

Connecting MBC, Chapters, Volunteers and Members...

Report from National...

Kim Weatherall, CHAIR OF MBC
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Recently the Board of Directors approved the following as the theme for the 2007 National Multiple Births Awareness Day: *Raising awareness of the need to recognize and encourage the individuality of multiple-birth individuals, while respecting the uniqueness of their multiple-birth relationship.* Over the next year, you will be encouraged to support MBC as we create awareness in our communities—to teach those who come into contact with our multiple-birth children that, first and foremost, our children are individuals, and their needs as individuals must be encouraged and respected in all aspects of their lives. As importantly, our message will include the need for people to understand that while we respect the need for their individuality, we must also respect that there is uniqueness to the relationship they have with their multiple-birth siblings.

At no other time of year is the need to raise awareness of this theme as evident as when we discuss the back-to-school experience and the plans made for our children with respect to classroom choice. Across Canada, children have recently started or returned to school after summer vacation. For many, the start of the school year is a smooth transition because the parents and the school have worked together to make the appropriate choices for the children. Often this understanding is initiated upon the children's entrance to school and continues each year, or is revisited at the close of each school year to prepare for the next. Unfortunately, not all transitions will be smooth, and there will be visits by parents to the school to voice the needs of their children. Whether the argument is for leaving the children together in one class or separating them into two or more classes, the choice should be based on what works best for the children.

Multiple Births Canada has developed many resources that can help you to educate your family, the teachers, and the school in how best to work with you and your children. You'll find practical advice to share with your children's school system to ensure that the individual needs of your children are met and to identify what classroom scenario will work best for their learning needs and personalities. The Multiples in School Kit includes many different resources for parents and educators, and can be purchased online at: <http://www.multiplebirthscanada.org/english/pubkits.php#school>. Consider purchasing this wonderful resource and donating it to your school (or day-care or nursery school) to help teachers and administrators learn to help each of your children have the best educational experience possible, and to lay groundwork within your children's school and your community for future multiple-birth children.

Please help to celebrate our children and ensure that their unique needs are understood by all who come in contact with them throughout their lives. Celebrating National Multiple Births Awareness Day on the 28th of May each year is one public day of celebration; raising awareness for the remainder of the year is where we will make the difference in the lives of multiple-birth individuals and their families in Canada for years to come.



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Lori MacEwen,
MBC VOLUNTEER COORDINATOR
mbcvolunteers@multiplebirthscanada.org

A Chapter Challenge

Chapter members, are you up for a challenge? No push-ups, running or abdominal crunches are necessary. Just a few minutes of your time is all that we are asking for!

For those of you who attended the 2005 AGM and Volunteer Development Retreat, you had the opportunity to go through the MBC Volunteer Orientation website. The website gives you information about MBC and the opportunities available to volunteer with MBC. For those of you who completed the training, the feedback that you gave was very positive and encouraging. Many thanks to everyone who has completed the training so far.

As you are aware, MBC's mission is "to improve the quality of life for multiple-birth individuals and their families in Canada," and this orientation will give you a better understanding of all that MBC has to offer. That is where the challenge comes in...

MBC is challenging all chapter members to please take a few moments to complete the MBC Volunteer Orientation website. It can easily be found on the MBC website—simply click on 'Volunteering', then 'Volunteer Training' and then click on the box to the right labeled 'MBC Volunteer Orientation website'.

We think you will find this orientation very informative, and it may answer some questions you may have about MBC. The process has two parts; once you complete the orientation, you can then proceed to MBC Volunteer Training.

At the 2006 AGM and Conference, Kitchener-Waterloo POMBA was awarded a certificate as their chapter had the most members complete the volunteer training last year. Which chapter will it be this year?

We are asking all chapter presidents to be creative and think of some incentives/rewards for its members to complete the orientation and training. The chapter who has the most members to complete the training will be recognized in Kitchener-Waterloo at the 2007 AGM and Conference.

We hope that you will take some time to complete the orientation/training. We appreciate your feedback and support.

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From the Board of Directors...

Back to school... back to work and back to a closer-to-normal routine! As summer comes to an end and trips to the beach and lazy days in the sun become a memory distant in our minds, there is an anticipation of getting back to a routine that one can count on and look forward to each day. While the Board of Directors has taken some much needed and deserved downtime over the summer, we have also been responding to the needs of chapters, volunteers, members and expectant parents on a variety of issues, working on a number of projects, while planning for and looking toward the fall when the work intensifies once again.

Since our last report in Multiple Moments, the Board has finalized the 2007 National Multiple Births Awareness Day theme: "Raising awareness of the need to recognize and encourage the individuality of multiple-birth individuals, while respecting the uniqueness of their multiple-birth relationship," and has begun work on how to communicate and put this theme into action across Canada.

Over the summer, the Board finalized and approved the wording of the new bilingual PR pamphlet funded through the generosity of Duchesnay. The pamphlet is currently in the hands of a graphic designer and is expected to be printed in early fall. We are excited about the awareness this new PR pamphlet will bring to MBC and to the Chapters.

Other tasks over the summer have included: ongoing monitoring of the forums; writing information circulars; recruitment of additional volunteers through MBC chapters/members as well as through a University of Ottawa program; tracking volunteer hours as part of an Imagine Canada project; seeking additional discounts and affiliate programs; working with the Health and Education Committee to determine their terms of reference and review plans for their committee work; and following up with the three major drug companies to remind them of the need to consider MBC for funding when planning their budgets for the upcoming year.

The Board has finalized the dates for the fall interim meeting, which will take place the weekend of October 20-22, once again taking advantage of the generosity of the Dawson family and their cottage for the meeting. The interim meeting is the one, and sometimes two, times a year that the Board of Directors can actually meet face-to-face for a couple of days (of very long hours) to discuss more in-depth topics, work together on projects, and make plans for the future. We look forward to sharing some good times and laughter as well, and particularly enjoying the fact that we do not have to type for two or three hours as we would normally do twice a month in our MSN Board meetings! While the agenda is not finalized at this early stage, topics likely to be included are: a 2nd-quarter review of the finances and status of the strategic plan, preliminary plans for the 2007 AGM/Conference, National Multiple Births Awareness Day celebrations, funding and fundraising opportunities, ISTS attendance, new chapter support and a variety of other important topics.

Sure to be discussed during that same weekend will be the work that is resulting from the Chapter Outreach Committee, which will reconvene its discussions in September about how best to attract other multiple-birth groups to become members of Multiple Births Canada. Included in these Committee discussions is an area that MBC is always trying to improve—

membership benefits. For example, the Committee is examining how to make it possible to include a subscription to Multiple Moments with every membership.

Late summer and early fall will bring work in the area of MBC membership renewal, including the membership package that will be mailed to the chapters in the fall and posted on the website in the Chapter Executive section. Be sure to update the Business Office with the contact information for your MBC Representative and your Chapter Executive ASAP, so this mailing is sent to the correct person. If you have any questions about membership, please contact the Business Office or the Director of Membership, Nicole Fisher, at membership@multiplebirthscanada.org.

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

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

Multiple Births Canada would also like to thank the following volunteers:

- **Candi Cuppage** - for her ongoing assistance in the Business Office
- **Tove Edens of Ever So Tiny** for distributing MBC promotional materials at the Ottawa Baby Boom Show in September.
- **Barrie Chapter**, specifically **Candi Cuppage**, for the recent donation of \$210 from donated items sold on behalf of MBC at their clothing & equipment sale in September



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Vicki Riley, BUSINESS SERVICES MANAGER
office@multiplebirthscanada.org

With summer coming to an end, the hustle and bustle in the Business Office should begin to pick up again after a relatively slow July and August. In the last issue of Multiple Moments we announced the approval of some publication increases to be effective September 1st, 2006. As we have been unable to secure a volunteer to assist with the required updates on the website, online purchases are still at the old prices; however, prices have increased for mail-in purchases. This is your opportunity to save by placing your online order now! Chapter Executives should stock up on resources and information for members and chapter libraries. New parents should plan for your next phase and seek out the resources to help you through it! The new Publications Order Form can be found within these pages.

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

June referrals to local chapters and non-member groups: 10 referrals to non-member groups (2 - Montreal, 2 - Halifax, 2 - Toronto, 1 - Ottawa, 1 - Mississauga, 2 - Niagara) and 8 referrals to member chapters (2 - Vancouver, 1 - Windsor/Essex, 1 - Durham, 1 - Vancouver Island, 1 - Fredericton, 2 - Brampton).
July: 3 referrals to non-member groups (2 - Toronto, 1 - Nfld) and 2 referrals to member chapters (1 - Brampton, 1 - Durham).
August: 4 referrals to non-member groups (1 - Toronto, 1 - Ottawa, 1 - Manitoba, 1 - Owen Sound) and 3 referrals to member chapters (1 - Newmarket, 1 - Vancouver Island, 1 - Orangeville).

On our toll-free line, the Business Office received 50 incoming calls in June and 27 in July.

Coming Soon! The fundraising package handed out to delegates attending the 2006 National Conference in Chatham will be mailed this fall to all chapters that did not attend. 2007 MBC membership renewal information will also be included in this package and will be posted on the website in the Chapter Executive section over the next few months. If you have any questions about renewing your membership, do not hesitate to contact the Business Office or MBC's Director of Membership, Nicole Fisher at membership@multiplebirthscanada.org.

Looking for a good deal? Most MBC Chapters hold Fall and Spring Clothing & Equipment Sales—the dates and locations can be found on the MBC website under Resources/Clothing Sales. To locate non-member club sale info, look under Resources/Website Links to find the club website. Most chapters and clubs honour sister chapter membership cards and MBC membership cards for member's-only shopping!

Remember, if you are looking online for the most up-to-date information from MBC, look under Resources/Information Circulars. You can also sign up to have these emails sent directly to your inbox. Just send a note to the Business Office and ask for your email address to be added to the list. Forgot your password? Not sure if your membership has expired? Simply email or call the Business Office and ask.

Enjoy the Autumn with your families. The Fall colours make a beautiful backdrop for family pictures—send them to mmeditor@multiplebirthscanada.org.

Vicki

Vicki Riley, MULTIPLE MOMENTS EDITOR
mmeditor@multiplebirthscanada.org

Couch, sofa, chesterfield—which word does your family use to refer to this furniture staple? It doesn't really matter... what I really want to talk about are the throw pillows we like to prop in the corners. Have you noticed how since having children, these pillows can no longer adorn your sofa for more than 2 minutes at a time? I wonder how many times an hour I have picked up pillows off the floor over the past 11 years? If I had a penny...

Lately I have been dreaming of the days when my kids all live on their own and I drop by for a visit. I wonder if they'll even notice if the throw pillows mysteriously end up on the floor while I'm seated on the other side of the room!

Well, at least there are no throw pillows around when we go camping. This past August marked the 9th annual Family Camping Trip with the Barrie Parents of Twins & More Chapter. My family always looks forward to this week at Grundy Lake Provincial Park. There's so much to do! Biking, swimming, canoeing, jumping off rafts & cliffs, a scavenger hunt, and baseball every night. We had the largest turnout this year, with 45 people in total (32 children – including 11 eleven-year-olds). We had some new campers, non-multiple-birth campers and even a family that came all the way from the Guelph-Wellington Chapter!

I would like to say thank you to my local chapter—Barrie—for sponsoring this annual event, and also to Candi Cuppage for all her hard work in organizing this week year after year—from calling six months in advance to register, to creating the scavenger hunt and supplying play tents, firewood, etc. Let the Barrie Chapter know if you would like to be included in the plans for next year's event!

Have a story to tell? The Multiple Moments team is looking for personal stories and pictures. Do you enjoy reading stories about other families with multiple-birth children? Do you enjoy reading about the relationships between multiples themselves? Why not share your multiple-birth experience with our readers? Whether you are a parent of multiples or a co-multiple yourself, we want to hear from you!

Vicki



Barrie Parents of Twins and More
9th Annual Family Camping Trip

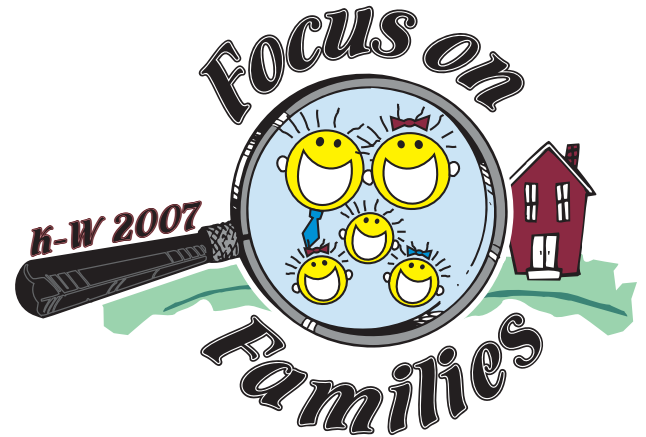
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Melody Parent, 2007 MBC CONFERENCE CHAIR

conference2007@multiplebirthscanada.org






The members of the conference committee in Kitchener-Waterloo have been working really hard to get things ready for 2007. We have decided that since Dr. Audrey Huberman had such an excellent response to her workshop in Chatham, we would ask her back as our Keynote Speaker. We have taken the suggestions offered by everyone into consideration, and we are offering a variety of workshops that will be informative for parents of all-aged multiples. Since our theme is 'Focus on Families', we are even planning offsite activities for delegates' spouses and kids while delegates are away at the conference. Anyone who attended the Chatham-Kent conference knows that we are going to have a big Oktoberfest party, and lots of other interesting surprises. We have already been busy with Mother Stork, and if you are interested in her activities, we will be posting pictures of her adventures on our website www.multiplebirthscanada.org/~kwpomba. Don't forget to mark your calendar for May 31st to June 3rd 2007! We can't wait to see everyone in K-W, and we will keep you posted on what we are working on!



*Please join us in
Kitchener-Waterloo
for the 2007
AGM & Conference.*

Mark May 31st to June 3rd
on your calendars and we
promise you a weekend
packed full of fun and excitement!

Come experience:

-  our unique mix of cultures
-  a newly renovated Delta hotel
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-  a shopping trip to the quaint town of St. Jacobs
-  a celebration of the multiple-birth adventure

**Looking forward to seeing
all of you in 2007!!!!**

Questions?

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