



Multiple Births Canada/ Naissances Multiples Canada (MBC)
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Report From National

April 2001

The Support
Network for
Multiple Birth
Families

**"The true meaning of life
is to plant trees, under whose
shade you do not expect to sit."**

Nelson Henderson

Business...

MBC's Board of Directors

Carrie Johnston	President & Director of Publication	president@multiplebirthscanada.org
Kim Weatherall	Vice Chair/Vice President & Director of Fund Development	funding@multiplebirthscanada.org
Cathy Barr	Vice President & Director of Research	research@multiplebirthscanada.org
Diane Myers	Vice President & Director of Chapter Development	chapters@multiplebirthscanada.org
Jennifer Dawson	Treasurer & Director of Finance	finance@multiplebirthscanada.org
Lynda Haddon	Director of Individual/Family Services	services@multiplebirthscanada.org
Donna Launslager	Director of Program Development	programs@multiplebirthscanada.org
Juli Paladino	Director of Communications	communications@multiplebirthscanada.org

Board Support

Bonnie Schultz	Past President & Secretary, Business Office	office@multiplebirthscanada.org
Jeanette Niebler	Assistant Secretary	

MBC Incorporation

After much anticipation, Multiple Births Canada/Naissances Multiples Canada, formerly Parents of Multiple Births Association (POMBA) Canada, is proud to announce that the application for federal incorporation has been approved "To improve the quality of life for multiple birth families and individuals in Canada."

To complete the process, POMBA Canada will be dissolved as a corporation and all assets, liabilities and capital equipment will be transferred to Multiple Births Canada.

Work can now proceed on completing the application for Charitable Status.

The most significant changes that our membership will see over the next while will be visual changes to our website and publications. Much of the work still to be done is behind the scenes and does not require members and chapters to change the way they operate.

excerpts from ic-COM-02-23-01-01

Charitable Status Update

Multiple Births Canada is one step closer to sending in the application for Charitable

Status. The name has been approved, by-laws accepted, federal incorporation is complete, making it possible to move ahead. When the actual documentation from the government is in hand, we will be ready to proceed! As always, we will keep you posted on further developments and anxiously await the opportunity to give you the official Business Number for MBC. You can contact Kim with any further questions at funding@multiplebirthscanada.org, or through the Business Office at (905) 888-0725.

Submitted by Kim Weatherall, Director of Funding

The Ontario Trillium Foundation

Multiple Births Canada has been awarded a significant grant of \$94,200.00 to fund our **Mapping the Future Project** for an 18 month term.

The Canadian Institute of Child Health (CICH) will administer the costs related to this project. Mapping the Future is a strategic planning project, which will identify a blueprint for action for MBC and other stakeholders. In collaboration with the Canadian Institute of Child Health (CICH), we will carry out an in-depth examination of both the internal status of MBC and the external context in which it is situated. The data generated by the process will translate findings into action plans for meaningful change.

The Ontario Trillium Foundation is an agency of the Ontario Ministry of Citizenship, Culture and Recreation. With \$100 million in annual funding from the province's charitable gaming initiative, the Foundation provides grants to eligible charitable and not-for-profit organizations in arts, culture, sports, recreation, environment and social service sectors.

You can contact Donna Launslager by email at programs@multiplebirthscanada.org, or the Business Office for more information.

Submitted by Donna Launslager, Director of Program Development

Zellers Discounts

There have been a number of inquiries in the last year about discounts through Zellers Department Store from various chapters Canada-wide. To clarify, the National office

of MBC does not have an agreement with Zellers. MBC does have a Community Club Z account, which will allow shoppers to earn points on MBC's behalf, which then accumulate and are raffled off at the Conference. (See next article for details!)

According to Zellers Head Office, each store is a separate entity when it comes to this type of decision, and there are Zellers stores in some communities which still do chose to offer the discount. For the most part, they are not encouraging the stores to provide discounts, since Zellers already contributes to a large number of charities in Canada. Please feel free to contact Kim at funding@multiplebirthscanada.org with any further questions about this discount, or others.

Submitted by Kim Weatherall, Director of Funding

Door Prizes and Raffles AGM

Once again this year we are pleased to raffle the Zellers Club Z points that we have accumulated, thanks to you! We will be offering two draws, one for **ONE MILLION POINTS**, and the other for **500,000 Points!** If you are not able to attend the conference, make sure to send along some money with a friend to purchase you a ticket or two....

There will be many other prizes in addition to the Club Z raffle! Make sure to get your tickets! 50/50 Tickets will also be sold to sponsor the transportation to and from the conference and the Boat Cruise! Contact Kim Weatherall, Director of Funding, at funding@multiplebirthscanada.org, or the Business Office at (905) 888-0725 for more information.

Board of Directors Changes

We will be currently recruiting the following positions for the 2001-2002 term:

- ◆ Director of Funding
- ◆ Director of Finance
- ◆ Director of Individual/ Family Services

It is with regret that we announce the additional resignation of Lynda P. Haddon, Director of Individual/ Family Services, and Jennifer Dawson, Director of Finance. During this transition to Multiple Births Canada/Naissances Multiples Canada (MBC), this will allow us an opportunity to

reshape the Board of Directors, their functions and duties.

We are fortunate to retain Lynda P. Haddon in her Loss Network function, continuing her ongoing support to families and individuals that have lost one, more or all of their babies.

We would like to extend our appreciation to Jennifer, Kim, and Lynda for positions they filled with dedication and true passion.

Your Voice Matters

We would like to take this opportunity to remind everyone that without your input, suggestions, comments, and queries, we only represent a select voice of multiple birth families. We encourage you to submit your articles for *Multiple Moments*, *Report From National*, *Information Circulars*, and all other means of communication available. Your voice is a valuable resource that we appreciate hearing from! All comments can be directed to office@multiplebirthscanada.org and will be forwarded accordingly!

Thank you to the individuals and Chapters who regularly send in their newsletters and news to the office. We learn so much about the Chapters, and tidbits to share with our readers and other Chapters— everyone helping each other to be better at providing support and ideas that work for members and Chapters across the country. Please share your newsletters and news with us— we love to hear from you!!

Please notify the business office, office@multiplebirthscanada.org when there is a change in your chapter mailing address, email contact or telephone contact- it's greatly appreciated!

Information Circular Update

Want to make sure that you have the latest on file? Check out this handy Index of Information Circulars since February, 2001:

February:

Invitation to Participate in 2002 AGM & Conference Planning
Partners In Prenatal Care Conference
Report From National, February 2001 Issue Now Available!
Requesting Membership Updates for MBC
POMBA Canada Announces Federal Incorporation Status
Registration for 2001 Annual General Meeting & Conference
Retroactive Maternity Benefits for Multiple Birth Families
Multiple Moments Winter/Spring 2001 Issue
Contributions to Life With Multiples Web Page Accepted
General Interest Resources From Health Canada

March:

Calling All Photographers!
MBC Congratulates Multiple Birth Parents in Contributions!
Submission Deadline for the April '01 Report From National
Making a Difference Awards- Nominations Deadline
Multiple Births Canada/ Naissances Multiples Canada
(MBC) Offers Chapter Newsletter Article!
MBC Congratulates One More MBC Parent in Contributions!
Progress of the 2001 Annual General Meeting & Conference
Membership Structure and Fees Draft Proposal Update
Accepting 2003 Annual General Meeting & Conference Bids
Zygosity Testing Contact Update

April:

Offering Special Access to Our Members Only Web Pages
Requesting Turkish Speaking Individuals

If you would like a copy of an Information Circular above, or have any exciting upcoming events that you want share with us, please do not hesitate to submit it to communications@multiplebirthscanada.org we would love to hear from you!

Sign up now to receive automatic email of Information Circulars and other online reports- send your email address to communications@multiplebirthscanada.org today!

Events.....

Making A Difference Awards Volunteer Recognition Program

The votes are in, the Nominations Committee is in the review process, and the

presentations will be made at the 2001 AGM & Conference! We would like to thank all of the individuals who took the time to submit a volunteer for recognition!

2003 Annual General Meeting & Conference Applicants

Considerations for the 2003 Host Chapter are still being accepted. Any member Chapter considering to host the 2003 AGM & Conference can contact the Business Office for further details. We would be thrilled to hear from a host in Western Canada for the 2003 bid!!

2001 Annual General Meeting & Conference Sponsorships and Donations

The Barrie Twins and More Chapter will be our host- we hope to see you there sharing the excitement of the new MBC!

Theme: MBC: Members Building Community
Date: June 8- 10th, 2001
Location: Holiday Inn, Barrie, ON

Please note: April 30th is our extended registration deadline- any registrants after this date will incur a \$35 late fee, so BOOK NOW!! Don't miss the boat! (Literally- there are only 140 seats available on the cruise!!)

Sponsorship: There are many options available- you can sponsor a guest speaker, your own sales table, or advertising space in our Resource Room! All donations will be recognized in our programme. No matter what you do, your contributions are greatly appreciated in helping us cover the costs of our events!

Donated Items: We are still accepting material donations to be used for door prizes, raffles and thank you gifts (see pg. 3 for details!). All and any prizes will be gladly accepted.

For more information, please contact the Business Office.

Submitted by Bonnie Schultz, Conference Liaison & Heather Kenehan, Planning Committee Chairperson, Barrie

2002 Annual General Meeting & Conference

Durham Region Parents of Multiple Births Association, an Affiliate Member Chapter of MBC, is in the midst of planning a wonderful event in 2002!

Theme: Multiples in Motion.
Date: May 23- 26th, 2002
Location: Holiday Inn, Oshawa, ON

Mark your calendars now! You will not want to miss it! Get your Retro 70's gear ready for the amazing Saturday Night Banquet!

For further information, please contact Diane Myers at chapters@multiplebirthscanada.org, or contact the Business Office. Watch for updates at www.multiplebirthscanada.org!

Submitted by Diane Myers, MBC Conference Liaison

Manitoba Families of Multiples First Annual Conference

May 6, 2001 at the Canad Inns, Windsor Park in Winnipeg, MB! Registration for the conference includes admission and a buffet lunch. The cost is \$7.50 per member before April 1, or \$10 for non members and members after April 1. The morning's Keynote Speaker will be Dr. Bev Vargo, Developmental Brain Research, and the afternoon Keynote Speaker will be David Zinger, Using Humour to Cope with Stress. There are 4 additional sessions in the morning. For more information contact Susan DeBlaere, Conference Coordinator at sdeblaere@home.com, or (204) 253-6845.

10th International Congress on Twin Studies

Held from July 4-7, 2001, at Imperial College, London, UK for everyone interested in twin studies and in the biology, care and development of twins, triplets and more. More information can be found on the International Society of Twin Studies (ISTS) website, <http://www/ists.qimr.edu.au>.

Strategic Planning Workshop

On Jan. 27, 2001, the MBC Board of Directors hosted a one-day Strategic Planning Workshop, facilitated by Nancy Dubois, a consultant with the Health Communication Unit, Centre for Health Promotion, University of Toronto (THCU). They have agreed to assist MBC in moving through the challenges of planning, implementing and evaluating health promotion initiatives. Nancy's presentation focused on the elements of a strategic plan followed by a group discussion on MBC's strategic direction. This workshop is the first of a series of planned strategic planning sessions.

Updates From National...

Support Networks

In order to make the name of the services self-explanatory, the "Registry" name has been changed to "Support Network". MBC is very proud of their existing Support Networks and remains optimistic that Chapters will continue to refer their members to the appropriate support, as well as implement their own consistent support systems for their members in need. The current National Networks available are: Single Parent (where one parent provides the majority of the parenting); Special Needs (where one, more or all multiples are challenged either physically or mentally, including gifted); and Bereavement (a loss of any family member which may impact a multiple birth family) support. These three situations place additional tolls and require special consideration for our families.

Please be proactive and inform your members of the support systems in place. Help your members help themselves and lessen their sense of isolation. If you need information or assistance in beginning your own Chapter Support systems, contact the Business Office, and we would be pleased to assist and guide you. When you succeed, we succeed.

Submitted by Lynda P. Haddon, Support Network Director

Loss of Multiples Support Network

With the increase in multiple birth in Canada, there is also an increase in loss. This vital support system continues to play an important role in lessening the sense of isolation for our special members, providing support reading material, personal contacts and Internet connection as well as the quarterly newsletter, Forever Angels.

Over the past few months, the Loss Network has also been involved with two families where Mom has passed away, of course leaving a devastating impact on their families.

If you are interested in either setting up or improving your Chapter's bereavement support, please contact the Business Office for details on how to provide this important support. Have your Chapter subscribe to Forever Angels for inclusion in your Chapter Library. It will be an important support investment for your loss families. We need to make sure that each and every one of our multiple birth families are provided support in accordance with their needs.

Submitted by Lynda P. Haddon, Chair, Loss of Multiples Support Network

Pleasure...

Chapter News

Welcome to a new area contact in **Pembroke**. Noel Parady has set up a multiple birth support group at the Parent and Toddler Resource Centre in Pembroke. There are 15 families involved so far. These families meet twice monthly: once during a daytime playgroup and once during an evening meeting featuring guest speakers.

Brant POMBA- is pleased to announce their new Multiple Birth Play Group. The play group has been developed in cooperation with Brant CAS at their Family Resource Centre. The Family Resource Centre is

provided to Brant POMBA free of charge every Friday morning. The Centre is full of toys and very clean! Since the first meeting of the playgroup in January 2001, they average 20 children (twins, triplets and their siblings) their moms and/or dads and sometimes even grandparents every week. Recently, the CAS has offered free transportation to parents in need, so they can attend the playgroup. Amazing!!!

Chatham-Kent POMBA hosted their first "Lend a Helping Hand" meeting on Nov. 5, 2000 in Morpeth, ON. The following individuals attended the two hour meeting and were able to share and exchange many great ideas: Carrie McCoughlin, Sarah Seed

& Sheri Lockyer from *C-K POMBA*; Tammy Grieve & Lynette Panabaker from *London POMBA*; Jeanette Niebler from *Stratford POMBA*; Carmen Lemieux & Caryn Taylor, *Sarnia POMBA*; Diane Myers, TQQ & MBC Canada. Minutes of the meeting are available upon request.

I hope that this will be the first of many "Club Exchanges" in the future. Thank you to Sheri and Sarah for organizing this fun and informative meeting.

The Triplets, Quads & Quints Association's Book- Finding Our Way- Life with Triplets, Quadruplets and Quintuplets has finally gone to print! We would like to thank the following Multiple Birth Chapters and Organizations, individuals and companies for their financial assistance in getting this book to print.

Generous Financial Supporters:

Health Canada
D.S. Smith & Family
Durham Region Parents of Multiple Births Association
Multiple Birth Families Association of Ottawa
Serono Canada Inc.
Toronto Parents of Multiple Births Association
Diane and John Myers & Family
Maureen Tierney and Peter Pearson & Family
Bev and Jeff Unger & Family
Barrie Parents of Twins and More
Donna and Darryl Patterson & Family
Maternal, Infant and Child Ltd.
Candi Cuppage and Paul Forget & Family
Patricia and John Harber & Family
Alice Bluemke
Guelph Parents of Twins and Triplets Club
Newmarket Parents of Multiple Births Association
Brant Parents of Multiple Births Association
London Multiple Birth Association
Mississauga Parents of Multiple Births Association
Alanna Patterson and Friends' Lemonade Stand

For more information, or to order this book, please visit our website at www.tqq.com.

Postpartum Depression Book Seeks Participants

Sandy Poulin is seeking women who have experienced postpartum depression to participate in a book to help mothers recover. This book is not from medical professionals, but from "everyday" mothers

who've "been there." If you would like to distribute your membership, or submit your name to Sandy, please contact her at anewday@ticnet.com, or visit her website at www.anewdayinc.net.

Want to be in the Movies?

Cindy Weedon of Twins Talent Agency would like us to be aware if this exciting opportunity!

The motion picture **Baby Geniuses 2** - a sequel "*Babies are Back to Save the World*" will be filming in June 2001, in Vancouver, BC. They will be in Toronto shortly to audition IDENTICAL twins and triplets, ages 18 months to 3 years. She will be working with production and the casting director to co-ordinate this effort. Although they have numerous multiple births already in their agency, they want to make this opportunity available to all of us in the event that we may have some aspiring actors and actresses out there interested in attending the audition!

Again- they are looking for IDENTICAL twins or triplets . You can contact Cindy Weedon at Twinstalentagent@aol.com.

Chapter Development Report

The year 2001 began with 40 MBC Chapters and 58 Area Contacts. We hope that this year will bring us together to share information and resources in order to better support our multiple birth families.

There is much work to be done in the area of Chapter Development. To better serve you, I have joined a Chapter Development group, consisting of national organizations each with a Chapter Development component. With guidance and information sharing, I hope to learn better ways to support our Chapters and Area Contacts at our first meeting in May. If you have any questions or comments regarding Chapter Development, please contact me at chapters@multiplebirthscanada.org .

Submitted by Diane Myers, Director of Chapter Development

Tips.....

We will be offering a series of **Chapter Success Tips** in the next few Reports From National... we hope that you find them useful and beneficial to your chapter! Below are the first three tips to help you build a successful chapter:

1. Contact persons for your Chapter need to be carefully chosen. These individuals should be friendly, knowledgeable of multiple birth issues, be familiar with the support resources within your local community and be a sympathetic ear. It may be agreed that some of the contact information be scripted. For example: contact person will be a Listener rather than a Speaker; needs an updated list of community resources and services available; etc.

2. A log book needs to be kept of each call taken, listing date, time and person's name and phone number. A brief summary of question and discussion also needs to be

recorded. In this manner, a Chapter can evaluate the types of calls they receive and how they are answered and if other support systems are required.

3. It is important to remember NOT to give out any medical advice. There is a difference between sharing your personal experience and providing direct opinions. Although a fine line, it is imperative that medical information not be given out but the inquiry needs to be referred to their own doctor for medical advice. **Liability is a huge issue and not to be taken lightly. The Chapter Executive as a whole can be at legal risk if inappropriate advice is handed out by anyone.** Not sure what advice to give? Always refer them back to their doctor.

If you have any other suggestions and tips to add, please do not hesitate to contact us at communications@multiplebirthscanada.org, or by mail or phone to the Business Office!

Thanks To You...

Translators

MBC would like to thank the following members who have been translating some of our Fact Sheets as well as providing some other much needed translation and French review services. We are pleased and delighted as a result of their efforts, to be able to offer some support and literature to our Francophone multiple birth members.

Helen Robichaud - Montréal, QC
Gisele Sigouin - Ottawa, ON
Martin & Marie-Claude Hamel- St-Nicolas, QC

Naissances Multiples Canada aimerait remercier les membres suivants qui ont traduit quelques-unes de nos brochures en plus de nous fournir quelques traductions ponctuelles ainsi que la révision de texte en Français. Nous en sommes très heureux puisque nous pouvons désormais, gr-ce leur effort, fournir du support et de nos membres francophones.

Volunteers

Have you ever considered becoming an MBC volunteer? If so, we would love to hear from you! Contact the Business Office, or email president@multiplebirthscanada.org for more information on how to apply to become a member of our team!

Comments and Kudos...

Hi, I think your homepage is great! Easy to use, informative and helpful. I had an idea - the Prince George Parents of Twins and Triplets Assoc. (PGPOTTA) would like to have a homepage- for free.

Is there a way (an easy way) for you (POMBA) to help us (and others). Maybe offer a "button" (or something) for us. We'd like to be able to send (via FTP or email?) our newsletter. Our association has very little money and I'm assuming most "clubs" are the same way. You could help a lot of "clubs". I haven't thought it all out but this could promote the POMBA site (more), we'd only allow POMBA members to view our newsletter. We could let the general public view maybe a portion of it? If this could work this would be very helpful for all members of POMBA. I work for a Real Estate Board and we have something like this. Boards across Canada have a common site where their members (and other members) can access information. Just a thought, hope you can help us (and others)!

Thanx,
Karen Nicklen
President PGPOTTA

In response, Karen: Thanks! We liked the idea so much, we decided to use it! Keep watching in the next few months for this service, available to all Chapters across Canada!

On behalf of Tamba I would like to send our very best wishes to you with regard to your recent change of status to Federal Incorporation and subsequent name change to Multiple Births Canada.

Having been through similar processes ourselves we acknowledge the hard work, sweat and tears necessary to get to this point! May the change enable you to grow and develop in future for the benefit of all multiples birth families in Canada.

We hope to meet with some of you in July at ISTS, when we shall no doubt hear more about the change and what you hope it will do for POMBA. Indeed, I am hoping one of you will agree to sit on our overseas COMBO Panel at the Tamba conference on the afternoon of 7th July to talk about how you attract members, what you offer and how MBC operates in practice.

Again, our very best wishes to all involved in this momentous milestone in your history.

With regards,
Jane Ellison
Tamba Overseas Liaison

In response, Jane: It is rewarding to see that our support extends beyond our physical borders!

**There is only one pretty child in the world and every mother has it. -
*Chinese Proverb.***