



PO Box 432, Wasaga Beach, Ontario, Canada L0L 2P0
 ph: (705)429-0901, fax: (705)429-9809
 Toll-Free in Canada: (866) 228-8824
 e-mail: office@multiplebirthscanada.org
 Website: www.multiplebirthscanada.org

Report From National

January 2003

The Support Network for Multiple Birth Families

"We make a living by what we do, but we make a life by what we give."

Winston Churchill

Business...

Officers:

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

president@multiplebirthscanada.org
 research@multiplebirthscanada.org
 financial@multiplebirthscanada.org
 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 At Large, Kim Weatherall conferenceliason@multiplebirthscanada.org
 Acting Director of Membership, Cathy Barr membership@multiplebirthscanada.org

See page 4 for our various Committee volunteers!

Volunteers Needed You could be part of the team!

With May approaching quickly, it's time to start thinking about our Board composition and open positions. Two of our Directors will be completing their three year terms and are unable to run for a second term and a third Director has resigned due to personal obligations, so it's very important to put your name forth immediately if you are interested to allow for a training and transition period.

Wouldn't you like to be part of the decision making body of our organization? While that task alone may seem ominous, there is nothing more rewarding than knowing that the time spent understanding an issue and making a decision benefitting all our members and the future of multiples, is time well spent. There is no mistaking that there is work involved in sitting on the Board, but with a major project like Mapping the Future wrapping up as I write this, ideas are already flowing for another project to start implementing and developing needed resources. What an exciting time to be involved!

The main qualifications needed to sit as a Director are a keen interest in MBC, experience or knowledge of the portfolio for any given position, and preferably past experience at the regional Chapter level. Easy access to e-mail and being comfortable using technology to conduct business are important.

What are you waiting for? Step up to the challenge!

Making a Difference..

INFORMATION CIRCULAR - BO-01-14-03-#1

January 14, 2003

Making a Difference Award

Ontario, CA: Happy New Year!!!! Wishing everyone all the best in 2003!!! Now that the holiday season is over and we have all settled back into our routines, it is time again to start thinking about the **MAKING A DIFFERENCE AWARDS**. Start the year off right by nominating someone for these important awards.

This is your opportunity to acknowledge anyone who has made important contributions to the improvement of multiple birth families Locally, Nationally and Internationally. Is your local chapter a success due to the tireless work of one particular person? Is there someone at the national level whose commitment is "second to none"? Are you aware of someone at the international level who helps to ensure the professionalism of Multiple Births Canada?

We know that there are many members deserving of this award so *go ahead... nominate someone!!* The awards will be announced this May at the 2003 Conference and Annual General Meeting in Ottawa, ON.

To see the latest brochure and Nomination Form, check out Multiple Births Canada website at www.multiplebirthscanada.org and select MEMBERSHIP.

Please submit your nomination for consideration by March 15, 2003. Should you have any questions, please email makingadifference@multiplebirthscanada.org. Your submissions can be received by email at this address, via fax (705) 429-9809 or by mail at

Making a Difference, Attention: Chairperson

47 French Crescent, Holland Landing, ON, L9N 1J8.

We look forward to hearing from you. Remember, without volunteers there would be no Multiple Births Canada. Let's recognize those people that "Make a Difference".

Attention Chapter Newsletter Editors!

NEWSLETTER CONTENT: We strongly recommend that all Newsletter Editors reference this information on the Making a Difference Awards in your next newsletter. Chapter presidents may wish to bring it up at your next Chapter Meeting. In both instances, you can even include a copy of the new brochure if you would like to. Just go to the website and download a copy. That way, all your members will be sure to have the information. The more nominations, the better!!!

We look forward to hearing from you.

Making a Difference Committee
makingadifference@multiplebirthscanada.org

Volunteer News...

Ponderings of a Volunteer...

by Kim Weatherall

As we come upon another year of renewal of membership and a time for change over in volunteers of Board Members and Volunteers for MBC...I sit and ponder what will happen in the next year. As a current Board Member (MBC), member of MBFA (Ottawa), Conference Liaison for 2003/2004 Conferences, the Hotel Contact for the 2003 Conference and the Charitable Status Liaison I wonder how much more I can take on and I listen to those around me who tell me to "give it up", "take a break", "watch TV more", "get a life", etc (you get the picture)!

I did take a year off the MBC Board and it was great; but, I soon found that I was right back in the same rut as I was before, work all day, come home make dinner and climb on that couch to watch TV and then go to bed to do it all over again the next day. I asked myself for what? Who gained out of that...certainly it was not my brain and it was certainly not any of the families that would follow the same paths that I had and faced the same challenges that I did over the last 15 years. The only thing that was gained...was around my waist and backside from inactivity!

Friends and Family were eager to point out that I was taking much time from my children and my husband by spending countless hours on the computer, in meetings on line and working endlessly on other matters related to multiples. I would be the first one to agree that this was more than true, and maybe I was a horrible mother and wife to neglect them so. And were my children learning or gaining anything from me spending all this time doing work for others? I know that my children did not gain anything directly from some of the work that I did...or did they? And then I thought about it some more. They were learning from me! They saw that I often put others in front of myself...that I cared about other individuals who had no relationship to me, that I was genuinely worried about what would happen to a support group that did such great work and that I was willing to give up much time and often much money when it was needed more by others. And really, what was I showing my children by watching TV all the time and sitting around doing nothing? As with everything there needs to be a balance between both...something I continue to struggle with every day!

I guess as human beings we are all put on the earth for different purposes, yet I for some reason cannot get past the question of why more people are not willing to give up a little spare time (no matter the amount) to help others. Why is our world moving so much towards the "me society" and what is this going to do and show to our children! So I ask...what is your purpose, and how much can you give? If it is not for MBC or an Affiliate Chapter...then so be it...but at the end of the day the important thing is...that you did something for someone that made their lives a whole lot better. Take a "thinking" break today and see what you might be able to do to help out in your own community, we all have something to give! Let's Share!

I would love to hear why you volunteer and what it does for you! Drop me a line and let me know what your thoughts are and maybe we can put it in the next RFN! Email Kim at kweatherall3854@rogers.com.

Congratulations...

Lynda P. Haddon has been appointed Chair of Ottawa's Community Coalition for the Prevention of Low Birth Weight. As multiple birth babies represent a large portion of LBW and/or preterm babies, Lynda is very pleased to be able to continue to represent the wants and needs of our special families in her continued involvement (of about 9 nine years) with this Committee, and now as its Chair.

Congratulations Lynda, your friends at MBC are very proud of you!

Publications News...

New Support Kit

It is with a great deal of excitement that I introduce our latest additions to Multiple Births Canada's line of quality publications. The brand new *Professionals' Support Kit* has just been launched and we hope this will become a valuable resource for professionals across Canada.

Translation of Public Relations Brochure!

Multiple Births Canada has just received the content for a translated version of our Public Relations brochure. Thank you to Lynda P. Haddon for coordinating the translating and the proofing of this very important public relations tool. If you have a need to this brochure in both official languages, please let the business office know and when the final copy is ready for printing, we will send you some to have on hand.

Resource Guide

The January 2003 issue is now out and posted on the website under Members Only. Recent changes include additions to the Discount List and changes to the previous Triplets, Quads and Quints Association, who has merged with Multiple Births Canada to become our Higher Order Multiples Support Network

Carrie Johnston
A/Director of Publications

Selection Committee

We're still looking for volunteers to sit on the Selection Committee. Take advantage of the opportunity to have your say in filling key positions within MBC.

To put your name forward for the Selection Committee contact the President at president@multiplebirthscanada.org and ask for a copy of the Terms of Reference (position description).

LAST CALL - Web site Focus Group

Multiple Births Canada would like to test the look and feel of the new site to see if we've hit the mark on content, look, style and overall appeal. Would you like to be part of this focus group? We will be looking for a good cross section of members, non-members, professionals and volunteers to test the new site. There are no qualifications for being part of this focus group; you need not even know how to surf the Internet. The intent of the new design is to provide a pleasing and easy to navigate site, so we will want inexperienced Internet users among our focus group.

To volunteer for the website focus group, contact the Director of Publications at publications@multiplebirthscanada.org.

Research Notice...

The Rotman Research Institute of Toronto is conducting a study on auditory and language function in twins. To investigate brain function, we use magnetoencephalography (similar to EEG) which is totally harmless. The measurements take around 4 hours for a pair of twins.

We need twin pairs (Monozygotic, Dizygotic or Higher Order multiples) aged preferably between 16 and 35 (or older), and raised together in the same home.

We are a research institute at the Baycrest Centre, affiliated with the University of Toronto. You can easily reach us by subway, bus or car.

We offer compensation for your time. \$50 for each subject, plus transportation (max. \$10)

If you are interested or need more information, please call our Subject Coordinator at (416)785-2500 ext. 2080 (voice mail) please mention "twin study" or send us an e-mail: volunteers@rotman-baycrest.on.ca.

Rotman Research Institute, Baycrest Centre, 3560 Bathurst St., Toronto, ON M6A 2E1

Conference News...

EARLY WORKSHOP RESERVATIONS RECOMMENDED!! This is to let you know that the Travelodge meeting rooms have a seating capacity. If there are Workshops that you would like to attend, please submit your Registration Form at your earliest convenience to reserve your spot. Don't be disappointed and find out that your chosen Workshop is full. We are booking on a first come, first served basis. Early Bird Deadline for Registration and saving \$50.00 is March 15th, 2003

MAKE YOUR HOTEL RESERVATIONS AS SOON AS POSSIBLE!! The Travelodge Hotel is a very popular destination spot and as Conference 2003 is not the only Conference in Ottawa 22-25th May weekend, you need to make your hotel reservations at your earliest convenience. In addition, with each bedroom booked at the hotel the Conference costs for the meeting room rentals decreases! Help us to know what to expect for costs for the Conference! Don't be disappointed - Reserve your Rooms early!

WOULD YOU LIKE TO SAY OR SELL SOMETHING THROUGH THE CONFERENCE PROGRAM BOOKLET??? If so, please contact the Conference committee to arrange to purchase ad space in this year's booklet. Do you know of a member with a business that could benefit from this exposure or a great product that you would like families to know about...please make sure to pass on this information to others who might be interested! You can purchase everything from a business card size ad to the full page! We require your camera ready ad by 15th March, 2003 in order to make the printing deadlines. Reasonable costs range from 20\$ to 75\$...please contact conference2003@multiplebirthscanada.org for more details.

WOULD YOUR CHAPTER LIKE TO PURCHASE ADVERTISING SPACE? - Multiple Births Families Association is offering Chapters across Canada an opportunity to promote their own Chapter by purchasing advertising space in Conference 2003 programme booklet. This will be a golden opportunity for National and International professional, volunteer and parent delegates to learn about your Chapter and note the wide spread Canadian support for multiple birth families that we all offer within our local communities. Business card ad is \$20.00 and one quarter page ad is \$30.00. Please contact conference2003@multiplebirthscanada.org for more details or more information. We require your camera ready ad by 15th March, 2003 in order to make the printing deadlines. Don't miss this opportunity to promote your Chapter!

FUNDRAISING 2003 FOR THE CONFERENCE IS WELL UNDER WAY... If you, your chapter, a member or local business or someone you know would like to donate items or funds to assist with fundraising for Conference 2003 be sure to let us know. There remain many opportunities available for sponsorships of events at the Conference, if that should suit you better. Please contact fundraising2003@multiplebirthscanada.org for more details.

HAVE A SNEAK PEAK — "SHOW & SELL"

We have some great businesses anxiously awaiting your arrival in May to our wonderful city here in Ottawa. Here's a peak at what's in store for you.

- Do you like scrapbooking, stamping check out <http://www.stampingjo.stampinup.net/>
- Enjoy a good book or two? We have a great selection to offer you: Usborne Books, Shirley Leishman Books, and Ladders to Learning
- Items for mom and kids; www.mylilmiracle.com check it out if you like!
- What about www.forbabysake.ca

It keeps getting better and better, but you'll have to come and see for yourselves.



FRIDAY AFTERNOON PROFESSIONALS' WORKSHOPS

One of the easiest ways for your Chapter to support multiple birth families in your own community is to promote the Conference 2003 Friday Afternoon Professionals' Workshops. Make copies of the Professionals' Workshop Registration Forms and deliver or mail copies to key professionals in your own community – health clinics, obstetricians, doctors, midwives, lactation consultants, school boards, funeral directors. Raise your Chapter's profile in your own community by encouraging your local professionals to attend these informative and educational Workshops. Help and support your multiple birth families by helping and support the professionals that care for them. Please also consider attending the Conference yourselves. Multi-Tasking, Multi-Tude, Multi-Creations!

Conference 2004 - Temiskaming, ON

Our theme for next year's conference is "Multiples in Balance", and we're already off to a great start in organizing a terrific four days. If you've never been to "the north" or you know it and want to get back to the basics, please come! We promise you this conference will be the getaway that you both need and deserve. Conference 2004 will offer great workshops, beautiful surroundings and an opportunity to unwind and regain that "balance" in your life that we all want so desperately. What better way to meet other delegates from across Canada than by walking along the boardwalk or watching the sun set on Lake Temiskaming? Yes, your drive to our conference will be well worth it!

In keeping with our theme, "Multiples in Balance", we promise some great packages for the men also. Bring your partner along and entice him with a game of golf, a day of fishing, canoeing or a stroll along the boardwalk. We'll keep you updated with these "dad packages", as Conference 2004 draws nearer.

We've had a successful fundraiser already with our "Snowflakes, Silent Night and Santa .. An Evening of Christmas Music". Our community is now aware of our plans to host the 2004 Annual General Meeting and Conference and many non-members have come forward to assist Temiskaming Multiple Births in the event organization. It's this strong northern hospitality that we want you to experience first hand!

We promise you a wonderful conference...you will go home relaxed, rejuvenated and full of knowledge. We hope that you will make the commitment to attend the 2004 Conference and come see "what the north is all about".

For more information, please contact the Registration Chair, Lori MacEwen at conference2004@multiplebirthscanada.org or Kim Weatherall, Conference 2004 Board Liaison at conferenceliasion@multiplebirthscanada.org

Volunteer Opportunities

Several volunteer opportunities exist within Multiple Births Canada. There are positions that are presently vacant and 3 of 5 Directors are coming up on the end of their three year terms and one unable to complete her term, and are actively seeking replacements before the end of the term to allow for a smooth training and transition period. Are you up to the challenge? Have you got the skills, determination and enthusiasm to fulfill such a role? Consider putting your name forth and have a real say in your organization's activities and be part of its success. Contact the President or any present Director for more information.

Opportunities Open (and many more)!

- Secretary to the Board (presently vacant)
- Director of Publications (filled on an acting basis only at present)
- Director of Fund Development (presently vacant)
- Director of Membership (filled on an acting basis only at present)
- Director of Finance (end of term approaching)
- Director of Research (end of term approaching)
- Director of Communications
- Breastfeeding Support Network Chair (presently vacant)
- Director of Volunteer Management (new position, not yet filled)

New Discounts...

RP Diaper Designs

250-479-2808
info@rpdiaferdesigns.com
http://rpdiaferdesigns.com

Members of MBC can receive 10% off all regular priced items if they have twins, 15% if they have triplets, 20% if they have Quads or more. Personal consultations will be provided at no charge to determine cloth diapering needs. If contacting us by phone, please provide membership number and Affiliate Chapter name where applicable.

Canadian Sitter

Discount for multiples:
Register as a parent (not as a babysitter) with Canadian Sitter for three (3) months and get two (2) months free, or register for one (1) year and get six (6) months free.

Contact person: Martha Scully at 905-465-2883 or at martha@canadiansitter.ca
www.canadiansitter.ca

Sears Canada Portrait Studio

Just a reminder that Sears Canada Portrait Studios are still offering two-for-one on portrait sheets to members of Multiple Births Canada. Be sure to have your membership card handy when you book your appointment. This offer is valid across Canada, but please be sure to verify.

Member News...

On-Line Ordering Now Available!

E-commerce has just been introduced on the Multiple Births Canada website. You can now 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...

- Lynda Haddon for the development of the Professionals' Support kit
- Anita Paradis (MBFA) for the donation by Canadian Sitter
- Ron Smith (Grandfather to Kristin and Stephanie Weatherall) for work on creating a list of media sources.
- Sarah Vinnels (Barrie) for the on-going development of a list of Professionals, Educators, Businesses, etc.
- Charlie Brockhurst for assisting in the office doing data entry
- 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

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
Chapter News for RFN, Pam Krason chapternews@multiplebirthscanada.org
Clothing Sale Updates, Pam Krason chapternews@multiplebirthscanada.org
Conference Liaison, Kim Weatherall conferenceliasion@multiplebirthscanada.org
Conference 2003 Chair, Stephanie McCambley & Christine Godding conference2003@multiplebirthscanada.org
Conference 2003 Programming Chair, Lynda Haddon loss@multiplebirthscanada.org
Conference 2004 Chair, Gail Moore & Judy Pace conference2004@multiplebirthscanada.org
Discount Coordinator, Denise Lai discounts@multiplebirthscanada.org
Francophone Network, Josee Roy francophone@multiplebirthscanada.org
HOM Support Network, Diane Myers homnetwork@multiplebirthscanada.org
Lone Parenting Network Liaison, Sheri Lockyer loneparents@multiplebirthscanada.org
Loss Network Liaison, Lynda P. Haddon loss@multiplebirthscanada.org
Making A Diff. Awards, Darlene Nagy makingadifference@multiplebirthscanada.org
Marketing Liaison, Gail Moore marketing@multiplebirthscanada.org
MTF* Board Liaison, Jennifer Dawson financial@multiplebirthscanada.org
MTF* Project Coordinator, Donna Launslager mtf.coordinator@multiplebirthscanada.org
Multiple Moments Editor, Vicki Riley mmeditor@multiplebirthscanada.org
MM Marketing Manager, Sarah Vinnels mmmarketing@multiplebirthscanada.org
MM Book Reviewer, Kim Skublics mmbookreviewer@multiplebirthscanada.org
Program Development Chair, Donna Launslager programs@multiplebirthscanada.org
Resource Guide Coordinator, Hali Cole resources@multiplebirthscanada.org
Special Needs Network Co-Liaisons, Lynne Marwick and Anny St. Jean specialneeds@multiplebirthscanada.org
VAO Project Representative, Diane Myers vao@multiplebirthscanada.org
Webmaster, Lisa McInnes webmaster@multiplebirthscanada.org
(* Mapping The Future Project)

Network News...

Higher Order Multiples Support Network

The Triplets, Quads & Quints Association is happy to announce its merger with Multiple Births Canada. We are now the Higher Order Multiple Support Network. We are still reorganizing information, so please refer to www.tqq.com for higher order multiple specific information at this time.

Finding Our Way - Life with Triplets, Quadruplets and Quintuplets can be ordered through our web site at www.multiplebirthscanada.org or www.tqq.com For our friends in the USA, please order your copy(s) of Finding Our Way through Mothers of Supertwins (MOST) at www.mostonline.org

Breastfeeding Support Network

The Breastfeeding Support Network is still seeking a strong individual interested in chairing the support committee. A few people have come forward so far and expressed interest in being part of the Breastfeeding Support Network by sitting on the committee, but this very important network still needs someone willing to take the lead.

Are you wondering what is involved as the chair of a committee? Contact us as we'd be very happy to take the time and talk about the needs of the network, how to organize an effective committee and how to structure the committee & network. This is your chance to mold this network into a dynamic and valuable resource. Step up to the challenge today, you will be among some very talented and dedicated individuals.