

Report From National

Winter 2002

The Support Network for Multiple Birth Families

A hundred years from now it will not matter what my bank account was, the sort of house I lived in or the kind of car I drove... but the world may be a different place because I was important in the life of a child.

Author Unknown

Business...

Officers:

President, Carrie Johnston	president@multiplebirthscanada.org
Vice-President, Juli Paladino	communications@multiplebirthscanada.org
Vice-President, Cathy Barr	research@multiplebirthscanada.org
Treasurer, Jennifer Dawson	financial@multiplebirthscanada.org
Past President, Bonnie Schultz	pastpresident@multiplebirthscanada.org

Board of Directors:

Director of Publications, Carrie Johnston	publications@multiplebirthscanada.org
Director of Finance, Jennifer Dawson	financial@multiplebirthscanada.org
Director of Research, Cathy Barr	research@multiplebirthscanada.org
Dir. of Communications, Juli Paladino	communications@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!

Chapter Tips...

New MBC Poster is Here!

This poster was created with the surplus from the 2001 Conference and is intended to raise awareness of MBC and its services. If you would like copies of this poster to distribute in your neighbourhood, please contact the business office at 1-866-228-8824.

A huge thank you goes out to the many volunteers and families who made this poster possible. Thanks goes to Barrie Parents of Twins and More (hosts of the 2001 Conference), Juli Paladino, Joanne Haskins, Patti MacLean, Vicki Riley, Bonnie Schultz and the families who's beautiful children adorn this poster.

We've Been There...



We Know What to Expect.

Our Mission

"To improve the quality of life for multiple birth individuals and their families in Canada"

Multiple Births Canada provides support, education, research and advocacy to all individuals, families, and organizations with a personal or professional interest in multiple birth issues. A unique network of peer-support chapters, prenatal programs in larger centres, and cooperative agreements with related organizations are all part of Multiple Births Canada's vision. We provide additional support before, during and after pregnancy, and up to and including adulthood of multiple birth children.



Support and Advice Only Others with Multiples Can Provide

For parents of multiples • single parents of multiples • service providers seeking multiple birth information and referrals • professionals providing support and service to multiple birth individuals and families • parents who have suffered the loss of one, more or all of their multiple birth children

We offer Support Networks

Loss • Lone Parenting • Special Needs • Breastfeeding • Higher Order Multiples • Francophone

Resources

Local Multiple Births Chapters • Multiple Births Resource Guide • Multiple Moments (Canada's only national magazine for the multiple birth community) • Booklets • Pamphlets • Fact Sheets • Website Member's Only Section

Volunteer News ...

Volunteer Focus Workshop

by Kim Weatherall

Recently I had the opportunity to attend a Workshop designed for Volunteers here in Ottawa called the Volunteer Focus (the 12th Annual Conference for Volunteers in our Community). Officially I attended the workshop in my capacity as the Resettlement Coordinator for VSO Canada but as always I was wearing the two hats...the Coordinator of Volunteers and the Volunteer for MBC!

One of the most interesting parts of the day for me was to hear the Executive Director of Volunteer Canada-Paddy Bowen speak as the keynote for the event. She presented a number of interesting statistics about volunteering, who the volunteers are today and who will be the volunteer of the future...all with a great sense of humour! Here are some of the interesting tidbits that she had to pass on to the over 150 participants that day:

- There has been a significant drop in volunteering from 1997 – 2000.
- 26% of Canadians volunteer for which 7% do 73% of all the volunteer work, 19% complete-27% of the work and 74% of the volunteers do nothing.
- The highest number of volunteers is in the area of sports.
- Men hold an equal number of positions in volunteering but they are usually called coaches.
- 95% of volunteers give their time to a cause they believe in. (Paddy was not quite sure why you would volunteer for one you did not believe in).
- 81% feel that their skills and experience are important.
- Over 69% have been personally affected by the cause for which they volunteer.

There are essentially 4 groups of volunteers:

1. Post WWII Generation men and women who are in their 70's- Could be as a result of living in the time that they did with war, depression and a time of great religiosity.
2. Baby Boomers- These volunteers affect all aspects of the market, by and large both men and women work which makes it harder to volunteer than in the past and Baby Boomers look for formal organization and are often concerned about healthcare and education.
3. Generation X- Are 25-35 year olds who are affected by what the Baby Boomers have done, the majority do not volunteer or give money and there is much more of an emphasis on individualism.
4. Younger Kids/High School Students- Raised in a whole different world, most will remember and be deeply affected by September 11th and they are being raised in a global context.

For those who work with volunteers it is important to respond to the needs of the people who are volunteering. Look to the age of the volunteers and determine what their specific needs/desire for volunteering is and work accordingly within those boundaries.

More and more employers are supporting volunteering and are in fact encouraging their staff to give more of their time to causes within their communities. By allowing their staff to volunteer they are creating a sense of community because of the length of time an employee spends at work.

To summarize Paddy suggested that managers of volunteers must do more today to find volunteers. There is a lot of stimulation in our society today that negatively influences the decision to volunteer for "something to do" or to "give back". Traditionally people got together more, spent more time volunteering in the group context and for many it was the social aspect which may have drawn them to volunteering. The context in which people volunteer has changed, there is more of an emphasis now on what "is in it for me" vs. "what one can give to others".

For the most part one would assume that the majority of the people who would potentially volunteer for Chapters within MBC are of parenting age, which is primarily in the age group of Generation X! These are the volunteers who have no time, who are usually two parent income earners and who have grown up with a sense of individualism that by definition do not volunteer and/or donate!

So our work is cut out for us! The search to find the "perfect volunteers" who are working together for the same cause, for all the "right" reasons and for whom we can offer such a strong reason to volunteer that we overpower all that external stimulation! No easy task! Are you up for the challenge?

Chapter News ...

New Publications

It is with great pride and pleasure that I introduce our latest additions to Multiple Births Canada's line of quality publications. *Multiples in School – Parent Tips*, *Multiples in School – A Guide for Educators*, *Vanishing Twin Syndrome, Dealing with the Media and Multiple Births Canada and You!*, *La perte a la naissance de multiples* (Loss of One, More or All of Your Multiple Birth Babies) are great new additions to our ever growing selection of Fact Sheets.

In addition to these valuable Fact Sheets, developed because you asked, we have also put together two more kits to bundle together some of our most requested materials. *Multiples in School Support Kit* and brand new at the time of this printing, is our *Professional Support Kit*.

Looking to update and enhance your own libraries? Consider picking up copies of these new kits but be sure to check out the selection of booklets also available. With most of our publications updated in the last couple years, you'll want to have the latest versions for your members. We've enlisted some very respected individuals from around the world to help us review our materials and ensure we're using the very latest information. You'll be pleased with these new publications and you and your members will find just about any topic you may need. From Breastfeeding to Toilet Training to School Issues, nobody knows multiple births better than us.

Carrie Johnston
A/Director of Publications

Selection Committee

Do you want to have a say in choosing the most suitable volunteers to fill opportunities within Multiple Births Canada? Do you want to play an important role in shaping the volunteer landscape of our organization? If you answered yes, then you should be putting your name forward to sit on the Selection Committee for Multiple Births Canada. The recruitment strategies and selection process that the Board has worked very hard to develop over the last year relies on the participation of a few dedicated volunteers.

What are the responsibilities and time commitment involved? The Selection Committee is responsible for assisting the various Directors and Chairs in identifying their recruitment needs, planning a course of action to advertise and select a suitable volunteer to fill the opportunity and to put forth their recommendations to the Board for final selection. The amount of time required will vary depending on the number of positions being recruited as well as the selection criteria for each position. A reasonable estimate of time spent may be 1-4 hours per week for a single position; possibly up to 6-8 over a week if more than one position is being filled. There will be gaps in the time commitment if there are no positions being filled at the time.

Your involvement is important in continuing to recruit great volunteers to fill the many opportunities in our organization. We've been exceptionally fortunate to have a fantastic group of volunteers working on your behalf. Multiple Births Canada receives accolades from numerous sources on a regular basis and it's due to the quality programs and resources that our many volunteers have accomplished over the years. We all have something to be proud of so let's continue to work together in building our organization further.

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).

Carrie Johnston, President

Membership Packages

With great anticipation, the long awaited information packages for the 2003 membership year, have been completed and mailed and are chalk full of valuable information on Multiple Births Canada, our new membership structure and a wealth of other information. The Board, Business Services Manager and many other volunteers have put in a great deal of time in preparing these packages to ensure our members are well informed and have the latest resources at their disposal.

The package includes:

- **MBC's Interim Operational Plan**
- **MBC and You! - A new Fact Sheet!**
- **Membership Information**
- **An Information Circular about membership fees**
- **Discount for Early Bird renewal**
- **2003 Membership Forms**
- **Minutes from the 2002 AGM**
- **Conference Flyer for 2003, and Registration Form**
- **Notice of the 2003 AGM**
- **News of TQQ (Triplets, Quads & Quints) amalgamation into MBC**
- **Opportunities for volunteering at the National level**
- **We've Been There...We Know What to Expect- a great new poster!**

Also included is information on Mapping the Future, Multiple Moments, copies of new 2002 Fact Sheets, our Web Hosting Agreement, and our list of volunteers, Executive, Advisory Board and their contact information.

Have you wondered how the new membership structure works and how to explain it to your chapter members? Have you asked yourself what Multiple Births Canada is planning to accomplish in the near future and how it may affect you? Your questions will be answered, and if questions arise from these materials, we strongly urge our members to contact us for clarification; we're extremely happy to take the time and help explain.

If you didn't receive a package directly, Affiliate Chapters are sent one package to share among their members, then you can download all the documents off the MBC website. We want you to be informed! Go to <http://www.multiplebirthscanada.org/english/memberpackages.php> and you'll find everything you need. From newly designed membership forms, to MBC's Interim Operational Plan to information on Multiple Moments.

We hope you will find all that you need from this information; but, if there is something still unclear, be sure to ask!

The Board of Directors
Multiple Births Canada/Naissances multiples Canada

Member Chapters Tip

Please note that all Member Chapters have been assigned a specific @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.

Web site Focus Group

With a new site design on the verge of being launched, 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. Ask your friends, neighbours, and co-workers as well, we want non-members too. Your feedback will help us find the right design to meet the needs of all our viewers. The date for actual review is yet to be determined but we would like to have all of our volunteers in place and ready prior to its launch. Thank you for considering to be a part of the launch of a very important tool for the multiple birth community!

Conference News...

Conference 2003

The Conference 2003 Committee is moving quickly with their plans to make your Conference 2003 weekend one of learning, fun and friendship! The hotel is set, the program is set and the plans for fun (and Survival!) are well under way!

Get started within your chapter to plan who will attend this year on your behalf! As a chapter be sure to look closely at the Conference schedule to determine the workshops that are best suited for your delegate to attend and to bring back the most interesting and useful information that will benefit your members. Why not start fundraising plans now to ensure you have at least one delegate present this year in Ottawa!

You will notice the Conference has been designed to focus on the needs of three distinct groups of people.

1. For **families of multiples** there are both educational and fun workshops for you to attend.
2. For the **volunteers/chapter delegates** the Conference will provide your delegate(s) opportunities to learn useful tips such as how to offer Pre-natal Classes, how to work effectively and within the boundaries of Warm Lines, how to offer Bereavement Support and the popular Chapter Exchange.
3. This year is a first for MBC with the inclusion of a separate series of workshops designed for the **Professionals, Educators and Caregivers** who work daily with multiples. With the move from POMBA to MBC came the added responsibility for MBC to educate the professionals in our communities to the needs of multiple birth families and we are excited this year to have the wonderful line up of speakers who will do just that. We are looking forward to seeing you in Ottawa in May 2003!

For more information please feel free to contact the Conference Chair - Stephanie McCambley at conference2003@multiplebirthscanada.org or Kim Weatherall Conference 2003 Board Liaison at conferenceliasion@multiplebirthscanada.org

Visit the website for upcoming information and details!

Volunteer Opportunities

Several volunteer opportunities exist within Multiple Births Canada. There are positions that are presently vacant and 4 of 5 Directors are coming up on the end of their three year terms 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)
- President (end of term approaching)
- 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 (end of term approaching)
- Breastfeeding Support Network Chair (presently vacant)
- Director of Volunteer Management (new position, not yet filled)

Conference 2004

The decision to host MBC's National Conference for 2004 is one that Temiskaming Multiple Births made after much deliberation. We know that we'll have quite an act to follow after Ottawa's 2003 event. We appreciate that most people are not used to driving up to northern Ontario. And, we are well aware that our group is smaller than most who host these important annual events.

Are these issues we take lightly? No way! We know road trips with a vanload of hard-working Moms can be a lot of fun! Besides, we believe our theme "Multiples in Balance" is synonymous with the lifestyles we try to lead in northern Ontario. We plan to take full advantage of our beautiful and historical Lake Temiskaming and the boardwalk that runs along it. Our program will incorporate peaceful and memorable moments enjoying the natural sights and sounds that surround us; yet, it will also offer new learning opportunities that we can all take home and share with our clubs.

We are also building a new organizational model for upcoming conferences. Our committee includes many non-club members who share our vision of enhancing the quality of life for multiples and their families in Canada. Specifically, my co-chair Judy Pace has already prepared our kick off for community awareness and fundraising, "Snowflakes, Silent Night and Santa ... a Christmas Evening of Music", which takes place this December.

Judy is not only the aunt of twins, and the sister-in-law of twins, she runs the busy medical practice of her husband Dr. P.J. Pace, the doctor who has delivered most of our twins during the past 15 years. Judy's goal is to organize our event so well that all members of our club will be able to enjoy it rather than work at it. Already many members of our community have rallied around her lead and are volunteering to get involved.

Have I teased you a little? Get ready to hear more, as we give you bits and bites of what you can expect if you make a commitment to attend Conference 2004!

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

Thank You...

We would like to acknowledge and thank Vicki Riley, with the grateful assistance from Nancy Young and her daughter Laura of Newmarket POMBA for their tremendous effort in assembling, packaging, labelling and mailing out the membership information packages this year. You should have all received these packages by now and I'm sure you'll agree that it was a huge undertaking to put these together.

The Board of Directors
Multiple Births Canada

THANK YOU TO ALL CONTRIBUTORS OF THIS REPORT FROM NATIONAL- KIM WEATHERALL, VICKI RILEY, CARRIE JOHNSTON, GAIL MOORE, AND COUNTLESS OTHERS WHO PROVIDE USEFUL PIECES OF INFORMATION!!!

News from Abroad...

Just in case you are not aware, England's Multiple Births Foundation has just launched their new website:

<http://www.multiplebirths.org.uk/index.asp>

The Multiple Births Foundation is an independent charity based at Queen Charlotte's & Chelsea Hospital in West London. A vital resource to professionals and families alike, it aims to improve the care and support of multiple birth families through the education of all relevant professionals.

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	lonerparents@multiplebirthscanada.org
Loss Network Liaison, Lynda P. Haddon	loss@multiplebirthscanada.org
Making A Diff. Awards, Darlene Nagy	makingadifference@multiplebirthscanada.org
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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)

Research Notice...

Call for participants

Dear Parents,

I am a doctoral student at the Ontario Institute of Studies in Education at the University of Toronto (OISE/UT) researching the multiple birth relationship. As a monozygotic twin I am well aware of how important this relationship can be. The purpose of my research is to acquire a clear understanding of the multiple birth experience. The findings can then be used to enhance multiple birth parenting, teaching, and socializing practices.

I am presently looking for multiple birth individuals, living in the greater Toronto area and ranging in age from five to late adulthood, to participate in this study. Participation is completely voluntary and participants may withdraw at any time without any negative consequences.

All participants will be interviewed for approximately one hour at a place and time that is convenient for them. Child participants will be asked to draw and describe a picture of their "multipleship" while adult participants will be asked to answer a series of questions about their "multipleship."

This project is currently in process and will continue until May 2003. However, I would appreciate if all those interested could contact me at their earliest convenience so an appropriate interview time can be scheduled. I can be reached by using any of the following three contact options.

1. Mail - 43 Gilgorn Rd. Toronto, Ont. M5N 2M4
2. Email - ahuberman@oise.utoronto.ca
3. Phone - 416 322-9569 or 416 820 7673

Sincerely,

Audrey Huberman, M.ED