



### Connecting MBC, Chapters, Volunteers and Members

#### From the Desks of the Directors...

##### **DIRECTOR OF VOLUNTEER MANAGEMENT / CHAIR – Kimberley Weatherall**

Normally this column would be dedicated to writing about what I have been working on as Director of Volunteer Management, Board Chair, Co-Chair of the 2008 Conference and all those other acting roles that I have. For this special edition of *Multiple Moments*, I have chosen to write more about what Multiple Births Canada has meant for me both as a member and a volunteer; however I will begin with a quick synopsis of what I have been doing since the last *Multiple Moments*—and it goes like this... coordinating, planning, discussing, writing, meeting, eating and sleeping—everything to do with the 2008 Multiple Births Canada Conference! There you have it in less than one paragraph... allowing me to take the rest of my space and dedicate it to a much more reflective report on my time... over many years.

Celebrating 30 years as a national organization—wow what an accomplishment! Throughout the planning of the 2008 conference and this edition of *Multiple Moments* I have continually thought of... "all those years ago"... and just how long those 30 years in time represents. To have been involved with such an incredibly forward-thinking group of volunteers, to have taken a dream of bringing together Chapters all across Canada and make it a reality! What an exhilarating time that must have been.

And while I thought how exhilarating the formation of POMBA would have been 30 years ago, I soon realized that I too have been part of some pretty exciting and exhilarating times over my 21 year history with this wonderful organization. While there are many examples of things to be proud of, disappointments we (or even I personally) have faced (i.e. like being turned down for Charitable Status, twice), one event stands out for me more than any other—the formation of Multiple Births Canada. After considerable work, time and effort, the Board announced that as an organization we had changed our mandate to include not only *parents* of multiple births within our organization, but to include others in the community who could gain from our knowledge, experiences and our support, or enhance those things. So, while sad to give up the POMBA name and change its original goals, we knew that as an organization looking to make change in Canada, we could do more for multiple-birth individuals and parents as a "new and expanded" organization called Multiple Births Canada.

Over the 21 years I have been involved, coinciding with the ages of my daughters, it would be easy to find alternative ways to spend my time. But I have been drawn to MBC

#### Board & Volunteers...

##### **Officers:**

Chair, Kimberley Weatherall  
Vice-Chair, Gail Moore  
Treasurer, Melanie Dugard  
Secretary, Gail Moore  
Past President/Chair, Carrie Johnston  
Privacy Officer, Kimberley Weatherall

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pastpresident@multiplebirthscanada.org  
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##### **Board of Directors:**

Director of Chapter Development, Nicole Fisher  
Director of Communications, Gail Moore  
Director of Finance, Melanie Dugard  
Director of Volunteer Management, Kimberley Weatherall  
Director, Jennifer Dawson

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jdawson@multiplebirthscanada.org

##### **Business Office**

Business Services Manager, Vicki Riley

office@multiplebirthscanada.org

##### **Committee Chairpersons & National Volunteers:**

Adult Multiples Network Chair, **VACANT**  
Breastfeeding Support Network Chair, Lynda P. Haddon  
Chapter Recruitment Coordinator, **VACANT**  
Clothing Sale Updates, Vicki Riley  
Conference 2008 Committee  
(Acting) Discount Coordinator, Kimberley (Kim) Weatherall  
Health and Education Committee Chair, Donna Launslager  
Francophone Support Network Chair, Denise De Grâce  
HOM Support Network Chair, Vanessa Luce & Team  
Lone Parenting Network Chair, **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, Theresa Meininger-Sanders  
Project Representative, Diane Myers  
Volunteer Coordinator, **VACANT**  
Webmaster, John Withnall  
Web Updates, Vicki Riley

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conference2008@multiplebirthscanada.org  
discounts@multiplebirthscanada.org  
education@multiplebirthscanada.org  
francophone@multiplebirthscanada.org  
homnetwork@multiplebirthscanada.org  
loneparents@multiplebirthscanada.org  
loss@multiplebirthscanada.org  
makingadifference@multiplebirthscanada.org  
mmbookreviewer@multiplebirthscanada.org  
mmeditor@multiplebirthscanada.org  
specialneeds@multiplebirthscanada.org  
d.myers@multiplebirthscanada.org  
mbcvolunteers@multiplebirthscanada.org  
webmaster@multiplebirthscanada.org  
webupdates@multiplebirthscanada.org

to make a difference, to give back to an organization and its membership that gave so much to me both at the local level through the support of the Ottawa Twins Parents Association (now MBFA), and at the national level. Beyond the knowledge gained to help raise my children, beyond the experiences I have gained as a Board member and Volunteer that have helped me in paid work, beyond the immediate satisfaction for accomplishing a task or a goal, has been my own long-term belief that one day, the vast amounts of time and energy I have so eagerly provided towards this mission would come full circle to help my family yet again, with grandchildren or great grandchildren that may be multiples.

I will say goodbye to the position of Board Chair at the 2008 National Conference, handing it over to the wonderfully dedicated and passionate Gail Moore, but I will remain as always dedicated to making a difference in the lives of individuals and families with multiple-birth children, no doubt for the rest of my life. I will remain on the Board for at least one more year and volunteering at the international level as Chair of the Council of Multiple Birth Organizations (COMBO) and as a Board Member of the International Society for Twin Studies (ISTS). For all those who have been part of my history with Multiple Births Canada, thank you for making it such a special part of my life. If it were not for the ties that bind us together—having multiple-birth children in common—I may not have ever had the pleasure of meeting, relaxing, learning, laughing, travelling and volunteering (and a whole lot more) with you over these years... another reason to hug my girls Kristin and Steph one more time! How blessed I have been

to be part of the history of Parents of Multiple Births Canada (POMBA) Canada and the future of Multiple Births Canada (MBC).

##### **DIRECTOR OF COMMUNICATIONS / VICE-CHAIR – Gail Moore**

Every time I write this column, revisiting my productivity on behalf of Canada's multiple-birth community, I shake my head in wonder, realizing how much we accomplish throughout the year thanks to the Internet! I do not know how the founders of POMBA were able to do what they did 30 years ago without email! But, this I know: even though technology has occasional issues, it keeps us connected and moving forward!

Without a doubt, most of my volunteer energy since my last update was directed toward planning and delivering a memorable 30<sup>th</sup> Anniversary National Conference. I am really excited about the topics, the quality of the presenters, and the number of delegates registered for this year's event! To that end, I contacted over 100 Ontario media outlets promoting the event as the outstanding educational experience it promises to be. I admit, working with Toronto media has had its challenges because it is a large, segmented market. I am not sure who sees multiple-birth families as their audience, however knowing how diverse our community is I kept pitching the story!

# Connecting MBC, Chapters, Volunteers and Members

I have also been involved in eliciting financial support and donations for the conference. I thank Theresa Meiningner-Sanders, Vicki Riley, Kim Weatherall, Melanie Dugard, Heather Scher and Janice Crawford for all their work on this important aspect of conference planning. They spent the summer securing support from close to a hundred companies! I encourage you to check the list on the MBC website and shop at these businesses whenever possible. We owe these sponsors and donators a huge thank you!!

On the media end of things, I had the pleasure of assisting Diana Ballon, a freelance journalist, get all the information she needed to produce a multiple-births article for Canadian Living. I also helped Jeff Goodes, CBC Radio (Toronto) talk show host, locate fathers of higher-order multiples for his Father's Day show, and Susan Pennell-Sebekos find families for her cover story in Parents Canada. To everyone who volunteered to be interviewed—thank you!

On a personal note, my 15-year-old dizygotic twin boys, Zachary and Jeremy, were involved with a television production this past summer which resulted in a few van trips to southern Ontario. The Adrenaline Project is a Canadian extreme sports reality TV show for 14-16 year olds that airs on YTV. Episode 208, scheduled to air October 25<sup>th</sup> at 6pm, will feature three sets of twins competing first as a team, then as individuals, to win the title of the Ultimate Adrenalite. I was quite pleased to hear the producers, Marble Media, wanted to showcase the twin relationship focusing on how well the teams worked together. They had a blast being involved and made new friends to boot!

Finally, if you started with Kim's column, you probably know I have offered to step forward as MBC Chair at the 2008 National Conference. I do this with the encouragement of my family who understand how important this organization is for others, especially to new parents of multiples who have much to learn about their new babies and their role as multiple-birth parents, not to mention those who need to know—politicians, educators, medical and service providers—who still do not understand the unique challenges faced by our families.

To say that I am overwhelmed with the thought of taking over from Kim in no way describes how I feel as we get closer to the AGM. However when I think of the huge support team that will be there working with me for the next couple of years I am comforted in knowing I will survive.

All that I ask is that a few good people step forward (people who understand our work must continue for another decade or more!) and volunteer for Board positions this October so that I can start grooming the next Chair(s), as Kim has mentored me, allowing MBC to continue to make a difference for Canada's multiple-birth community.

## DIRECTOR OF FINANCE – Melanie Dugard

It's been a year since I first joined the Board of MBC, and it has been quite a learning

experience for me. I've enjoyed this past year, and continue to be impressed with the determination and drive of my fellow Board members.

Over the summer, I produced the fiscal 2009 operating budget. 2009 will be an exciting year for us, as we host the National Conference & 30<sup>th</sup> Anniversary Celebration. We expect to break even for our regular operational budget, as well as in our anticipated conference results.

Our first quarter results for fiscal 2009 are summarized below. We have been fortunate to receive some donations and sponsorships relating to our National Conference in the spring, which results in higher revenues in the first quarter. As we start to incur expenses related to the conference, this will balance out.

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

3-Months Ended June 30, 2008	2009		2008
	Actual (April-June)	Budget (annual)	Actual (annual)
<b>Revenues</b>			
Memberships	\$2,989	\$17,500	\$ 15,523
Subscriptions	1,462	7,500	7,628
Donations	5,607	3,750	5,723
Other	430	6,650	6,292
	<b>\$10,488</b>	<b>\$35,400</b>	<b>\$35,166</b>
<b>Expenses</b>			
Business office	4,375	20,500	19,405
Convention/interim		1,500	4,614
ICTS 2007			2,250
Other	608	3,600	3,776
Multiple Moments	333	6,800	5,161
Publications	683	3,000	3,106
	<b>\$ 5,999</b>	<b>\$35,400</b>	<b>\$38,313</b>
Excess of revenue over expenses (expenses over revenues)	<b>\$4,489</b>		<b>\$(3,147)</b>
Surplus, beginning period	<b>2,854</b>		6,001
<b>Surplus, end of period</b>	<b>\$7,343</b>		<b>\$ 2,854</b>

The focus of the next few weeks will be our National Conference. I'm looking forward to attending my first MBC conference.

If there are any specific questions, please contact me at [finance@multiplebirthscanada.org](mailto:finance@multiplebirthscanada.org)

## DIRECTOR OF CHAPTER DEVELOPMENT – Nicole Fisher

It has been quite a busy 4 years that I have been on the Board of Directors for MBC. I cannot believe how much I have learned, the many people I have met, and the ways that my life has been enriched while being a part of Canada's multiple-birth community of volunteers! I have been blessed by this team of fabulous women who put their hearts into everything they do for MBC—thank you!

I will be stepping down from my position as Director of Chapter Development at the AGM on October 18<sup>th</sup>, 2008. I have been volunteering in the multiple-birth community for over 8 years first with my local chapter (K-W POMBA) and then MBC. This fall coincides with my twins' 10<sup>th</sup> birthday and my singleton's 13<sup>th</sup> birthday and I feel now that it is time

to devote more time and attention to my family. They grow up so fast!

I am very much looking forward to the fabulous sessions at the 2008 MBC Conference and the 2 Chapter Exchange sessions this time around. There is so much to learn from one another!

## MBC Business Office Update – Vicki Riley

Where did *that* summer go? Perhaps because it wasn't a 'hot' summer, it felt like we kept waiting for it to arrive... and then it was gone! Nonetheless, my family was able to go camping a couple of times—in June we saw six moose up in Algonquin Park, and in August we joined our friends from the Barrie Chapter at Grundy Lake Park. However, summer has ended and fall is upon us.

The kids are back in school and for the first time in six years (and only the third time ever), I have asked that my boys be in the same class—Grade 8. Surprisingly, the teacher eventually placed them side-by-side. When I asked why, at the 'meet the teacher BBQ', I was told they interact less (code for talking in class) with each other than if they were beside a friend. I think he's right and this just might work! I made the decision to have them in the same class for two reasons: they both wanted this teacher (he's the music teacher and they love music), and they really respect him. I also feel it gives them an equal opportunity at a 'good' year for their last year of elementary school. Each of my boys has had 'bad' years on different occasions—so much depends on the student/teacher relationship. Of course, with high school looming next year, this is probably the last time we will have to think of classroom placement.

This summer was a busy one for MBC—unlike summers of the past. Due to the shift of our annual national conference to the fall, there was little rest in the business office. Our conference committee has been very busy requesting donations, looking for sponsors and searching for vendors along with planning the schedule, securing speakers and discussing the logistics of the three days with the Delta Markham hotel. The registration form was posted on our website in July, and online registration was made available mid-August. I would like to express my sincere thanks to our hard-working Conference Committee: Kim Weatherall, Gail Moore, Melanie Dugard, Heather Scher, Theresa Meiningner-Sanders and Janice Crawford. Many thanks also to all of those who helped in many other ways.

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 30 incoming calls in **June**, 37 in **July** and 39 calls in **August**.

**June** referrals to local chapters and non-member groups: 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

# Connecting MBC, Chapters, Volunteers and Members

groups (5 Toronto, 2 Niagara, 1 Moncton). **July:** 2 referrals to member chapters (1 Durham, 1 Fredericton) and 2 referrals to non-member groups (1 Moncton, 1 Quebec). **August:** 2 referrals to member chapters (1 Brampton, 1 London) and 4 referrals to non-member groups (2 Toronto, 1 Montreal, 1 Mississauga).

The MBC office refers through telephone conversations, email and written information included with orders. We feel 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.

MBC is excited to announce that with the sponsorship of **Arbor Memorial Services** ([www.arbormemorial.com](http://www.arbormemorial.com)), and with the expertise of Lynda P. Haddon, Chair of the MBC Loss Support Network, a new MBC Loss pamphlet was produced and will be available at the conference and through the Business Office, at no charge. In addition, one of our Loss Fact Sheets has been revised—*Loss of One, More or All Babies*—and is now posted in the Members Only section of the MBC website, available for download or purchase.

**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.

May the leaves fall softly near you and your family (but far from your eavestroughs!).

## New Discounts

**NEW Discount-Primetime Insurance:** This is an optional benefit that MBC members can choose to investigate if they would like to compare rates with their current insurance policy for car and home insurance. This offer is simply an opportunity that some MBC members may wish to take advantage of before their insurance renewal comes due by contacting Primetime in advance to request a free no-obligation quote. Please log-in to the Members Only section under Discounts to download the letter of invitation from Primetime Insurance for details. This is also an MBC Affiliate Program - help raise funds for MBC!

**NEW Discount – Songs Just For ME:** Multiple Births Canada has teamed up with **Songs Just For ME** to raise funds for MBC (10% of every purchase) while also offering MBC Members a special discount. **Songs Just For ME** is a children's CD like you've never heard before. Each CD is customized with the child's name on the cover, and on the disc. Your child's name is sung over 75 times. New, interactive lyrics teach concepts like safety, nutrition, transportation, the ABCs, animals, colors and even new languages by singing directly to your child. Latin, Country, Techno and even Rock 'n' Roll rhythms play as the child's name is sung in every song. Best suited

for young fans ages 0–6 but we promise that grown ups will love to sing along too!

Along with a donation to MBC, you can feel good about your purchase, as partial proceeds support the Hospital for Sick Children. Please log-in to the Members Only section under Discounts to get your MBC discount codes and further details to order your CDs. This is also an MBC Affiliate Program - help raise funds for MBC!

## National Multiple Births Awareness Day 2009

The MBC Board of Directors will be meeting in the coming weeks to determine the theme for National Multiple Births Awareness Day 2009.

If you or your Chapter have ideas or a comment to share regarding the event next year, we would love to hear from you.

Send your ideas and comments to Gail Moore at [communications@multiplebirthscanada.org](mailto:communications@multiplebirthscanada.org)

## Volunteers Needed!

**Have free time to spare? Interested in making a difference?** Why not read further to find out how your free time can be exchanged for an opportunity to make a difference in the life of another and in fact - make a difference in your own! Volunteering is a great way to learn new skills, build your confidence in areas you may not feel comfortable, share personal experiences through peer support and make a difference in the life of another.

As a national nonprofit and volunteer-run organization, Multiple Births Canada (MBC) relies heavily on the dedication and commitment of volunteers in regions all across Canada. You might be asking yourself, "What can I do to help out a national organization?" There are many areas in which your time would be well served—it might be a one-time event, assisting on a weekly basis with specific tasks, or taking on an ongoing role at the national level.

While there is always a list of volunteer positions on the MBC website, we are open to hearing from a volunteer about where they believe their skills and experience may serve the organization in other ways. What MBC needs to hear first is that you have the time and the willingness to share, and then together we can work to find the perfect volunteer role for you. Please take a look at the ongoing opportunities listed on the MBC Website under Volunteers/Volunteer Opportunities, and contact us to let us know where your interests lie.

Some of our more urgent requirements include assistance in the following areas:

- Writers for *Multiple Moments*
- Advertising Coordinator
- Lone Parenting Support Network Chair
- Adult Multiples Support Network Chair
- Volunteer Coordinator
- General Office Assistance (must live in the area of Wasaga Beach):
  - Assist with *Multiple Moments* Distribution

- Envelope stuffing and collating required from time to time
- Other administrative tasks as required.

When you are ready to volunteer, please contact Kim, Director of Volunteer Management at [volunteers@multiplebirthscanada.org](mailto:volunteers@multiplebirthscanada.org). We are waiting to discuss where your experience, interests and passion are best suited to the needs of Multiple Births Canada.

## Ontario Trillium Foundation Funding Update

### **"Strengthening Multiple Birth Families Together"**

On July 2, 2008, MBC applied for funding from the Ontario Trillium Foundation for the development of a best practice, multiple-birth-specific parent education program called "*Strengthening Multiple Birth Families Together*". This program's aim is to teach expectant multiple-birth parents and parents and caregivers of multiple-birth children (to age six) what specific things they can do to reduce stressful multiple-birth family environments and to help their children's development. The intent of the program is to work in areas with MBC Chapters who can act as pilot sites, and/or where there is community support by health and/or education organizations in particular regions. With incredible support and partnership from the community, MBC was able to assemble a strong project collaborative with various provincial and community level partners.

In late August 2008, MBC was informed that we were not successful in getting the Ontario Trillium Grant. However, the MBC Board and the Health and Education Committee feel very strongly about this program and will be assessing alternative courses of action to move this program forward.

## 2008 30<sup>th</sup> Anniversary National Conference & AGM



**The final date to register is October 10<sup>th</sup>.** Remember, if you cannot attend the whole conference, you can sign up for portions of the weekend. Some workshops are almost at capacity, so if you have been holding off registering, do it soon! MBC encourages Chapters located in and around the GTA to consider sending as many members as possible on Saturday. Provide your Chapter's input at the Annual General Meeting, attend the afternoon Chapter Exchanges to learn best practices of clothing sales, fundraising,

# Connecting MBC, Chapters, Volunteers and Members

community outreach, membership, buddy support, and so much more. It is the perfect opportunity to learn from other Chapter Volunteers who have had successes in a variety of areas. Tickets are still available for the 30<sup>th</sup> Anniversary Banquet on Saturday night, and for the Sunday morning brunch. For full details, go to the 2008 Conference web page.

This year's **Vendor Showcase** promises to be an amazing shopping experience! Spread the news – On Friday, October 17<sup>th</sup> from 4 to 7pm, there will be over two dozen vendors displaying their products and services. This portion of the conference is open to the public, so you can invite other multiple-birth families in the GTA to drop in to visit the vendors. Do you have a friend with little ones or who is expecting? Bring her/them along as well – lots of exciting products to choose from. To see the list of vendors showcasing their products, check out the 2008 Conference web page.

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



## 2009 National Conference & AGM

As mentioned in the June Report From National (RFN), the Board is considering venues for 2009. The increase in attendance for 2008 indicates that moving to a fall date works for our members. However, we are trying to stay away from Fall Sales, so we are asking all Chapters who know the date of their Fall 2009 sale to please send that information to [conference2009@multiplebirthscanada.org](mailto:conference2009@multiplebirthscanada.org) soon.

With little time to plan and no host Chapter to take on the planning, the Board has decided the focus of the conference will be the AGM and topics that focus on Chapter and Volunteer Development. It should be noted that the length of the event will be a day and a half shorter than in previous years. Registration will be on Friday evening with the AGM on Saturday morning and speaker(s) to follow the AGM, ending with the Saturday banquet and MADA Awards. Details will be announced early in the new year. Should you like to be involved or have suggestions for workshop topics or speakers, please send those ideas to [conference2009@multiplebirthscanada.org](mailto:conference2009@multiplebirthscanada.org).

## 2010 National Conference & AGM

It is with great pleasure we announce the Edmonton Twin and Triplet Club will host the National Conference – plans are now underway to offer a comprehensive three-day educational symposium - **September 23 – 26, 2010**. [www.etc.ca](http://www.etc.ca)

The theme of this Conference will be **“Our Lives with Twins, Triplets or More ... Where Friendship Begins”** and programming will focus on the Professionals, Parents, Volunteers and Chapters who comprise this national organization.

## 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 in the discussions on Membership Renewal, Chapter Activities, Fundraising, Clothing Sales, Schooling, Birthday Parties, DNA Testing, and so much more!

Our Multiple Births Canada Facebook group is a perk of being an MBC member. We are over 140 members strong and growing! You just need to be an up-to-date MBC member to join in! If you have already joined, check regularly to keep up with the conversations!

## COMBO/ISTS Update

As you may recall, in June 2007, Gail Moore presented Canada's communication strategy for organizing a successful National Multiple Births Awareness Day at the ISTC Congress in Ghent, Belgium. COMBO delegates in Belgium agreed that they wanted to deliver an **International** Multiple Births Awareness Day in 2010. And, like all good ideas, since we suggested it, we get to lead the effort!

If you are interested in sitting on this committee, please let us know now (even if you cannot jump in until later in 2009). You can be involved in whatever capacity best suits your personal situation. Simply let us know interest by contacting us at [communications@multiplebirthscanada.org](mailto:communications@multiplebirthscanada.org).

## Sustaining Members

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

- **Kimberley Weatherall** – Orleans, ON
- **Donna Launslager** – Waterloo, ON
- **Diane Myers** – Moffat, ON

## Multiple Thanks!

The MBC Board would like to thank **Francesca Bell** for her six years of work with the Special Needs Network. The lives you have touched have been changed for the better. Good luck and all the best to you and your family.

The MBC Board would like to welcome **Theresa Meininger-Sanders** to her new role as the Special Needs Network Chair effective November 1st. We are excited to work with Theresa in this new role after having the pleasure of getting to know her and her incredible work ethic through her work on the 2008 Conference with the Silent Auction. Theresa is the past-Chair of Barrie Parents of Twins & More.

Thank you to **Donna Launslager, Lynda Haddon, Bonnie Shultz** and **Diane Myers** for all their support with Conference 2008. A special thanks to Bonnie for donating the name tags!

**Candi Cuppage** for her continued support of MBC in her fundraising efforts and assistance at the MBC office.

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 organizing an amazing 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.

## MBC's Support Networks

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

**Adult Multiples Support:**  
[adultmultiples@multiplebirthscanada.org](mailto:adultmultiples@multiplebirthscanada.org)

**Breastfeeding Support:**  
[breastfeeding@multiplebirthscanada.org](mailto:breastfeeding@multiplebirthscanada.org)

**Francophone Support:**  
[francophone@multiplebirthscanada.org](mailto:francophone@multiplebirthscanada.org)

**Higher-Order Multiples Support:**  
[homnetwork@multiplebirthscanada.org](mailto:homnetwork@multiplebirthscanada.org)

**Lone Parenting Support:**  
[loneparents@multiplebirthscanada.org](mailto:loneparents@multiplebirthscanada.org)

**Loss Support:**  
[loss@multiplebirthscanada.org](mailto:loss@multiplebirthscanada.org)

**Special Needs Support:**  
[specialneeds@multiplebirthscanada.org](mailto:specialneeds@multiplebirthscanada.org)