

H1N1 Vaccine: Consult with your Neurologist or General Practitioner

MS Society of Canada website has a dedicated section to information about H1N1 please go to: http://www.mssociety.ca/en/flu_h1n1.htm

The Ottawa Chapter has been inundated with questions around whether persons living with MS are considered to be in a high risk group to be prioritized for the H1N1 vaccine and whether the vaccine is safe for them.

The Public Health Agency of Canada lists a number of chronic medical conditions that warrant priority for the H1N1 vaccine, including neurological disorders. However, it does not list MS or any other neurological disease specifically.

MS can vary significantly in different individuals. Some people may be at greater risk due to the progression of their MS, or other underlying factors. Infection of any sort, be it a bladder infection, a common cold, or the flu, can worsen existing symptoms, or even appear to bring on new ones.

Dr. Paul O'Connor, National Scientific and Clinical Advisor to the MS Society of Canada suggests that flu shots and vaccines are usually safe and are generally recommended after discussion with one's physician.

If you are not certain about whether you should get the H1N1 vaccine, **please consult with your neurologist or family**

physician. For more information on vaccination clinics, visit the City of Ottawa's website at www.ottawa.ca or call 311 for information via telephone.

The MS Society of Canada is an independent, voluntary health agency and does not approve, endorse or recommend any specific product or therapy but provides information to assist individuals in making their own decisions.

Third Party Events

On December 11, the second annual MS Rockathon will take place at Greenfields pub in Barrhaven (see our website for more details).

Ottawa resident Neil Kushwaha climbed Mount Rainer (14,410 feet to the summit) on September 28 to end MS.

Seven year old Lucy Baker raised money for the chapter with her delicious lemonade stand.

13 year old Trevor Calof's Haunt4MS haunted house was visited by 250 brave souls on October 11 and 12.

At the Ottawa Fringe Festival "Theatre de L'Hydre" raised \$1000 for MS.

Big or small, young or old, many thanks to you all!

\$289 in postage per Chapter Update = transportation for 11 clients to the Christmas party

Request the digital copy!

Email:

info.ottawa@mssociety.ca

Nov 24 Education Event – FULL

The session **Clinical Trials Update featuring Dr. Mark Freedman** on November 24, from 7p.m. – 9p.m. is now full.

We are taking names on a waiting list should there be cancellations. Also, we are trying to increase the size of the venue to accommodate more people, but do not have that confirmed at this time.

If you would like your name on the waiting list, please call **613-728-1583 ext 301** or email leanne.anderson@mssociety.ca.

We apologize for the inconvenience.

Holiday closure

The Ottawa Chapter office will be closed from Thursday, Dec 24 and will re-open on Monday, Jan 4, 2010.

MS Walk  **MS. WALK** EVERY STEP MATTERS.

is April 25, 2010

Register now to walk, volunteer or donate. Contact **Michelle** for more info at **613-728-1583 ext 235** or go online to www.mswalks.ca

Répondez S'il Vous Plaît - Registering for Chapter Events

Due to an overwhelming response to the latest MS education event, our event registration list filled rapidly. RSVP stands for Répondez S'il Vous Plaît (Respond Please) and is the system used to register for the Chapter's educational events. Note that there is a deadline we ask people to respond by.

It's important that we have the exact number of people attending so that:

- We hold space for you
- We know to look out for you and will wait for you
- We provide refreshments based on the number of "Yes" RSVPs
- We provide materials and resources based on the number of "Yes" RSVPs

Some of our events have limited space and therefore the number of RSVPs will be limited. Once the RSVP limit is reached, a waiting list will be created.

If you are registered and can't make the event, please contact us immediately. We can contact those on the waiting list telling them that a spot has become available and planned resources will not be wasted. We are mindful that MS is an unpredictable disease and that individuals may be unable to make the event due to illness or some other emergency. Please keep this simple courtesy in mind so we may continue to provide successful events.

Did you know?

Last year individual donations to the Ottawa Chapter totalled almost \$20,000.

Contact **Gail** at **613-728-1583 ext 221** if you are interested in becoming a monthly donor or making a donation to the chapter.

Charitable Reg #107746174RR0004

Contact us:

9 - 5pm, Monday to Friday

1826 Woodward Drive,
Ottawa, ON, K2C 0P7

Telephone: 613-728-1583

Fax: 613-728-0342

info.ottawa@mssociety.ca

www.mssociety.ca/ottawa

Come and join us for a Christmas party!



Sunday, December 6, 2009

12 p.m. - 3 p.m.

**Ron Kolbus Lakeside Centre
(Lakeside Gardens), Britannia Park
2805 Carling Ave, Ottawa, ON**

follow Pinecrest N to bottom of Greenview Rd

RSVP to 613-728-1583 ext. 230

(please leave a message) no later than
November 30, 2009

If you require Para Transpo, please call **Debra Cross** at **613-836-6687** before **7 p.m.** You **MUST** reserve before **November 30, 2009** or Para will not be available.

Don't forget to RSVP to the MS Office by November 30, 2009 at 613-728-1583 ext. 230



NOTICE OF ANNUAL GENERAL MEETING

Notice is hereby given that the Annual General Meeting (AGM) of the members of the Multiple Sclerosis Society of Canada, Ottawa Chapter, will be held on **Sunday, December 6, 2009** at the **Ron Kolbus Centre**, Lakeside Gardens, Britannia Park, 2805 Carling Avenue, Ottawa (follow Pinecrest N to bottom of Greenview Rd.), at **12:30 p.m.** Please note that this year's Client Services Christmas Party will be taking place at the same location between 12:00 noon and 3:00 p.m.

The purpose of the meeting is to elect the members of the Board of Directors of the Ottawa Chapter and transact other business as may be properly brought before the meeting. If you are unable to attend, you may elect to vote by proxy. Should you wish to do so, please contact Laurel Mackenzie, Executive Director, at (613) 728-1583 ext. 222.

Slate of Nominees

Nicole Baker

- Currently serving fifth year as Director of Communications and Chair of the Communications Committee
- Worked for the past 14 years as a Communications manager in the high tech and non-profit sectors
- With her husband Kevin jointly produced Chapter newsletter for the past 10 years, and as a member of the Communications Committee over this period
- Bachelors in Business Administration and Public Relations.

Pasan Fernando

- Currently serving first year as Director of Research
- Received his Doctorate of Philosophy, Development and Molecular Biology from the University of Waterloo; completed his post-doctoral fellow at the Ottawa Health Research Institute (OHRI)
- Has worked primarily in areas of cardiac regeneration
- Currently a Research scientist in Biology and Imaging at MDS Nordion; liaises with the research community around molecular imaging.

Deanne Fowler

- Currently serving fourth year as the Director of Social Action and Chair of the Social Action Committee
- A member of the Law Society of Upper Canada. She is a past member of the Ontario Bar Association and the County of Carleton Law Association
- Experience appearing before the Ontario Superior Court of Justice and before the Divisional Court
- Bachelor of Arts degree, with First Class Honors, in Political Studies and History from Mount Allison University and Bachelor of Laws Degree from the University of Windsor.

Toby Fyfe

- Consultant specializing in communications and corporate governance; currently consulting for the Royal Canadian Mounted Police (RCMP)
- Career in both the private and public sector, providing leadership in public broadcasting, corporate service delivery, change management, corporate communications, public affairs and policy development
- Adjunct Professor with the University of Ottawa; teaching experience with both Carleton and Concordia Universities
- Varied board experience, including the Association of Professional Executives of the Public Service of Canada (APEX).

Robert Gibb

- Currently serving first year as Director of Development as a member of the Development and Finance and Administration Committees
- Worked with Cognos/IBM since 1984; currently Director of Product Management in the Performance Management Business Unit
- Involved in the Development Tools, Business Intelligence and Performance Management Business Units
- Volunteer with the Ottawa Chapter in the fund raising area and sat on the Chapter Board of Directors in the late 1980s.

Phillip Goodwin

- Currently serving third year as the Director of the Chapter's Education Committee; previously served four years as Director of the Chapter's Social Action Committee
- Consultant with Canadian Air Transport Security Association; previously Senior Compliance Officer with the Financial Transactions and Reports Analysis Centre of Canada.

Chris Hughes

- Previously served on the Chapter's Board as Directors as Vice-Chair, as well as Director of Communications, Director at Large and as a Member of the Finance and Administration Committee. Also served as a Member of the Ontario Division Communications Committee (PALMS)
- Retired from the Federal Public Service after 26 years culminating as a senior manager in information technology and communications and served as Managing Director of a local consulting firm
- Currently Chair of the Communications Committee for the Friends of the Canadian War Museum and President of his Condominium Board.

Kent Kirkpatrick

- Director-at-Large with the Chapter for the past seven years and a member of the Finance and Administration Committee
- City Manager with the City of Ottawa; has held progressively responsible positions in municipal financial administration for more than 20 years.

Isabel Mackay

- Currently serving fourth year as the Board Secretary and a member of the Volunteer Resource Committee
- Twenty-seven years experience as a manager/analyst in the telecommunications industry
- Recipient of the Canadian Women in Communications (CWC) Jeanne Sauve Award in 2000
- Masters of Arts, Psychology and Bachelor of Arts in Law and Psychology.

Bill Morris

- Currently serving second year as Treasurer and a member of the Finance and Administration Committee
- Previous Board positions included Chair and Vice-Chair, as well as Treasurer, and Director of Client Services, Education, and Administration
- Recently retired after a career in the Federal Public Service where he worked for several Departments in the areas of corporate management and policy analysis
- Holds a Master's of Public Administration degree from Carleton University, and is also a Board member of The In Community (formerly Disabled Persons Community Resources).

Ken Mylrea

- Currently serving first year as the Director of Planning and a member of the Finance and Administration Committee
- Director, Enterprise Risk Management, Canada Deposit Insurance Corporation (CDIC)
- Entire working career has been dedicated to the regulation and examination of banks and in protecting depositors in the event of a bank failure.

Camille Ringrose

- Worked in public sector as Investment Analyst and Administrative Officer prior to joining Deloitte and Touche, LLP
- Has held progressively responsible positions with Deloitte. Currently Manager of Enterprise Risk Services
- Chartered Accountant (CA), Certified Internal Auditor (CIA), and a Bachelor in Commerce Honours, Accounting (Cum Laude).

Judy Thompson

- Currently serving first year as the Director of Volunteer Resources and as Chair of the Volunteer Resources Committee
- For the last 25 years has held positions in the livestock nutrition field
- Currently Feed National Manager for the Canadian Food Inspection Agency and has served on the Board of Directors of the Association of American Feed Control Officials
- Bachelor of Science in Agriculture and Masters of Science in Animal Nutrition from Macdonald College (of McGill University)
- Served on H.O.P.E. Board of Directors for 7 years and has served countless Ottawa based charities.

Donna Tremblay

- Currently serving fourth year as Director of Client Services and as Chair of the Client Services Committee
- Worked for the past 30 years in nursing and nursing education, particularly at the community college level; currently working as a research co-ordinator in clinical trials for multiple sclerosis and migraines.
- Extensive experience with non-profit organizations and non-profit Boards of Directors
- Bachelor of Science Degree in Nursing Education & Administration, Diploma in Nursing.

Marie Vaillant

- Currently serving fifth year as Chapter Chair and as a member of the Finance and Administration Committee; member of Ontario Division Board and Chapter Relations Committee and Chair of Ontario Division Client Services Committee
- Previously served as Chapter Vice-Chair/Director of the Administration and Development Committees; and President and Treasurer of the H.O.P.E. organization [known for the annual Beach Volleyball fundraiser]
- Retired as a manager with Bell Canada
- Bachelor of Science, University of Toronto.

Thomas Vice

- Currently serving second year as Vice-Chair and is Chair of the Finance and Administration Committee
- Vice President, Finance and Administration, and Chief Financial Officer of the Canada Deposit Insurance Corporation (CDIC)
- Held progressively responsible positions with CDIC and within the banking industry over the past 20 years
- Chartered Financial Analyst (CFA), Certified General Accounting (CGA) designation, and a B.A. in Economics.

Nominations Requested

Members of the Ottawa Chapter Board of Directors will be elected from the afore-mentioned Slate of Nominees at the Annual General Meeting on Sunday, December 6, 2009. Anyone wishing to nominate an additional candidate as a director must do so by November 27, 2009.

Additional nominations should be sent in writing to Marie Vaillant, Chair of the Nominating Committee, Multiple Sclerosis Society of Canada, Ottawa Chapter, 1826 Woodward Drive, Ottawa, Ontario K2C 0P7. The names of the nominator and the seconder, a letter of consent from the nominee and the signatures of 10 voting members of the MS Society of Canada must accompany the nomination.