

## The Support Network for Multiple Birth Families

### New MBC National Website Launched...

**June 4, 2004.** It is with great pleasure that Multiple Births Canada announces the launch of our brand new website during the 2004 National Conference. With a brand new look and added features, we are excited to move our national website closer to being "the" source of information for multiple birth families across Canada.

Canada is among the most "connected" countries in the civilized world and because of the remoteness of some areas of the country, families that don't have access to support in their communities can still gain knowledge about multiple birth issues giving them the ability to cope better.

Our gratitude is extended to **Webcanvas.ca** for their generosity and support in designing and building the new website in time for this year's conference. Webcanvas.ca has done the majority of the work without receiving their full fees at this time.



### Volunteer Training Website...

In addition to launching the brand new MBC national website, we are extremely excited to announce the arrival of a fabulous new volunteer training tool. In collaboration with Perinatal Bereavement Society of Ontario (PBSO), MBC had jointly developed a volunteer orientation and training website for volunteers across Canada.

How can this benefit you? Every chapter is encouraged to use this site, not only to orientate and train their existing volunteers, but for all potential and future volunteers too. The intended purpose of the orientation site is to give potential

volunteers an overview of what MBC is and what their chapter's role is in supporting families with multiple birth children.

Once a potential volunteer has completed the orientation, they will be contacted by a volunteer coordinator about continuing on to complete a training module intended to help train volunteers who will be working with families. From learning how to listen, to knowing how to support a family, this training will be invaluable to all our volunteers.

A very special thank you to Diane Myers (Project Coordinator) for your vision and determination in making this training tool come to reality.

**Tell everyone about MBC's incredible new presence on the internet.  
Users will not be disappointed!**



### 2005 MBC Conference...

#### Proposed Plans for Conference 2005

You may be aware that MBC is required in our By-laws to hold an AGM each year. With this in mind, we are very pleased to present to you a plan of what MBC, in consultation with key MBC volunteers, would like to see happen for 2005. This Plan was outlined as part of the 2004 AGM Materials and can be accessed by visiting the MBC Website in the member's only section. You will be able to view the proposal in its entirety, including how we reached our conclusions and why. You may also want to complete the Conference 2005 Feedback form to provide your thoughts to the MBC Board of Directors. We are certain you will be as excited as we are regarding this "new style Conference."

Hosting an Annual Conference is no easy task and certainly not for the faint of heart. However, such Conference planning offers

many rewards: a chance to learn new skills, make new friends, create, explore, share, connect and add a new paragraph to your work resumé. In a perfect world, Chapters have two years to plan a Conference, to fundraise, make plans and search for speakers. Some have put them together with only one year to organize – that's where the "not for the faint of heart" comes in! MBC recognizes that this latter situation, in particular, can be draining both financially and with finding volunteer power to complete the tasks. In order to be proactive, MBC is proposing this "new style Conference," and are very optimistic this "new style" will take some of the pressure off of individual Chapters, and permit MBC to meet its business obligations to its members and still provide a venue for an AGM.

If there is anything you do not understand, please don't hesitate to let us know and we will be delighted to clarify. We would also greatly appreciate your assistance in making the 2005 Conference come together. Don't be shy—join in and share your creative side. You'll be glad you did!

Please provide feedback to Kim Weatherall at [conferenceliason@multiplebirthscanada.org](mailto:conferenceliason@multiplebirthscanada.org) or the Business Office directly at [office@multiplebirthscanada.org](mailto:office@multiplebirthscanada.org).

### New Support Network Chairs...

Please join us in welcoming the newest additions to our support network Chairs. Not new to the multiple birth scene, nor Multiple Births Canada, Lynda P. Haddon has agreed to take on the role of chairing the Breastfeeding Support Network. With a wealth of experience and knowledge and a number of years as a multiple birth educator, Lynda is looking forward to helping with breastfeeding issues. Any volunteers who would like to become part of this network, or need more information to help support their own families at the local level, are encouraged to contact Lynda at [breastfeeding@multiplebirthscanada.org](mailto:breastfeeding@multiplebirthscanada.org).

Francesca Bell has also stepped forward to take on the important role as the chair of the Special Needs Support Network. Taking over from Lynne Marwick of Temiskaming Multiple Births, who had stepped down a year ago, Francesca is welcomed with open arms to this position. Please be sure to contact Francesca for information and if you wish to volunteer with the network. [specialneeds@multiplebirthscanada.org](mailto:specialneeds@multiplebirthscanada.org)

# Report From National



## The Support Network for Multiple Birth Families

### Making a Difference...

Congratulations to this year's Making a Difference Award winners. See this issue of **Multiple Moments** for a full write up on this year's winners.

It's never too early to nominate someone deserving. Information and forms can be found on the national website. If you know of someone who has truly Made a Difference, don't hesitate to nominate them today and submit to the nominations committee

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

*If you would like to thank a special volunteer, be sure to nominate them for a "Making a Difference Award". There are so many special people that make a difference in our lives, it's one small way of thanking them!*

**All MBC Volunteers** -Thank you to all the volunteers for MBC locally and nationally for all of the work that you continue to do for your chapters and multiple-birth families across Canada. We would like to thank all of you who have recently come forward to offer your support to MBC in a variety of different capacities. We are still in the process of making the best matches for positions and will more formally announce newly held positions as they are confirmed.

**MM Volunteers and Supporters** -including all of you who offered your assistance and concern for Multiple Moments.

**Meredith Fraser-Ohman**-for coming forward as Co-editor Multiple Moments

**Francesca Bell**-for coming forward as the Special Needs Chair

**Lynda Haddon**-for coming forward as the Breastfeeding Chair

**Sheri Lockyer**-for her hard work and dedication to the Lone Parent Support Network Chair. Sheri has decided to step down once a new Chair is found.

Congratulations to Sheri on her upcoming marriage!

**Diane Myers**-for her hard work and dedication to the VAO and Good Beginnings Projects.

**Katherine Romain**-Thank you to Katherine for organizing the Making A Difference Awards.

**MADA Committee**-Darlene Nagy, Nancy Young and Lynn Stadler for helping with the 2003/2004 Making a Difference Awards.

**2004 Conference Committee** -for planning an absolutely AMAZING conference!

**John Withnall and Denisa Prochazka** - for all their hard work and dedication to completing the new MBC website and the on-going support that they continue to offer.

**Carrie Johnston**-for her work as the President/Chair for MBC over the past 4 years. Carrie will continue in her role as a Director.

**Bonnie Schultz**-for her official role as Past President over the last 4 years as Carrie Johnston takes over this role; however, she

will continue always as a Past President for MBC.

**Tracey Ruiz** -Thank you Tracey for your year on the Board of Directors. Tracey will be stepping down from this position but will continue to assist MBC in other capacities.

**Gail Moore**-Thank you Gail for coming forward to take on a position with the National Board of Directors. We are very excited about her new role!

**Vicki Riley**- for simply being the STAR that she is! What would MBC do without her as the Office Manager? We never want to know! Vicki has done a tremendous job this past year in the office and has completed many more hours on a daily, weekly and monthly basis than she is expected to do. Please make sure that you take the time to say THANK YOU to Vicki, whenever you have an opportunity for all that she does for each and every one of us as members, volunteers and Chapters with MBC.

And thank you to Lisa McInnes, Cheryl Wadasinghe, Carrie Johnston and Kim Weatherall for continuing in your roles as Directors for MBC

### Sustaining Members...

MBC would like to thank its sustaining members for your added support.

**Jennifer Brasch**  
**Georgina Dimopoulos**  
**Isilda Dos Santos**  
**Bonnie L. Schultz**

### Chapter Business...

#### Online Membership Sales...

For those chapters who currently have a website, or will soon be setting up a chapter website, has your chapter considered implementing online sales of membership and other items that are sold through the chapter? Multiple Births Canada presently uses a third party payment system called Pay Pal that processes payment in real time on behalf of its clients.

What does it cost, you are probably asking. Surprisingly enough, the transaction and withdrawal fees that Pay Pal charges is quite reasonable when compared to the cost of doing business as a credit card merchant. All you would need to implement such a system, is someone with enough web development knowledge to read the instructions on Pay Pal's site and be able to cut and paste the html coding that Pay Pal will generate automatically once you enter your item parameters.

How many chapters hear the common complaint that members will forget to renew, or potential members don't join because they don't make it to a meeting right away, then forget they intended to join. How easy is it for someone to go online and either purchase or

renew their membership from the comfort of their own home.

If you're considering using Pay Pal and want to know more about implementing such a system, feel free to contact us for some tips and tricks or check out the Pay Pal site at [www.paypal.com](http://www.paypal.com).

### Multiple Moments...

Recently, a notice was sent out to our valued volunteers and members explaining the rather tenuous future of our quarterly magazine, Multiple Moments (MM). Due to falling subscription numbers and increases in production costs, we determined that MM is losing money each year.

Since this notice, we are pleased to announce that a sponsor has come forward and provided funding to help us take MM through another year of production, and we have also had a volunteer come forward to assist in the editorial side of production. It is still **extremely** important that we all take every measure to promote MM in order to continue increasing our subscription numbers and income over the next year. **Subscription numbers need to increase** by at least 50% to justify keeping MM in production. Help us ensure that we don't lose the only multiple birth magazine in Canada.

### Multiple Thanks...

#### To Temiskaming Multiple Births...

**For hosting the 2004 Annual Conference and AGM.**

June 3-6 was by far, an exceptional weekend of renewing friendships, starting new ones, and a time to reflect on our need to keep balance in our lives. The one very obvious component that likely only a smaller town could provide, was the community support and involvement in bringing together a fabulous conference.

The conference committee should be commended at the very least for the fabulous job they did putting on this year's conference and for making us all feel so incredibly welcome to the beautiful shores of Lake Temiskaming.

Enjoy some conference photos on the next page...

### Sign up to receive...

**Get up to date news delivered straight to your email address.**

Get the latest breaking news hot of the presses and keep informed of exciting news from Multiple Births Canada.  
[office@multiplebirthscanada.org](mailto:office@multiplebirthscanada.org)



# Report From National

## The Support Network for Multiple Birth Families

### Conference 2004 - New Liskeard, ON

#### Thank you to the Many Sponsors

Ontario Trillium Foundation, Timiskaming Child and Family Services

**Platinum Sponsor** - Peter Grant & Grant Forest Products

**Silver Sponsors** - A & B Digital Printing, Boart Longyear Inc., Chartrand's Your Independent Grocer, Green Tomato Bar & Grill, Mrs. Bev Maille, Phippen Signs, Temiskaming Hospital

**Bronze Sponsors** - CJTT FM Radio, Dr. P.J. & Mrs. Judy Pace, Findlay's Guardian Drug Store, Kemp Elliott & Blair LLP, M & M Meat Shops, New Liskeard Lioness Club, NorthernTel & NorthernTel Mobility, Ogeriff Studios, Paper 'N Things, Petals Flower Shop, Photo Gosselin, Pins & Needles Sewing School, Re/Max Town & Country Ltd. Realtor, Rona Cashway Building Centre, Tench-MacDiarmid Insurance Brokers, Wilson Chevrolet & Oldsmobile Ltd.

**Contributors** - #1 Auto Parts, 5<sup>th</sup> Wheel Driving Institute, Ardene, Bonnie Desjardins, Brad Dufresne, Brenda's Wood Shop, Buck or Two, Buster's Confectionary, Caisse Populaire, Campsall Electric, Durham MBC, Godmaire's Excavating, Grayd's Home Furniture, Hank Rogers, Harvey's Serving Swiss Chalet, J R Printing, Janet MacDowall, Judy Pace, Julie Lafond, Just Cuts Family Hair Centre, Karen Kennedy, KS Silkscreening and Embroidery, Lisa and Sandy Benoit, Lise Chartrand-Yanick, Lori MacEwen, Marie-Jeanne's Unisex Salon, MBFA-Ottawa, McDonald's Restaurants, McKnights Men's Wear Ltd., Mr. Ira Murphy, Mr Richard Stewart, Neil MacAlpine, New Liskeard Knights of Columbus, North Cobalt Flea Market, North-Way Chrysler Motors Ltd., Pat Krasnozon, Paula Davey Dance School, Perrin Funeral Chapel Ltd., Pins & Needles Sewing School, Schotiabank-Haileybury, Scotiabank-New Liskeard, Smallman Pharmacy, Sue Sharp, Sutcliffe Rody Quesnel Inc., TDSS Music Department, Temiskaming Square, Tim Horton Donuts, Trottier's Valu Mart, Wabi Iron & Steel Corp., Wal-Mart, Waterfront Inn, Wendy Gauvreau, White Lace & Promises Inc., TPOMBA

#### Conference Committee & Volunteers

Gail Moore, Judy Pace, Lori MacEwan, Lynne Marwick, Pat Krasnozon, Jeannie Germain, Cathy Waters, Josee Roy, Wendy Gauvreau, Barb Martin, Marg Hooye, Starla Acland, Jayne Denomme, Murielle Dietrich, Corrie Dufresne, Trina Godden, Lorrie Griese, Dellah Jodouin, Sue Klinke, Julie Lafond, Helen Light, Cathy McLennan, Germain Pepin, Pamela Pittui, Judy Seymour

*Thank you to all our valuable volunteers for making the 2004 National Conference so incredibly enjoyable. Fabulous Job!*



# Report From National



## The Support Network for Multiple Birth Families

### Volunteers Needed...

#### Are you looking to make a difference? Do you have the passion that MBC is looking for?

MBC is fortunate enough to have some of the most dedicated and hard working volunteers. Think about it. For the most part, volunteers of MBC (local and national) are parents of multiples, have at least 2, 3, 4 and more children and are some of the busiest people you know. So why is it that they take more time out of their lives to volunteer for their local chapter or directly at the national level? It is because they believe in what they are doing and in the importance of supporting and improving the lives of families with multiple births.

It is hard to capture that passion and dedication on paper; to pass onto others why you want to spend so much time volunteering for multiple birth issues. But it is that passion that brought MBC to where it is today and it is that same passion that is needed to take it further. Spend some time chatting with long-time volunteers like Lynda Haddon, Diane Myers, Bonnie Schultz and Donna Launslager and you will know exactly what I mean! You do not have to read about it, you will "feel it" in every breath and action they take.

MBC is at a critical point in its development. The Board of Directors and other key volunteers have set goals, created long-term and short-term objectives and put the wheels in motion to move this great organization forward. However, they are struggling to be able to achieve all that it needs to do, due to a lack of resources, both human and financial. Very few national organizations would survive with as few resources as MBC relies on and be able to provide the level of services that we do in Canada. I truly believe it is that passion and that determination of all of our volunteers (Canada-wide) and one superstar (underpaid!) Business Services Manager, that keeps this organization afloat.

However, it is simply not enough! We need you! We know you have skills, dedication and passion to share and we need you to come forward to help in any way you can. If you are not able to volunteer at the national level at this point and want to gain some experience, volunteer with your local chapter, your support would be VERY appreciated.

Currently at the national level, there are many "positions" open, both on the Board of Directors and in a variety of other roles that support the work we do at the national level while supporting our members and volunteers who work at the local level. So what are we looking for in filling these positions? It is more than just the skills you

have to do a specific task (even though those are important to MBC!), it is about you and how much you are willing to give to the position that will make the difference for MBC and its future.

1. Dedicated volunteers to MBC, its Chapters and its membership.
2. Volunteers who can commit to a task and see it through; being comfortable to work on their own (and seeking assistance when needed) and taking initiative where necessary.
3. Volunteers with a passion for multiple-birth issues and who want to make a difference.
4. Must be a member of Multiple Births Canada
5. Other requirements (these are pretty essential but can be discussed): Internet access, email and willingness to meet (via electronic methods) on a fairly regular basis.
6. Specific to Board Positions: Experience working with a Chapter Executive or Board (or similar organization) and a bit more time required than the other positions. (The goal, however, is to free up some of the excess time that is spent currently by the Board completing tasks that could be handled by others.)

#### Some of the key areas that we are looking to have more support are in the areas of:

1. Volunteer management (recruitment, tracking, training and recognition)
2. Membership Development (increasing membership, tracking current members and keeping current members)
3. Chapter Development (increasing chapters across Canada and working towards bringing back past chapters)
4. Fund Development (fundraising, special events and grant applications)
5. MBC Chapter representatives (providing more support and linkages to chapters through these individuals)

Without additional help, MBC may be forced to cut back on some of the current services and much needed support it offers to its membership. Without additional volunteers, the addition of new projects and initiatives will be limited for sure.

Please make sure this does not happen by contacting Kim Weatherall by phone at 613-837-3854 or by email at [volunteers@multiplebirthscanada.org](mailto:volunteers@multiplebirthscanada.org) or any other Board Member. We will be more than happy to discuss where your experience, interests and passion are best suited in volunteering with MBC.

### Board & Volunteers...

#### Officers:

Chair, Kim Weatherall  
Vice-Chair, Gail Moore  
Treasurer, Carrie Johnston  
Secretary, Lisa McInnes  
Past President/Chair, Carrie Johnston  
Privacy Officer, Kim Weatherall  
Privacy Officer, Carrie Johnston

[chair@multiplebirthscanada.org](mailto:chair@multiplebirthscanada.org)  
[vice-chair@multiplebirthscanada.org](mailto:vice-chair@multiplebirthscanada.org)  
[financial@multiplebirthscanada.org](mailto:financial@multiplebirthscanada.org)  
[secretary@multiplebirthscanada.org](mailto:secretary@multiplebirthscanada.org)  
[pastpresident@multiplebirthscanada.org](mailto:pastpresident@multiplebirthscanada.org)  
[chair@multiplebirthscanada.org](mailto:chair@multiplebirthscanada.org)  
[financial@multiplebirthscanada.org](mailto:financial@multiplebirthscanada.org)

#### Board of Directors:

Acting Director of Membership, Carrie Johnston  
Director of Finance, Carrie Johnston  
Director of Research, Cheryl Wadasinghe  
Director of Volunteer Management, Kim Weatherall  
Director of Information Management, Lisa McInnes  
Director of Communications, Gail Moore

[membership@multiplebirthscanada.org](mailto:membership@multiplebirthscanada.org)  
[financial@multiplebirthscanada.org](mailto:financial@multiplebirthscanada.org)  
[research@multiplebirthscanada.org](mailto:research@multiplebirthscanada.org)  
[volunteers@multiplebirthscanada.org](mailto:volunteers@multiplebirthscanada.org)  
[information.management@multiplebirthscanada.org](mailto:information.management@multiplebirthscanada.org)  
[communications@multiplebirthscanada.org](mailto:communications@multiplebirthscanada.org)

#### Committee Chairpersons:

Breastfeeding Support Network Chair, Lynda P. Haddon  
Business Services Manager, Vicki Riley  
Chapter Development Chair, Sheri Lockyer  
Clothing Sale Updates, Shelly Blizzard-Jones  
Conference Liaison, Kim Weatherall  
Conference 2004 Chairs, Gail Moore and Judy Pace  
(Acting) Discount Coordinator, Kim Weatherall  
Francophone Support Network Chair, Josée Roy  
HOM Support Network Chair, Connie Barnett  
Lone Parenting Network Chair, VACANT  
Loss Support Network Chair, Lynda P. Haddon  
Making a Difference Awards, Katherine Romain  
Multiple Moments Editor, Vicki Riley  
MM Book Reviewer, Kim Skublics  
Special Needs Support Network Chair, Francesca Bell  
VAO Project Representative, Diane Myers  
Webmaster, John Withnall

[breastfeeding@multiplebirthscanada.org](mailto:breastfeeding@multiplebirthscanada.org)  
[office@multiplebirthscanada.org](mailto:office@multiplebirthscanada.org)  
[chapterliaison@multiplebirthscanada.org](mailto:chapterliaison@multiplebirthscanada.org)  
[clothingsales@multiplebirthscanada.org](mailto:clothingsales@multiplebirthscanada.org)  
[conferenceliason@multiplebirthscanada.org](mailto:conferenceliason@multiplebirthscanada.org)  
[conference2004@multiplebirthscanada.org](mailto:conference2004@multiplebirthscanada.org)  
[discounts@multiplebirthscanada.org](mailto:discounts@multiplebirthscanada.org)  
[francophone@multiplebirthscanada.org](mailto:francophone@multiplebirthscanada.org)  
[homnetwork@multiplebirthscanada.org](mailto:homnetwork@multiplebirthscanada.org)  
[loneparents@multiplebirthscanada.org](mailto:loneparents@multiplebirthscanada.org)  
[loss@multiplebirthscanada.org](mailto:loss@multiplebirthscanada.org)  
[makingadifference@multiplebirthscanada.org](mailto:makingadifference@multiplebirthscanada.org)  
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[mmbookreviewer@multiplebirthscanada.org](mailto:mmbookreviewer@multiplebirthscanada.org)  
[specialneeds@multiplebirthscanada.org](mailto:specialneeds@multiplebirthscanada.org)  
[vao@multiplebirthscanada.org](mailto:vao@multiplebirthscanada.org)  
[webmaster@multiplebirthscanada.org](mailto:webmaster@multiplebirthscanada.org)