

MShope MSheroes

FALL 2006

Across BC

To be a leader in finding a cure for multiple sclerosis and enabling people affected by MS to enhance their quality of life.

celebrating



MS Volunteers



Kevin Newman & Stewart Wong



Robin Rankine



Richard Thompson & Janet Palm



Brenda Worthington & Don Carroll



Nira, Frank (Volunteer) & Kid



Dan Carlson, Marilyn Smoch & Keelean Murtagh

ms hope ms heroes

Publications Mail Agreement No. 40063333

Return undeliverables to:
MS Society of Canada, BC Division
1501-4330 Kingsway
Burnaby, BC V5H 4G7

In this issue

- 2 - MS Heroes 2006
- 4 - Genetics vs. Environment
- 5 - Annual Report 05/06
- 9 - Making a Difference
- 11 - The Power of Exercise
- 12 - BC Round Up



Multiple Sclerosis Society of Canada
BC Division | 1.800.268.7582
www.mssociety.ca/bc

Please share MShope MSheroes with a friend!

The Body, Mind & Spirit Connection

This years BC Division Conference & AGM was hosted by the Lower Mainland Chapter. Held on Saturday, November 4 at the Coast Executive Plaza in Coquitlam, BC, a packed house gathered to learn about the "Body, Mind and Spirit Connection". The speakers were both enlightening and informative. Keynote speaker, Dr. Gabor Mate, Physician and Author of 'When the Body Says No' spoke of the influence of stress on health. "While stress is not the cause of MS, it is definitely a contributor.", he explained, and encouraged his audience to recognize bad patterns in their lives that are causing stress and to get rid of them. Other speakers included Dr. Galina Vorobeychik, Neurologist at the MS clinic at Burnaby Hospital who spoke of cognitive change in MS; Dr. Robert Johnston who explained the role of 'Neurophysiotherapy' (see page 11) and Stephen Street from the Disability Foundation highlighted 'Recreational Opportunities for People with Disabilities'.



AGM Keynote Speaker Dr. Gabor Mate signs a copy of his book for emcee Gab Veto.

Special thanks to Lower Mainland Chapter for hosting and the Lotte & John Hecht Memorial Foundation for sponsoring the AGM.

CELEBRATING MS HOPE MS HEROES 2006

On Wednesday, October 25 more than 275 guests gathered at the Coast Plaza in Vancouver to honour our MS Hope and Heroes - the individuals and organizations that have gone above and beyond to help further the work of the MS Society in BC. They have demonstrated that with superior commitment and perseverance, patience, dedication, generosity and undying spirit, each of us can make a difference in the fight to end MS.

FUNDRAISING AWARDS

MS 100 Hole Golf Challenge

Individual Fundraiser - Harmony Poisson\$14,255

Rona MS Bike Tours

Individual Fundraiser - Myrna Hastings\$36,905
 Friends & Family TeamMS 'YOU GO GANG'\$58,769
 Corporate TeamMS 'S.A.M.B.A'\$17,913

Super Cities WALK for MS

Individual Fundraiser - Marnie O'Neil \$21,525
 Friends & Family TeamMS
 'SUCCESS MS Self-Help Group'\$36,358
 Corporate TeamMS 'Team Scotia'\$14,312
 Fundraiser Award - Age 12 & under
 - Paige Craven\$2,443

CERTIFICATES OF EXCEPTIONAL ACHIEVEMENT AWARDS

- Community Group - 'Kids up Front' for distributing more than 900 tickets for concerts, theatre, sporting events, to families that have a parent with MS.
- Company - Davis & Company for donating 946 lawyer volunteer hours to our Volunteer Legal Advocacy Program aiding individuals living with MS.
- Media Partner - The Beat 94.5 for bringing MS Hope to the airwaves by producing Canada's first ever MS Victory Radiothon which raised more than \$35,000 for MS.

Division Awards

- BC Division Award of Merit, Member - Marilyn Smoch, West Kootenay Chapter**
 She started by selling Avon for the cause. Since then she has been a Board member, newsletter producer, event/workshop coordinator and peer counsellor. Marilyn has been a key to the West Kootenay Chapter's success.
- BC Division Award of Merit, Non-Member - West Coast College of Massage Therapy**
 In 1990, the College chose MS as one of two diseases they would support. They began by providing weekly massage services to 4 members who had MS. Sixteen years later there are approximately 80 members benefiting from this program each week. The therapeutic benefits for persons with MS are invaluable.
- President's Award - Brenda Worthington, Lower Mainland Chapter**
 Brenda Worthington's dedication and her commitment to making a difference to the lives of those affected by MS has never waned. Since connecting with the MS Society she has strengthened the partnership with the West Coast College of Massage Therapy, provided peer support, was editor of the Chapter newsletter and is the newly elected President of the Lower Mainland Chapter Board. She has facilitated many positive Chapter changes over the years and it will continue to grow and flourish with Brenda at the helm.
- Opal Award**
Recipient - Robin Rankine for the care and support of her husband, Ian, and brother, Simon.
Runner up - Kobra RahimianKordestani for the care and support of her son, Farhad

National Awards

- National Award of Merit, Non-Member - CanWest Global**
 For more than 15 years of support for our signature fundraising events throughout BC, a nation-wide partnership in 2006, and the dedication of Global National Anchor and MS Ambassador Kevin Newman.
- National Award of Merit, Member - Dr. A. Dessa Sadovnick**
 Dr. Sadovnick has spent more than 50 years dedicated to the fight to end MS and is one of the worlds' most renowned MS researchers.
- National Opal Award - Robin Rankine**
 Robin Rankine's nomination was chosen from among the Provincial Opal Award winners throughout Canada. It recognizes more than a decade of pure devotion and support of her husband, Ian, and her brother, Simon - both affected by MS. While Robin cares for their day to day needs, her need to do more is what sets her apart. She is disappointed by the lack of housing facilities for single disabled people, the lack of transportation, and is deeply concerned about the depression that plagues many people with MS. Her determined spirit to change their circumstance is making a difference.

DR. A. DESSA SADOVNICK: Committed to Unlocking the Mystery that is MS

Dr. A. Dessa Sadovnick has dedicated her life to MS - and her outstanding contributions to MS research and the MS Society of Canada are world renowned.

"Writers write about the things they know best, and [my work] is very similar. It only seems natural that I study a disease I've known all my life," explains Dr. Sadovnick.

As a young girl in Montreal, her family was friends with Evelyn Opal, one of the founders of the MS Society of Canada who herself had MS. As a result of this friendship, Dr. Sadovnick came to know the personal side of multiple sclerosis and wanted to do something to end it. So she did - and she and Minda Opal, Evelyn's daughter, raised funds for MS by hosting movie afternoons for children and participating in a myriad of other fundraising events.

The passion to do something to end MS was ignited as a child. As an adult Dr. Sadovnick obtained her MSc in Human Genetics at McGill University and then a Ph.D. at the University of British Columbia. Since 1980 Dr. Sadovnick has been a valued researcher at UBC's MS Clinic and in 1996 became a full Professor in the Department of Medical Genetics and the Faculty of Medicine Division of Neurology.

Her most acclaimed study to date is the Canadian Collaborative Project on Genetic Susceptibility to Multiple Sclerosis (CCPGSMS) where she is co-principal investigator (with Dr. George Ebers). Originating from her Ph.D. thesis, it evolved into a formal Canadian collaboration in 1993 through funding from the MS Society of Canada Scientific Research Foundation. Today, as the largest genetic study of its kind, it now involves more than 29,000 unique families in which at least one person has MS.

To date, results of this study have greatly expanded our knowledge of who develops multiple sclerosis and indicates that while genetics play a part in determining who will be susceptible to MS, environmental factors are very important as well. The study has also been a springboard for other large collaborative multi-centre investigations including her latest initiative, a North American project on reproduction and MS, the Multiple Sclerosis North America Pregnancy Programme (MS-NAPP).

From a young girl raising funds selling 'tags' and 'buttons' to providing us with her valuable time and council as a member of the BC Division Board and the MS Society of Canada Medical Advisory Committee, to earning an international reputation for her MS research, Dr. Sadovnick has embraced the mission of the MS Society of Canada and made it her own. She is committed to finding out what causes MS, how to prevent it, treat it and ultimately find a cure to end this disease. Her inspiration inspires us all - and if anyone can unlock the MS mystery it is Dr. Sadovnick. We are grateful for her dedication and contribution to the cause.

Dr. Sadovnick was a recipient of the Distinguished Scholar Award from the Michael Smith Foundation for Medical Research (2001), has been published in more than 175 medical journals and is a well sought after speaker at multiple sclerosis symposiums worldwide. In recognition of more than 50 years of outstanding contributions to the MS cause, the MS Society of Canada, chose Dr. A. Dessa Sadovnick, as recipient of the 2006 National Award of Merit (member).



Investing in Research

Research is an investment and as is the case of all great investments, one looks for a significant return. The CCPGSMS has provided tremendous return on investment and provided critical insights into key areas of MS knowledge. These include:

- Role of gender;
- Maternal effects;
- Impact of genetics on disease outcome;
- Clues to the changing prevalence of MS;
- Clues to the changing MS rates in migrants;
- Heterogeneity of the MS;
- Evidence that primary progressive MS is not a distinct entity.

Dr. Sadovnick's research is funded by the MS Society's Scientific Research Foundation. Since the project first received funding in 1993, the MS Society has invested just over \$13 million in this project in four phases. We are grateful to Dr. A. Dessa Sadovnick, Dr. George Ebers, their dedicated team of researchers, and study participants who have embraced this study. Thanks also to those who have contributed to the MS Society over the years - without your support, ground breaking MS research such as the CCPGSMS would not be possible.

Together we will end MS.

The MS Society of Canada was sad to learn that Minda Opal, daughter of MS Society of Canada founder Evelyn Opal, passed away Oct 31. Minda began fundraising for MS research as a young child and remained involved with the MS Society throughout her life.

In 1993, the Multiple Sclerosis Society of Canada created the Opal Award in honour of Minda and her father, Jack, recognizing the remarkable dedication of caregivers of people affected by MS.

Minda will be missed by family and friends throughout the country as well as the MS Society of Canada.

MS More Than a Genetic Disease

MS is most prevalent in people of European and North American descent. In contrast, the prevalence of MS in areas such as Asia, the Middle East and the Caribbean is low.

But do people from "low risk" parts of the world maintain that low risk when they move to areas of high risk for MS? The Canadian study 'Age at Onset of Multiple Sclerosis May Be Influenced by Place of Residence during Childhood rather than Ancestry' (Neuroepidemiology [Vol.26, No.3, February 21, 2006]) set out to find the answer. It is the first study of its kind to explore this theory in the pediatric MS population.

Researchers compared ancestry of 43 children and 552 adults with MS who lived in Toronto. The majority of adults reported that their parents

were of European ancestry while most of the children's parents were of Caribbean, Asian or Middle Eastern ancestry. They then compared study results with census data for Ontario from 1971 and 2001. Results indicated that the children were experiencing an earlier age of MS onset and that the place where they were raised seemed to be a determining factor for lifetime MS risk.

Dr. Brenda Banwell, Director of the Paediatric MS Clinic at the Toronto Hospital for Sick Children and one of the principal study investigators stated, "If you are a child growing up in a high MS region, it doesn't matter where your parents are from. You are still at greater risk."

While this study does not provide conclusive answers, it does effectively

rule out the theory that ancestry is the most common risk factor for MS. As the cultural makeup of Canada's population continues to change, the genetic backgrounds of those who develop MS are changing with it. Future studies of the paediatric and adult MS populations over the next 15 years will be even more telling as we seek answers behind the question of what causes this disease.

Dr. A. Dessa Sadovnick, UBC is one of the key investigators of this study, an offshoot of the CPGSMS, the largest genetic study in the world. Both studies are funded by the MS Scientific Research Foundation that receives the majority of its' funding from the MS Society of Canada.

With Courage and Hope to End MS



Binder is able to stand tall once more.

for the most part, Binder is out of the woods, getting stronger every day and is most anxious to return to BC and get on with life. Travel is at the top of his wish list - he wants to see the world. As Sukhi explains, "I've always looked up to Binder, now even more than ever. His courage and zest for life amazes me. He is my cousin and my hero - who has risked exploring the unknown for the sake of research - research that is getting closer to a cure for MS every day."

**In 2000, the Multiple Sclerosis Scientific Research Foundation approved \$4 million over 6 years for this project. Researchers have found no evidence of further MS attacks after they "rebooted" the immune systems of a small number of people living with an aggressive form of MS. The immune system was rebuilt using stem cells from their own bone marrow.*

Binder Boyal was 27 years old in the prime of his life and had a prosperous life ahead of him. Virtually overnight, his future changed with his surprising diagnosis of MS.

Sukhi Mander couldn't believe that MS had struck her enthusiastic, ambitious and talented cousin, Binder, and she wasn't prepared to stand by idly and watch it overcome him. Wanting to learn more about this unpredictable disease, she attended an information session in the spring of 2005 featuring actress Teri Garr, who also lives with MS. Inspired by Ms. Garr, she approached the MS Society about a fundraising event. In just two short months she put together 'No More MS', a buffet dinner and silent auction which raised \$5,000 for the cause. Not only did her event raise funds for research, it also provided awareness of a disease which for the most part was unknown in the South Asian community. In 2006, Sukhi did a repeat performance of 'No More MS' and raised \$10,000.

Encouraged by the support and enthusiasm of his cousin Sukhi, and the support of his family and friends, Binder also took action and made the decision to pursue being chosen as a candidate for the *Bone Marrow Transplantation Project**. To do so he had to stop taking the disease modifying therapy he had been taking to stave off MS relapses. Subsequent relapses quickly robbed him of his mobility. Still he remained strong and determined and was accepted as a trial candidate for the treatment to take place at Ottawa Hospital in the spring of 2006.

The past 6 months have been difficult for Binder and his family and friends as they watch, wait and hope that his body will accept the treatment. Today,



Multiple Sclerosis Society of Canada

BRITISH COLUMBIA DIVISION

2005 • 2006 Annual Report

To be a leader in finding a cure for multiple sclerosis and enabling people affected by MS to enhance their quality of life.



A message from the BC Division Board Chair

It seems like yesterday that I was writing last year's message of appreciation for an outstanding year. What is even more incredible is that a year like last year could be followed by even greater success. This success could not be possible without the dedication and support of some passionate event participants, donors, sponsors, volunteers, and staff, their passion ignited by the more than 8,000 British Columbians living with MS.

This year's highlights include:

- z \$1,206,445 raised at the Super Cities WALK for MS, a 6% increase over last year
- z \$557,857 raised at RONA MS Bike Tours, a 35% increase over last year - the highest percentage increase in Canada
- z The Beat 94.5 FM hosted Canada's first ever MS Victory Radiothon
- z BC Chapters experienced a 28% increase in event fundraising over the previous year largely due to revenue growth in TeamMS
- z A research contribution from every Chapter
- z The appointment of Janet Palm as President, BC Division
- z The return of a Government & Community Relations position, enabling us to represent our member's issues and concerns at all government levels
- z A tenth Chapter opened to support people living with MS in the Fraser Valley
- z Volunteer Legal Advocacy Program expanded to Kelowna, Prince George and Vernon
- z BC captured three National Awards, further evidence to the fact that BC plays a major role in the fight to end MS

I look forward to watching BC raise that bar even higher to support our mission for years to come. Thank you to all of you who will continue to get us there. Together we will end MS.

Don Carroll, Board Chair

NATIONAL AWARD RECIPIENTS



Award of Merit, Member
Dr. A. Dessa Sadovnick



Award of Merit, Non-Member
CanWest Global



Opal Award
Robin Rankine

DIVISION AWARD RECIPIENTS



President's Award
Brenda Worthington



Award of Merit, Member
Marilyn Smoch



Award of Merit, Non-Member
West Coast College of Massage Therapy

2005-06 BOARD OF DIRECTORS

- Don Carroll
- Iain Ball
- Gerry Bramhill
- A'Lana Laveck
- Jan Petrar
- Mary McManus
- Wendy Galt
- Al Hudec
- A. Dessa Sadovnik
- Gordon Skene
- Lynn Hunter
- Tudor Williams
- Marilyn Lenzen
- Harmony Poisson
- Linda Pickering
- Dan Rollins

We extend heartfelt congratulations and appreciation to all of our National and Division award recipients for the difference they make in the fight to end MS.

The MS Society of Canada has been supporting British Columbians affected by multiple sclerosis since 1975. This year, our tradition of providing reliable and up-to-date information, compassionate support and practical assistance continued.

INFORMATION

I Online sources of information, such as mssociety.ca and msanswers.ca

I 1,500 up-to-date articles in our AskMS database

I 700 books, videos and audio tapes in our lending library

I More than 35 publications on MS and living with MS available free of charge

I Educational workshops throughout the province, including Living Well with MS: Medical Research and Hope; Living Well with MS: Mind Matters; and Living for Today: Managing MS Pain

I National satellite broadcast, Learning for Life: What's New and What's Next in MS Care

SUPPORT

I More than 15,000 calls and 2,350 visits made by the Society's Community Service Coordinators

I Group-based support activities including family members groups, newly diagnosed groups and groups for adult children of parents with MS

I Social, recreational and exercise groups offered to reduce isolation and increase wellness

I Connecting people newly diagnosed to trained volunteers who are living with MS in many areas

PRACTICAL ASSISTANCE

I \$90,000 spent on new equipment to improve client safety and quality of life

I 92 pieces of equipment loaned to people with MS from a pool of donated items

I 115 clients received repair work to their existing equipment

I Volunteers fielded more than 800 calls on disability support and other issues

I More than 120 clients were referred to volunteer lawyers to advocate on their behalf

Paying It Forward

Jennifer Crossfield was diagnosed with multiple sclerosis in January 2000 at age 28. She had been having a series of medical problems prior to her diagnosis but her doctors could not pinpoint the cause. She had read an article about MS and knew that she had most of the symptoms, but she had to convince her physician to send her for an MRI. Although Jennifer was relieved to know what was making her sick, she went through a period of denial and depression. She says, "It took me a while to get my head around it."

She and her husband Colin were raising two young daughters so one of the first things Jennifer did was contact the Multiple Sclerosis Society of Canada. "I wasn't the only person who was having difficulty dealing with my diagnosis. My family was too. I knew that knowledge was needed to help everyone cope with the news." The MS Society's library and website provided valuable information. Jennifer also received advice from the Volunteer Legal Advocacy Program about her right to assistance from government sources. Then when hot weather made her condition worse, the



Equipment Provision Program helped her acquire an air conditioner to get through the summer. Her family also benefits from the partnership that the MS Society has formed with Kids Up Front where children who have a parent with MS can enjoy free educational and entertainment opportunities that help heal, bond and unite families. Jennifer has often found support through Community Services Coordinator, Elaine Foley, on issues that affect her quality of life, including her need for accessible housing.

Jennifer has come to terms with her illness and her need for a wheelchair for mobility, but is far from resigned. Adequate housing for people with disabilities has become her passion. At one point, her family was renting a 2 bedroom suite on the top floor of a three storey building with no elevator. When she checked the availability of accessible family apartments that would allow pets, she was astounded to find there was nothing.

"It took time, but I was lucky to find a wonderful new home. It is completely wheelchair accessible with a drive in shower, roll under sinks, and I can actually reach all the cupboards and appliances. Our menagerie, (two dogs, two cats and guinea pig) is also welcome." Now that Jennifer and her family are settled in appropriate housing she wants to do as much as she can to help others in a similar circumstance. Involvement is something she recommends for anyone who has faced a major setback, "Get past denial. Get involved so that you feel that you're a part of something. We can all make a difference in our own way."

BC's Government & Community Relations (GCR) department became active again when the coordinator position was filled in Jan 2006. Immediate work focused on the Vancouver Foundation funded *Building Community Capacity Project*. With that project complete, work is focusing on issues such as age appropriate housing and the need for home support. Representing members' interests on committees such as PEADC, 2010 Legacies Now, and the National GCR Committee is also a priority.

MS SOCIETY FUNDS INCREASED NUMBER OF RESEARCH GRANTS AND SCHOLARSHIPS

In April 2006, the MS Society of Canada approved more than \$4.5 million to fund 13 research projects and a record-breaking number of research scholarships to attract young scientists to the MS field.

"The research projects include the best in basic laboratory research that are targeted at finding ways to repair the damage in the brain and spinal cord that MS causes and in stopping MS attacks," said Dr. William J. McIlroy, national medical advisor.

"I am particularly pleased that we are funding more than 60 research scholarships. These awards are designed to both attract and then keep young researchers working to end MS. Our scholarship program has more than doubled in less than 10 years," he added.

Coupled with the research projects already funded, the new funding brought the number of MS Society funded research projects to 37 during 2006 with many of them taking place at universities and hospitals in British Columbia.

Following are highlights of four new recently-funded BC research projects.

Katerina Dorovini-Zis, MD at Vancouver General Hospital is looking at how the immune system is compromised when t-cells and monocytes enter the brain tissue by squeezing through endothelial cells that line the blood brain barrier. Her research may point to specific therapies targeted at restoring the normal function of endothelial cells lining the blood brain barrier in people with MS. (\$292,890 (April 1, 2006 - March 31, 2009)

Alex MacKay, MD and David Li, MD of the University of British Columbia are using a variety of different MRI techniques to pinpoint when myelin loss occurs in MS lesions. By relating clinical disability with the observed physical and chemical changes to myelin, they should be able to predict some of the factors that contribute to functional loss in people living with MS. \$276,810 (April 1, 2004 - March 31, 2007)

Wayne Moore, MD, Stanley Hashimoto, MD, David Li, MD, Robert Nugent, MD and Alex MacKay, PhD of the University of British Columbia are looking at the pathological basis of MRI in MS. Their findings will aid in understanding how and where an MS plaque develops and point to the factors responsible for the progression of disease. \$247,680 (April 1, 2005 - March 31, 2007)

Helen Tremlett, PhD and Joël Oger, MD of the University of British Columbia completed their study on prescribed MS drugs (beta-interferons) and liver in conjunction with the Sylvia-Lawry Centre for MS Research in Munich, Germany. While beta interferons can increase the risk of liver disturbances they learned that abnormal liver tests can result independent of this treatment. Results indicate that people with MS need to be careful when using medications that might affect their liver and be alert to any possible symptoms of liver disease.

The MS Society and its' related MS Scientific Research Foundation are able to continue this level of funding commitment thanks to the ongoing support of individual donors, corporate partners and MS Society chapters and units. Research is making a difference in the lives of people with MS today, and British Columbians are contributing in the effort to make it happen.



Dr. Helen Tremlett, UBC has been awarded a \$150,000 Dr. Donald Paty Career Development Award.

MS RESEARCH: Celebrating progress in treatments

■ Almost 150 clinical trials are underway around the world. In BC: The FREEDOMS study is testing fingolimod, an oral therapy to treat relapsing MS. To date, results have been positive.

■ In August, Health Canada approved Betaseron, one of the existing disease-modifying therapies, for treating people with early MS or people who have had symptoms that may be suggestive of a first attack of MS.

■ In October, Tysabri, an intravenous drug to treat relapsing-remitting MS became the fifth Health Canada approved disease modifying therapy.

PROVIDING HOPE FOR A CURE

Thanks to the incredible energy and enthusiasm of event participants, donors, volunteers and staff alike, BC's 2005-06 fundraising events experienced record-breaking success. More than 8,000 participants throughout BC raised \$2 million to end MS – a 12% increase over last year.

Super Cities WALK for MS

\$1,206,445

RONA MS Bike Tour

\$557,857

MS Carnation Campaign

\$79,758



For the year ending August 31, 2006

STATEMENT OF FINANCIAL POSITION

	2006	2005
ASSETS		
Current Assets		
Cash	1,574,136	1,140,416
Short-term investments	6,214	6,214
Accounts & Grants receivable	155,706	380,511
Prepaid expenses	23,672	41,732
	1,759,728	1,568,873
Capital Assets	284,048	335,287
	2,043,776	1,904,160
LIABILITIES		
Current Liabilities		
Accounts payable and accrued liabilities	232,486	177,675
Due to National office	197,472	135,595
Deferred revenue	69,583	54,790
	499,541	368,060
Deferred Capital Contributions	103,720	76,500
Deferred lease benefit	103,523	117,326
Long term liability		
Loan from National office	125,000	125,000
	831,784	686,886
Net Assets		
Invested in capital assets	180,328	258,787
Externally restricted		
- Cohen fund	-	12,082
Unrestricted	1,031,664	946,405
	1,211,992	1,217,274
	2,043,776	1,904,160

For the year ending August 31, 2006

STATEMENT OF REVENUE & EXPENDITURES

	2006	2005
REVENUE		
Donations & Special Fundraising Projects	2,073,790	1,847,939
Direct Mail & Corporate Campaign	456,567	461,680
United Way	135,472	120,775
Grants	208,211	193,509
Investment Income	53,375	54,012
Other Income	41,908	51,921
Memberships	1,055	3,184
Amortization of Deferred Capital Contributions	11,147	8,500
Total Revenue	2,981,525	2,741,520
EXPENDITURES		
Funds remitted to National		
• Research	470,448	356,992
• Programs & Services	256,591	275,161
Equipment Provision Program	113,554	153,423
Client Services	1,084,043	926,066
Public Education	198,752	167,625
Chapter Resources	150,871	130,359
Government & Community Relations	77,665	113,355
MS Clinics	59,785	57,246
	2,411,709	2,180,227
Support Services		
• Administration	405,319	402,265
• Fundraising	169,779	179,485
	575,098	581,750
Total expenditure	2,986,807	2,761,977
Excess of expenditures over revenue	(5,282)	(20,457)



Major Gift Donors & Provincial Sponsors

- | | | | |
|---|---|--|---|
| <p>\$20,000 and up
 Law Foundation of BC
 Vancouver Foundation</p> <p>\$10,000 - \$19,999
 Anonymous
 Bayer HealthCare
 RBC Foundation
 Rosedale Athletic Club
 Serono Canada Inc
 Silex Restorations Ltd</p> <p>\$5,000-\$9,999
 Donald & Barbara Copan
 Face the World Foundation
 Family Foundation
 Florence and Hedley Hipwell Fund
 John & Catherine Clark
 Provincial Employees</p> | <p>Community Services Fund
 Richard Rees
 Tony & Stojna Wind</p> <p>\$1,000-\$4,999
 Anonymous (3)
 Berlex Canada Inc
 BMO Fountain of Hope, Employees' Foundation
 Donald Maxwell
 Don Lehman
 Doris Miles
 Fran Feuer
 Henry K. Shindler Memorial Fund
 Howe Sound Pulp & Paper Limited Partnership
 James & Leslie Hassell
 Joy Wickett
 Les & Brenda Groeller
 Lululemon Athletica Inc</p> | <p>Philanthropy Preceptorship Fund
 Pfizer Canada Inc.
 Richard & Marjorie Sharpe
 Robert Hastings
 Royal Canadian Legion, Branch 21
 Sears Employees Charitable Fund
 Terrence MacKenzie
 United Commercial Traveller
 Vancouver Foundation
 Windsor Lumber
 Wolrige Foundation</p> <p>ESTATES OF
 Anneliese Graef
 Christina Smith
 Eleanor Cresswell</p> | <p>Esmeralda Howard
 Francis Early
 Florence Markham
 Winnifred Smith</p> <p>PROVINCIAL SPONSORS
 Canadian Springs
 Global BC
 The Hydrecs Fund
 Moxie's Classic Grill
 NORCO Performance Bikes
 Purdy's Chocolates Ltd.
 Purolator
 Scotiabank
 Van Net
 Newspaper Group
 WestJet</p> |
|---|---|--|---|

MS Bike Tour Chick Jennifer Carr-Zingle

Since 2001, Jennifer Carr-Zingle has annually recruited her reliable TeamMS of family and friends known as the "Carr Crew". Together for each event including the Super Cities WALK for MS, RONA MS Bike Tour and three MS Global dinner parties, they work towards fundraising for MS. Together they've raised \$33,174 in the fight to end MS, with Jennifer herself raising \$8,216.

But this year was unique, as Jennifer and her Carr Crew "Geared up for the Challenge" in not one but three RONA MS Bike Tours. With a sparkle in her eye she explains, "We really wanted to make it four for four but the Cowichan Valley Grape Escape was the same day as the Vancouver Scenic City Tour. If we could have been two places at once we would have been. Maybe next year..."

Jennifer's positive attitude is contagious and you can't help but be inspired by her. She is also personally motivated to see the Society achieve its mission. Jennifer Carr was diagnosed with MS when she was 22 and first contacted the MS Society to learn just what this diagnosis meant. The knowledge she acquired made the transition of living with MS easier on her

and her family. She doesn't let MS get her down but rather uses it as a motivator to keep going. Jennifer says, "Living with MS makes you appreciate each day - particularly the days when you are symptom free."



Knowing that Jennifer has to cope with different symptoms each day, yet still maintains her smile, one can't help but be motivated. Jean Carr, Jennifer's aunt says "Jennifer is my role model. She is a leader in every sense of the word and challenges us all to set higher fundraising goals - and we do! I am extremely proud of her and our Crew."

Cornered by Global TV reporter Ron Bencze for an interview just moments before the Vancouver ride, Jennifer eloquently explained, "If it wasn't for these events - and the fundraising - we wouldn't have the money to do the research. Research is what found the treatment that enables me to continue to participate - and it is this same research that is ultimately going to find the cure to end MS once and for all."

In recognition of all that Jennifer has done, she was nominated for the 2006, Member Division Award of Merit.



Thank you to our RONA MS Bike Tour cyclists. Together you made MS history - raising more than \$555,000 in the fight to end MS. This is up 35% from last year - the highest revenue increase in Canada!!

**Fraser Valley Grape Escape \$87,670 | Vancouver Scenic City Tour \$243,087
Cowichan Valley Grape Escape \$156,993 | Kamloops Thompson River Ride \$68,242
Happy, Safe Riding - and we look forward to your return in 2007!**

IT'S 100 HOLES - But Who's Really Counting?

It was a rainy, dark September morning yet 27 'professional' golfers (professionals in the 'executive' sense) braved the elements to play 100 holes of golf. Just another day on the course? Not exactly. This dedicated group raised a record breaking \$120,000 to 'drive' the cure for MS.

"How fitting to break the \$100,000 mark in the 10th anniversary of the MS 100 Hole Golf Challenge," exclaimed Derek Lunden, who played from his wheelchair in the inaugural year and was emcee of this year's event.

To participate, each golfer commits to raising \$1,500. In exchange they receive the 'royal treatment' - personalized golf carts, meals, massages, even on-course refreshments. Some have MS. Some know someone with MS. But all agree that making a real difference in the fight to end MS is what 'drives' them.

Soren Schou is an eight year veteran. He was also diagnosed with MS eight years ago. "The day is a lot of fun and I've made many new friends. You really feel like a pro out there, having others pay you to golf. Sure, you don't get the money personally, but if playing 5 1/2 rounds of golf can help find a cure for MS, then sign me up for 10 more years!"



Self-professed non-golfer Harmony Poisson (and BC Division board member) was the only female golfer on the roster. While she insisted that no one add up her score - she was quick to add up her top fundraising total of \$14,255. Her fundraising secret? "I start early in the spring and e-mail everyone I know. They also know that it's a great day for a great cause."



SAVE THE DATE... 2007 Super Cities WALK for MS

Vancouver Island **April 15**
Lower Mainland/Fraser Valley/Interior **April 22**
Prince George **June 10**

REGISTER TODAY @ www.supercitieswalk.com

VLAP Ensures Justice is Served

The Multiple Sclerosis Society of Canada's Volunteer Legal Advocacy Program (VLAP) supports individuals who are unable to afford legal assistance and are ineligible for any other legal support. Its ongoing success is directly attributed to the hard work and commitment of lawyers from twenty-six firms, including a successful partnership with Davis & Company in Vancouver. Since its inception, the program has helped more than 800 clients gain access to justice.

Kenneth Armstrong, a 5 year volunteer with the program, is proud of the legal profession's involvement in the community and is well aware of the difference his legal skill set and knowledge can make in the lives of people affected by MS. Many are often faced with a variety of legal challenges, such as human rights, employment equity, insurance, income security, estate planning and family law issues. They are also often forced to leave the workforce prematurely, greatly diminishing their financial security. For many, income is procured solely from disability benefits; moreover, MS symptoms pose challenges to self-advocacy, self-care and financial management.

Ken originally got involved with VLAP because of a personal connection. His father was diagnosed with MS in 1995, so he understands first-hand the impact MS can have on a family. When he came across an

advertisement for VLAP lawyers. "It seemed like a natural way to help. Not only has this been an opportunity to learn more about how others deal with MS, but it has also provided a way to make the world better for people like my Dad."



One of Ken's VLAP files ranks as "one of the three most satisfying files of my career." The particular case involved a denial of disability insurance against a client that Ken describes as "a good, hard-working person who really didn't deserve any grief from her insurer." The employer argued that since no firm diagnosis of MS had been given, the client was not disabled by illness. Negotiations were initially fruitless, but after a hard fought case that ultimately resulted in a judicial settlement conference, the matter was settled to everyone's satisfaction.

"Lawyers are able to help someone who might not otherwise be able to have access to justice," explains Ken, "and that is the power of VLAP. I'll continue to make a difference in the lives of those affected by MS as long as I can."

Making a Difference the **BEST** way

You never know in life who you might inspire - and what the outcome of the relationship might be.

Ulf von Dehn, President and owner of BEST Facilities Services, is a community minded citizen who understands the importance of giving. This year the company that he founded turned fifty years old. To commemorate the occasion he decided to give a substantial donation to five charities, and included the MS Society of Canada on his list of recipients. Ulf chose the MS Society to honour a dear friend affected by MS, Ken Armstrong Sr., the father of VLAP volunteer lawyer, Ken Armstrong.



Ulf believes that, "The energy that you put into something should be less than the energy that you get out." Ulf's generous donation of \$10,000 to the MS Society is proof of that philosophy. His gift will go far to support our mission - funding world-renowned MS research and providing programs and services to enhance the quality of life for those affected by MS.

A future free from MS
is yours to give.



1.866.MSWILLS (1.866.679.4557) or msbequesthelpdesk.ca

THE POWER OF EXERCISE A Professional Point of View

Physical, emotional, spiritual and mental; all these aspects of well-being can be greatly improved by regular, appropriate exercise. For a person with MS the news is even better as exercise can improve balance, stability, range of motion, endurance and, yes, even energy!

The key to exercise and MS is that word appropriate. As people with MS experience a wide range of symptoms, tailoring an exercise program to individual needs is the key to success. This is where a physiotherapist like Robert Johnston can help. Johnston practices at the UBC MS Clinic and dedicates his time only to neurological physiotherapy. Johnston says the important thing to remember about MS is that the damage is to the central nervous system. The key is finding what will work to get enough of a message from the brain to the muscles to get a training effect.



"Most neurological patients are holistically complex to deal with. That is both fascinating and challenging because you're dealing not only with the physical but also the cognitive level and emotional state," Johnston says. His role is to identify exercises that are ideal, help patients understand fatigue (when to stop, when to push) and to tap into potential. He recognizes that fear limits people so much it can be difficult to get started but given the right tools amazing things can happen.



One of the most dramatic changes Johnston has seen was in a patient in a post-relapse phase that was afraid to even leave the house. With support and determination, that patient was soon walking the seawall by themselves with improved strength, balance, endurance and confidence.

That element of success is important to keep people motivated, so Johnston looks at how creative he can be to keep people on track. A good first step is to get into an aquafit or adapted yoga program. Soon the routine becomes reinforcing. Or start at home with stretching and/or a walking program. Whatever activity you choose, seek out support to keep you on track at a local community centre or through your local MS Society Chapter.

ONLINE RESOURCES

MS Society Publications/Videos:

www.mssociety.ca

Everybody Stretch

A physical activity workbook for people with various levels of multiple sclerosis.

search:
'everybody stretch'

Multiple Sclerosis and Fitness

A guide for people with multiple sclerosis.

search:
'dive into life'

Sit and Be Fit

A stretching and toning workout video for people with MS, led by Mary Ann Wilson, RN.

www.collagevideo.com

search: 'sit & be fit'

Int. Taoist Tai Chi Society

www.taoist.org

www.hc-sc.gc.ca
www.bodybreak.com

YOUR LOCAL CHAPTER CAN KEEP YOU MOVING

"The MS Society invested in my wellness and helped me afford a fitness membership. Since joining I am exercising regularly and losing weight in an environment of support and positive energy. I feel stronger and am more stable on my feet. My energy level has increased and I sleep better at night. I have improved bladder control too. I have met many new friends and renewed past relationships through my membership. I am seeing results and feeling great. Thank you for your support." (Member, West Kootenay Chapter)

■ The **Capital Region Chapter (CRC)** in Victoria offers weekly classes in chair exercise, yoga and ball exercise at their MS Centre and aquatics at a local community centre. Clients are also welcome to use the equipment in the physio clinic, including motomed bikes, standing frames and a "lite gate" treadmill.

Last spring, the CRC in Duncan offered gym introduction sessions to clients who had never been to a gym. Support to become a gym member was also provided to those who couldn't afford it. They also introduced nordic walking with great success. Community Services Coordinator Anne Muir says, "It was inspiring to see how more adept and balanced cane users became when using two poles vs. one cane."

■ The **Central Island Chapter (Nanaimo, Parksville & Qualicum)** offers a gym program, yoga program and swim classes with gym membership subsidies available. Port Alberni is investigating yoga.

■ The **West Kootenay Chapter** is so geographically spread out it is difficult to organize exercise programs. However, a program has been developed where every member in the region can apply for a \$200 annual subsidy. Members can choose strength training, swimming, pilates, yoga, water aerobics and more. One woman received permission from the Board to put her \$200 subsidy towards the purchase of an electric bike so she could go riding with her children. Community Services Coordinator Lonnie Fachina reports, "She pedals until she gets tired then switches to the motor to get home. Her kids are thrilled that their Mom can play with them again."

■ Those in the **Lower Mainland Chapter** can join the MS Dragon Boat Team 'Off Balance'. Co-founder Sydney Spraggs explains "paddling depends on core body strength not leg muscles, so it is a great activity for those affected by MS. It's a great team sport, great fun, and has that added thrill of competition."

BC ROUNDUP

CAPITAL REGION CHAPTER (CRC)

Victoria's HtO Open Water Swim for MS presented by Coast Capital Savings was held at Thetis Lake on July 30th. More than 220 swimmers from ages 8 to 74 participated (mostly members of local swim clubs), navigating 800m, 1.5km, 3km and 5km courses - and set a new event fundraising record of \$36,000. Even gold Olympic medalist and MS Society of Canada spokesperson Simon Whitfield "took the plunge", a worthwhile training opportunity before heading to China for an international triathlon competition.



Duncan's United Way kick-off featured board member Don Dufour who spoke of when he was first diagnosed with MS. He emphasized how important the MS Society (a United Way member agency) was to him, providing information and support to help him cope with the changes that living with MS brought to his life. Don also spoke about how important it was to have help available in the Cowichan Valley - a community very grateful for the United Way's support. (note: not all MS Society of Canada Chapters receive United Way funding)



NORTH VANCOUVER ISLAND

We WALK. We Bike. And in the North Vancouver Island Chapter they "Ski for MS"! Spearheaded by Mount Washington's Snow School Director, Mike Manara whose close friend was recently diagnosed with MS, the momentum for this pledge-driven event continues to build. Presented by Investor's Group, skiers will "head to the slopes" of Mount Washington on Sunday, Jan 21st. Mount Washington has even named the MS Society as their charity of choice this season. Out-of-town skiers will be given a special rate at the Crown Isle Resort in Courtenay. To register call 250-339-0819

WEST KOOTENAY

From selling Avon and coordinating fund raising events & workshops, to Board member, Marilyn has been one of the reasons why the West Kootenay Chapter is flourishing. And while she now requires a wheelchair she hasn't slowed down a bit. She's their busiest peer support counsellor, produces the Chapter newsletter, and has even designed a website so local members can get information and "chat". Marilyn Smoch has made it her mission to further our mission and make life easier for people affected with MS. Thanks Marilyn for all you do!



OKANAGAN

The Okanagan Chapter invites one and all to "Get Away and Play" in their first-ever raffle. Gratefully donated prizes include a WestJet getaway for two to any Canadian WestJet destination; a Big White Ski Resort getaway; an escape to Prestige Mountain Resort (Rossland); or a weekend at the Coast Capri Hotel in Kelowna. To purchase tickets contact either office (see below). Tickets are \$5 each and are on sale until December 17.

British Columbia CHAPTERS

Capital Region

- Duncan 250.748.7010
- Victoria 250.388.6496

Central Island 250.754.6321

Fraser Valley 604.853.8623

Kamloops 250.314.0773

Lower Mainland 604.689.3144

North Vancouver Island
250.286.0999

Okanagan

- Kelowna 250.762.5850
- Vernon 250.542.2241

Prince George 250.564.7074

South Okanagan/
Similkameen 250.493.6564

West Kootenay 250.229.4994

There are more than 40 independently run self-help groups in BC. To find a group near you call your Chapter or 1-800-268-7582.

ARE YOU A MEMBER?

As a member of the MS Society you: Have a say in the future of the MS Society | Allow us to speak with a more powerful voice on behalf of Canadians with MS | Receive Chapter, Division and National newsletters | Have access to MS Society programs and resource library

Annual membership \$10
Become a member today!
1-800-268-7582

MS HOPE MS HEROES

If you are receiving a copy of MS Hope MS Heroes for the first time - it is because you have been identified as one of our MS Heroes who has made a real difference in the fight against this disease. As a member, donor, sponsor, volunteer, event participant, or researcher - you are part of our world - a world that wants to end MS.

If you would prefer to receive this newsletter as an e-mail - or simply wish to be removed from our mailing list - please contact us at 1-800-268-7582 or info.bc@mssociety.ca.

Thanks for your support.

MShope MSheroes Fall 2006

Editor/Writer: Jodie Wilson | **Contributors:** Gab Veto, Peter Beaudin

Designer: Michelle Reaney | **Cover Photos:** Sharon Barnes

Published 3 X's a year, MS Hope MS Heroes is intended to provide news and information to those living with MS, their families, caregivers, medical professionals and other stakeholders. Information/opinions contained in this newsletter are obtained from sources believed to be reliable, but their accuracy cannot be guaranteed. The MS Society does not approve, endorse or recommend specific products or services and respects an individual's right to make their own health management decisions. However, we can provide information to assist people in their decision process. For specific, personalized information, please consult your physician or other health care professional.

MS Society of Canada | BC Division | 1501-4330 Kingsway,
Burnaby BC V5H 4G7 | Ph. 604-689-3144/1-800-268-7582 | email:info.bc@mssociety.ca
| www.mssociety.ca | Charitable Registration # 10774 6174 RR0002