

# Report From National

May 2003

## The Support Network for Multiple Birth Families

*"Defeat is not the  
worst of failures.*

*Not to have tried is the  
true failure."*

*George E. Woodberry*

## Business...

### Officers:

President, Carrie Johnston  
 Vice-President, Cathy Barr  
 Treasurer, Jennifer Dawson  
 Past President, Bonnie Schultz

president@multiplebirthscanada.org  
 research@multiplebirthscanada.org  
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 pastpresident@multiplebirthscanada.org

### Board of Directors:

A/Director of Publications, Carrie Johnston publications@multiplebirthscanada.org  
 Director of Finance, Jennifer Dawson financial@multiplebirthscanada.org  
 Director of Research, Cathy Barr research@multiplebirthscanada.org  
 Director of Volunteer Management, Kim Weatherall

volunteers@multiplebirthscanada.org

Acting Director of Membership, Cathy Barr membership@multiplebirthscanada.org

**See page 4 for our various Committee volunteers!**

### **You could be part of the team!**

MBC has sent out information on positions currently available at the national level. We sincerely thank those of you who have already come forward and expressed your interest in becoming involved, and we are in the process of considering all volunteer applications. However, there are some very critical positions to fill and we must stress they are very important to MBC's future success.

Please take a moment to review the list of essential positions on page 4 and consider whether you know someone in your local Chapter, or through friends and family, who you feel may have the right qualifications to effectively fill any of these positions. MBC has been blessed with some very talented volunteers over the years, and more recently, with volunteers who have not otherwise been members or involved with MBC but saw a need that they could fill. So recruitment for these positions need not be restricted to only those who have multiples in their families. Offer these opportunities to your friends and neighbours or co-workers - you may be surprised by who might just think MBC is worthy of their time and efforts!

There is no doubt that being involved in running a national organization can be daunting, and there is a sacrifice of spare time to be made, but it can also be one of the most rewarding activities for individuals who want to give back to the community in some form. Without the selfless commitment of our volunteers, MBC would not succeed, and it's important to find those selfless volunteers with the right skills to help us move to the next level of success.

Full descriptions of these volunteer opportunities can be found on our website at <http://www.multiplebirthscanada.org/english/volops.php>. See page 4 for a complete list of positions vacant or coming vacant.

## Multiples in Balance..

### CONFERENCE 2004

#### Hosted by Temiskaming Multiple Births

New Liskeard, ON

If you haven't already done so, you will want to mark June 3-6, 2004 on your calendar!!! We promise you that these four days will be filled with laughter, learning, leisure, and plain old "northern hospitality".

"Multiples in Balance" will focus on the many facets of your life. We all know that raising multiples sometimes leaves us "off balance" as we attempt to juggle many things in our everyday lives. This conference will get you back in balance.

These four days in June will be filled with the opportunity to experience the "northern life"...a life perhaps unknown to many of you. You will arrive wanting to learn more, wanting to experience more, wanting to take in all that northern Ontario has to offer. You will leave feeling refreshed, renewed and revitalized as you to return home to your busy lives. You will go home having learned many things...about yourself, about your children and about your family.

We have a dynamic keynote speaker as well as some fantastic presenters lined up, however at this time, we will not reveal such. *Do we have your attention yet?* We have some wonderful packages for the men in your lives so that they too can come and enjoy the wonders of the north. *How about now?*

We promise you a wonderful conference. We hope that you will make the commitment to attend the 2004 Conference and some see "what the north is all about".

For more information, please contact the Registration Chair, Lori MacEwen at [conference2004@multiplebirthscanada.org](mailto:conference2004@multiplebirthscanada.org)

or Kim Weatherall, Conference 2004 Board Liaison at [confereceliaison@multiplebirthscanada.org](mailto:confereceliaison@multiplebirthscanada.org)

*Submitted by the 2004 Conference Committee*



# Thank You...

Multiple Births Canada would like to extend a huge thank you to the 2003 Conference Committee for their tireless dedication in planning and organizing the Annual Conference and Annual General Meeting in Ottawa, Ontario this year. Thanks to the generous support from Multiple Birth Families Association of Ottawa, Ontario, the 2003 Conference will be a conference to remember.

It's through the generous support of our valued local chapters, that these important events even happen. More importantly, it's through the tireless efforts of some very dedicated, enthusiastic and talented individuals that plans fall into place. Even if you were unable to make the conference this year, please pass along your well wishes to the conference committee members for their tremendous efforts. The conference benefits all our members through the knowledge we gain from the workshops, which we hope the members in attendance will take home with them and share with their fellow members as well.

The 2003 Conference Committee is composed of the following individuals, who should be commended at every opportunity for their fine work and tremendous effort:

## Conference 2003 Co-Chairs / Special Events Co-Chairs

Stephanie McCambley  
Christine Godding

## Committee 2003 Members

Kim Weatherall  
Maria Domingos  
Karen Crotty  
Anita Paradis  
Michelle Della Valle  
Lynda P. Haddon

## MBC Board Liaison/Hotel

Kim Weatherall

## Food and Beverages

Maria Domingos

## Show and Sell

Karen Crotty

## Fundraising

Anita Paradis - Chair  
Hildy Lesh  
Kim Weatherall

## Accounting

Michelle Della Valle

## Programming

Lynda Haddon

## Registration Desk

Jennie Maynard (photographer)  
Patti Gorr

## Hospitality Suite

Kristine Bourgoyne  
Karen Hodgins

## Penny Auction/Silent Auction

Janet Dowell

## Stuffing Delegate Bags

Patti Gorr

## Other Volunteers

Joyce Mortimer  
Sandra Tompkins  
Brenda Jackson  
Hildy Lesh  
Debbie Prevost Perry  
Anne Valcov  
Rose-Marie Racine  
Lisa Gordon  
Cathy Deschenes  
Jessica Boland  
Emily Leonoff (photographer)

# Project News...

## Good Beginnings

Multiple Births Canada is very excited to partner with Victorian Order of Nurses Peel, the Family Education Centre, Peel Infant Development, the Early Years Literacy Consultants, Peel and the Region of Peel Healthy Babies Healthy Children Program in this much needed *Good Beginnings* Program.

*Good Beginnings* is a unique project which concentrates on providing information and practical help through the use of trained volunteer mentors who will assist families by modelling play-based, problem solving learning, practical language and literacy activities, attentive and democratic parenting skills, and, by just being there, the volunteer can provide families opportunities to participate in community early years programs.

### Multiple Births Canada is committed to:

- Assist with the coordination and management of the multiple birth portion of the program and ensure a seamless approach within VON and MBC services
- Provide training specific to the needs of multiple births families
- Provide referrals through national office and through the multiple births chapters and other organizations in Peel
- Provide a representative to sit on the Project Advisory Committee, which among other duties, will assist with the fundraising and the implementation of the sustainability plan.
- Provide peer support through the multiple birth chapters and groups in the region and specialized support through the national networks: Higher Order Multiple Support Network, Lone Parent Network, Loss Support Network, Special Needs Network, and Reseau francophone

We envision this project providing MBC with a model to use across the country. It does take a community to raise a child, especially multiple birth children!

**Update: As of April 2003, we have been informed that the funding was approved!**

## V@O Volunteer Orientation and Training Web sites

Multiple Births Canada, in partnership with Perinatal Bereavement Services of Ontario (PBSO), received funding in April 2002 to develop web sites, specific to each of our organizations, which will provide orientation and training to volunteers through a video streaming web site and an interactive discussion area. The Orientation section of PBSO's web site (the test site) is complete and using the knowledge gained from the development of the test site we are presently setting up the MBC Orientation site. The project funding period is from April 1, 2002 to April 1, 2004.



### PBSO/MBC video streaming web site will be:

- Personal enough to make volunteers feel like that they belong to a dynamic organization.
- User friendly enough to be managed by an individual (Volunteer Coordinator) in the home office.
- Simple enough that the average individual with minimal computer e-mail skills and equipment could utilize it.
- Accessible enough to accommodate the potential volunteer's time schedule.
- Interactive enough to allow assessment of volunteer readiness.

# Appreciation...

- John Withnall of Aurora New Design for volunteering to work on the national website
- Linda Vanderlee, Vanderlee and Associates for facilitating work on the Transitional Plan
- Martin Hamel and Marie-Claude Bibeau for the translation of the Multiple Births Canada PR pamphlet
- Kristin and Stephanie Weatherall for work stuffing envelopes for a membership promotional mailing
- To the many volunteers working on the 2003 & 2004 conferences
- To the many contributors and sponsors of the 2003 conference

### Sustaining Members of Multiple Births Canada

- Jennifer Brasch of Waterdown, Ontario
- Isilda & Abilio Dos Santos of Toronto, Ontario

# Project News, cont...

## Goals of the video streaming web site and interactive Discussion Area

### At the end of the orientation a volunteer will:

- Have a clear understanding of origins, mission and services of the organization.
- Be aware of the scope of volunteer opportunities within the organization.
- Be aware of where the volunteer fits within the organizational structure
- Feel a connection to the organization
- Be aware of their own feelings about their readiness to volunteer

### At the end of the training a volunteer will:

- Have a clear understanding of the expectations of their volunteer role.
- Be aware of how their own grief/multiple experience affects their role as a support person.
- Feel confident in their understanding of the "support" role based on the knowledge group dynamics and listening theory.
- Have made contact with staff and/or volunteers involved in their volunteer role through the interactive discussion area
- Be aware of the limitations in their volunteer role and who their support contact in the organization is.

### Volunteers are the most valuable resource of PBSO and MBC.

- They provide the direct support services
- They represent the organization to communities outside the home office area

Submitted by Diane Myers, Special Projects Representative, Good Beginnings and Volunteer @ction Online

# Information Circulars...

## POMBA.ORG has expired

BO-04-29-03-#3 - April 29, 2003

It is hard to believe but it has been two years since POMBA Canada became Multiple Births Canada. Over the past two years there has been much change and growth in Multiple Births Canada's support networks, resources and partnerships.

Effective immediately, the old POMBA Canada domain name - POMBA.ORG is no longer functional. This includes www.pomba.org and all redirect email addresses that end in @pomba.org.

Be sure to update your address books and website links. If you have any questions, please contact the Business Office.

## HBC Rewards and Multiple Births Canada.

IC-BO-04-29-03 #2 - April 29, 2003

Do you collect HBC rewards? Can't decide what to trade-in your points for? Why not donate them to the Multiple Births Canada HBC Rewards community account (formerly Club Z Community account)?

These points will be converted to HBC gift certificates that will be raffled off at future Conferences. In order to donate your points, please go to your local HBC retailer (Zellers, The Bay, Home Outfitters, etc.) and present MBC's HBC Rewards number to Customer Service.

MBC's HBC Rewards (Club Z Community Card) Number is:

**749 230 718**

HBC Rewards and Multiple Births Canada cont...

Help to support MBC and the Conference Committees in its fundraising efforts!

Other donations and sponsorships are always needed for each Conference. To find out what else you or your chapter can do for next years conference, please contact conference2004@multiplebirthscanada.org. See you in Ottawa in May!

## 2003 Summer Events

IC-BO-04-01-03 - #1 - 2003 Summer Events

Here is the current schedule for summer event tickets. Please designate someone from your Chapter who will correspond with me on this issue. I would like a "rough idea" from each Chapter as to how many tickets they would like for each event. This will help me with the ordering process. You will still be able to receive more as needed, but I would like to keep our courier bills to a minimum. Please direct any inquiries to me at (905) 936-9007 or mdralph@pathcom.com

**1. Ontario Place** We have gone with the non-specific day ticket this time. Tickets may be used any one day from May 17 – Aug. 14 for the **PLAY ALL DAY PASS**.

<b>PRICES:</b>	Regular (7 – 64 years)	\$20
	Child (4 – 6)/Seniors (65+)	\$12

\* Children 3 and under admitted free and do not require a ticket. Regular admission rates are \$28 Regular, \$16 Senior, and \$14 Child

August 15 – September 27 the **PLAY ALL DAY PASS** prices are:

	Regular (7 – 64 years)	\$16
	Child (4 – 6)/Senior	\$11

**2. Centreville Amusement Park-Toronto Islands** We have gone with a non-specific day ticket this year. The deal is great for adults and children over 4' tall. For children under 4' tall, you are better to purchase a ticket directly at the park and save \$1 per ticket.

**PRICES:** All tickets are \$17.50 each (regardless of height)

\* Regular admission rates are \$23 for people over 4' tall, and \$16.50 for under 4' tall

**3. African Lion Safari - Cambridge** - We have gone with the non-specific day ticket. Tickets are valid from April 26 – October 13

<b>PRICES:</b>	Adult/Senior (13+)	\$19.50
	Child (3 – 12)	\$12.60

\* Regular admission rates are Adult/Senior (13+) \$26.40, Child (3-12) \$19.50

**4. Toronto Blue Jays Baseball at Skydome** We have reserved 50 tickets at each of the games listed below. They are available on a first come basis. All inquiries must be directed to Debbie Ralph (905) 936-9007 or mdralph@pathcom.com

**Please note deadlines that money must be received by!**

Saturday, June 28 - Toronto vs Montreal section 130A (3rd baseline), starting at row 15 Toronto vs Baltimore section 130A (3rd baseline), starting at row 18 - Money must be received by July 12.

Sunday, August 10 - Toronto vs Texas section 113A (1st baseline), starting at row 20 - Money must be received by July 25.

**PRICES:** tickets are \$18.50 each (regular price is \$37 each)

**5. Marineland - Niagara Falls** - These tickets are valid for a specific date. You may use your ticket on either Saturday, September 13 or Sunday, September 14. This gives you flexibility for weather and scheduling! Also, most tourists are gone and we have the park virtually to ourselves!

**PRICES:** \$15.50 (5 years of age and up)

\* Children 4 and under are FREE

Regular admission is \$35.95 + taxes for 10 – 59 years, \$30.95 plus taxes for 5-9 yrs/Senior

**6. Canada's Wonderland - TBA**

Submitted by Debbie Ralph  
President, Newmarket POMBA

# New Discounts...

## 5 NEW National Discounts for members of Multiple Births Canada!

**Stickermarket** will be offering a discount to the members of Multiple Births Canada who wish to order from their website. Feel free to surf through their vast selection of products and sign up to become a Stickermarket member at [www.stickermarket.com](http://www.stickermarket.com) ...membership is free!

**Speedy Auto Service** is offering members of Multiple Births Canada a discount through their "Speedy Club" Program.

**Please Mum** is offering members of Multiple Births Canada the opportunity to become a part of their VIP Program and receive discounts in both their stores and on-line.

**Canadian Sitter** is offering parents of multiple births an excellent discount on their services. This offer is valid in Canada only.

We also welcome the opportunity to partner with **Travelodge Canada**. Members of MBC will receive discounted rates which are not available to the general public, when booking through this program (you MUST phone a designated 1-800# to be found in the MBC Member's Only site). Each time you stay you will also benefit by earning both Travelodge Miles and HBC points at Travelodge/Thriftlodge properties.

In addition, this partnership with Travelodge will entitle MBC to earn a 10% commission on every night stay under this program. Please remember to use this program for all of your travel needs! By staying at the Travelodge you are supporting MBC!

In order to receive the information needed to obtain the above mentioned discounts and for more details about these and other national discounts, please visit the member's only section of the Multiple Births Canada website at [www.multiplebirthscanada.org](http://www.multiplebirthscanada.org)

Can't remember your password?

Contact the Business Office at [office@multiplebirthscanada.org](mailto:office@multiplebirthscanada.org) - state your name (and chapter if applicable) and you will be answered promptly or call toll-free 1-866-228-8824.

# Member News...

## On-Line Ordering Available!

Don't forget e-commerce is available on the Multiple Births Canada website. You can purchase your publications, subscriptions and other products through the web using the secure Pay Pal payment system.



Work is continuing to set up membership renewal and purchasing options as well so tell your friends to check it out.

# Thank You...

A huge Thank You goes out to this years Making a Difference Award Committee for your efforts in reviewing and selecting the 2002 award recipients. Your involvement in this award program is so vital to our Volunteer Recognition program because we can't thank your volunteers enough for their efforts.

Bravo for "Making a Difference"!

## 2002 Committee Members

Darlene Nagy, Chair  
Nancy Young  
Lori MacEwen  
Lynne Stadler  
Patricia Krasnozon

# Volunteers...

## Thanks To Our Volunteers!

*Thanks for your hard work and dedication to the volunteers below, and many, many more!!*

## Committee Chairpersons:

Business Services Manager, Vicki Riley [office@multiplebirthscanada.org](mailto:office@multiplebirthscanada.org)  
Chapter News for RFN, Pam Krason [chapternews@multiplebirthscanada.org](mailto:chapternews@multiplebirthscanada.org)  
Chapter Liaison, Sheri Lockyer [chapterliaison@multiplebirthscanada.org](mailto:chapterliaison@multiplebirthscanada.org)  
Clothing Sale Updates, Pam Krason [chapternews@multiplebirthscanada.org](mailto:chapternews@multiplebirthscanada.org)  
Conference Liaison, Kim Weatherall [conference Liaison@multiplebirthscanada.org](mailto:conference Liaison@multiplebirthscanada.org)  
Conference 2003 Chair, Stephanie McCambley & Christine Godding [conference2003@multiplebirthscanada.org](mailto:conference2003@multiplebirthscanada.org)  
Conference 2003 Programming Chair, Lynda Haddon [loss@multiplebirthscanada.org](mailto:loss@multiplebirthscanada.org)  
Conference 2004 Chair, Gail Moore & Judy Pace [conference2004@multiplebirthscanada.org](mailto:conference2004@multiplebirthscanada.org)

Discount Coordinator, Vacant [discounts@multiplebirthscanada.org](mailto:discounts@multiplebirthscanada.org)  
Francophone Network, Josee Roy [francophone@multiplebirthscanada.org](mailto:francophone@multiplebirthscanada.org)  
HOM Support Network, Connie Barnett [homnetwork@multiplebirthscanada.org](mailto:homnetwork@multiplebirthscanada.org)  
Lone Parenting Network Liaison, Sheri Lockyer [loneparents@multiplebirthscanada.org](mailto:loneparents@multiplebirthscanada.org)  
Loss Network Liaison, Lynda P. Haddon [loss@multiplebirthscanada.org](mailto:loss@multiplebirthscanada.org)  
Making A Diff. Awards, Darlene Nagy [makingadifference@multiplebirthscanada.org](mailto:makingadifference@multiplebirthscanada.org)  
Marketing Liaison, Gail Moore [marketing@multiplebirthscanada.org](mailto:marketing@multiplebirthscanada.org)  
MTF\* Board Liaison, Jennifer Dawson [financial@multiplebirthscanada.org](mailto:financial@multiplebirthscanada.org)  
MTF\* Project Coordinator, Donna Launslager [mtf.coordinator@multiplebirthscanada.org](mailto:mtf.coordinator@multiplebirthscanada.org)  
Multiple Moments Editor, Vicki Riley [mmeditor@multiplebirthscanada.org](mailto:mmeditor@multiplebirthscanada.org)  
MM Marketing Manager, Sarah Vinnels [mmmarketing@multiplebirthscanada.org](mailto:mmmarketing@multiplebirthscanada.org)  
MM Book Reviewer, Kim Skublics [mmbookreviewer@multiplebirthscanada.org](mailto:mmbookreviewer@multiplebirthscanada.org)  
Program Development Chair, Donna Launslager [programs@multiplebirthscanada.org](mailto:programs@multiplebirthscanada.org)  
Special Needs Network Co-Liaisons, Lynne Marwick and Anny St. Jean [specialneeds@multiplebirthscanada.org](mailto:specialneeds@multiplebirthscanada.org)

VAO Project Representative, Diane Myers [vao@multiplebirthscanada.org](mailto:vao@multiplebirthscanada.org)  
Webmaster, John Withnall [webmaster@multiplebirthscanada.org](mailto:webmaster@multiplebirthscanada.org)

(\* Mapping The Future Project)

# Volunteer Corner...

## Volunteer Opportunities

Contact the President or any present Director for more information, or e-mail [volunteers@multiplebirthscanada.org](mailto:volunteers@multiplebirthscanada.org).

## Opportunities Open (and many more)!

- Secretary to the Board
- Director of Publications
- Director of Fund Development
- Director of Membership
- Director of Finance
- Director of Research
- Director of Communications
- Production Editor, Multiple Moments

Do you have a special talent or area of interest not listed above? Contact us anyhow ([volunteers@multiplebirthscanada.org](mailto:volunteers@multiplebirthscanada.org)), we may still be able to find you a valued place where you can make a worthwhile contribution to our organization.

<http://www.multiplebirthscanada.org/english/volops.php>