

Hi, just a reminder that you're receiving this email because you have expressed an interest in Multiple Births Canada (MBC), have been or continue to be a member of MBC. Don't forget to add [office@multiplebirthscanada.org](mailto:office@multiplebirthscanada.org) to your address book so we'll be sure to land in your inbox!

You may [unsubscribe](#) if you no longer wish to receive our emails.

August 26th, 2013 - Issue #1

## E-NEWS From Multiple Births Canada



*Supporting  
Multiple Births  
Together*

Welcome to Multiple Births Canada E-NEWS!

Dear Kim,

### In This Issue

[2013 AGM & Conference](#)

[Notice of AGM & Proxy](#)

[Maternity Services Survey](#)

[Zygosity Testing](#)

[Chapter Clothing Sales](#)

### 2013 Multiple Births Canada AGM and Conference



The 2013 Multiple Births Canada Conference is approaching fast and furious. Held just outside Barrie, Ontario from September 27-29<sup>th</sup>, this year's conference is being hosted by Simcoe County Parents of Multiples (SCPOM).

[Register NOW](#) (if you haven't already) for an exciting weekend of insightful and motivational speakers, hands-on workshops, and loads of fun! In addition to the following fantastic keynote speakers: Kathy Buckworth, Laird and Joey Crump and Jennifer De La Roca, there are 11 workshops available to participate in. We are sure you will go home re-energized, full of new ideas to help your Chapter and family, and with many new friends.

Simcoe County Parents of Multiples are looking for donations

### Website Links

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for the annual silent auction as well as gift items for the delegate bags. If you or someone you know, would like to make a donation or offer a sponsorship, please contact [info@scpom.ca](mailto:info@scpom.ca) or visit the website to view their [Sponsorship Package](#).

The theme for the Gala on Saturday night is "Your Vacation Destination!" Dress like you are in your dream vacation/relaxation spot! Use your imagination and get creative. The MBC Board will become the judges, and the winners will be posted on our website. There will also be a fantastic Photo Booth where you can get some crazy and creative pictures taken with all your friends.

In addition to the Keynotes, Workshops and activities that are planned, MBC will be running the Annual General Meeting and "MBC and You" session along with four workshops. Make sure you have signed up for at least 2 of the following:

***Effectively Running Member Support Programs*** - We ask that you bring examples or displays to show your latest programs for member support, e.g. clothing and equipment sales; prenatal programs; peer to peer support, meetings and speakers. Don't be shy, be proud of what you do and maybe another Chapter will adopt your great ideas.


***Effectively Running Your Chapter*** - Come prepared to share the best practices you have in running a successful and effective Chapter, e.g. recruiting and retaining volunteers, creating and managing effective meetings, and changing how your Chapter functions to meet members' needs. There will be lots of interactive discussions and handouts to take home with you.

***You are not alone - MBC's Support Networks are there to Support You!*** - This workshop will focus primary on our newest Support Network: Preterm Birth Support, led by Carolyn Leighton-Hilborn...with a brief introduction to the other 9 Support Networks, and how they can help connect members to peers with similar experiences.

***Open Chapter Volunteer Discussion*** - Did we forget to cover something? Did one of your questions or concerns go unanswered? Fear not, for this is your opportunity to bring questions to the group of delegates and MBC experts, who are more than willing to share their best practices and sage advice!

**For more information please contact the Committee at:  
Christina Chase-Nugent, SCPOM President  
705-733-3022 or at [bulletwin@hotmail.com](mailto:bulletwin@hotmail.com)**

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## NOTICE OF ANNUAL GENERAL MEETING

Members of Multiple Births Canada/Naissances multiples Canada are hereby notified that the Annual General Meeting (AGM) of the Corporation will be held at the Kempenfelt Conference Centre, in Innisfil, Ontario on Saturday September 28<sup>th</sup>, 2013 at 9:00 am EST. Please note that you must be a current paid member of MBC to vote during the AGM.

If you are unable to attend, please sign this [proxy form](#) and return it to the Ottawa Office, or give to your attending Chapter representative. Note: forms sent to the MBC Ottawa Office by mail must be received prior to seventy-two (72) hours before the AGM. Any votes received by mail ballot after this time shall not be counted for the purposes of the meeting. (Please send an email to the office indicating that the proxies have been forwarded).

The Chairpersons of the Board (Sheila Catto or Shirley Comben) must receive all motions for advance posting for member consideration no later than September 22<sup>nd</sup>, 2013.

Please email to [mbcchair@multiplebirthscanada.org](mailto:mbcchair@multiplebirthscanada.org) or send to the [office@multiplebirthscanada.org](mailto:office@multiplebirthscanada.org).

### Mail proxies to Multiple Births Canada:

P.O. Box 51003  
375 Des Epinettes Ave.  
Orleans, ON  
K1E 3W4

## Multiple Birth Parents' Experience with Maternity Services Survey



Here's an important [international survey](#) for multiple-birth families about your experience with maternity health care services, before and after the birth.

Multiple Births Canada (MBC) was asked to partner with TAMBA (Twins and Multiple Births Association-UK) and other national multiple-birth support organizations to conduct a survey worldwide about maternity health care services for multiples. TAMBA would like to learn about the care provided within their country in order to provide recommendations to their hospitals, and look at how that care compares to what is provided to multiple-birth families in other countries.

In addition to TAMBA's goals for this survey, MBC is also looking for your views on the care you received when expecting your multiples and shortly after their birth. The survey results will be broken down by country, providing significant information for MBC about the services our families receive in Canada which may be used to guide future work of MBC.

If you haven't already, please take part in this [survey](#), and please share the survey with anyone you know who has had multiple births. It should take about 10 minutes.

Thank you!

If you have any questions please contact Kimberley Weatherall at [office@multiplebirthscanada.org](mailto:office@multiplebirthscanada.org).



Curious to know if your multiples are monozygotic (identical) or dizygotic (fraternal)? Wondering how to find out? Visit our latest Blog post on the MBC Website and read a testimonial from parents who recently used the services of [easyDNA](#).

In September 2012, easyDNA Canada kindly donated a voucher for one free Twin Zygosity DNA Test to enable one of our lucky members to confirm whether their twins were identical or fraternal. DNA testing is the only proven scientific method with 100% accuracy in its results. The voucher was won by Heather and Mark during a silent auction held at the 2012 Volunteer Development Retreat in Mattawa, ON. They have since completed the zygosity testing and have written a [testimonial](#) about their

experience.

For more information on how you can obtain these easy to use services or if you have any questions about Zygotity Testing we recommend that you contact [easyDNA Canada](#).

Multiple Births Canada (MBC) would like to thank easyDNA for their kind donation and look forward to working with them to bring this service to our members. As our preferred supplier, they will be giving back to MBC 10% of the proceeds of any sales referred to them from Multiple Births Canada.

### Multiple Births Canada Chapter Clothing and Equipment Sales

The best deals in town on baby and children's clothing and equipment for twins, triplets and more, and siblings too!

MBC affiliate Chapters across Canada are getting ready for their annual Fall Sales: with gently-used clothing, nursery supplies, baby furniture, strollers, cribs, maternity wear, books, movies, toys, winter outerwear and boots, and much more!

Check out the [listings](#) here for an upcoming Sale near you and please tell your friends and neighbours with young families.

*In our 35th year of supporting Canada's Multiple Birth Community!*

**[www.multiplebirthscanada.org](http://www.multiplebirthscanada.org)**

**Multiple Births Canada**  
**Email: [office@multiplebirthscanada.org](mailto:office@multiplebirthscanada.org)**  
**Phone: (613) 834-TWIN (8946) or Toll Free: 1(866)228-8824**  
**[www.multiplebirthscanada.org](http://www.multiplebirthscanada.org)**

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Multiple Births Canada | PO Box 51003 | 375 Des Epinettes Ave | Orleans | ON | K1E 3W4 | Canada