



Connecting MBC, Chapters, Volunteers and Members...

From the Desks of the Directors...

DIRECTOR OF VOLUNTEER MANAGEMENT/CHAIR—Kim Weatherall

Where has the summer gone? It seems like we were just gearing up for the Volunteer Retreat/National Multiple Births Awareness Day (NMBAD) and looking forward to summer, when out of the blue we are now planning fall activities and summarizing what we did on our "summer vacations"!

Following patterns from previous years, our summer has shaped up to be a very busy one! The excitement from the Volunteer Retreat has spilled over into the summer and everyone has obviously gone home with a renewed interest in volunteering as well as working hard to improve areas within their own chapters. It has been very rewarding for the Board and national volunteers to be a part of such a renewed interest from our members, volunteers and chapters in MBC and in what we can learn from one another. It makes the work we do that much more worthwhile. Thank you!

The next couple of months promise to be very busy. We have been working on finalizing the Annual Report, preparing a follow-up report/package from the 2005 Retreat, finalizing the next RFN/MM, planning for our meeting with Minister Belinda Stronach and addressing plans for the upcoming 2006, 2007 and 2008 AGM and Conferences, PLUS all the other regular activities and daily work that comes with being on the Board!

The Board will be meeting face-to-face (end of September) to discuss plans for the future and begin planning for what will happen at the completion of the transitional plan at the end of 2006. Additional items on the agenda will include a look at increasing our membership, as well as ways to better involve areas outside of Ontario in our activities and improving how we support our chapters in those areas. One of the most important topics on the agenda will be addressing MBC's need for a more financially sustainable future.

We look forward to hearing from you should you have any suggestions, comments and/or feedback on the work being completed by the Board and national volunteers.

Please send your comments to chair@multiplebirthscanada.org

DIRECTOR OF COMMUNICATIONS/ VICE-CHAIR – Gail Moore

This will probably be my shortest column as your Director of Communications. It has also been a difficult one to write because MBC has not been getting my total focus lately, I've been putting my family first this summer.

After finishing our last RFN, I began preparing a three-day 80th Birthday Celebration for my mother. We had 73 relatives attend, some who hadn't been to New Liskeard in 30 years. It was

Board & Volunteers...

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Vice-Chair, Gail Moore
Treasurer, Jennifer Dawson
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Director of Finance, Jennifer Dawson
Director at Large, Cheryl Wadasinghe
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Director of Volunteer Management, Kim Weatherall

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Business Services Manager, Vicki Riley

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Adult Multiples Network Chair, Lynda P. Haddon
Breastfeeding Support Network Chair, Lynda P. Haddon
Chapter Liaison, Sheri Franklin (Lockyer)
Clothing Sale Updates, Vicki Riley
Conference 2006 Chair, Sheri Franklin (Lockyer)
2006 Conference Liaison, Gail Moore
(Acting) Discount Coordinator, Kim Weatherall
Education Coordinator, Donna Launslager
Francophone Support Network Chair, Josée Roy
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Lone Parenting Network Chair, Stepheny Palmer
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Multiple Moments Editor, Vicki Riley
Multiple Moments Co-Editor, Meredith Fraser-Ohman
Special Needs Support Network Chair, Francesca Bell
Project Representative, Diane Myers
Volunteer Coordinator, Lori MacEwen
Webmaster, John Withnall
Web Updates, Vicki Riley
Western Liaison, Carrie Johnston

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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
mbcrep@multiplebirthscanada.org
mmbookreviewer@multiplebirthscanada.org
mmeditor@multiplebirthscanada.org
multiplemoments@multiplebirthscanada.org
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webupdates@multiplebirthscanada.org
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truly an amazing weekend. My MBC National Conference organizational skills truly came in handy! Unfortunately, three days later my mother came down with a horrid lung infection that resulted in a three-week hospital stay, a near death experience, and many weeks of post-care. I thank my fellow directors for their patience and support, and for filling in the gaps during my long absence.

My main focus over the summer, when I was wearing my MBC hat, was to get serious about media support for our "Call to Dialogue" focusing on EI benefits for multiple-birth families. In an attempt to keep our agenda in the limelight, a letter has been circulated to the editors of many newspapers across Canada. We must keep the pressure on and create opportunities to discuss the issues if we are to succeed, which has been MBC's objective with this letter writing campaign.

My second goal was to get your views on National Multiple Births Awareness Day. What you liked, where we can improve, etc. I'm hoping that by the time you get this RFN the survey will have reached your chapter and you've had a chance to respond. Your chapter's opinions will be considered and will be used to shape future events.

I'm also hoping you had a wonderful summer, your family is in good health and you enjoy a beautiful fall! All the best from northern Ontario!

Suggestions and comments can be sent to communications@multiplebirthscanada.org

DIRECTOR OF MEMBERSHIP – Nicole Fisher

Well, it is coming around to my first anniversary as MBC Membership director and, wow, it has been a busy year in this position! Kim wasn't kidding last year when she warned me about how much email we all get in a day! Some days it is overwhelming! In fact, when an occasional (very occasional!) day goes by that we don't get many emails, I feel kind of lost and wonder what the other board members are doing that is keeping them away from their computers!

During the summer, it was more of a challenge to get all of my regular work done, both MBC work and housework! Somehow, I managed to keep all three children busy and happy as well as work away on some on-going and new projects for MBC. Please keep an eye out for some new topics on the MBC forum this fall as well as the report on the chapter surveys.

A couple of reminders for you, as many chapters start a new "year", don't forget about the changes in the MBC membership form

Connecting MBC, Chapters, Volunteers and Members...

(Form A on the website) and please ask for the additional information from your members for our records. Also, if your Multiple Births Canada Chapter Representative has changed, please let Vicki know. We'd also like to add you to the MBC Rep discussion forum section on the website, so sign in on the forum pages and send me an email with your user name.

I have enjoyed working on the MBC board this past year and look forward to another successful year striving to improve the quality of life for multiple-birth individuals and their families in Canada. If you have been newly elected as MBC Chapter Rep or have not yet joined the forum, please contact me at membership@multiplebirthscanada.org so that you can join in soon.

DIRECTOR AT LARGE – Cheryl Wadasinghe

The post-NMBAD euphoria is finally settling down into the usual day-to-day hustle bustle at MBC. The excitement we generated in North Bay and across Canada on May 28th, 2005 has carried us through the summer with many positive repercussions. In the days after MBC launched NMBAD, many members of the Board, as well as members of Chapters across Canada were interviewed by various media, including radio, television and print (electronic and hard copy).

I was happy to supply information about MBC to CBC radio in Thunder Bay, and North Bay. Global News Montreal also did a piece on the inadequacy of the Employment Insurance Program, for which we provided an interview.

I have also had the pleasure to support a number of Canadian families in their efforts to challenge the EI program. The board has provided background information; research findings and 'a soft place to land' (as Lynda Haddon says) to a half dozen individuals who have contacted us about their disappointment, displeasure and frustration with current maternity and parental leave provisions.

In the weeks ahead, I intend to continue to build our case with research findings, case studies, and an examination of the EI legislation, in order for the MBC board to be as prepared as possible when we meet with the Honourable Belinda Stronach, Minister of Human Resources and Skills Development Canada, in the fall.

If you have any questions, comments, or are interested in getting involved in the advocacy work described above, please contact me at cherylw@multiplebirthscanada.org

DIRECTOR OF FINANCE – Jennifer Dawson

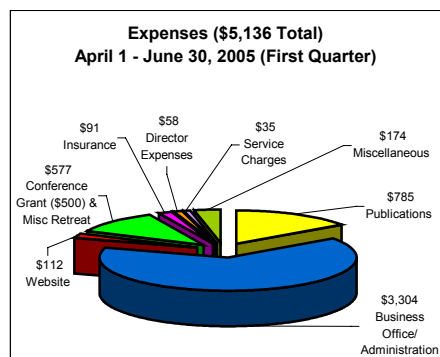
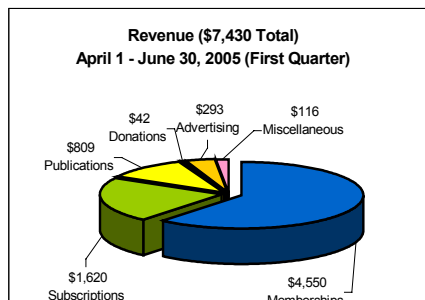
Where did the summer go? Seems like just yesterday that it began. And (shhh, don't tell Kim), it was nice to have a bit of a slower pace to the summer than the whirlwind months leading up to the retreat and NMBAD. But we're back to the grind, and are looking forward another year of productive and satisfying work for MBC!

This issue of RFN includes a summary of the first quarter's financial results (*centre of page*). I hope to include something like this in future

issues of RFN. The first quarter's results bode well for MBC, but as usual, we need to continue to be diligent with our costs, and seek out some additional revenue sources. I am optimistic that our face-to-face meeting at the end of September will give us some new insights.

I am wondering about whether a forum on the website dedicated to financial matters would be helpful. Email me if you are interested in this, or any other MBC financial matter, at financial@multiplebirthscanada.org

First Quarter Financial Results



From the Desk of the Business Services Manager...

We thought it might be interesting to our members and chapters to know how many referrals (and where) the Business Office gives out on a regular basis. We will be keeping track of our referrals and will advise our membership on an ongoing basis.

July – 13 referrals to non-member clubs (3-Halifax, 1-Mississauga, 2-Ottawa, 3-Montreal, 2-Toronto, 1-St. John's, 1-Orillia) and 11 referrals to member chapters (3-Newmarket, 1-Saskatoon, 1-Victoria, 1-North Bay, 1-Windsor/Essex, 1-Brampton, 1-Richmond/Delta, 1-Vancouver, 1-Barrie)

August (during first 9 days of the month!) – 5 referrals to non-member clubs (1-Halifax, 1-Toronto, 1-Calgary, 1-Burlington/Hamilton, 1-Niagara) and 4 referrals to member chapters (1-Kelowna, 2-Newmarket, 1-Windsor)

Volunteer Positions...

We welcome the following two "new" volunteers into two new positions:

Carrie Johnston (MBC Past President) as MBC Western Liaison. Carrie is currently the

Past Chair of MBC and has sat on the Board of Directors since fall of 1999 in several positions, including 4 years as the President/Chair of the Board. Prior to that Carrie held the position of President of the Halifax group and was the Conference Chairperson for the 1998 Conference in Halifax. Carrie currently resides in Victoria, BC and is eager to work with the western chapters to bring them closer to one another and to other Chapters in Canada.

You can reach Carrie at: westernliaison@multiplebirthscanada.org

Lori MacEwen (TMB) as the new national Volunteer Coordinator. Lori MacEwen is mother to dizygotic twin boys Tyler and Brayden (5 years old) and resides in Parry Sound, Ontario. While Lori lives in Parry Sound she remains a member of Temiskaming Multiple Births. At the national level Lori has held the position of MADA Chair. Lori brings to her new position, as Volunteer Coordinator, both an educational and professional background working in volunteer management. Please contact Lori if you wish to volunteer at the national level and she will be more than happy to get you started.

You can reach Lori at: mbcvolunteers@multiplebirthscanada.org

If you are interested in volunteering at the national level, but not as a Board member, there are many positions and responsibilities requiring dedicated volunteers with a passion for multiple-births and Multiple Births Canada.

All areas of MBC can use volunteers to work on committees or on specific projects – either as a leader, or as a member.

Multiple Moments Volunteers:

Editor for MM - Editor-in-Chief - Coordinate contents, submissions, editors, layout, printing, distribution, and advertising.

Advertising Coordinator for MM - Secure advertisers.

Layout Coordinator for MM - Proficient in Adobe Pagemaker, Adobe Acrobat, Adobe Photoshop or similar graphics software.

Other Areas Requiring Volunteers:

Publications Coordinator - Oversee the area of publications by assisting with the updating of current publications and the creation of new publications as the need arises. It is essential that this volunteer be proficient in word processing using - Microsoft Word, Adobe PageMaker, Adobe Acrobat, Adobe Photoshop or similar graphics software.

Research Coordinator - Monitor recent research, update statistical information and monitor requests from outside sources interested in making research-related contact with multiple-birth individuals.

Fundraising Coordinator - Assist in the area of revenue generation and fundraising initiatives at the national level, and assist chapters where possible to identify appropriate local fundraising and funding opportunities. Develop a fundraising committee to assist in this work.

Discounts / Affiliate Coordinator - Preferably held by someone who has daytime access to speak with companies and organizations, that would offer discounts/affiliate programs to our membership across Canada.

Connecting MBC, Chapters, Volunteers and Members...

Parent Resource Coordinator - Coordinate lists of multiple-birth resources available to families across Canada, and update listings of these resources in print and electronic formats.

Support Network Coordinator - Oversee the Support Networks and work with the Support Network Chairs to develop new resources, monitor activity on the MBC forums in these areas, and assist with the marketing of these support networks internally to members and externally to individuals and families who might benefit from the specific support offered.

Provincial/Regional Representatives - MBC has identified that in the upcoming year, it must reach more of its current and potential membership across Canada, not currently served by chapters or MBC. In order to better serve these areas, MBC is looking for provincial and/or regional representatives.

Please note: Some of these positions have recently been created based on the current needs of MBC. Terms of Reference have yet to be compiled for most of these positions. All positions require access to email, as the majority of work completed at the national level must be done electronically.

All MBC volunteers are a true asset to the organization and carry out work that would not be possible without their generosity and support. Thank you!

For further information on volunteering with MBC, contact Lori MacEwen at mbcvolunteers@multiplebirthscanada.org. She will be more than happy to hear what interests you have and how they can be best matched with the needs of MBC.

Health and Education Committee Members represent MBC...

MBC was recently invited to take part in a two day meeting with the Canadian Perinatal Network (CPN). Diane Myers and Donna Launslager attended this meeting on behalf of MBC. They were the sole representatives for multiple-births and presented a 10-minute talk on the following:

- Overview of Canadian multiple-birth trends
- Impact of multiple-births on women and their families
- What can be done to improve multiple-birth outcomes
- Research/knowledge gap

What is the CPN?

The CPN is a national network of Canadian Researchers from Level III care hospitals (e.g. teaching hospitals) across Canada interested in perinatal (high risk pregnancies) research. The Canadian Institute for Health Research (CIHR) has funded CPN to to:

- Set up the network infrastructure
- Establish a national database to study perinatal best practices

Why was MBC Invited?

- The CPN steering committee recognizes the need to hear from consumers to learn more about how preterm births and perinatal care practices impact women.
- Since this meeting was the CPN's inaugural meeting, they need to learn more about research/knowledge gaps.

- Collaborative research projects that include consumers (research target population) will strengthen individual research funding applications.

What are the CPN Goals?

- Initially the CPN focus will be on pregnancies where delivery occurred before 30 weeks gestation following spontaneous preterm labour, preterm pre-labour rupture of the membranes, intrauterine growth restriction (e.g. small for gestational age), a gestational hypertension (preeclampsia)
- Establish and maintain a national perinatal-neonatal database and provide the infrastructure to facilitate collaborative research
- To longitudinally study the outcomes and variations in perinatal medical care, and eventually social aspects

The information shared by Diane and Donna was well received by the professionals in attendance and the networking opportunities have provided the possibility for new partnerships and opportunities for MBC. We will keep you posted as this new relationship grows.

If you would like to contact the Health and Education Committee (Cheryl Wadasinghe, Diane Myers, Donna Launslager and Lynda Haddon) you can reach them all at once at healthed@multiplebirthscanada.org.

2006 AGM and Conference...



The 2006 Conference Committee has been taking a summer vacation from planning the Conference—however, if you call hosting a golf tournament, planning a scrapbook fundraiser, securing speakers, corresponding weekly through email and telephone calls, and developing partnerships within our community vacationing—then just wait to see what the next few months bring!

We encourage everyone to start fundraising to send as many delegates as possible to the upcoming conference themed "Plowing thru Parenthood". Our rich agricultural community is waiting!

Confirmed speakers include Keynote Speakers Donald and Dr. Louis Keith, Founders of The Centre for the Study of Multiple Births speaking on the Controversies in the Diagnosis of Zygosity Before and After Birth; Ann Douglas, the Author of the Mother of All Parenting Book Series; Dr. Audrey Huberman speaking on Education and Multiples; Kristina Sisu with the topic of Stress; and marriage counsellor Bruce Cowen speaking on Marriage and Relationships.

There is going to be something for everyone at this upcoming conference. Not to mention, the accommodations of the Wheels Inn—with their 2 pools, racket ball courts, bowling alley, mini-golf course, fitness centre, spa, and the list goes on! You can check out the amenities at www.wheelsinn.com.

Sheri Franklin (Lockyer), Chair Conference 2006 conference2006@multiplebirthscanada.org

2006 Conference Fundraising Event...

If you live in the Wallaceburg area or know someone that does, please consider supporting the 2006 Conference Committee's efforts to raise funds! What a great way to meet the committee before the conference, help them to meet their fundraising goals and spend some time for just you! If you are part of a chapter that is just slightly out of the area for driving to and from in one day...why not consider making it a girls' weekend away! And if your chapter friends are not interested, grab a group of your personal friends and sign up for a day that you are sure to remember!

Scrapbooking Marathon Fundraising Event for Conference 2006!!

Saturday November 5th, 2005

From 11am to 11pm

Where: Wallaceburg Royal Canadian Legion
52 Margaret St., Wallaceburg, Ontario

COST: \$30.00 Bring your own lunch, supper and snacks provided

RSVP with payment by October 24th
payable to MBC Conference 2006

438 Victoria Ave., Chatham, ON N7L 3B3

For more information:

Contact Sarah at 519-351-5026 or

Tracey at 519-627-1333

What a wonderful idea for other chapters to consider for future fundraising events!

Chapter Exchange...

K-W POMBA...

At K-W POMBA I asked all of my Executive members to complete the Volunteer Training offered through the MBC website. After attending the 'Back to Basics' Retreat, I began to realize the importance of having everyone in our club approaching their volunteer work with the same background information and goals.

I set a deadline for September 1st, and at the end of June, I asked everyone to take an hour out of his or her summer schedule to complete this training. My request was met with willingness on the part of every member of my team. I offered an incentive for those who actually completed the training; their name goes in a draw for a door prize.

I sent out an email detailing the process of getting onto the training site. This email served as a reminder to complete the training as well as a reassurance that I was not the person who was reading the responses to their module questions. Another purpose of the training is to get everyone familiar with the website.

Hopefully they will spend some extra time exploring all of the fabulous information that is available to them. I want every member of my team to be able to confidently assist anyone with accurate and consistent information. I expect this training activity to bring a sense of unity to our team and make everyone feel that they are starting from the same place with the same tools.

*Melody Parent, President
Kitchener-Waterloo POMBA*

Connecting MBC, Chapters, Volunteers and Members...

TEMISKAMING MULTIPLE BIRTHS...

This summer, the great city of Montreal hosted the 8th Annual Twins Festival at the Just for Laughs celebration. Some of our members attended previous events and reported that it was well worth the nine-hour drive from Temiskaming, which is why we decided to make this the year that Temiskaming Multiple Births (TMB) attended as a chapter.

Eight families, which is half our membership, climbed aboard a charter bus early Friday morning. It was an opportunity for bonding, observing our children interact, and seeing other parenting styles up close. Of course, we also took advantage of the time to discuss upcoming TMB events like our 20th Anniversary Alumni night this fall. Our chapter has become accustomed to informal meetings; in fact we're going to try MSN discussions in the future now that we have members from Parry Sound to Kirkland Lake!

The highlight of the Twins Festival was the parade through downtown Montreal. Over one thousand sets of multiples registered for the event, the most in its eight-year history. From infants to seniors, twins, triplets and quads alike marched side-by-side, celebrating their place in the multiple-birth community. TMB took the opportunity to spread the news about MBC and National Multiple Births Awareness Day by proudly carrying the banner highlighting this initiative through the downtown streets.



Picture shows: from left to right, Sara Gauvreau, Zachary Moore, Jeremy Moore, Kayla Marwick, Meagan Marwick and Samantha Gauvreau.

The post-parade line-up included a wide range of games, rides, and two-for-one deals from the concession stands. A set of twins from our chapter, Mélissa-Lyne and Natasha-Lyne, the monozygotic daughters of Guylain and Joséé Roy made it to the finals of the "most look-alike" contest, which added a lot of excitement to our day. It was interesting seeing the entire group of contestants interact with each other, to experience up close the uniqueness of their relationship and their joy in being able to share that reality with others who truly understood.

Observations from that day include:

- MBC truly needs to develop more resources for our francophone community. TMB members have volunteered to translate a few items this year, but what we really need is to apply for grants and funding so we can get a lot done over the next couple of years. For this to happen we need to find an MBC member who knows more about these types of grants.

- Now that MBC has an Adult Multiples support network, it is even more important that we have a presence at these types of events. Knowing the limited resources and manpower available from the national office, we encourage other chapters to consider attending and continue our tradition of carrying the MBC banner in the parade.
- Wearing our TMB t-shirts was a great way to create awareness. We had many people approach us to ask about our chapter. In this way we were able to hand out MBC pamphlets and share our excitement in belonging to an organization that tries to make a difference for our multiple-birth community.

Gail Moore, President
Temiskaming Multiple Births

This print version of the chapter exchange (usually a workshop at the annual conference) is a direct result of our consultation with MBC Reps these past few months. The idea is not a new one, but something we haven't been doing for quite some time. RFN gives us an opportunity to share news about chapter projects and events that have occurred or are being developed at the local level. For this column to be effective, we need chapters to regularly send in a short note about activities completed or in the works.

When your chapter has news, please send it to communications@multiplebirthscanada.org

Chapter Contact Summary

Through emails and phone calls, the majority of the chapters have been contacted. Surveys were conducted with topics pertaining to communication, the MBC/chapter relationship, *Multiple Moments*, conferences (past, present and future), the MBC website, the MBC Representative role, and other questions or comments participants wished to discuss. All results will be printed in *Multiple Moments* once all chapters have been contacted and the results compilation is complete.

The purpose of the survey was to make contact with each chapter of MBC, ensuring open lines of communication, and to understand and share the successes and challenges of each chapter.

The preliminary findings showed that chapters like news sent electronically, the monthly board updates, advocacy on increasing parental leave, topic listings on the ICs, updated website and the MBC forums. Several issues arose from the survey that have prompted action by MBC for the chapters - a detailed job description for MBC Chapter Rep position has been added to the website and will be distributed to each chapter; fundraising materials have been collected and distributed at the conference, with information to follow on the website; a Western Chapter liaison has been recruited to help support and foster relationships with Western chapters; an MBC representative PJ party was held; and all MBC reps have been encouraged to join the registered forum so they can share and connect.

If your chapter has anything to add to the topics listed in the survey or any other comments, questions or concerns, please contact Nicole at membership@multiplebirthscanada.org

Sustaining Members...

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

Association Members...

MBC welcomes the Simcoe North (Midland, ON) Ontario Early Years Centre as an Association Member of MBC.

Multiple Thanks...

Stephanie Weatherall - Helping with the compilation of the Retreat evaluations.

Lynda Haddon - a local Ottawa TV Channel interviewed Lynda recently. Topics covered included the challenges of raising multiples, her Web Site (www.multiplebirthfamilies.com) and her business with Sandra Tompkins-Ottawa Twins Plus Prenatal Classes. Lynda also spoke about MBC, its many resources and gave our Web Site address. Always the MBC promoter!

Allison White - a graduating student who assisted in the Business Office during the months of May and June.

Candi Cuppage for her continued assistance in the Business Office.

Donna Launslager and Diane Myers for attending the Canadian Perinatal Network (CPN) meeting in Toronto on September 22 and 23 on behalf of MBC.

MBC Promotional Products...

One of the benefits of being a member chapter is that you can use MBC promotional items to create awareness of your group. These items can be ordered directly from our website or through the Business Office.

MBC Pin

MBC lapel pins (1.5" wide) make great gifts to thank your chapter volunteers, guest speakers, sponsors and supporters.



Cost is \$5.00 each for 1-9 pins, \$4.50 each for 10-19 pins, \$4.00 each for 20+ pins.

MBC Promotional Poster



The MBC poster is also a great tool for creating awareness of multiple-birth issues and your local chapter. There is space to add your chapter's contact information at the bottom. Then just post in public areas such as medical clinics, community centres, etc.

Cost is \$1.00 each for 100-249, \$1.25 each for 50-99, \$1.50 each for 1-49.