

Report From National

Winter 2001

The Support Network for Multiple Birth Families

*It takes an entire
village to raise
a child.*

African proverb

Business...

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 Vice-President, Juli Paladino
 Vice-President, Cathy Barr
 Treasurer, Jennifer Dawson
 Secretary, Lynda P. Haddon
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Director of Publications, Carrie Johnston publications@multiplebirthscanada.org
 Director of Finance, Jennifer Dawson financial@multiplebirthscanada.org
 Director of Research, Cathy Barr research@multiplebirthscanada.org
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 Acting Director of Membership, Cathy Barr membership@multiplebirthscanada.org

See page 4 for our various Committee volunteers!

Chapter Tips...

Why Do People Volunteer?

(How can you make it work for your chapter!)

"Why volunteer?" For many individuals this phrase seems quite ridiculous and they would say, "why not volunteer"? For others the phrase seems quite valid and they really do wonder why so many people chose to volunteer? Why would anyone give up so much time, effort and often money to help others?

The reasons why people chose to volunteer are as different as people are themselves. Each volunteer comes to volunteering with backgrounds, history and a lifestyle different from the next. Age, sex, education, employment, time, family and work commitments are but a few factors which help to determine the amount of time one gives up for volunteering.

It is really important for an organization to determine with their volunteers the reasons for which a volunteer is offering their time and energies. If the organization or group can identify the needs, commitment and time offered from the individual, it will help you to determine the placement of that volunteer in your group.

The determination of time commitment can also lessen the disappointment for both sides when the volunteer may have to back away from a position because they simply cannot handle the responsibility that it involves.

There are many different reasons people volunteer but here is a short list from an exercise in the book ***The Volunteer Development Toolbox*** (Gail Moore and Marilyn MacKenzie, Partners Plus, 1993).

- A sense of being needed and valued
- An opportunity for personal growth
- Meaningful work that interests or challenges people
- A sense of obligation
- A chance to use special (unique) skills
- Fellowship, socialization, friendship
- Recognition for work well done
- Career or work experience
- School or course requirements
- A feeling of being involved in an issue of importance, a cause in which people believe
- Giving something back in gratitude
- Belief about the importance of helping others

How can you determine what commitment your new volunteer has for your group and why they chose to volunteer?

The following are some questions that you might ask the new volunteer. They were chosen from the same article as mentioned above with a few additional ones more geared towards volunteering with a chapter of Multiple Births Canada.

1. Tell me about a volunteer experience that was important to you?
2. What do you picture yourself doing when you think of volunteering?

3. What are the strengths or interests you feel you bring to volunteering?
4. Why did you choose to volunteer now?
5. How much time do you feel you can offer to the chapter per week or per month?
6. Tell me more about your family life? (E.g.: how many children, are you working outside of the home, etc.)
7. Would you rather have a small role where there are straightforward tasks to do or do you see yourself leading a group of volunteers in a more leadership style role?
8. Are you comfortable with and are able to attend monthly planning meetings, committee or Board meetings?
9. What specific skills or knowledge do you feel you can provide to a position within the chapter?
10. For how long do you see yourself volunteering with the chapter?

Many more questions could be asked but the above are presented to give you an idea of what could be asked at an initial meeting between a new volunteer and those in charge of recruiting them (President, Board member or even recruitment committee).

The key here is to find the right volunteers! You can ensure that this will happen by making sure that there is a clear understanding of what is expected on both parts, make sure that the right match is made between volunteer and job assignment and that you are able to keep the volunteer happy! A happy volunteer will be a long time volunteer!

MAKING A DIFFERENCE AWARDS

*Volunteer Recognition Program within the
community of Multiple Births*

This award was established to acknowledge outstanding contributions and achievements within the multiple birth community. It is that time again to start thinking about who in your community should be awarded the "Making a Difference" Award.

Do you want to nominate someone?

Is there someone in your chapter who has "gone beyond the call of duty"? Is there someone at National level who has inspired your chapter? What about someone Internationally who has had a positive impact on Multiple Births Canada? Now is the time to start thinking about those people who have shown exceptional dedication or excellence in their work for the multiple birth community.

There are so many members out there who put so much into the multiple birth community so let's show them our appreciation by nominating them. The recipients of these awards will be honoured at the 2002 Multiple Births Canada's Annual General Meeting and Conference and will receive an engraved plaque and certificate.

Request a nomination form online at www.multiplebirthscanada.org/membership.html or by phone (905) 888-0725 or toll-free in Canada (866) 228-8824. Return your forms by snail mail - Attn: Making A Difference Award Committee, c/o 12 Atkins Avenue, Kirkland Lake, Ontario, Canada P2N 3N5 or email: makingadifference@multiplebirthscanada.org. Deadline for nominations is March 1, 2002.

***Remember....without volunteers
there would be no Multiple Births Canada!!!!***

Chapter News...

2003 Annual General Meeting & Conference Applicants

Has your chapter considered hosting the 2003 AGM & Conference? Act NOW! Contact the Business Office for more details.

Special Needs Network Has New Co-Liaisons!

We are pleased to announce that the Special Needs Network has two new Co-Liaisons: Lynne Marwick and Anny St. Jean. Thanks to Lynne and Anny for volunteering to take on these very important positions. Lynne and Anny are supported by a small committee that includes Francesca and Stewart Bell and Jeanette Niebler. This committee is working on a number of new ideas for the Network, including a Conference Workshop and a newsletter. To join the Committee or find out more about information, contact the Business Office, or email Lynne and Anny at specialneeds@multiplebirthscanada.org.

Single Parents Network Available!

Check out the latest from Sheri Lockyer, Liaison for the Single Parent Network Liaison in Multiple Moments! This single mom of four, co-president of the Chatham-Kent Chapter is here to help! Contact her at singleparents@multiplebirthscanada.org for more information.

NEW Bereavement Kit Resource Available!

We, here at Multiple Births Canada, have been working on improving and providing important bereavement support literature for multiples and their families. As such, we have created our Multiple Births Bereavement Support Kit.

This important support tool contains information for parents, grandparents, counselors and others who may be working with families who have lost one, more or all of their babies.

For more information on this kit, please contact Lynda P. Haddon through the Business Office, or at loss@multiplebirthscanada.org. You can also visit www.multiplebirthscanada.org for multiples information and support!

Odds Are 1 in 729,000

On September 28, 2001 in Wakefield, Quebec, the Peck Family gave birth to four beautiful babies- the first set of quadruplets to be born near Wakefield in 7 years! Two girls, and two boys- named Madison, Carter, Kiley and Luke! Born at 1 month premature, they all had health issues at birth, but the babies are said to be healthy and growing!

For full coverage, visit the Ottawa Citizen online at <http://www.canada.com/ottawa/ottawacitizen/story.asp?id={580B3007-A187-4F23-BCC6-DB0B5E8B5288}>

For Higher Order Multiples (triplets, quadruplets, quintuplets and higher) information, visit Triplets, Quads & Quints Association at www.tqq.com! You can also obtain information on their new book- **Finding Our Way - Life With Triplets, Quadruplets and Quintuplets** (\$25 + Shipping)! See their website for details!

Business News ...

National Web Site Update

by Carrie Johnston, Director of Publications

I am pleased to announce that our web site is undergoing a major reconstruction- both visually and structurally. Lisa McInnes, our Webmaster and I have pooled our resources to upgrade the technology of the existing web site, clean up some old files, and give it a whole new look.

We also want to hear from our members about what you would like to see added to the site. We will be adding content in the areas of Special Needs and Volunteer Training, but would love to hear your ideas. If you have any HTML skills and are interested in taking responsibility for a section of the web site, please let us know as well. Unfortunately, the new web site will be done in PHP so WSIWYG editors will make it difficult to work on pages. It's not impossible though, so please contact us anyway at:

webmaster@multiplebirthscanada.org or
publications@multiplebirthscanada.org

Do You Yahoo?

Multiple Births Canada has initiated a Yahoo Groups web site for its members. This is a web site where you can post messages to other members, participate in polls, find files that are posted for your reading enjoyment. You can post your Chapter's newsletter if it's in a format that others can read. Post questions about multiples or add your comments to answer each other's questions or even participate in our own Chat room.

This site is not publicly available, so you will have to make a request to join and wait to be authorized.

Go to <http://groups.yahoo.com/group/MBCgroup> and request to join. If you don't already have a Yahoo ID set up, it's completely free and only takes a couple minutes. We recommend that you include your real name when you set up your profile as we have no other way to verify that you are a member of Multiple Births Canada. Any member in good standing of Multiple Births Canada can join, so don't wait, do it today! *See you on-line!*

Electronic Submission of Membership Lists!

Do you cringe when you think about having to run off reports in hard copy to send in your membership lists each year? Make it easier on yourself and send it in electronically. Whether you're using Excel, Access or MS Word tables, it's likely we can receive your membership lists electronically in a variety of formats. If you would like to assist us in quick and easy gathering of this information, we will gladly provide a basic template for membership information that will allow us to append your information to our master database. Contact the Business Office for more information!

2002 Forms have been Distributed!

Membership forms, subscriptions forms and Network forms to name a few have been posted already. If your Chapter has not received their package, the forms may be downloaded from the web site. Click through to the Membership page for most of the forms. The forms specific to existing Affiliate Chapters can be found on the Members Only page. If there are any questions or problems in completing the 2002 forms, feel free to contact myself or our Acting Director of Membership at membership@multiplebirthscanada.org.

We would be happy to assist you.

Carrie Johnston, President

Web Hosting

Would your Chapter like to launch a web site? Do you need a place to host the web site? Multiple Births Canada is pleased to announce that we can provide web space to our Chapters at very reasonable rates. In fact, the fees we are charging are simply to cover our administrative expenses and is a one time fee of \$25.00. You will be given 5mb of space and FTP access to upload your site.

There is a Web Hosting Agreement to be completed and signed by your Chapter's authorized representative which must be received with payment before space will be allocated. You will then be contacted and given the FTP information, along with your URL. If you have questions or need more information, please contact myself or our Webmaster at webmaster@multiplebirthscanada.org.

Multiple Births Canada Adopts Zygotic Terminology

Effective immediately, the Board of Directors has approved policy stating that all our materials, correspondence and verbal communications shall use the following terminology in correctly identifying the zygosity of multiples:

- Monozygotic – meaning one egg that has split one or more times
- Dizygotic – meaning two eggs that have been fertilized
- Trizygotic – meaning three eggs that have been fertilized
- Quadrizygotic – meaning four eggs that have been fertilized
- Quinrazygotic – meaning five eggs that have been fertilized

There are a number of valid reasons for multiples and families of multiples to know and understand their own zygosity and the zygosity of their children. It is our hope that by implementing a policy to use proper zygosity terminology, Multiple Births Canada will both promote and encourage greater understanding in this area.

For more information, please contact Carrie Johnston, President, Multiple Births Canada/Naissances multiples Canada, (250) 479-2808, or toll-free in Canada (866) 228-8824.

Members Only ...

Did you know that every 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 toll-free at (866) 228-8824 or office@multiplebirthscanada.org 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!

Durham Region Parents of Multiple Births & Multiple Births Canada

*Invite you to attend the
Multiples In Motion
Annual General Meeting and Conference 2002*

May 23-26 2002- Oshawa, Ontario

Key Note Speaker: *Dr. Nancy Segal, author of Entwined Lives: Twins and What They Tell Us About Human Behavior*

Other Conference topics include:

<i>Multiples in School</i>	<i>Multiples and Marriage</i>
<i>Higher Order Multiples</i>	<i>Multiples in the Media</i>
<i>ISTS Congress Report</i>	<i>Professionals & Multiples</i>
<i>Zygosity</i>	<i>Multiples and Language</i>

Yours to Enjoy:

*Shopping in a quaint small town atmosphere
Relax and be pampered
Return to the 70's for an evening of Retro Fun!*

Thank You...

In Appreciation...

We wish to acknowledge the generous donation of copies of the following books to our National Library received by our Book Reviewer, Annette Minutillo.

Two Truths and a Lie; A Novel by Katrina Kittle,
Donated by Warner Books.

Everything You Need to Know to Have a Healthy Twin Pregnancy By Gila Leiter M.D.,
Donated by Random House Canada.

Twins to Quints Edited by Rebecca Moskwinski,
Donated by Harpeth House Publishing.

Iatrogenic Multiple Pregnancy: Clinical Implications Edited by Issac Blickstein, M.D. and Louis G. Keith M.D.,
Donated by The Parthenon Publishing Group.

An Atlas of Multiple Pregnancy; Biology and Pathology By G.A. Machin and L.G. Keith,
Donated by The Parthenon Publishing Group.

And Thank-You For Donations Received...

Carleton Place Doctors, Carleton Place, ON
Donation in memory of Agnes Gabrielle and Lea Melanie Kereluk-Roy (Members of our Ottawa Chapter).

To the Grandparents of The Schultz family for the time contributed to the preparation and mailing of all of the Chapter packages! We appreciate your support!

Stroller Registry

strollers@multiplebirthscanada.org

Looking for a Stroller?

Trying to Sell a used Stroller?

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

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



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L0H 1G0
Toll-Free In Canada:
(866) 228-8824
office@multiplebirthscanada.org
www.multiplebirthscanada.org

Chapter Updates...

Send all of your Chapter News and Chapter Clothing Sale Information to one convenient source: Pam Krason at chapternews@multiplebirthscanada.org today! She wants to hear from YOU! Your information will be used in the Report From National and for distribution on our National website!

Volunteers...

Fact Sheet Translation

Do you have some time to contribute to your National organization, for the purpose of translating Fact Sheets and Handbooks, or know someone who can? We are presently seeking individuals to translate! Contact the Director of Publications, Carrie Johnston, at publications@multiplebirthscanada.org for more information!

Thanks To Our Volunteers!

Thanks for your hard work and dedication to the volunteers below, and many, many more!!

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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
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Support Networks Liaison, Lynda P. Haddon	loss@multiplebirthscanada.org
Webmaster, Lisa McInnes	webmaster@multiplebirthscanada.org

(* Mapping The Future Project)

Toll Free Number

Now you can update your Multiple Moments subscription, membership renewal, and all other MBC inquiries in Canada with our new TOLL-FREE number - **(866) 228-8824!**

Visit
www.multiplebirthscanada.org
TODAY for the latest
updates and information!