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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 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.

February 21, 2013 - Issue #1

E-NEWS From Multiple Births Canada



*Supporting
Multiple Births
Together*

Welcome to Multiple Births Canada E-NEWS!

Dear Kim,

Strategic Planning: Stakeholder's Survey



The Multiple Births Canada (MBC) Board of Directors and Acting Executive Director are developing a new 3-year Strategic Plan for 2013-2016. We have put together a survey to learn how we can make the

organization better and meet the needs of all of its members and supporters.

The [survey](#) should take 10 to 15 minutes to complete. If you should be interrupted while completing the survey, it will remember where you were and you can continue later.

As a volunteer, member, parent of multiples, multiple or supporter of MBC, you will have your own unique needs and wishes - and we would like to hear them all! If you have any questions or concerns with the survey please contact Kim at office@multiplebirthscanada.org.

Many thanks to everyone taking the time to respond to the survey.



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Multiple Births Canada PSA!

In November 2012 one of our members from Windsor-Essex POMBA, Cathy Smith, volunteered to help MBC develop a 30-second Public Service Announcement (PSA) and arranged for radio stations to broadcast it free of charge.


This [PSA](#) is now being played in many cities across Canada through the Bell Media network, and will be aired through March and April in some regions.

We are very grateful to Cathy for her assistance in increasing awareness of MBC across Canada.

Inquiries resulting from the PSA will be forwarded to both Affiliate Chapters and non-affiliate groups where applicable.

Join Our Mailing List!

Like us on Facebook 

Follow us on 

Multiple Moments - How do I find a copy?

As a member of MBC or one of our Affiliate Chapters you can find your free copy of Multiple Moments in the [Member's Section](#) of the MBC website. After you log in you will find a link to the latest e-version of the magazine.



If you are not a member of MBC you can [subscribe](#) to receive Multiple Moments for \$10 for 4 issues /\$17 for 8 issues; however your best value would still be to join MBC as a [Direct Member](#) for \$20 a year/ \$35 for 2 years, if you're not in an area where we currently have a Chapter.

Multiple Moments Spring and Summer Deadlines and Topics

Spring 2013 Issue

Theme: *Looking Back...the Early Days!*

The idea of this theme is to look at the early part of parenting multiples including pregnancy, newborns and the first year of life.

Deadline: March 15th, 2013

Suggested Topics:

- Pregnancy, birthing, NICU or breastfeeding stories
- Saving time and money - how to make your own baby food
- Baby proofing, how to get babies to sleep or activities for babies
- Older parents - reflect on your own experiences and share your suggestions.

Q & A - for the older siblings of multiples:

Q. What do you like most and least about being an older brother or sister to new twins, triplets or more in the family?

Q. Do you like to help take care of your brothers and sisters?

Summer 2013 Issue

Theme: *Meeting the Multiple Milestones!*

The idea of this theme is to look at the various milestones a family with multiples will face throughout their lives.

Deadline: April 15th, 2013

Suggested Topics:

- Milestones during pregnancy
- How to deal with the multiples not meeting milestones at the same time
- How to pick a daycare, nursery or other activities
- Toddler issues like toilet training, bedwetting issues, temper tantrums or feeding finicky eaters
- Heading off to summer camp - same or different camps, or issues being away for the first time from home?
- Teaching kids to read, to speak or to ride a bike
- Teens - issues that come with dating, school, learning to drive

Q & A - for the multiples themselves!

Q. How do you feel about doing the same activity, classes or attending the same summer camps with your multiples?

Q. How do you feel when one of your multiple siblings is first to do something (i.e. first to ride a bike, first to date, first to drive)?

Please send the Q&A responses to the MM Editor at the email listed below.

If you have other topics in mind for either issue - please let us know! Please write with your expression of interest in writing for one of the upcoming issues to the MM Editor at mmeditor@multiplebirthscanada.org.

Multiple Births Canada Membership Options

Membership with Multiple Births Canada is open to everyone - individuals, families and caregivers, or anyone who shares the interest and mission of Multiple Births Canada.

Membership Options:

Organization Membership - individuals or families who are members of an MBC Affiliate Organization. Looking for an Organization near you? Our [Locate a Chapter](#) page may help. If your local group is not listed here, email the MBC office at office@multiplebirthscanada.org.

Direct Membership - individuals, families or professionals who do NOT belong to an MBC Affiliate Organization and cannot benefit from the many benefits of belonging to a local organization. The

cost is \$20 / one year or \$35 / 2 years, includes an electronic Multiple Moments magazine, access to the closed MBC Facebook Group and access to the Member Section of the MBC Website (free publications, discounts, information).

To obtain a [Direct membership](#), please visit our website and complete the Direct Membership Form, email to office@multiplebirthscanada.org and make your payment with the Paypal link OR print the form and mail in with a cheque to the address on the form.



MBC is looking for enthusiastic individuals interested in volunteering their time and skills.

Below are opportunities we are looking for volunteers to help with.

- **Board of Directors:** MBC is looking to expand the Board of Directors and would be interested to hear from volunteers who have a background in Board governance, non-profit management or experience volunteering at the Chapter level.
- **Director of Finance:** The Board needs a Director of Finance / Treasurer to help oversee the finances of MBC. Our current Director of Finance will remain on the Board in the position of Co-Chair, however the responsibility of being Co-Chair demands an additional volunteer to help with these very important responsibilities.
- **Director of Communications / Communications Coordinator:** A volunteer is needed to be responsible for the external communications. This position does not necessarily require being on the Board of Directors if that would be preferable.
- **Director of Publications / Publications Coordinator:** One of the most important areas for MBC is its work in the area of publications. We are looking for a volunteer to work with the Health & Education Committee to coordinate our growing publications.
- **Grant Writers:** With our new status as a Registered Charity, MBC must dedicate time to researching and writing funding applications. We are looking for volunteers with experience writing proposals and letters of intent for nonprofits.
- **Constant Contact Volunteer:** The E-News that you are reading now has been published using Constant Contact. MBC would like to offer news on a regular and more frequent basis. In order to do this we are looking for a volunteer with experience using Constant Contact or a similar email program.
- **Discount / Affiliate Program Coordinator:** A Volunteer is needed to coordinate the current discount and affiliate

programs, including verifying existing agreements and search out new discounts and programs.

- **Chapter Handbook Update Coordinator /Volunteers:** MBC is looking to our Chapter Volunteers to find both a Coordinator to take on the updating of our Chapter Handbook, and additional volunteers to help out with this very important project.
- **Website Assistants:** As our website continues to grow so to does the increased demands on our volunteer webmasters. We are looking to expand our team of webmasters to help maintain and update the website content.
- **MM Book Reviewer:** Do you love to read books about parenting multiples or other multiple birth related topics? Could you write 4 short book reviews a year? This position might be for you!

If you believe your skills would fall under any of the positions above please contact Dawn Knuff (Volunteer Coordinator) at volunteers@multiplebirthscanada.org.

There is always a need for volunteers so if you believe you can help in any other ways other than what's posted above please [contact us](#) with your ideas and to receive a Volunteer Application Form.

FUNDRAISER - FUNDSCRIP GIFT CARD PROGRAM



MBC has recently signed up for a new **Fundraiser - Fundscrip Gift Card Program!** Here is your opportunity to give gifts to to your family and friends and help MBC at the same time! You can also purchase the cards for your everyday shopping. All proceeds will be going to help defray costs associated with the 2013 Conference hosted by Simcoe County Parents of Multiples.

Here is what you need to do! It is really easy!

Go to www.fundscrip.com and click Sign up at the top right-hand corner of the page. Complete the sign up process.

Our group's invitation code is: 2G2C2C

When Ordering:

1. Select the direct shipping option in the Shipping section before checking out. (It's in the Order Summary on the right of the list of cards. Click "change" or the pencil icon.)
2. Add a shipping address: Select the shipping address and the price for shipping will be displayed and added to the total of the order (think of the gas you will save running from store to store!).

3. Payment methods:

- Choose Interac Online for those with accounts at the following financial institutions: RBC Royal Bank; BMO Bank of Montreal, ScotiaBank and TD Toronto Dominion (earnings are reduced by 85 cents per transaction)
- Credit Card (earnings are reduced by 1.99% per transaction)
- Online Banking Bill Payment (no fees)

4. Shipping: Orders are shipped via Canada Post Xpresspost and includes tracking emailed directly to the supporter. Orders should arrive in about 3-5 days of payment being confirmed by FundScrip. Canada Post Xpresspost service will make one delivery attempt. If the recipient is not there, Canada Post will leave the order at the closest post office, where the recipient can pick it up by showing photo ID

Spread the Word! Please consider getting the word out to all your friends & family requesting that they support our fundraising efforts when they buy groceries, gas, household items, and all their gifts for those special occasions. After all, they're buying these things anyway, why not earn money for our goal at the same time!

If you have any question, please contact Kimberley Weatherall at office@multiplebirthscanada.org.

*Supporting Canada's Multiple Birth Community
for over 30 Years!*

www.multiplebirthscanada.org

Multiple Births Canada

Email: office@multiplebirthscanada.org

Phone: (613) 834-TWIN (8946) or Toll Free: 1(866)228-8824

www.multiplebirthscanada.org

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