agreed, and shared their enthusiasm with the MBC Board. We could not be more excited about their decision to host the 2010 conference as it has been a number of years since it was last hosted by a Chapter in western Canada. Over the next two years, MBC will keep you posted with dates, themes and other plans as they unfold. Our sincerest appreciation to the Executive of ETTC for their offer - we look forward to working with you!

2009 National Conference & AGM

You may be asking, so what about the 2009 MBC AGM and Conference; where will it be and who will be hosting it?

At this time we have not had any expressions of interest in hosting this conference by an MBC Chapter. The MBC Board has begun discussions about what is legally required of MBC, how we can meet these requirements, still offer some programming, and be able to plan this within the one year timeframe, after having just completed the 2008 AGM, Conference and 30th Anniversary Celebrations.

At this time it appears that MBC will go forward with the plans to hold a 1-2 day event designed specifically to provide an educational agenda for MBC Volunteers and Chapters, much like the Volunteer Development Retreat of 2005, and fulfill our duties to hold an Annual General Meeting. We have begun to look at sites close to the MBC office in Wasaga Beach/Collingwood area as a potential location but are open to suggestions for both programming and sites over the next few months.

We will have to book a location relatively soon, so please forward your suggestions, comments and/or questions to Kimberley at chair@multiplebirthscanada.org as soon as possible.

Making a Difference Awards

The deadline is for sending in nominations for MADA has been extended! The awards acknowledge our best... those people who have demonstrated excellence, courage or exceptional dedication to service in ways that bring special credit within the community of multiple births.

If you have a name or names to submit, please do it now! **Deadline for submissions has been extended to August 31st.**

Criteria:

Any individual who has provided extraordinary service is eligible for the award - they need not be members of Multiple Births Canada/ Naissance multiples Canada. A clear statement of the reasons for the recognition should accompany nominations, including a summary of the nominee's record of service and a list of dependable references.

Specifically, MBC has five awards available for consideration.

- **MADA LOCAL** to an individual who has displayed outstanding dedication or has been responsible for outstanding accomplishments of local significance in the field of multiple-births in a local community in Canada.
- **MADA NATIONAL** to an individual who has displayed outstanding dedication or has been responsible for outstanding accomplishments of national significance in the field of multiple-births in Canada.
- **MADA INTERNATIONAL** to an individual who has displayed outstanding dedication or has been responsible for exceptional accomplishments of international significance in the field of multiple-births with a Canadian element or impact on the Canadian multiple-birth community.
- **MEDIA AWARD** to an individual and/or newspaper, magazine, radio or television outlet that printed or aired a story in 2007/2008 which created awareness of multiple-birth issues, individual Chapters, or spotlighted MBC and/or Chapter initiatives.
- **DIONNE AWARD** to adult multiple-birth individual(s) who through his/her/their actions has/have created a deeper awareness of the challenges faced by Canada's multiple-birth children and their families and/or has/have made a significant impact on the multiple-birth community through their own personal efforts.

The **Making a Difference Awards** Committee carefully reviews every nomination, verifying the nature and quality of the nominee's contribution. At its conclusion, a list of recipients is recommended to the Board with the recipients receiving their award at the MADA ceremonies during the 2008 Annual General Meeting and National Conference.

Send nomination form via mail or email to:

Making a Difference Awards Chairperson
Box 9, RR #4
Rockwood, ON. N0B 2K0

Connecting MBC, Chapters, Volunteers and Members

Email:

makingadifference@multiplebirthscanada.org

Without volunteers, there would be no Multiple Births Canada!!!

Go ahead.... nominate someone this year!!!

Summer Discounts

MBC thanks Heather Scher for once again organizing summer discounts at a variety of summer holiday destinations. The following locations are offering multiple-birth families discounts: Santa's Village, Centreville, the CNE, Wild Water Kingdom and Ontario Place.

JUST ADDED - Canada's Wonderland!

Visit www.multiplebirthscanada.org for details, click on 2008 Summer Discounts on the left side of the homepage under Latest News and Notices.

Ontario Trillium Foundation Funding Request

Multiple Births Canada is pleased to announce that, as of July 1st, we have applied for funding from the Ontario Trillium Foundation for the development of a best practice, multiple-birth-specific parent education program called the *Strengthening Multiple Birth Families Together Project*.

This project and its application have been coordinated by Donna Launslager with the help of Diane Myers and the MBC Health and Education Committee. MBC is planning to adapt an existing UK program, *Parenting with Multiples in Mind*, and is also looking at the Invest in Kids' *Parenting Partnership Program* as a potential Canadian service delivery model. MBC's program will aim to teach expectant multiple-birth parents and parents/caregivers of multiple-birth children (prenatal period up to age 6) what specific things they can do to reduce stressful multiple-birth family environments and to help with their children's development. It will be based on promising effective approaches for parent education (i.e. group model, online curricula, etc.).

The overall plan for this project is to work in areas where there are both Chapters who have agreed to be pilot sites (i.e. Brampton, Kitchener-Waterloo, Temiskaming, Toronto, Ottawa), and/or where there has been community support by health and/or education organizations in that same region. Once the initial piloting has been completed, the project will expand its services over the rest of Ontario. Phase II will see the program rolled out through the rest of Canada, allowing MBC to use the model created and funded by Trillium for the use in Ontario to other cities and communities in Canada. Funding received from the Ontario Trillium Foundation must be used in Ontario, limiting MBC to create, test and begin the project within Ontario first.

The project has attracted incredible support and partnership from the community, and as a result, MBC has been able to assemble a really strong project collaborative with various partners (at provincial and community levels) including The Best Start Resource Centre

(project mentorship and guidance), The University of Guelph (principal investigators for the research and evaluation pieces), Family Education Centre, Imagine Canada, Timiskaming Best Start Network, Timiskaming Child Care, Waterloo Region Public Health, Women's College Hospital Multiples Clinic and others.

MBC should hear about its acceptance for this funding in the fall. For more information about this project please contact Donna Launslager at d.launslager@rogers.com and join us at the 2008 Conference and AGM where additional information will be shared.

New Horizons Submission

Multiple Births Canada has recently submitted a proposal to the Government of Canada under the New Horizons for Seniors Program-Community Partnership and Leadership Funding for a project called *Sharing Seniors' Skills-Supporting Multiple Birth Families*. The total request for funding was \$22,500 and we expect to hear late in the fall of 2008 if it was accepted.

The goal of the *Sharing Seniors' Skills-Supporting Multiple Birth Families* project is for Multiple Births Canada to engage Senior (or older adult) Volunteers from the Wasaga Beach and surrounding area to assist MBC - allowing for a sharing of skills, wisdom and knowledge between different generations of volunteers and parents within Multiple Births Canada.

Ultimately, Multiple Births Canada is looking to develop their volunteer program and is interested in utilizing seniors as volunteers in our community to do so. MBC and its Chapters have relied primarily on parents of multiple-births as volunteers in the past. However, with increasing parental responsibilities and lack of extra time for families with multiple-birth children, MBC (and its Chapters) has seen a steady decrease in available volunteers. MBC would like to utilize the skills, excitement and availability of seniors to increase the number of MBC Volunteers assisting on a regular basis, fill much needed positions within our organization, learn from their experiences, develop new tools/resources, better utilize our on-line Volunteer training website, as well as complete many additional projects with the assistance of these new and seasoned volunteers. Along with the many benefits that are obvious for MBC, supporting Chapters and families are the benefits we can offer to an important segment of the Canadian public.

If approved, MBC would like to use this application and project as a model for MBC Chapters to use across Canada in their own communities, requesting funding for similar volunteer programs within their own Chapters. Currently this funding source offers funding per province annually each year and would allow for multiple asks from MBC Chapters concurrently. It is our hope that this source of funding will be available in future years, allowing for our efforts to be duplicated on a local level.

The MBC Board would like to thank the Barrie Chapter for their letter of support and agreement to help pilot this project in this first phase, planned for January 2008-December 2009. We would also like to thank Bonnie Schultz and Lynda Haddon (MBC Past Presidents) for their letters of support for this project. MBC has also made contact with a Seniors Centre in Barrie who has agreed to pursue the opportunity to work with MBC and this project should it come to fruition. We are very excited about the potential this

has for increasing the number of quality volunteers at the national and local levels of MBC. For details on this project, please contact Kimberley Weatherall at chair@multiplebirthscanada.org.

MBC on Facebook

Facebook has been a valuable tool this year, linking MBC members from all over Canada in discussions of both chapter and individual nature. The Discussion Board is thriving with over 35 topics - come and join us! Here are the topics of our recent conversations:

- Used Clothing and Equipment Sales
- Conference 2008, National Multiple Births Awareness Day
- Fundraising, Learning Disabilities
- Schooling
- Attendance at Chapter Meetings
- Maternity Leave Benefits
- Summer Activities
- Birthday Parties
- DNA Testing
- and many more!

Please join our Multiple Births Canada Facebook group. It's a perk of being an MBC member! We are over 115 members strong already! You just need to be an up-to-date MBC member to join! If you have already joined, check regularly to keep up with the conversations!

Multiple Moments - 30th Anniversary Edition

The MBC Board of Directors advises **Multiple Moments** subscribers that Quarterly Issue 2 (June) and Quarterly Issue 3 (September) will be combined to offer a bigger and better 30th Anniversary Special Edition to be distributed in September.

Multiple Moments subscribers whose subscription was to expire with the June issue, will receive the September issue.

Photo Contest Deadline - EXTENDED to August 1st!

Picture your multiples on the cover of the 30th Anniversary Edition of [Multiple Moments](#). It's possible!

The 30th Anniversary Edition will be published in September 2008 with a colour cover and more content than ever! This opportunity is open to Members Only and includes 3 prize rankings. For more details, [click here](#). Only entries following the



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proper procedures will be considered. Multiple entries welcome!

This contest is to raise funds for a very special 30th Anniversary Celebration at the MBC National Conference on October 16-19, 2008.

Multiple Thanks!

On behalf of the MBC Board and National Volunteers I would like to take this opportunity to wish **Shelly Blizard-Jones** the very best as she leaves her position as the Chapter Recruitment Coordinator. Shelly will be missed for her dedication and interest in assisting Chapters to grow and become members of Multiple Births Canada. Most recently Shelly assisted the MBC Board members Gail Moore and Nicole Fisher with the outreach to non-affiliate multiple-birth groups. In addition, she helped develop the important relationships with a number of groups across Canada. Shelly was a member of the Durham Chapter during most of her time as a volunteer with MBC, but has since moved back to Ottawa where life and family commitments are making it too challenging for her to continue in this role. Shelly, we wish you the very best and hope to continue to see you at the conferences!

The MBC Board would like to thank **Lynda Haddon** for representing MBC on the 1st and 2nd of May at the Ottawa Valley Lactation Consultant Conference, in Ottawa. As always Lynda did her very best at representing both the needs of MBC and multiple-birth parents by sharing her knowledge and MBC resources whenever possible. Thank you Lynda!

Thank you to **Donna Launslager** and **Diane Myers** for the countless hours spent working on the 2008 Trillium proposal for the *Strengthening Multiple Birth Families Together Project*. We look forward to receiving the good news in the fall about its acceptance!

We would like to thank **Candi Cuppage** for her successful fundraising initiatives for MBC through various sources; and, **Patti MacLean** for assisting with stuffing, folding and collation in the Business Office.

We would like to thank **EMD Serono** for their \$2500 financial contribution to the Business Services Manager honorarium.

Thank you to **Martin and Vivian Hassam** for assisting with stuffing, folding and collation in the Business Office (Office Manager Vicki Riley's parents).

MBC would like to thank **Darlene Nagy** and **Nancy Young** for looking into plans for a multiples day at Wonderland for the summer of 2008. While this activity did not go forward for the summer of 2008, MBC will revisit plans for such an event in 2009.

Our continued appreciation is extended to **Theresa Meininger Sanders** and **Janice Crawford** for their ongoing preparation of the Silent Auction for the 2008 Conference.

We would also like to thank **Heather Scher** from Newmarket POMBA for coming forward to organize the Vendor Showcase at the 2008 Conference.

A very large thank you to all those who have come forward so far to assist with the 2008 AGM and Conference with either an in-kind contribution of time, donation of products or donating financially. We could not do it without you, and we appreciate all of the support you have to offer.

Sustaining Members

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

- **Cheryl Wadasinghe** – Nepean, ON
- **Bonnie Shultz** – Calgary, AB
- **Kimberley Weatherall** – Orleans, ON
- **Donna Launslager** – Waterloo, ON
- **Diane Myers** – Moffat, ON

COMBO/ISTS Update

Note: This column was written by Kimberley Weatherall. At the 2007 International Congress on Twins Studies Kimberley was elected as the COMBO Chair (2007-2010).

It is a very large world, but it is amazing at just how small it can become when you have something in common with others and are able to communicate through email and other electronic means.

For the last year I have had the pleasure of being able to communicate with and get to know people from many different countries in my role as the Chair of the Council of Multiple Births Organizations (COMBO) and since January as a Board member for the International Society for Twin Studies (ISTS). What has been most amazing about the experience is communicating with others whose first language is not English, but being able to communicate easily about a topic that is common to us all – multiple births, and the organizations that support them. I have had an opportunity to correspond with other volunteers, parents of multiples, Geneticists, OB/GYN's and others with an interest in multiple-birth issues. No matter the origin of the inquiry or discussion, the challenges and the issues facing both the families of multiples and those that support them are very similar.

Over the last couple of months I sent out to approximately 15-20 national organizations a survey created by the COMBO Board to inquire about these organizations, to learn more about the support that they offer in their home countries with the hope of being able to share experiences and best practices with one another. While we are still in the process of receiving and collating the different responses, it has provided us with a very good overview of how similar our national groups are and some of the same challenges that we face in trying to meet our mandates.

This synergy of international efforts has also resulted in a desire to translate the Declaration of Rights to other languages. We are also pleased to announce that thanks to Eric Danguy des Deserts, the Chair of Jumeaux-et-Plus from France, the Declaration of Rights has been translated into French.

As a group, the COMBO Board is made up of volunteers from Canada (Gail and I), Christine (Germany), Carol (England) and the Past Chair Mary (USA) are struggling to keep up and push forward a lot of what we had planned to do. While I know and

have experienced the challenges of working as a national Board with MBC (all of us living in different areas of Canada), I have underestimated the challenges of working internationally with differing time zones and working styles, families, and other volunteer commitments, all of which has definitely been a challenge. But we will keep going!

The ISTS Board has most recently been discussing membership to ISTS-looking at ways to expand its membership into the OB/GYN area more, find ways to attract more national multiple-birth organizations as membership has more recently veered towards Geneticists/University Researchers. The ISTS Board have also been looking at the potential for a mid-term congress in the US, most likely to be held in Minneapolis in 2009 where the current President of ISTS lives and works, and we are in the early stages of discussion about the next ICTS planned for 2010 including having received a bid from South Korea to hold it there.

So while progress is slow on the international front, we (Gail and I on behalf of MBC) are moving forwards and making great connections, learning and sharing with other countries, slowly making an impact at the international level on the support provided to multiple-birth individuals and families worldwide. I am sure we will be able to do a whole lot more when we have completed the planning for the 2008 AGM and Conference, which is all consuming at the moment!

If you have any questions about COMBO or the ISTS please feel free to contact Kimberley at chair@multiplebirthscanada.org or Gail at vice-chair@multiplebirthscanada.org.

30th Anniversary Celebration!

Come Celebrate with us at the Delta Markham at our National Conference October 16-19, 2008

Logos: Multiple Births Canada (Naissances multiples CANADA) and POMBA.

Have a great summer and we'll see you in the Fall!

