

# MShope MSheroes

WINTER 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.



# WALK FOR MS



Publications Mail Agreement No. 40063333

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

1.800.268.7582 | [mssociety.ca/bc](http://mssociety.ca/bc)



*A future free from MS is yours to give.*

**May 29 - June 2**

**MS** Bequest Week

1-866-MSWILLS (1-866-679-4557) or [msbequesthelpdesk.ca](http://msbequesthelpdesk.ca)

## BOARD CHAIR MESSAGE

The year has just begun and already it is a busy and exciting one.

From a new national website (mssociety.ca) to the launch of the online registration system, it's become even easier to find info and to sign up for your favorite fundraising event. This year our BC Fundraising Team has a full complement of new faces and energy as we gear up for the busy season ahead. An event deserving special mention is the MS Carnation Campaign. As our oldest fundraiser, it celebrates 30 years of blooming, with more than \$39 million raised since 1976. Be sure to pre-order your Mother's Day carnations and celebrate with us.

On the research front, results of a study spearheaded by researchers at UBC have already made National headlines providing insight into how MS progresses. The more we learn about MS - the closer we will be to finding the cause and the cure. Treatment is also critical. The UBC Clinic currently has 14 trials ongoing and are hopeful for discovering better ways to treat MS and its symptoms.

Provincially, our BC Division Board welcomes four new Board members, Harmony Poisson and Marilyn Lenzen (Vancouver), Linda Pickering (Prince George) and Dan Carlson (West Kootenays). We have also struck a search committee to seek a new Division President. In the interim, we are grateful for the leadership role provided by Janet Palm, Director of Client Services, who has stepped up to the Presidential plate. Recognizing the need for immediate action given January's election she brought Helen Kalke on board to take the lead on Government and Community Relations.

MS Hope MS Heroes replaces the MS Bulletin as the new BC Division newsletter. Produced for a substantial cost savings, it has given us the opportunity to expand distribution beyond our membership. Its readership now includes sponsors, volunteers, TeamMS captains and top fundraisers - those who are equally dedicated to our cause.

We welcome stories of hope and heroes from throughout the province - we need to hear from you. Stories of hope could include your participation/experiences in our events, medical trials, or how our programs and services have made a difference in your life. Stories of heroes are those who inspire us despite the challenges that MS has created. Please submit feedback, stories/story ideas, photos for future issue consideration to info@mssociety.bc.ca.

We wish you all a year full of MS Hope and Heroes.



**Don Carroll, Board Chair**  
MS Society of Canada, BC Division

## 2005 AGM & Wellness Conference

The AGM and Wellness Conference was well attended by those anxious to learn more about wellness and MS from speakers Dr. Virginia Devonshire (UBC Neurologist), Brian Hutchinson (Heuga Center) and a "wellness" panel including Nancy Chamberlayne, M. Allison Reeves, Ian Spilde and moderator Jan Staebell.

Special thanks to our Capital Region Chapter for their warm hospitality, Sponsors Berlex and Bayer, and to the Millennium Stars Support Group, of Victoria who sponsored The Heuga Center presentation.



## CELEBRATING OUR 2005 MS HEROES

**Wednesday, October 19, 2005.** On the outside, it was just another cold, "Wet Coast" blustery autumn day. But for those that filled downtown Vancouver's Coast Plaza Ballroom to capacity a heartwarming event was about to unfold as the MS Society of Canada, BC Division paid tribute to its' 2005 MS Heroes - those who give so much to support all that we do.

Eloquently emceed by Gabrielle Veto, longtime volunteer, former board member and 2003 President's Award winner, Gabrielle kept the evening flowing smoothly and even added pre-event room décor advice to spruce things up.

Our inspirational guest speaker was Lori Wikdahl. As the first woman with a disability to walk across Canada, Lori described two journeys - that of her walk across this country and her daily fight against MS. If ever there was a person who could inspire those who already give so much to the cause to contribute even more, it is Lori - a sentiment that came from more than one award recipient after the event.

One of the most prestigious awards of the evening, the 2005 Presidents Award, was presented to BC Division Board Director Wendy Galt. As an active member of the MS Society for 10 years, Wendy has served on the Lower Mainland Chapter Board and Public Education Committee and chaired the Division Client Services Committee. She also spearheaded the Lower Mainland Wellness Group and has provided counsel as part of the Peer Support Program. A super organizer, Wendy has been a key player in the development and growth of the Super Cities WALK in the Tri-Cities - a site that realized a 14% increase in funds raised last year.

The MS Society of Canada, BC Division extends congratulations to our award recipients - and a thank you to all of those who make the MS Society a part of your life. Your support of our quest to find a cure for this disease and provide services and programs that enhance the lives of 8,000 British Columbians affected by MS inspires us all. We are grateful to have you in our midst.

### NATIONAL BC AWARDS



**Wendy Galt**  
Presidents Award



**Debbie Hazlett**  
Member Award of Merit



**Myrna Hastings**  
Opal Award for Caregiving

Photos: A. Rognstad



**Law Foundation of BC**  
Non member Award of Merit

### PROVINCIAL AWARDS

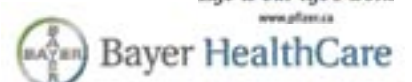
**Sigalet & Friends (Shutout MS)** Certificate of Excellence Group  
**Highland Van & Storage** Certificate of Excellence Company

Fundraising winners were published in the Fall 2005 MS Hope MS Heroes newsletter.

**Thank you to Bayer & Pfizer** for their sponsorship of our recognition event.



Life is our life's work  
www.pfizer.ca





## ATTITUDE AND PERSISTENCE MAKE THE DIFFERENCE: Living with Progressive MS

by Gabrielle Veto

Increasing disability awareness, bolstering self-esteem and giving a voice to those who feel they don't have one.

These are the goals of the new registered charitable organization called CDIA, the Canadian Disabled Individuals Association. The group is the brain-child of Ron Didur, a name and face many involved with the MS Society will recognize. Diagnosed with MS in 1989, Ron quickly became a friend and volunteer with the MS Society - and then some.

Ron is a visionary. His goal was to start his own association to further assist and enhance the lives of persons with disabilities, including those with MS. Ron admits that the idea for a new organization was born from frustration, "I was volunteering with the Vancouver/Richmond Health Board when discussions began to centre on the amalgamation of services and facilities. To me, these discussions seemed to lack a focus on the most important issue; the needs of their clients - those with disabilities."

It took 5 years to get the group off the ground because as Ron says, "I don't move that fast and in the beginning was doing almost everything myself." But attitude and persistence are the hallmarks of Ron's approach to life. "I guess I'm a bit like a ball of yarn. There's a lot in my head and heart to keep me going, and I've got good friends and a supportive wife of 11 years to help me get there." Incorporated in 2000, CDIA has developed ideas for essential programs from classroom/school education to expanded resources for children, their families and caregivers.

All that yarn in Ron's head might also be one of the reasons he's about to become a published author. As if starting a whole new charity wasn't enough Ron has written a book, *Life Side Up*. It's a 128 page novel written about attitude and persistence, messaged in a love story. The book will be a fund-raiser for CDIA. Look for it in the next couple of months.

Ron Didur has had many roles in life from being a recreational pilot to working in radio and TV, and MS has not slowed him down. No matter what life throws at him he knows that with attitude and persistence he can achieve his dreams.

- For more information on the Canadian Disabled Individuals Association - [www.disabledindividuals.ca](http://www.disabledindividuals.ca)
- Living with Progressive MS is a new booklet acquired by the BC Division Resource Library. Order a free copy by contacting the BC Division office or download it at [www.mssociety.ca/en/information/pubs.htm](http://www.mssociety.ca/en/information/pubs.htm)

## Income Tax & Allowable Medical Expenses

### Eligible medical expenses include payments for:

- a medical practitioner, dentist, nurse, or public or licensed private hospital;
- artificial limbs, wheelchairs, crutches, hearing aids or personal assistive listening devices, prescription eyeglasses, contact lenses, dentures, pacemakers, prescription drugs, and certain prescription medical devices;
- guide and hearing-ear dogs and other animals;
- private health care services plans (except those paid by an employer);
- adapting a vehicle, (prescribed by medical practitioner) to transport a person with a disability or for a device (prescribed by medical practitioner) that enables an individual with a mobility impairment to operate a vehicle;
- adapting a van (20%) to accommodate a wheelchair if it has been previously adapted, is adapted upon purchase or within six months of purchase date (minus the cost of adapting the van as prescribed by medical practitioner. Limit \$5,000);
- an air conditioner (50%) prescribed by a medical practitioner for an individual with a severe chronic ailment, disease, or disorder. Limit \$1000;
- altering the driveway of the main residence of an individual with prolonged mobility impairment who requires bus access;
- professional sign language interpreters for those who have speech or hearing impairments;
- real-time captioning, paid to professionals who provide such services, for those who have speech or hearing impairments;
- note-taking services (as prescribed by a medical practitioner) paid to persons in the business of providing such services, used by individuals with a mental or physical impairment;
- voice recognition software (as prescribed by a medical practitioner) used by individuals with a physical impairment;
- you or a relative to learn how to care for a relative who has a mental or physical infirmity and who is in your household or is dependent on you for support;
- for medical treatment that is not available locally (travel expenses may also be included).

For more information about claiming medical expenses on your income tax, contact Canada Revenue Agency at 1-800-959-8281 or [cra.gc.ca](http://cra.gc.ca)



### DID YOU KNOW?

- a disability doesn't have to be as severe as many people think - if MS is 'markedly restricting' your daily living you may be eligible for disability tax credits and refunds
- there are 6 disability tax credits that are available.
- it is possible to transfer eligible tax credits from the person with a disability and low income to a family member with a higher income who pays taxes.
- You should consider split income levels, family and doctor relationships, residency, timing and unclaimed eligible medical expenses. Significant retroactive refunds can be retrieved for up to 10 years!
- Be taxwise- it might be worth it to see a tax professional to determine your eligibility for tax savings

## CLINICAL TRIAL UPDATE FROM THE UBC MS CLINIC

by Wendy Morrison

The Clinical Trial Research Group at the UBC MS Clinic continues to actively research new methods of treating multiple sclerosis. We are busier than ever with both new and ongoing clinical studies of new treatments for symptoms associated with MS and to treat the disease at most phases of the disease.

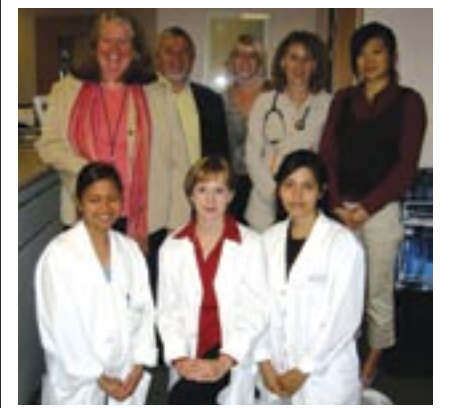
Last year's major disappointment was the discovery of a serious side effect associated with Natalizumab (Tysabri®). Treatment in all studies was stopped and the drug withdrawn from the US market, where it had already been approved. Our UBC participants underwent extensive safety evaluations and are still hoping to resume treatment once the drug's safety is reestablished. The whole experience reminded us all that the sometimes tedious process of testing and monitoring new treatments is designed to detect such problems as soon as possible in the controlled setting of a study and to protect the public.

The success of our research efforts is for the most part due to the enthusiasm and cooperation of our volunteers. We remain committed to seeking out effective, safe treatments for MS and its symptoms across the course of the disease. We currently have 19 ongoing clinical trials taking place at the UBC clinic, 14 that are well under way and 5 of which we are still actively recruiting subjects for. These include tests on:

- High intravenous doses of vitamin B12 in conjunction with interferon medication. (Avonex, Betaseron or Rebif) (Transition Therapeutics Inc)
- MBP-8298 in treating secondary progressive MS. Evidence suggests MBP-8298 may delay worsening of disability. (BioMS)
- Teriflunomide in treating relapsing MS (a phase 2 study determined that teriflunomide seems to lower the average number of active brain lesions per MRI scan) (Aventis) \*
- Cladribine, an oral medication that can suppress immune cells that play a role in causing immune attacks in relapsing remitting MS. (Serono International)\*
- FTY720, a powerful suppressor of immune cells for relapsing MS that generated positive results in a Phase 2 study (Novartis)\*

Anyone interested in participating in a clinical research study should discuss it with their neurologist. All of our studies have strict participation criteria such as specific findings on MRI scans or recent evidence of disease activity. To determine whether you might qualify, contact the UBC MS Research Office at 604-822-1756.

\*Phase III studies are designed to test the safety and effectiveness of new drugs. They are longer in duration and generally require less monitoring and MRI's.



UBC Research Group From left (rear): Wendy Morrison, Dr. Joël Oger, Shannon Muir, Nancy Bogle-Tardiff, Shae Hui, (front) Ellie Rosseto, Tara Martin, Parveen Thind

## DISABILITY PROGRESSION IN MS SAME FOR MEN & WOMEN

For years it has been thought that men became disabled far more quickly than women when it came to MS disease progression. However, recent research results from a study that challenged this perception indicate that disease progression is the same for both sexes in terms of the age when people require a cane to walk. The study, funded by the MS Society of Canada, involved 2,837 British Columbia residents registered with one of the four MS clinics in BC. Average disease duration for the group was over 20 years.

"Using the Expanded Disability Status Scale (EDSS), the research team determined that men and women with MS require a cane, 6 on the scale, to walk at around the same age, 59 and 60 respectively," said Dr. Helen Tremlett, lead investigator and assistant professor at the Faculty of Medicine, University of British Columbia. "By examining the absolute age of when this level of disability occurs, we have a better understanding of the natural course of MS."

The study also showed that progression to EDSS 6 is slower than previous studies, reaching this level, on average, 27.9 years from onset. An earlier study from London, Ontario showed average length from onset to this level to be 15 years.

"Natural progression studies like this are vital," said Dr. William McIlroy, National Medical Advisor for the MS Society of Canada. "Information gleaned from such studies can help guide prognosis and facilitate decisions regarding initiation of drug therapies."

The study also challenged the perception that disability due to MS was worse when diagnosed later in life. The researchers concluded that on average, those who were diagnosed in their 20's required a cane by age 55. This same level of disability was reached at age 71 for those diagnosed at age 50 and up.

The study has been published in the January 24th issue of *Neurology*. Dr. Virginia Devonshire, Director of the MS Clinic at UBC and Dr. Donald Paty, who passed away last year, co-authored the study.

**Expanded Disability Status Scale (EDSS) is an internationally endorsed method of quantifying disability in multiple sclerosis.**

Eg. 0 = no disability; 6 = cane, 8 = wheelchair. To learn more visit <http://www.nationalmssociety.org/Sourcebook-EDSS.asp>



Dr. Helen Tremlett

### DID YOU KNOW?

**The MS Society of Canada funds Canadian studies such as this through funds raised at events like the Super Cities WALK for MS and the RONA MS Bike Tour. Be a part of history and join us - as we work together to find a cure!**

**The 2006 Super Cities Walk for MS - 22 Sites Across BC****April 9**FRASER VALLEY  
LOWER MAINLAND  
VANCOUVER ISLAND**April 23**

INTERIOR

**June 11**

NORTHERN BC

For registration information, site locations and start times please call your local MS Society Chapter or 1-800-268-7582 or go to [supercitieswalk.com](http://supercitieswalk.com)

"This spring more than 6,000 British Columbians will come together in 22 communities throughout BC to join together in the fight against MS as participants in the Super Cities WALK for MS. Last year this annual event made fundraising history in BC, reaching, then surpassing one million dollars to achieve \$1,135,631.



Our goal is to continue to make fundraising history so we can make MS a disease of the past. It is widely believed that our Canadian researchers are playing a pivotal role in finding the cause and cure for MS. Your support funds this world-renowned research and provides programs and services to enhance the lives of the 8,000 British Columbians living with MS.

Over the past decade we've made great strides in finding effective treatments – we feel the cure is just around the corner. Be a part of history. Please register for the Super Cities WALK for MS and join the fight against MS today."

**Kevin Newman****2006 Super Cities WALK for MS Honourary Spokesman,  
Anchor & Executive Editor, Global National News****THE HAZES TEAMMS DIFFERENCE**

Debbie Hazlett, of White Rock, is an extraordinary wife, mom and volunteer. Diagnosed with MS five years ago she has also made a tremendous impact on the annual Super Cities WALK for MS. As chair of last year's White Rock Walk Committee she steered this site to a 38% increase in funds raised. But she insists it was a team effort.

"I have MS, and it's important to me that we raise money to find a cure and to help raise money for people with MS," she explains. Leading by example, last year she recruited a team of 53 friends and family members to her TeamMS "The Hazes" who went on to raise \$19,059 and become one of the top fundraising teams in BC.

Debbie feels she is very lucky to have such a large group of friends and family who support her, especially her husband Alex, and looks forward to recruiting even more TeamMS members to this year's "The Hazes" team. She is also grateful to the MS Society and the role they play providing programs and services for those with MS and raising funds to support research to find a cure.

"When I was diagnosed with MS I was overwhelmed, scared and didn't know what to do. My doctor told me to contact the MS Society where I received both information and support to help me cope," says Debbie.

Debbie now gives back to the MS Society in more ways than one. While she is a donor herself and an incredible fundraiser, she also sits on the Lower Mainland Chapter Board, is a peer support counselor and self-help group facilitator.

In recognition of the tremendous impact Debbie Hazlett has made to the MS Society of Canada, she was this year's award recipient of the Member, Division Award of Merit. Congratulations Debbie – and thanks for your tremendous TeamMS spirit. We know that "The Hazes" will be out in full force on April 9 in White Rock cheering you on as you lead the fight against MS.



There is a contagious energy that comes from being part of a team – and all it takes is a team captain and at least 3 other team members. It's motivating, fun and rewarding come event day when you are all walking together for the same cause. Sign up your TeamMS today – and we'll send you all the tools you need to help you succeed!

Contact Rebecca Diduch  
at 1-800-268-7582 or  
[rebecca.diduch@mssociety.ca](mailto:rebecca.diduch@mssociety.ca)

## MS Hope hits the airwaves



On Wednesday, April 12, multiple sclerosis will touch the lives of more than the 8,000 British Columbians who have MS. For on this day, the MS Society of Canada in BC will get to tell its story of how they are making a real difference in the fight against MS on one of the top radio stations in the region, The Beat 94.5 FM.

Augmenting their regular on-air programming for the day to broadcast the first ever MS Society of Canada Radiothon, listeners of The Beat 94.5 FM will get to hear personal stories of individuals who have MS, the challenges this disease creates and find out from researchers and clinicians what is being done to find out what causes MS, how to prevent it and ultimately find a cure for this unpredictable disease.

"When The Beat found out how many people, particularly young people in their prime of life were affected by this disease in Canada, we wanted to do something," says Chris Myers Program Director at The Beat 94.5FM. "As Vancouver's #1 Hit music station, with 300,000+ listeners per week, we'll be able to educate so many others. We're happy to be involved with this inaugural initiative to support the MS cause."

The MS Radiothon will broadcast live from 6 a.m. to 6 p.m, just down the street from the UBC MS Clinic at the Student Union Building . While expecting to build awareness of what multiple sclerosis is, the event will also provide a meaningful opportunity for volunteer involvement from our members and supporters, and is a chance for listeners to make a difference by investing in programs that enhance the quality of life for those affected by MS.



*For Mother's Day weekend, bring hope to British Columbians with multiple sclerosis by purchasing carnations.*

**Pre-order carnation bouquets for your office by March 31 for delivery on May 11 & 12.**

**Contact 604.602.3218 or [esther.jang@mssociety.ca](mailto:esther.jang@mssociety.ca)**

*Watch your donation blossom into a cure*

**For more information about how you might become involved with the MS Radiothon, please contact Erna Mead at (604) 602-3203.**

## "ROWED WARRIORS" PADDLE & PEDAL TOWARDS A CURE



Dr. Corree Laule, was captain of last years Fraser Valley RONA MS Bike Tour TeamMS the "Rowed Warriors". She also knows first hand how funds raised at events like the RONA MS Bike Tour work in the fight against MS. As a researcher at the MRI clinic at UBC Hospital, Corree's position is funded by the MS Society of Canada. Her work in MRI research is moving us forward in our understanding of how multiple sclerosis works so that others in the field can then develop a cure.

To give back to the MS Society and to encourage awareness of MS, Corree invited colleagues and rowing friends to join her "Rowed Warriors" team which last year raised \$4,788. They are already training for this year's event – and raising funds too.

The Fraser Valley Grape Escape is a 2-day, 130 km, RONA MS Bike Tour event that takes place June 17 & 18. An all inclusive, fun-filled cycling wine tour of this internationally acclaimed wine country – it is one of four fantastic RONA MS Bike Tours taking place this summer to raise funds for the MS Society.

[www.msbiketours.com](http://www.msbiketours.com)

**Fraser Valley Grape Escape – Jun 17 & 18**  
**Vancouver Scenic City Tour – Aug 13**

**Cowichan Valley Grape Escape – Aug 12 & 13**  
**Kamloops Thompson River Ride – Sept 10**



Fall session starts in September. Help Turn a Page in the Fight for MS

Golf "Dawn to Dusk" on Sept 18th at Carnoustie Golf Club. Register Today!

**FOR MORE INFO CALL 1-800-268-7582**



## THE WILL AND THE WAY

### Artist Karen Chapnick Makes it Happen

Karen Chapnick was a UCLA undergrad when the "artist within" began to emerge. By the time she graduated with a Masters in Fibre Art – she also had confirmation of a MS diagnosis – but nothing was going to stop Karen. In 1976, she moved to Vancouver and set up her studio. Her first major pieces were braided dyed sisal hangings. These later evolved to become beautiful showcase wall hangings of braided painted fabrics. Her artistic talent soared, with several solo shows in public and commercial galleries and she won many awards.

By 1988, the disease began to take its toll and Karen required the use of a wheelchair. Shortly thereafter the disease progressed further affecting her upper body strength and the fine movement of her hands. Unable to work with heavy fibres, yet full of visions and ideas, Karen adapted her work medium and began to paint.

By 2000, Karen could no longer raise her arms or move her fingers, making even painting impossible. Optimist and still with the will and the need to express herself visually, she ingeniously devised a way for her creativity to be unveiled. In a way it can be called 'painting with her mouth' as she vividly describes to her two caregivers the images dancing in her mind. They put paint to paper, taking care to work to her exact specifications, and they make her visions come alive.

Despite the fact that her outward movement is limited, most of Karen's paintings since 2000 have been artistically created to give the illusion of movement. Upon meeting Karen it is the sparkle in her eyes and her 'joie de vivre' that is most notable. Her paintings are very much a true reflection of her spirit within as they appear to dance off the paper.

Karen is bound and determined to keep on moving despite the obstacles MS has put in her way. Where there is a will, there is indeed a way in Karen Chapnick's world - and we are grateful for the way in which her world brightens the lives of so many through her artistic talent.

**Karen Chapnick's 'Movement & Abstraction' exhibition was recently held at the Jewish Community Centre of Greater Vancouver with proceeds of sales donated to the MS Society of Canada. She has also generously donated a painting to the MS Society of Canada, BC Division.**



A. Rognstad

## PARALYMPIAN CURLER SETS HIS SIGHTS ON GOLD

by Gabrielle Veto

Wheelchair curling makes its Winter Paralympics debut in Torino, Italy in March with 3 of the 5 Canadian mixed team members from BC - including Gary Cormack from Surrey, BC.

Always a sports enthusiast, Gary started curling in 1967 while attending North Vancouver Senior Secondary. Diagnosed with MS in 1986, he had already investigated a number of sporting options when the disease progressed to the point where he required a wheelchair. He found his niche, wheelchair curling, in 2002 and has excelled very quickly to world calibre playing on the provincial team for just 2 years.

"When the Paralympic officials called saying I'd been short-listed for the Canadian Wheelchair curling team it was a dream come true" says Gary. That was back in May of 2005. After months of training camps and bonspiels across Canada and Europe all the hard work paid off and Gary Cormack is heading to the Paralympic Winter Games.

Gary has been very actively involved with the development of this sport and he explains that in wheelchair curling, since there is no sweeping, accuracy and skilled throwing are everything. His determination and passion for the sport is obvious, especially his motivation to compete as a world-class athlete with MS. "It's very competitive and that keeps me going. It's great to be with a team of other competitive people with disabilities to see what they're going through and to share experiences."

Gary realizes that competing at an Olympic level isn't for everyone but he is an advocate of sport for well-being. "Whether you go hand cycling, swimming, strolling, rolling or walking just get out and do something," he advises in true coach fashion. "It's positive for mind and body. The more you do, the stronger you are, and it's contagious - you'll get even more people involved."



At 55, Gary, the oldest team member never thought being on a Canadian Olympic team would happen to him. Now he and his wife are juggling practices, media calls and all the other details of world-class competition.

For Gary, all the hours of practice and competition are paying off. Canada's chances are excellent and the gold medal is the goal. In March, we'll be cheering for you Gary as you and your team **Go for Gold!**

\* For more information visit [paralympic.ca](http://paralympic.ca)



# BC ROUNDUP



## BC DIVISION - VLAP Crosses the U.S. Border

The MS Society's Volunteer Legal Advocacy Program provides legal advice and advocacy to people living with MS in the Lower Mainland, Victoria, Nanaimo, Kamloops, Kelowna and Prince George. A mere pilot project in 2001, it is now generating interest across Canada and the US. Last Fall, Adrienne Boothroyd, VLAP Coordinator, presented at the National Multiple Sclerosis Leadership Conference in Atlanta, Georgia. Well received, Chapters throughout the US are requesting more information so that they may implement the program in their communities.

If you require legal/advocacy assistance or would like to volunteer for VLAP please contact us at 604.689.3144.

## PRINCE GEORGE - Santa's Helpers

Each fall, the motorcyclists of Prince George hold a toy run for the Salvation Army. Not to be outdone - some of our Prince George clients chose to join them, riding alongside the 450+ bikers in their scooters! A great time was had by all on this beautiful crisp sunny day. Thanks to all who helped spread some Christmas joy to children in need.



## FRASER VALLEY - Welcome to the Team

On October 22, 2005 in Abbotsford, the Fraser Valley Chapter became the 10th MS Society of Canada, BC Division Chapter. The Chapter will serve approximately 300 members, with large centres including Chilliwack, Abbotsford, Mission, and Hope.

"We are excited to welcome the Fraser Valley Chapter to the BC Division team," said Jason Campbell, Director, Chapter and Volunteer Resources. "Thanks to the support and strength of local self-help groups and a diverse and enthusiastic Board of Directors, the local needs of people living with MS in the Fraser Valley will be very well represented." The Chapter has also made a commitment to support the MS Society's research program by agreeing to a 50/50 split of revenue between research and client services.

Photo: Back from left; Helen Kahlke, Carroll Krueger, Marion Williams, Joanne Craven, Edi Martin, Rick McKamey, Front seated from left to right: Don Krueger, Jo-Ann Bourdages, Valerie Smith, Missing: Pattie Desjardins



## KAMLOOPS & AREA - Crosby Scores Big!

When Tony Talarico, a Molson Canada representative, generously donated a framed autographed collectors piece to the Kamloops & Area Chapter, they had no idea of its 'scoring potential.' Families, volunteers, and local businesses all helped to make this fundraiser a success. Special thanks go out to Jeff Nykolyshyn, who carried the item from bar to bar, meeting people, selling tickets and providing awareness of this disease. Congrats to Andrew Watson - the lucky winner!!



## WEST KOOTENAYS - BC's Biggest Hearts in 2005

The West Kootenays received a Chapter award for "Top funds raised in the Province" (based on per capita) for their outstanding results for the 2005 SuperCities WALK for MS. The Challenge is on - what Chapter will have the "biggest hearts in the region" in 2006!?

## BC CHAPTERS

### Capital Region

- Victoria 250.388.6496
- Duncan 250.748.7010

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 250.352.3997

There are more than 40 self-help support groups throughout BC. To find a group near you contact your local chapter or 1-800-268-7582.

## MS: KEEPING YOU INFORMED IN NORTHWEST BC

Join us for this free, informative seminar - for anyone affected by MS.

For more information or to register contact Ulrike at 1-800-268-7582 or ulrike.kleeman@mssociety.ca

**KNOWLEDGE IS THE KEY TO EMPOWERMENT**

## 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 is just \$10**

**BECOME A MEMBER TODAY! | 1-800-268-7582**

### March 2006

- Smithers 27 or 28
- Terrace 28
- Kitimat 29
- Prince Rupert 30 (Tentative dates)

## MShope MSheroes Winter 2006

**Editor:** Jodie Wilson | **Contributing Writers:** Gabrielle Veto, Wendy Morrison | **Designer:** Michelle Reaney

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. If you would prefer to receive an emailed version or wish to be removed from the mail list contact:

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