

Report From National

Summer 2002

The Support Network for Multiple Birth Families

Nothing splendid has ever been achieved except by those who dared believe that something inside of them was superior to circumstance.

Bruce Barton

Business...

Officers:

President, Carrie Johnston
 Vice-President, Juli Paladino
 Vice-President, Cathy Barr
 Treasurer, Jennifer Dawson
 Secretary, Judi Meadows
 Past President, Bonnie Schultz

president@multiplebirthscanada.org
 communications@multiplebirthscanada.org
 research@multiplebirthscanada.org
 financial@multiplebirthscanada.org
 secretary@multiplebirthscanada.org
 pastpresident@multiplebirthscanada.org

Board of Directors:

Director of Publications, Carrie Johnston
 Director of Finance, Jennifer Dawson
 Director of Research, Cathy Barr
 Dir. of Communications, Juli Paladino
 Acting Director of Membership, Cathy Barr

publications@multiplebirthscanada.org
 financial@multiplebirthscanada.org
 research@multiplebirthscanada.org
 communications@multiplebirthscanada.org
 membership@multiplebirthscanada.org

See page 4 for our various Committee volunteers!

Chapter Tips...

Facts About Charities

Submitted by: Kim Weatherall, Charitable Status Liaison

Did you know that from April 1, 1999 to March 31, 2000, the Charities Directorate:

- received 3,974 new applications for registration;
- registered 3,285 organizations;
- advised 885 applicants in writing that they would not qualify for registration;
- denied registration to 37 applicants;
- revoked 2,742 registered charities because they did not file their annual *Registered charity information return* (Form T3010) in the six-month period after their fiscal year end;
- audited 419 registered charities as a result of public complaints, random selection, or based on annual information returns.

Of the 419 charities audited, we found that although most charities complied with the *Income Tax Act*, some charities showed minor misunderstandings.

For example, some were confused about the rules and regulations for keeping adequate books and records. Other charities simply misinterpreted the law or the Act. We wrote educational letters to these charities and explained the requirements of the Act, and advised them how to correct their practices to avoid losing their registered status. A small number of charities sufficiently contravened the Act to warrant revocation action.

Source: Canada Customs and Revenue Agency, *Registered Charities Newsletter-Newsletter No. 11*

Volunteer Management Resources

Submitted by: Kim Weatherall, Charitable Status Liaison and Returned Volunteer and Program Coordinator, VSO Canada

Where do you go for questions about volunteering? What can you do if you need suggestions on how to set up a volunteer program? What are the best ways to find new volunteers? How do you recruit, interview and train new volunteers? For all these questions and a whole lot more, the following resources are very important for those who work in the field of Volunteer Management, volunteers and/or non-profit organizations. For both the work I do each and everyday as a Volunteer Coordinator for a non-profit organization and for the work I do for MBC, the following have been invaluable tools:

Volunteer Related Organizations/Groups/Services

Volunteer Canada www.volunteer.ca - There are many volunteer centres under the umbrella of Volunteer Canada all across Canada, which offer support and training to organizations and individuals in the area of volunteering. To access the list please go to the following web site: http://www.volunteer.ca/volunteer/vol_centres_locations.htm

Canadian Centre for Philanthropy www.ccp.ca

NSGVP On-line www.nsgvp.org - The National Survey on Giving, Volunteering and Participating (NSGVP) released the most comprehensive survey taken on how Canadians support one another and their communities.

Voluntary Sector Initiative www.vsi-isbc.ca - A joint undertaking between Canada's voluntary sector and the Government of Canada. Its mandate is to strengthen the ability of Canada's voluntary sector to meet the challenges of the future and to enhance the relationship between the sector and the federal government in the interest of serving all Canadians.

The Coalition of National Voluntary Organizations (NVO) www.nvo-onb.ca

Volunteer Opportunities Exchange www.voe-reb.org

Charity Village www.charityvillage.com - A Canadian source of news, information, resources and discussions for the nonprofit community.

Energize, Inc. www.energizeinc.com - An international training, consulting and publishing firm specializing in volunteerism.

Statistics Canada www.stanacan.ca

Helping.org www.helping.org

Points of Light Foundation www.pointsoflight.org

CYBERVPM.com Resources for Volunteer Program Managers www.cybervpm.com

Nonprofit Resource Center www.not-for-profit.org

Board Source (formerly National Center for Nonprofit Boards) (USA) www.boardsource.org

Publications/Email Listservs

Nonprofit Times www.nptimes.com

Chronicle of Philanthropy www.philanthropy.com

Nonprofit Online News www.gilbert.org/news

Charity Channel Sign up for E-newsletters at <http://charitychannel.com/newsletters/>

Chapter News ...

Send all of your Chapter News and Chapter Clothing Sale Information to Pam Krason at chapternews@multiplebirthscanada.org today! Your information will be shared in the Report From National and on our website!

Ontario Place, Centreville & Marineland Invitation for Savings!

Newmarket POMBA has booked a few outings, and is generously extending the following offers to fellow MBC Affiliated Chapters:

Ontario Place - Monday, July 8

Ticket price for Play All Day Passport: \$16 for ages 6 and up, \$11 for ages 4-5, 3 and under are FREE (Regular admission price is \$25.50)

Centreville (on Toronto Island) - Monday, August 19

Ticket prices are: 4' and under \$12.50 4' and over \$17.50 All tickets may be purchased on the event day at the new Centreville kiosk (located at Queens Quay & Bay St). There is no need to book ahead- just come out and say that you are with the Parents of Multiples Group. The cost for the ferry ride over is \$5 for adults, \$2 for children and 2 & under are free. The ferry ticket may be purchased with the Centreville tickets.

Marineland (Niagara Falls) - Saturday Sept. 14 OR Sun. Sept. 15

Ticket prices are: \$15.50 for ages 5 and up, 4 & under are free. You can go on one of these two dates (if the weather is bad on Saturday, then you can go on Sunday) Regular admission price is: \$33.25

Canada's Wonderland Stay tuned to Bulletins for details!

Please direct any inquiries to Debbie Ralph (president, Newmarket POMBA) at mdralph@pathcom.com. Please designate one person from each chapter to be responsible for collecting money from their own members and distributing the tickets.

Thanks, Newmarket POMBA!!

excerpt from ic-COM-04-25-02-01

Member Chapters

Please note that all Member Chapters have been assigned a specific [@multiplebirthscanada.org](mailto:multiplebirthscanada.org) email address! You are invited to use this email address for your letterhead, newsletter or any other correspondence. It will forward ONLY to the email address that you provide to Multiple Births Canada. If you have any further questions, please email us at office@multiplebirthscanada.org.

MBC Projects...

Multiple Births Canada is currently participating in the following projects:

- Mapping the Future Project, in partnership with CICH & MBC
- Perinatal Bereavement Services Ontario and Multiple Birth Canada's Orientation and Training Website Development
- Pastpartum Parent Support Program Steering Committee
- MBC/MBFA (Multiple Birth Families Association, formerly the Ottawa Twins Parents Association) Loss and Bereaved Families- Ottawa Bereavement Program
- Presentation to the House of Commons Standing Committee on Health

Thank You...

Many thanks to ALL of our enthusiastic, hard working, dedicated volunteers! Whether the task is large or small, you are an important piece to the MBC puzzle! Many hands make light work!

Members Only ...

Every Direct Member and Affiliate Chapter Member of Multiple Births Canada is entitled to access the Members Only pages at: www.multiplebirthscanada.org

If you do not yet have a password, you can contact the Business Office at office@multiplebirthscanada.org, or toll-free at (866) 228-8824 to get one today! This provides you with access to various NEW Fact Sheets, resources and information that we are sure you will find useful!

All members are also entitled to receive our Bulletins via email directly to your personal email account! Simply send your email address to communications@multiplebirthscanada.org, and say "ADD ME!"

Business News ...

Dear Members, Advisory Council, colleagues and friends,

On behalf of the Board of Directors and with great pleasure, I am pleased to announce that Vicki Riley, of Wasaga Beach, Ontario, has been appointed to the position of Business Services Manager for Multiple Births Canada/Naissances multiples Canada, effective April 15, 2002. Please join us in welcoming Vicki.

Vicki brings a wide range of skills and experience to this position and we look forward to working closely with her over the next year. While we are sad to see Bonnie Schultz leave the position, and wish Bonnie every success in her future endeavors, we are confident that Vicki will bring the same enthusiasm, dedication and drive that contributed to Bonnie's success in this position.

We anticipate a smooth transition in moving the Business Office, but may experience some minor delays in connecting the new fax and phone lines. Our e-mail and Toll-Free line will remain the same and uninterrupted. Any mail in transit to the Gormley address will be appropriately forwarded for a period of time to allow all our members, colleagues and associates to update their contact information for us.

The new address will be PO Box 432, Wasaga Beach, ON, L0L 2P0, Toll-Free in Canada: (866) 228-8824, office@multiplebirthscanada.org.

Sincerely, and with multiple thanks,

Carrie Johnston
President, on behalf of the Board of Directors
Multiple Births Canada/Naissances multiples Canada
president@multiplebirthscanada.org

excerpt from ic-PRES-04-11-02-01

Government Funding Helps Improve Support Services

Submitted by: Diane Myers

Markham, ON-April 3, 2002 - Perinatal Bereavement Services Ontario (PBSO) and Multiple Births Canada (MBC) and will be using leading edge technology to help recruit and train new volunteers, thanks to a grant of over \$92,000 from Ontario's Ministry of Citizenship. Multiple Births Canada (MBC) is a co-applicant for the Provincial Grant.

The two-part project will include the development of the orientation and training web site and the interactive discussion forums. Volunteers who use it will have the flexibility to be trained at a time that's convenient for them. This is a particularly important feature for PBSO and MBC volunteers, who tend to be parents with small children.

Our vision is that this project will create a synergy and a high level of quality training and cohesiveness with our volunteers so that there will be continuity of support services where ever families get support from.

The project proposal was developed with the assistance of corporate spon-

sors who provided over \$99,000 in unpaid services and included, Apple Canada, Digital Rain, George Brown College, Logan Communications, Planetcast, and 12th Street Productions and more. These sponsors will be involved in both PBSO and MBC projects now that funding has been granted.

"This project is an example of how the combination of private sector support and government funding can help those in need within Ontario communities," added Pearce. "It's a very exciting time for PBSO, and there will be so many families across the province that will benefit from this unique collaboration."

PBSO is a non-profit organization that provides a variety of support services to parents across the province who have suffered the loss of a baby due to miscarriage, medical termination, ectopic pregnancy, stillbirth or neonatal death. The charity was established in 1993 and since then, has experienced a tremendous increase in the need for services in communities around Ontario.



Cheque Presentation to PBSO & MBC (l to r): Tina Molineri-MPP, Thornhill, Joanne Bunton-President of the PBSO Board of Directors, Jan Pearce-Executive Director PBSO, Diane Myers-Multiple Births Canada.

Health Canada's Postpartum Parent Support Program (PPSP) Submitted by: Donna Launslager

Multiple Births Canada has been invited by Health Canada to appoint a representative to serve on the Postpartum Parent Support Program Steering Committee. The MBC Board of Directors has nominated Donna Launslager to be MBC's representative on the Committee. The Committee has been asked to assist Health Canada in ensuring that the program adequately addresses the needs of families of newborns. The purpose of the PPSP is to provide educational resources to families of newborn babies and health professionals involved with their care. They have produced a series of fact sheets for parents, a reference manual and an information handbook for health professionals and others working with the program. Topics include bereavement, caesarean birth, breast and bottle feeding, baby care and postnatal exercise.

The Advisory Committee met for the first time on Feb. 11 via teleconference to discuss a survey that has been drafted by the Canadian Institute of Child Health (CICH) and Health Canada. The purpose of this survey is to evaluate the PPSP. It will be sent to community sites implementing the program.

Up until now, the PPSP educational materials have been geared towards singleton births. The Advisory Committee agreed that they need to add multiple birth specific educational materials addressing postpartum support topics such as feeding, attachment, practical help (i.e. finding volunteers, getting organized, community resources, homecare) and postpartum depression.

MBC/MBFA Loss and Bereaved Families - Ottawa Bereavement Program Submitted by: Lynda P. Haddon

MBC/MBFA Loss and Bereaved Families-Ottawa have been approved for funding through United Way in the sum of \$2,200.00 to develop training sessions for bereavement counsellors. Both BFO and MBC have been committed to supporting bereaved parents for over 20 years.

The purpose of this project is to improve the knowledge and skills of volunteers in bereavement support through a joint volunteer training program. Volunteers in the training program will improve their knowledge and skills, and enhance the quality of programming offered to the bereaved.

The joint training session will allow volunteers to work together to understand the critical bereavement issues, acquire fundamental facilitation skills and be prepared to jointly lead a perinatal loss group in the fall of 2002 and regular monthly groups as Support and Share Night. Such training will improve local peer support and enhance the mental, emotional and physical well-being of the bereaved in our community.

Long-term impacts are many. Research has shown that unresolved grief leads to patterns of escape that may not be healthy. In each of the groups that BFO organizes, there is a minimum of two participants who are recovered addicts. These usually relate to losses in childhood. It is one of the major aims of these programs to assist adults to handle their loss in a healthy manner.

A Letter from A Valued Volunteer

Dear Friends,

By the time this letter is published in the Report for National, the Multiple Births Canada's Business Office will be under new management. Over the past several weeks, as I have prepared to leave my position as Multiple Births Canada's Business Services Manager, I reflect back over the years that brought me to this place and time. Time really does go by quickly and life does take some interesting twists and unexpected turns along the way. It seems just like yesterday... the overwhelming joy of becoming a mother to twin girls - each detail of those wonderful, exhausting early days seems etched in my memory. Can it be that my adventures into the world of multiple birth parenting began over 18 years ago? Truly, while some days seem to last forever, years have gone by in the blink of an eye. Little did I realize the significant impact being a mother of twins would have on my life. Over the last 18+ years I have come to understand it is nearly impossible to be really ready for all the unique challenges and joys multiples bring to a family. Becoming a mother to twins, indeed, has been one of the greatest blessings of my life.

Attending a new mom's coffee party and my first club meeting when my girls were eight months old, began turning points in my life. I was amazed at the parents I met and the wealth of information, support and encouragement they shared so willingly. These get-togethers restored me emotionally and gave me confidence to handle the day-to-day hurdles I was having at home. The initial step of volunteering for the local twin parents club provided me with a place to volunteer my services and gave me a creative outlet outside of being a wife and Mom. Following this first volunteer experience, I was hooked on participation and being a member of a multiples group. I never envisioned, however, that my initial participation would grow to the extent it has over the years.

It was my good fortune to have had many mentors and supporters along the way. Serving at the local and national levels, I shared my time and talents serving POMBA/MBC and Canadian multiple birth families. The many people I have volunteered with at both levels have helped me to learn, grow and fulfill some of my personal goals. Now, I am personally entering a new season of life altogether, the youngest, our twin daughters, are graduating from high school and are looking forward to new experiences - mostly without the need for Mom and Dad to guide their every step. My four daughters are great young women, and they have been an incredible joy to me.

I am honored and humbled to have had the opportunity to serve as your National President, on two separate occasions, and to serve as the Business Services Manager the past four years. My volunteer time commitment was an attempt to repay, in some small measure, the many blessings I have received from being part of the multiple births network not only throughout Canada but internationally as well.

To my husband, Jim, and my daughters, Jaime, Christina, Jacqueline and Jennifer, I love you all so much and am so blessed to be able to rely on your constant support and encouragement to make my dreams come true. I want to extend my personal appreciation to the late Sheryl McInnes, our founder and to numerous Past Presidents and board members for their service and mentor-ship. I also extend a special thank you to all the volunteers I have served with during the past 18+ years, for all you have done and continue to do for multiple birth families. You are the backbone of this organization and I am proud to have had the privilege of working with so many of you. Thank you to my first club - Calgary - an important part of my personal accomplishments, and special thanks to Vicki Riley, Heather Kenehan and the Barrie Chapter - you were all fabulous to work with last year and the gift of flowers this past month was truly touching. Last, but not least, I especially want to say a special 'thank you' to Lynda Haddon (whom I have worked with for most of my 18+ years) and Kim Weatherall. You both have offered constant support, encouragement and friendship - I couldn't have managed it all without you alongside of me! I love you both dearly.

The success and growth of our organization will continue to be directly related to the commitment each and every one of our members has to achieving Multiple Births Canada's (MBC) objectives and goals. Every member is an integral part of MBC and as such, each has a unique perspective to share with other families with multiples, professionals, caregivers and the public at large. Collectively, parents of multiples have a wonderful opportunity to demonstrate their commitment to improving the lives of twins, triplets or more in many different ways - we all reap the positive benefits of sharing through service to others.

My personal challenge to each of you is to get involved: help spread the word, encourage parents and society to get involved and become as informed as they possibly can about multiple births. We all must become advocates for our children and ourselves. I challenge you to care about and become involved with others who are becoming parents. For those currently expecting, learn all you can, seek the care that you and other multiple birth parents deserve. There is no way back - healthy children are our initial and foremost goal - healthy, productive families are our secondary, yet ongoing concern. Sharing information and resources to achieve both is worth our untiring, ongoing effort. Determine what step you can take - it takes every multiple birth advocate to 'build' the MBC family. Each one of us, like each of our multiple birth children, is unique and each of us plays an integral part in the growth and continual impact of the multiple birth network. The future is bright and exciting and not to be missed - together, anything is possible.

Looking back over the past 18+ years with POMBA/Multiple Births Canada, I would say that I have grown the most, hurt the most and at the same time been the most rewarded. I feel so honored to have been chosen to be part of the miracle of multiples!

With warmest regards,

Bonnie L. Schultz
Past President
Outgoing Business Services Manager
Multiple Births Canada
pastpresident@multiplebirthscanada.org

Multiple Births from Conception to Early Childhood Setting a Research Agenda for Canada Workshop - February 22-24, 2002

Submitted by: Donna Launslager

Five members of Multiple Births Canada joined 50 other participants for a two-and-a-half day national workshop at Spencer Hall, University of Western Ontario in London. It was primarily sponsored by the Canadian Institute of Health Research (Institute of Human Development and Child and Youth Health) and the Society of Obstetricians and Gynaecologists of Canada.

The workshop brought together a cross section of researchers as well as representatives from the federal government and key organizations for the overall purpose of developing a Canadian multiple birth research agenda.

The workshop activities included a keynote address by Dr. Elizabeth Bryan, a long-time friend of MBC, and formal presentations by Dr. Louis Keith, Dr. Isaac Blickstein, Dr. Fiona Bamforth and Dr. K.S. Joseph in a plenary session. These presentations were structured to stimulate discussion in the ensuing breakout sessions exploring five research themes:

- Early Pregnancy and Assisted Reproductive Technologies
- Physiology and Pathophysiology of Multiple Pregnancies
- Clinical Obstetrics
- Clinical Neonatology
- Early Childhood Development

The workshop was a great success, meeting all of the objectives:

- To identify research priorities from preconception to postnatal age 5 years;
- To build on conclusions from previous workshop, to which identified research (knowledge) gaps;
- To synthesize existing related research initiatives and capacity;
- To identify means to build capacity to address research needs;
- To preview the Epidemiology and Methodologies for Standard Data Collection and Development of a common database;
- To encourage collaborative studies including international links with the International Society for Twin Studies.

For many researchers, the workshop was their first real opportunity to learn about the complex issues related to multiple births. The participants discussed a wide range of issues at length and agreed upon a series of recommendations which appear in the workshop report which will be published later this spring. We are confident that the enthusiasm from so many groups will lead to great developments.

Life With Multiples - Call for Submissions

Submitted by: Bonnie Schultz, Past President, MBC

Let the world know how unique, precious, funny, joyful & tearful your family can be. Everyone has a story to tell, and we would love to hear it! Would you like to read about other family's adventures, share parenting tips, and get hints on how to cope and survive parenting multiples? A new section to the national web site is being developed to provide you with a laugh for the day and so much more! We hope you will enjoy this section and submit your ideas and suggestions on a regular basis!

Share those things done at the most inappropriate times and places - from innocent actions by children to lessons learnt by both parents and children - whether they occurred this morning, or 80 years ago! We would like tales from parents, grandparents, relatives, friends and professionals! Email your story, poem, joke, tips and hints or scanned photo submission to pastpresident@multiplebirthscanada.org

Email your submission with the title "Life with Multiples" in the subject line. The written material MUST BE included in the text of your email, not as an attachment. Photos can be sent as attachments, but don't forget to include a caption! You can mail a photo (to be returned to you if you provide a self addressed stamped envelope), too! Include your name and city as you wish them to appear on the web site (first name and last initial are acceptable, city optional, and telephone number in case we need to contact you). We will never publish your personal information on our web site.

I look forward to hearing from all of you!

By submitting material to Multiple Births Canada you provide permission to display it on the Multiple Births Canada web site. We will not use it in any other manner without obtaining your permission first. We reserve the right to not post a submission for any reason.

Volunteers...

Volunteers Needed!

We are presently seeking individuals to translate our Fact Sheets, as well as various other volunteer tasks! Please contact the Director of Publications, Carrie Johnston, at publications@multiplebirthscanada.org, or you can also visit www.multiplebirthscanada.org for volunteer opportunities!

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
Charitable Status Liaison, Kim Weatherall	csliaison@multiplebirthscanada.org
Chapter News for RFN, Pam Krason	chapternews@multiplebirthscanada.org
Clothing Sale Updates, Pam Krason	chapternews@multiplebirthscanada.org
Conference 2002 Chair, Laurie Micallef	conference2002@multiplebirthscanada.org
Loss Network Liaison, Lynda P. Haddon	loss@multiplebirthscanada.org
Making A Diff. Awards, Lori MacEwen	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 Book Reviewer, Annette Minutillo	mmbookreviewer@multiplebirthscanada.org
Program Development Chair, Donna Launslager	programs@multiplebirthscanada.org
Single Parent Network Liaison, Sheri Lockyer	singleparents@multiplebirthscanada.org
Special Needs Network Co-Liaisons, Lynne Marwick and Anny St. Jean	specialneeds@multiplebirthscanada.org
Stroller Registry, Mary Parker	strollerregistry@multiplebirthscanada.org
Support Networks Liaison, Lynda P. Haddon	loss@multiplebirthscanada.org
Webmaster, Carrie Johnston	webmaster@multiplebirthscanada.org

(* Mapping The Future Project)

Stroller Registry

Looking for a Stroller?

Trying to Sell a used Stroller?

Save big \$
New & Used
Double
Triple
Quadruple
Helpful Advice!

strollers@multiplebirthscanada.org

Visit the Members Only web pages at www.multiplebirthscanada.org TODAY, to download NEW FACT SHEETS!!



Business Office:

Multiple Births Canada
PO Box 432
Wasaga Beach, ON L0L 2P0
Toll-Free In Canada:
(866) 228-8824
office@multiplebirthscanada.org
www.multiplebirthscanada.org