



## CONNECTING MBC, CHAPTERS, VOLUNTEERS AND MEMBERS

### Message from the Chair

Wow, time flies - I can't believe our kids have finished another year of school, and it is summer again. Here's some of what your Board of Directors and Acting Executive Director (AED) worked on this spring.

Kim and the Board have collected and completed many documents required for our application to become a registered charity. This is our top priority, and with lawyer Kevin Fritz's assistance, we hope to submit MBC's application very soon.

Welcome new Board member Sean Wilde, member and parent of twins from Kitchener-Waterloo POMBA! Sean is interested in working with the Board and AED to update our Policies and Procedures and in helping MBC apply to become a registered charity.

Welcome Jennifer Schultz as our new Multiple Moments Editor. Thank you so much for all your hard work on this issue, Jennifer!

Special thanks to Donna Launslager, Chair of the Health and Education Committee, who has worked for many long hours to write and edit 7 new MBC Fact Sheets for a contract with Assisted Human Reproduction Canada (AHRC). Donna has worked on these new publications for the past 6 months, doing a lot of research and consulting with the assistance of some members of our Health and Education Committee, Advisory Board members and other experts. The Fact Sheets are nearly complete, to be published this fall.

Big thanks to Gail Moore, who has been extremely busy this spring, first working on the National Multiple Births Awareness Day (NMBAD) celebrations and promoting our Prenatal Class survey. Then she was closely involved with Christian Martin and Stephen Moreau as the news broke that Martin's appeal for EI parental leave had been denied. Christian, Stephen and other MBC members gave interviews, and were mentioned in many news stories on June 16<sup>th</sup> and the following days.

We're happy to announce this year's Summer Discounts, updated by Heather Scher. Log in to the Members' section of the MBC website to find all the discount codes for summer attractions this year. See the list of locations in Multiple Moments.

Our Finance Director Shirley Combden has been working hard with Kim Weatherall to complete the year-end financial statements from April 2010 to March 2011. A summary appears in this report. Thank you Shirley and Kim!

The Windsor 2011 Conference Committee have held many meetings and worked hard to secure all the speakers, finalize the schedule, set up the online registrations, and much more. We hope to see many members and Chapter representatives in Windsor for a wonderful

### MBC Board and Volunteers

#### Officers

Chair, Sheila Catto	mbcchair@multiplebirthscanada.org
Past Chair, Gail Moore	pastchair@multiplebirthscanada.org
Secretary, Lynn Stadler	secretary@multiplebirthscanada.org
Treasurer, Shirley Combden	financial@multiplebirthscanada.org
Privacy Officer, Todd Ohman	todd.ohman@multiplebirthscanada.org

#### Board of Directors

Director of Support Services, Sheila Catto	support@multiplebirthscanada.org
Director of Finance, Shirley Combden	financial@multiplebirthscanada.org
Director, Todd Ohman	todd.ohman@multiplebirthscanada.org
Director, Lori Oldfield	lori.oldfield@multiplebirthscanada.org
Director, Lynn Stadler	lynn.stadler@multiplebirthscanada.org
Director, Sean Wilde	sean.wilde@multiplebirthscanada.org
Director of Volunteer Management, VACANT	volunteers@multiplebirthscanada.org

#### Business Office

Acting Executive Director, Kimberley Weatherall kimberley.weatherall@multiplebirthscanada.org

#### Committee Chair Persons & National Volunteers

Advocacy Coordinator, Gail Moore	gail.moore@multiplebirthscanada.org
Breastfeeding Support Network Chair, Lynda P. Haddon	breastfeeding@multiplebirthscanada.org
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2011 Conference Committee	conference2011@multiplebirthscanada.org
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LGBTQ Support Network Chair, Tania Zulkosky	lgbtq@multiplebirthscanada.org
Lone Parenting Network Chair, Melissa Wray	loneparents@multiplebirthscanada.org
Loss Support Network Chair, Lynda P. Haddon	loss@multiplebirthscanada.org
Making a Difference Awards, Lynn Stadler-Hawkins	makingadifference@multiplebirthscanada.org
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Multiple Moments Editor, Jennifer Schultz	mmeditor@multiplebirthscanada.org
National Multiple Births Awareness Day Coordinator, Gail Moore	gail.moore@multiplebirthscanada.org
Research Coordinator, Jenna Kelland	research@multiplebirthscanada.org
Special Needs Support Network Chair, Theresa Sanders	specialneeds@multiplebirthscanada.org
Volunteer Coordinator, VACANT (Kim Weatherall, Acting)	volunteers@multiplebirthscanada.org
Webmaster, Lori & D'Arcy Oldfield	webmaster@multiplebirthscanada.org
Web Updates	webupdates@multiplebirthscanada.org

weekend of learning, networking and fun! See the ad in Multiple Moments for details.

Kim Weatherall has been involved with all of these activities and many more as detailed in her report below. Thank you for all your hard work, Kim! The Board appreciates all your support, experience and ideas for how we can grow to serve our members even better.

On behalf of the Board of Directors, we wish all our members and families a very healthy and happy summer vacation time! And if you take some great family photos, please send them to our Multiple Moments editor - we're always looking for new pictures for the magazine, especially high-quality cover photos.

Sheila Catto

Multiple Births Canada, Chair and Director of Support Services  
[mbcchair@multiplebirthscanada.org](mailto:mbcchair@multiplebirthscanada.org)

# CONNECTING MBC, CHAPTERS, VOLUNTEERS AND MEMBERS

## Acting Executive Director / Office Update: Kimberley Weatherall



Since the last RFN, work continues to progress on the Charitable Status Application. The new By-Laws and Letters Patent have been approved by the Federal Government; we have received our Certificate of Good Standing from Industry Canada; the lawyers are in the process of reviewing our list of activities (required to work with our new objectives); and I am now working on gathering the final necessary documents to accompany the application.

Over the last couple of months MBC has continued to receive inquiries each week from expectant parents looking for support and referrals to Chapters (Windsor, Sarnia and Ottawa) and non-member groups (Calgary, Toronto, Niagara Falls and Manitoba) in their communities; families looking for more information on EI and parental leave options; professionals looking for information to offer to new parents of multiples who they are supporting (Hamilton, Toronto and Winnipeg) groups looking to form MBC Chapters and inquiries from Chapter volunteers looking for guidance and information on a variety of topics. Thank you to London Multiple Births for volunteering to help a family who gave birth to twins born at a hospital in London, but do not live in that community. Over the last month MBC has offered information to two existing multiple-birth groups on how to become a Chapter, as well as to a community wishing to have a Chapter. We look forward to working with these groups should they wish to become affiliate members.

MBC welcomed new discounts – *Seasons-UV.com* selling unique clothing that allows parents to know when to apply additional sunscreen and *Twinessentials.ca* owned by parents of twins, and members of MBC. Make sure to check out their extensive line of products designed for twins or more (see the advertisement in this MM for more details). Other Affiliate Programs such as *A Perfect Party*, *Mabel's Labels* and *Stuck on You* continue to grow and provide income to support MBC programs.

It has been exciting as well to watch and be a part of the increased traffic on our Twitter account, the sharing between members and Chapter Volunteers through Facebook and especially the excitement building around the 2011 Conference in Windsor. It is wonderful to see the relationships between members and volunteers from all over Canada grow. Thank-you to Jennifer Schultz for helping in the area of MBC's social media accounts – updating with hot topics and reminding members of existing supports available to them!

Over the next few months my time will be focused on wrapping up the charitable status application; completing the Annual Report; preparing for the 2011 Conference; wrapping up work on the AHRC Fact Sheet project; in addition to the many other tasks needed each week in the office. I wish you all a safe and fun-filled summer!

If you have any questions, please free to contact me at [kimberley.weatherall@multiplebirthscanada.org](mailto:kimberley.weatherall@multiplebirthscanada.org).

***Volunteers do not necessarily have the time;  
they just have the heart. ~ Elizabeth Andrew***

## MBC Financials

### Multiple Births Canada/Naissances multiples Canada

#### 2011 Financial Report

Year Ended March 31, 2011 (unaudited)

	2010 - 2011		2009-10
	Actual	Budget	Actual
<b>Revenues</b>			
Memberships	21,327	17,000	17,471
Multiple Moments Subscriptions	5,925	5,700	6,618
Conference Income	6,951	1,000	18,028
Sponsorships	3,500	500	3,500
Publications/Resources	2,455	2,700	2,722
Donations/Fundraising	4,453	4,500	4,521
Advertising	1,000	2,650	2,437
Commission/Affiliate Income	2,425	5,400	1,743
	<b>48,035</b>	<b>39,450</b>	<b>57,040</b>
<b>Expenses</b>			
Board of Directors Expenses	140	200	80
Business Office	19,285	18,045	20,393
Conference/Interim Meetings	14,248	9,000	24,181
Insurance	1,122	1,100	1,090
Miscellaneous	1,134	1,555	3,617
Multiple Moments	6,556	7,250	7,165
Publications	2,357	2,300	2,302
	<b>44,842</b>	<b>39,450</b>	<b>58,828</b>
<b>Excess of revenues over expenses</b> (expenses over revenue)	<b>3,193</b>		<b>(1,788)</b>
Surplus, beginning of year	1,144		2,932
<b>Surplus, end of year</b>	<b>4,337</b>		<b>1,144</b>

## 2011 AGM & Conference



Join conference hosts, the Windsor / Essex POMBA, in October 2011 in Windsor. Check out the [registration form on-line](#) and sign up soon! You are encouraged to take advantage of current seat sales and continue fundraising! If you need to share a room to save costs, let the committee

know—they will try to match you up with someone. All the information you need (i.e. links to hotels, activities, speaker bios and the full program) can be found on the [conference website](#).

If you have questions or can support the 2011 Conference Committee in anyway, please contact them at: [conference2011@pombawindsor.com](mailto:conference2011@pombawindsor.com)

# CONNECTING MBC, CHAPTERS, VOLUNTEERS AND MEMBERS

## URGENT - New Volunteers Required!

The following is a list of the most urgently needed volunteers for Multiple Births Canada. There is much work to be done and we can only achieve it with your help. If you are interested in volunteering, please let us know what your skills, background and interests are; we will be sure to find something for you to contribute to. For more opportunities visit our [Volunteer Opportunities](#) page on the MBC website. Please contact Kimberley Weatherall at [office@multiplebirthscanada.org](mailto:office@multiplebirthscanada.org).

**Chapter Support Network Chair (NEW Position):** Working with the Director of Support Services and the Acting Executive Director, this position will oversee Chapter Development, respond to Chapter related questions and liaise with Chapters on a regular basis. This position is a new position and is rather urgent, as MBC has a number of new groups looking to become a Chapter of MBC and needing care and guidance from an experienced Chapter Volunteer.

**Volunteer Coordinator:** The role of Volunteer Coordinator is an essential one for our national organization. MBC is looking for someone with experience working with volunteers in a coordination role to oversee recruitment, ongoing orientation and training, creation of appropriate position descriptions and tracking national volunteers' progress, and providing ongoing and annual recognition.

**Making a Difference Chair:** The Making a Difference Awards Committee Chair position is a good entry position to volunteering with MBC. The time commitment is minimal throughout the year. In the months leading up to the Annual Conference the responsibilities include advertising for nominations, coordinating the MADA committee to review and choose winners in 6 categories; and preparing for the presentation of the awards during the Conference.

**National Multiple Births Awareness Day Coordinator:** With direction from the Acting Executive Director and the MBC Board of Directors, this person will lead and deliver this important national awareness event. MBC is looking for someone who has experience in media relations and strong writing skills. The responsibilities of this position could be shared by more than one person and includes developing a communications plan, producing the media kit and distributing it to the media, evaluating media coverage and measuring results. This is a time-specific position from January to June each year. Ideally the new Volunteer should be in place in the early fall 2011 to begin planning for 2012.

## CHAPTER EXCHANGES – 2011 AGM & Conference

The MBC Board is looking for input on the topics discussed by Chapter delegates for the Chapter Exchanges at the 2011 AGM and Conference. Are you facing challenges with volunteers? Perhaps you need more guidance with your financial reporting? Looking for tips on how to engage your Executive or other volunteers?

**You tell us** – and we will make it possible for you to share your questions with others in attendance! If you are proud of an accomplishment that may benefit others, we want to hear that as well!

Email the MBC Office ([office@multiplebirthscanada.org](mailto:office@multiplebirthscanada.org)) to let us know what topics you are most interested in discussing during these Chapter Volunteer specific sessions.

## Welcome New Director

Multiple Births Canada would like to welcome Sean Wilde to the MBC Board of Directors. We first met Sean prior to the Special Members Meeting through email and then in person at the meeting. He was very helpful with his questions when clarifying portions of the new by-laws. We look forward to getting to know Sean better as we begin to work with him on a variety of policy related activities, along with regular Board business. The following is a message from Sean:

*Hi Everyone,*

*I'm Sean Wilde, the proud father of wonderful 3 year old twins; my daughter Shiloh and my son Quinn. As a member of KWPO MBA (Kitchener-Waterloo), I'm very excited to have the opportunity to work with MBC. My background is policy making, updating policies/bylaws and budgets. I've sat on various boards representing organizations, student groups and condo corporations. I've heard wonderful things from my wife Shannon about MBC during her time as our MBC rep for KWPO MBA, and had the good fortune to attend the special meeting regarding our charitable status earlier this year in Toronto. I look forward to meeting many of you in October!*

*Best Regards,*

*Sean Wilde*

Sean can be reached at [sean.wilde@multiplebirthscanada.org](mailto:sean.wilde@multiplebirthscanada.org)

## NEW Support Network – LGBTQ Families

Multiple Births Canada would like to announce a new Support Network for lesbian, gay, bi-sexual, transgender and queer (LGBTQ) parent(s) of multiple-birth children or LGBTQ multiple-birth children, teens or adults. The LGBTQ Network will offer support through one to one discussions, on-line forums and facilitating community connections.

We would like to welcome and introduce you to the new Chair of the Support Network – Tania Zulkoskey. Tania is a mother of two-year-old twins and a registered clinical social worker in Vancouver, B.C. working as a therapist in private practice ([www.tzcounselling.ca](http://www.tzcounselling.ca)) and non-profit. Her wife Diane Srivastava is a Zoology Professor at the University of British Columbia. Since 1995 Tania has been working in both rural and urban centers focusing on trauma, relationships, LGBTQ issues, parenting and more recently fertility issues. She is certified as a Trauma Specialist and in Critical Incident Stress Management. She grounds her work in her passion for social justice and her belief in humanity. She embraces her new endeavor of supporting other LGBTQ parent(s) of multiples through one to one discussions, on-line forums and facilitating community connections. LGBTQ parents of multiples face complex yet rich opportunities to challenge the status quo and to grow beyond "having our hands full". Two moms/dads, trans, and queer, we are often intentional parents and in the case of parenting multiples, that much more out-there. As much as we redefine family structure, our multiple children redefine us! Tania and her partner have survived the post-partum "desperation period" and now are bracing for the terrific twos, right?!

For more information and to make contact with other multiple-birth parents within this community please contact Tania at [lgbtq@multiplebirthscanada.org](mailto:lgbtq@multiplebirthscanada.org)

## Making a Difference Awards – Nominations Needed!

### Volunteer Recognition within the Multiple Birth Community

It's time for MBC members to recognize our peers and supporters by nominating candidates for the **2011 Making a Difference Awards!**

A nomination takes only a few minutes of your time, but the recognition it gives to our volunteers is priceless. The awards will be presented at the 2011 National Conference and Annual General Meeting in October in Windsor, but you do not need to attend to nominate or receive this award. This is a wonderful opportunity to acknowledge the contributions made by others wanting *to improve the quality of life for multiple-birth individuals and their families in Canada.*

We know that there are many members and friends of MBC deserving of these awards, so *go ahead... nominate someone!! Why not nominate someone in each of the categories!*

### MBC has six 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.
- **DIONNE AWARD** to ADULT multiple-birth individual(s) who through his/her/their actions have created a deeper awareness of the challenges faced by Canada's multiple-birth children and their families and/or have made a significant impact on the multiple-birth community through their own personal efforts. (Can be an individual award)
- **MEDIA AWARD** to an individual and/or newspaper, magazine, radio or television outlet that printed or aired a story in 2009/2010 which created awareness of multiple birth issues, individual chapters, or spotlighted MBC and/or Chapter initiatives.
- **CORPORATE AWARD** to an individual, business, corporation or organization who at the national level, in their professional capacity, created an awareness of the challenges faced by Canada's multiple children and their families, and/or have made a significant impact on the multiple-birth community and/or Multiple Births Canada.

To see details on past winners and to download the latest MADA Nomination Forms check out the Multiple Births Canada website at [www.multiplebirthscanada.org](http://www.multiplebirthscanada.org), and select Volunteering, then **Volunteer Recognition. Please submit your nomination for consideration by August 1, 2011.** NOTE: If you have submitted a nomination previously and your nominee was not a recipient, don't be discouraged, this may be their year! Just re-nominate! Let your intentions be known to Lynn if you cannot make that deadline.

Your submissions or questions can be sent by email to Lynn at [makingadifference@multiplebirthscanada.org](mailto:makingadifference@multiplebirthscanada.org)

***Let's recognize those who "Make a Difference"!***

## National Multiple Birth Awareness Day Update



### 2011 NATIONAL MULTIPLE BIRTHS AWARENESS DAY

*"Prenatal education and professional support must reflect the unique needs of Canada's multiple-birth community"*

This year, the following documents were prepared as communication and outreach tools for National Multiple Births Awareness Day.

- [Media Release - English](#)
- [Media Release - French](#)
- [Supporting Documents](#)
- [Survey](#)
- [2011 Awareness Day Questions and Answers](#)
- [Community Celebration Planner](#)

On behalf of Canada's multiple-birth community, Gail Moore contacted 127 media outlets announcing the theme for 2011. As well, 67 Canadian health units or health authority offices were invited to participate in the online survey. This survey will be live until August 31, 2011. We encourage everyone to continue outreach efforts throughout the summer – inviting all prenatal educators to complete the survey as soon as possible.

As of June 22<sup>nd</sup> 40 prenatal educators have accessed the survey and reviewed the list of prenatal education topics recommended for expectant multiple-birth parents. Some comments posted include:

*"We only have 265 births per year, so only 3 - 4 multiples, so the classes are targeted to singletons. However, on the rare occasions where I've had a mom with a twin pregnancy attending, I've tried to provide more specific info. I will now be able to refer them to your website!"*

*"Many of the topics covered in class depend on the questions received and the nature of the group. If there are parents expecting multiples, the class content is adjusted to their needs as well as those of the other parents."*

*"York Region Community and Health Services will be once again offering multiple birth classes starting in 2012. These classes will be designed for the family expecting 2 or more babies."*

To view how families across Canada celebrated National Multiple Births Awareness Week in their communities, please view their pictures and stories within the pages of the 2011 Summer Multiple Moments. Thank you to all those families, parents and volunteers who shared MBC's theme and survey through planned activities, sharing messages on Facebook, Twitter and in Chapter Newsletters.

**REMINDER:** The **Chapter Executive section** of the MBC website contains a number of publications and other resources that will be helpful to you and your volunteers. If you do not know your Executive password, please check with your Executive or contact the MBC office at [office@multiplebirthscanada.org](mailto:office@multiplebirthscanada.org).

# CONNECTING MBC, CHAPTERS, VOLUNTEERS AND MEMBERS

## 2012, 2013 or 2014 National Conference Hosts Needed!

The 2011 Conference is right around the corner and volunteers from POMBA Windsor/Essex are looking forward to receiving our registrations; but there is still time to step forward to host the 2012 Conference! If that is too soon, why not consider hosting the 2013 or even 2014 AGM and Conference. National conferences do not have to be extravagant affairs – simple is good! What matters most is we bring volunteers and parents together to share with one another. We are open to ideas – feel free to share them with us!

Please contact Kim at [office@multiplebirthscanada.org](mailto:office@multiplebirthscanada.org).

## MBC Partnerships

**ICOMBO News** – ICOMBO continues to work on completing their website, now working with a consultant on branding and logo development as part of the overall project. Work continues towards becoming a standalone organization. Work is nearing completion on a project with The Centre for Study of Multiple Birth (CSMB) on distribution of a survey to national organizations on Post Partum Hemorrhaging (PPH). ICOMBO is working with the Research Team of the National Organization of Mothers of Twins Clubs (NOMOTC) on a survey that will go to all national organizations to learn more about their structure, policies, volunteers and their work.

**ISTS News** – The ISTS Board has announced that the 14<sup>th</sup> Congress of the International Society Twin Studies (ISTS) will be held in conjunction with the 2<sup>nd</sup> World Congress on Twin Pregnancy – A Global Perspective. It will be held in Florence Italy from April 1<sup>st</sup> – 4<sup>th</sup>, 2012. Kim Weatherall will attend the Congress in Italy and will represent MBC.

**Assisted Human Reproduction Canada (AHRC) Update** – Work continues on the project to update a number of MBC Fact Sheets, led by Donna Launslager, working towards a final product to be produced by AHRC for fertility clinics. This product will address the non-medical risks associated with multiple births. The project will be completed in early July at which time MBC will format the fact sheets and prepare them for distribution. Expected launch for the Fact Sheets will be at the 2011 Conference and AGM.

For more information on any of these partnerships, please contact Kim at [office@multiplebirthscanada.org](mailto:office@multiplebirthscanada.org).

### In the fall, look for the following New or Updated MBC Fact Sheets:

- Risks of a Multiple Pregnancy – To Mother
- Risks of a Multiple Pregnancy – To Babies
- Risks of a Multiple Pregnancy – Reducing the Risks
- Challenges of Parenting Multiples: Twins and Higher Order Multiples
- Strengthening Your Couple Relationship
- Biology of Multiples
- Monochorionic Multiple Pregnancy and Twin-to-Twin Transfusion Syndrome

## NEW Fundraising Opportunity for Chapters



The MBC office has a number of the *Finding Our Way - Life with Triplets, Quadruplets and Quintuplets* books in stock. With permission of the Higher Order Multiples Network (TQM at the time of printing) who was responsible for the publishing of the Book – **MBC would like to offer Chapters the opportunity to purchase the books at the low price of \$10.00.** Chapters would then be welcome to resell at a slightly higher cost or provide as gifts during Chapter events. The best opportunity for you to receive the books would be during the upcoming 2011

Conference in Windsor. Please contact Kim at the office to request the number of books you would like to purchase and Kim will bring to the Conference in October. Should you not be attending and would like to receive copies please email the office to discuss other options for delivery.

## Our Appreciation

**Multiple Births Canada would like to thank the following very special individuals for their help, support and dedication to MBC:**

- **Kevin Fritz and Nick Gray** – for their continued support and work on the MBC Charitable Status application and most recently for helping to facilitate the Special Member's Meeting and responding to the questions of those present.
- **Stephen Moreau** – for his continued support to families seeking double parental leave and most recently for presenting at the March Special Member's Meeting.
- **Christian Martin and Paula Critchley** – for taking their fight for equal and fair parental leave benefits public so others can learn from their experience and for allowing MBC to be part of that process.
- **Heather Scher** – For her continued work at searching out Summer Discounts available to MBC Members.
- **Erin Little** – Our thanks to Erin Little from Temiskaming Multiple Births for agreeing to be part of the Assisted Human Reproduction Canada Editorial Committee along with Donna Launslager.
- **Ron Kelland** – for assisting the Health and Education team and the MBC Office to respond to a research request from an adult twin, writing a magazine story about his adult triplet siblings.
- **Sustaining Members** - Diane Myers, Bonnie Schultz, Donna Launslager, Debbie Jennings, Catherine Spreitzer and Theresa Sanders.



### MAKING A DIFFERENCE AWARDS

DEADLINE—AUGUST 1, 2011

DON'T WAIT TIL THE LAST MINUTE:

**NOMINATE A DESERVING VOLUNTEER TODAY!**

[makingadifference@multiplebirthscanada.org](mailto:makingadifference@multiplebirthscanada.org)