

MS CANADA

Multiple Sclerosis Society of Canada



Stronger Together

**Biking, walking, reading
and selling carnations for MS**

Research Update

Special Feature

Library of MS Society publications



Message from Yves

Dear members:

More than 1,000 people will be diagnosed with MS across Canada this year. With nearly three new cases being identified each day, no one understands our mission to end

MS and to enhance the quality of life of those affected by MS more than you. Over the past season, I have traveled nationwide and witnessed first hand the difference clients, members, participants, donors, researchers, staff and volunteers are making in all facets of the MS Society of Canada. Thank you.

In this edition of MS Canada you will read about Ineke Bezuyen and her team, "Al's Pals" who raised an astounding \$24,000 in St. Catharines, Ontario at the Super Cities WALK for MS. Her enthusiasm led to the formation of "Al's Pals II" in Prince George, British Columbia. On the research front, you will also learn that a major genetics finding may lead to the identification of new targets for MS therapies. As well, new neurological research suggests a link between birth timing and relapsing MS. New progress has also been made on the topic of sun exposure and MS.

For our clients, we offer an insert that lists the entire

library of MS Society publications, all of which are available by calling your local division or chapter office or visiting www.mssociety.ca.

In addition, as I mentioned in the last issue of MS Canada, the MS Society is in the midst of an organization-wide strategic planning process. In October, we entered a new phase and unveiled a first draft plan entitled Momentum 2015 to various stakeholders throughout the country. The next two to three months involve validation of this first draft with a finalized and operational plan ready for September 2008.

I am very honoured to be a part of this effort, and I want to assure you that in the end, our mission will remain at the core of our work.

Thank you again for taking the lead, raising millions and supporting this important cause. Your individual stories create the emotional fuel that moves us to new heights and your continued support allows our work to continue unabated.

Sincerely,

Yves Savoie

President and Chief Executive



MS Canada, Winter 2007

Published by the Multiple Sclerosis Society of Canada

175 Bloor St. E., Suite 700

Toronto ON M4W 3R8

Tel: (416) 922-6065 • Fax: (416) 922-7538

Toll free: 1-866-922-6065

Website: www.mssociety.ca

Charitable Registration no. 10774 6174 RR0001

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

President & Chief Executive: Yves Savoie

Editorial Advisor: Annette King

Editorial Supervisor: Claudette Villena

Translator: Marie-Andrée Bedard

ISSN 0315-1131 – Issued quarterly

Canadian Publications Mail Product

Sales Agreement No. 40063383



Front Cover:

Stewart Looyenga and daughter Sarah, of Caledonia, Ontario, at the finish line of the 2006 RONA MS Bike Tour in the Niagara Region.

FUNDRAISING



MS Society member Lyle Laughren shows his appreciation for walkers' efforts at the Super Cities WALK for MS at St. Vital Park in Winnipeg, Manitoba.

2007 Fundraising Success

"Be the change you want to see in the world."

-Mahatma Gandhi

They walked, cycled, read, sold flowers and many more joined them as volunteers. These individuals committed themselves to Mahatma Gandhi's timeless wisdom and did what they could to make the change they wished to see - to end MS.

This spring and summer, over 115,000 event participants and volunteers supported the Super Cities WALK for MS, RONA MS Bike Tour, and MS Read-A-Thon. Tens of thousands more purchased carnations during the MS Carnation Campaign on Mother's Day weekend. Together, the event season celebrated a record year in the number of teams and funds raised.

From coast to coast, the WALKs and Bike Tours raised over \$20.6 million. TeamMS marked a significant achievement with more than 4,770 team captains. And over 38,000 students across 875 schools read thousands of books and collected over \$1.8 million in pledges. The MS Carnation Campaign also attracted thousands of volunteers, who sold over \$1.5 million in carnations to families, friends and colleagues across 250 communities in Canada.

Thanks to everyone's determined efforts more people learned about multiple sclerosis and more money was raised for client services and research. Most importantly, more Canadians found out what one individual can do to achieve our mission and support 55,000 - 70,000 people living with MS.

The momentum continues as volunteers across the country gear up for the 2008 fundraising season. To join our team of volunteers and register for 2008 MS Society fundraising events, please go to www.mssociety.ca/en/events.

"Be the change you want to see in the world."

- Mahatma Gandhi

FUNDRAISING



Ineke Bezuyen (second from right) and members of "Al's Pals in PG", including team captain Alexis (centre), at the Super Cities WALK for MS in Prince George, British Columbia.

From East to West: WALK Team "Al's Pals" keep it in the family

Fundraising is a family affair and a cross-country challenge for Niagara Falls resident Ineke Bezuyen. Ineke is the team captain of "Al's Pals", a group of family members that participate in the Super Cities WALK for MS in St. Catharines, Ontario.

Named in honour of Ineke's son Al, who lives with multiple sclerosis, Al's Pals raised an astounding \$24,000 for this year's WALK. Of that total, almost \$11,000 was raised by Ineke herself. The team has recruited as many as 26 members each year and has raised more than \$100,000 in pledges since 2002.

This year, Al's Pals introduced a western contingent known as "Al's Pals in PG." As a WALKer who raised more than \$10,000, Ineke became a member of the MS Society's fundraising honour roll, eligible to travel with a guest to a WALK of her choice in continental North America.

She chose to travel to Prince George, British Columbia, where her daughter lives with her family; there she joined "Al's Pals in PG," a team headed up by Ineke's seven-year-old granddaughter, Alexis.

The Super Cities WALKs for MS raises \$12 million each year nationally. Thank you to Ineke, Alexis, their team members, and all WALKers throughout Canada, for helping the MS Society move one step closer to a cure. ■



Top 2007
Global
Dinner Party
fundraiser
Jessica
Williams with
husband, Jeff.

The Perfect Recipe: Raising funds for MS research one dinner at a time.

Did you know that on the last Saturday of each February, people around the world host dinner parties in the fight against MS?

This year in Canada, the MS Global Dinner Party raised \$51,444 - a new record thanks to the dedication and support from everyone across the country.

The concept of the MS Global Dinner Party is simple - whether a formal catered dinner or a casual home gathering, instead of bringing a gift, guests are asked to make a donation.

Top fundraiser, Jessica Williams raised over \$17,000 for multiple sclerosis research and was the life of the party doing it. Williams, who was diagnosed with MS in 2002, throws an event every year for friends and donors. "We've really tried to make it an experience and an event, not just a dinner party."

Mark your calendars, as the next MS Global Dinner Party will take place on February 23, 2008. Plans have already begun and with your continued support we will remain a world leader in raising funds for MS research.

Visit www.msglobaldinnerparty.ca for more information on how you can get involved. ■



Air Canada Classic committee members presenting a cheque of \$415,000 to Quebec Division. (From left to right) Suzanne Arpin; Sean Menke, honorary chairman of the tournament and executive vice president of Air Canada; Richard and Paulette Lemire; François Coupal, chairman of the board, Quebec Division; and Dr. Jack Antel, neurologist at the Montreal Neurological Institute.

Air Canada Classic Raises \$415,000 for MS Society Quebec Division

The MS Society of Canada, Quebec Division is proud to announce that the 13th Annual Air Canada Classic for Multiple Sclerosis raised \$415,000 to benefit people living with MS and support MS research. The golf tournament was held last July 30 at the

Summerlea Golf Club in Vaudreuil-Dorion, Quebec.

Since 1995, the annual golf tournament raised over \$2.7 million. Air Canada employees organize the event yearly to help people with MS. One of their coworkers and friends, Richard Lemire, has multiple sclerosis.

The Quebec Division is grateful to Air Canada and its staff for their dedication to help end MS.

“We are honoured to partner with Air Canada,” says Louis Adam, executive director, Quebec Division, “Their commitment to our mission is truly inspiring.” ■

Year-end tax planning

The year 2007 is quickly coming to a close. And with it comes the dawning realization that soon you'll have to file your taxes. Don't fret – there's still plenty of time for you to decrease any potential tax owing to the government through supporting charitable organizations like the MS Society.

When you support the MS Society on or before December 31, 2007, you will receive a charitable tax receipt that can be used to offset any tax owing. There are several ways you can support the MS Society today: from cash donations to gifts of life insurance to gifts of securities. Log onto www.mssociety.ca or call us at 1-800-361-2985 to find out how easy it is to meet your philanthropic goals for 2007 and support Canadians living with MS. ■

Do you own shares of BCE?

In June 2007, Bell Canada Enterprises (BCE) announced that the Ontario Teachers Pension Plan and two partners had won their bid for ownership of BCE. This deal is expected to close in the 1st quarter of 2008 and means that BCE share owners could receive cash, cash plus shares, or shares in exchange for their BCE shares.

The cash-for-shares exchange is the most likely scenario, and has large tax implications for BCE share owners, as any capital gains are taxed. To minimize your tax bill, consider donating your BCE shares to the MS Society. Donations of securities to the MS Society are capital gains tax exempt, meaning that you do not have to pay tax on the increase in share value. Log onto www.mssociety.ca for more information. ■

FUNDRAISER PROFILE

Biking his way to fight MS



Diagnosed with MS seven years ago, Nevin Danielson decided to focus on his health in the present and became involved with the RONA MS Bike Tour in Regina, Saskatchewan. “It’s about going out there and saying MS doesn’t have a hold on me so much that I can’t come out here in this ridiculous outfit and pedal on my bike for hours,” he says.

Nevin is an inspiring spokesperson and a long-time participant in the Super Cities WALK for MS and the RONA MS Bike Tour in Saskatchewan. He inspires others with his passion to take action despite MS.

This year he led *Team Wollerton* as they inspired others with their costumes and entertaining antics at the *Corner Gas*-themed Regina RONA MS Bike Tour. Team members dressed and acted the part of cross-town rivals from the town of Wollerton for the two-day cycling event from Rouleau (aka. Dog River) to Moose Jaw. Thanks to *Team Wollerton* and more than 220 participants, this year’s Regina RONA MS Bike Tour had another a record year, raising over \$233,000.

Nevin believes the MS Society helped him become informed about MS. “The more I understood about MS the more I felt in control and I think that is really important,” he says. ■

MS Discussion Forum – Connect from Home

The MS Society understands that not everyone lives near an MS chapter office and knows that some clients may feel reluctance going to a self-help group meeting. With that in mind, the MS Society has developed the MS Discussion Forum, an on-line message board that, since its inception in October 2006 has been a great resource for people living with MS.

You can post and reply to messages from other people and get involved in a flow of discussion. An MS society staff person reviews all messages to ensure appropriate content and privacy and confidentiality are ensured.

Here is an actual quote from a member of the forum:

“I just wanted to post a note to thank everyone. I can't tell you enough how much this forum has lifted my spirits and encouraged me when I am down. The wisdom you share with new members and encouragement you offer..... Just knowing that others feel as I do, mentally and physically, I don't feel alone anymore. Chins up and cheers everyone.....and thanx.”

There are 15 forums on a wide variety of topics. There are over 1,000 visitors per day on the site, from all parts of the world.

Why not give it a try? Visit www.msdiscuss.com and apply online. It’s free. ■

Library of MS Society Publications

An often repeated maxim is 'knowledge is power.' Nowhere is this more true than in the context of a chronic and unpredictable illness such as multiple sclerosis. The MS Society of Canada offers its clients information through a variety of forms, such as newsletters, publications, the website, and information and referral services. In a Canada-wide survey from 2004 with over 11,000 Canadians responding, 65% of the Society's clients use these publications and consider them to be one of the most important services the Society provides in terms of their quality of life.

Written in a straightforward yet supportive tone, the 25+ publications available through the MS Society provide information which enables clients to understand

the facts they need to know about their or their loved one's illness, make practical decisions and find coping strategies that work for them.

Publications are available in the following topic categories: general information, managing MS symptoms, health and wellness, MS and family, managing practical issues, MS and caregivers, and young persons with MS.

Below is a listing of publications available through the MS Society of Canada. Publications are free of charge (unless the order is bulk), available in English and French, and can be obtained by calling your local chapter, or MS Society division at 1-800-268-7582. They are also available online in PDF format at www.mssociety.ca/en/information.

GENERAL INFORMATION

Multiple Sclerosis and How We Can Help

This brochure contains basic facts about multiple sclerosis and information on the MS Society's Programs and activities. 6-panel brochure.

Key Facts for Those Affected by Multiple Sclerosis

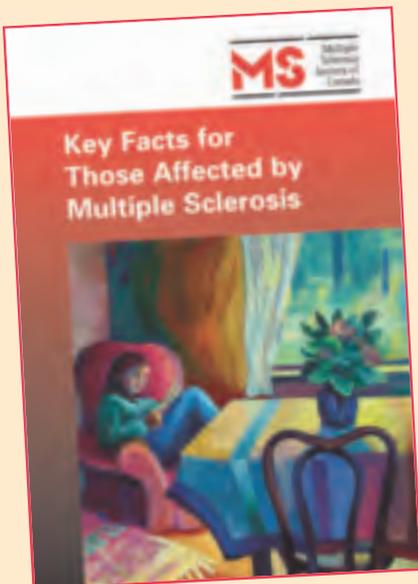
This publication provides a brief overview of MS and answers questions commonly asked by those new to the disease. 8-page booklet.

The Treatment Question

This booklet helps to explain the rationale for early treatment with basic descriptions of the drug choices available. 12-page booklet.

MS: Its effects on you and those you love

A comprehensive handbook for those new to MS, this publication addresses some of the most frequently asked questions about the disease and its effects. Included is information on diagnosis, symptoms, treatments, research, coping strategies, and sources of support. 50-page booklet.



* PLEASE NOTE: Available in PDF format only from the MS Society of Canada website: www.mssociety.ca

Living with Progressive MS

Both straightforward and supportive, this publication provides information about progressive MS and addresses some of the special concerns associated with having a progressive course of the disease. 33-page booklet.

Talking with Your MS Patients about Difficult Topics*

This resource contains six publications which help physicians support their patients through some of the more challenging aspects of MS.

- Diagnosis of Multiple Sclerosis: 17-page booklet.
- Progressive Disease: 13-page booklet.
- Elimination Problems 13-page booklet.
- Sexual Dysfunction: 13-page booklet.
- Depression and other Emotional Changes: 13-page booklet.
- Cognitive Dysfunction: 13-page booklet.

Red Flags, Green Lights: Accessing reliable health information*

MS is an illness about which much is still unknown. This makes it susceptible to all sorts of speculation, pet theories, and false claims. This booklet helps the reader distinguish quality information from misinformation. 16-page booklet.

MANAGING MS SYMPTOMS

Living Well with MS: Managing fatigue

This booklet is a must for those who experience fatigue. It includes information on the impact of MS fatigue, its causes and diagnosis, as well as a section on different strategies and medications for best coping with this common symptom. 48-page booklet.

Living Well with MS: Mind matters

Among the more common conditions affecting people with MS are mood disturbances, such as depression. This resource explains depression, why it can occur in people with MS, and how to get help. 13-page booklet.

Sexuality and MS

This detailed booklet confronts the changes that may occur in the sexual lives of people who have multiple sclerosis and offers practical advice. It also covers some reproductive issues such as pregnancy. 37-page booklet.

* PLEASE NOTE: Available in PDF format only from the MS Society of Canada website: www.mssociety.ca



This special insert and this issue of MS Canada are supported through an unrestricted education grant from Biogen Idec.

Living for Today: Managing MS pain*

This publication discusses the different types of pain experienced in MS and the steps that can be taken to prevent, eliminate, or improve it. A useful publication for working with your physician in managing this difficult symptom. 15-page booklet.

Urinary Dysfunction and MS: A guide for people with multiple sclerosis

This publication is a comprehensive guide to MS-related urinary problems. It includes detailed descriptions of diagnostic testing, management strategies, and commonly prescribed medications. 40-page booklet.

Understanding Bowel Dysfunction

This booklet describes the impact of MS on bowel function, and provides some information on how to manage this difficult symptom. 21-page booklet.

Cognitive Dysfunction and MS

This publication provides comprehensive information about cognitive dysfunction. It also shares practical strategies for coping with this common symptom.

HEALTH AND WELLNESS

Healthy Eating

This booklet presents a clear guide to what makes up a healthy diet based on Canada's Food Guide. It also describes some of the special diets claimed, though never proven, to be beneficial for MS. 42-page booklet.

Multiple Sclerosis and Your Emotions*

This booklet explains the emotional and psychological effects that multiple sclerosis may have on individuals. It describes common reactions to chronic disease and the usual stages of adjustment to MS in a positive and easy to understand manner. 23-page booklet.

Everybody Stretch

This illustrated workbook provides 34 stretching exercises for the entire body, with variations for different abilities, and an exercise log and worksheet to help you keep track. 41-page booklet.

Taming Stress in MS



Having a chronic illness increases stress. MS is no exception. This booklet provides strategies for simplifying daily life, as well as exercises such as muscle relaxation, deep breathing and more to help you cut stress down to size. 30-page booklet.

Living Well with MS: Ten tips for people living with MS

This booklet provides ten guiding principles for living well with a chronic illness such as multiple sclerosis. 16-page booklet.

MULTIPLE SCLEROSIS AND FAMILY

How to Talk about MS with Your Children

This guide is a practical aid to help parents communicate better with their children about multiple sclerosis. It may also be useful for anyone who wants to support young children or teens who have a parent with multiple sclerosis. 36-page booklet.

* PLEASE NOTE: Available in PDF format only from the MS Society of Canada website: www.mssociety.ca

My Mommy Has MS

This booklet for pre-school children describes MS and its effects in an easy to understand manner. 18-page booklet.

Keep Your Balance



This publication for adolescents includes basic information about MS and stories from teens who have a parent with MS. This book is intended to help adolescents understand MS, its impact on the family and their feelings about the disease. 20-page booklet.

Keep S'myelin: An activity book about MS for kids



A colourful, engaging and informative publication to help children and their parents learn and talk about MS. 24-page booklet.

MANAGING PRACTICAL ISSUES

Employment and Income Supports

This comprehensive publication is intended to help individuals in diverse situations with employment and financial concerns. It contains seven distinct sections:

- Working with MS
- MS in the Workplace: An Employer's Guide
- Leaving the workplace
- Returning to work
- Income support
- Financial assistance
- Tax relief

Insuring Your Future: Your guide to life insurance and multiple sclerosis



This booklet provides easy-to-understand information about life insurance, how to acquire it and alternatives that may be available. 29-page booklet.

MS AND CAREGIVERS

A Guide for Caregivers

This guide provides information on practical issues faced by caregivers. A resource list is included. 32-page booklet

YOUNG PERSONS WITH MS

Mighty Special Kids



An activity book for kids aged five to 12 who have multiple sclerosis. The book helps families talk about MS, helps children understand how MS affects their daily life, and offers suggestions for discussing MS with friends and schoolmates. The booklet also includes games, interviews with kids who have MS, and family activities. 19-page booklet.

Kids Get MS Too: A guide for parents whose child or teen has MS *

This handbook for parents contains information on a variety of topics relevant to the special concerns of pediatric MS. 101-page handbook.

Feedback:

We love to hear from you. If you have feedback on any of our publications, please let us know at publications.comments@mssociety.ca, or call 1-866-922-6065

* PLEASE NOTE: Available in PDF format only from the MS Society of Canada website: www.mssociety.ca

RESEARCH

As research all over the world continues, a great deal of information is coming to light suggesting that the development of MS may be influenced by factors present in very early life.

Genetics

A major effort has been under way for over a decade to search for the genetic underpinnings of MS. By completing the largest replicated whole genome scan for multiple sclerosis to date, an international consortium of researchers identified two new genetic variations associated with MS. Genetic information from more than 12,000 people was examined in a study that is said to be a significant milestone in understanding the genetics of MS.

The identification of new gene variations that increase disease risk may eventually allow researchers to suggest new targets for designing better therapies to stop the immune attack in MS. ■

Birth Timing

In a recent report in the journal *Neurology*, a group of researchers led by Dr. A. Dessa Sadovnick from the University of British Columbia, found that fewer MS patients were born in November and significantly more in May, but these findings were true only for people with relapsing MS.

These findings suggest that susceptibility for relapsing remitting MS may be influenced by factors that occur during gestation or very shortly after birth. Maternal vitamin D deficiency and some other sunlight-related factors may be implicated.

This study may also suggest a differentiation in risk factors for the development of primary progressive MS and relapsing remitting MS. These findings are related to earlier work supported by the MS Society's related MS Scientific Research Foundation. ■



Aprilé Royal,
assistant
vice president,
medical
information
and education
for the MS
Society.

Childhood Sun Exposure

Researchers from Duke University report that sun exposure during childhood was associated with a reduced risk of MS in a study of 79 pairs of twins in which one twin had MS.

Dr. Talat Islam and colleagues investigated this possibility using the International Twin Study, a registry of North American twins who have been diagnosed with chronic diseases, including MS. Studying genetically identical twin pairs provides the unique opportunity of separating genetic and environmental factors that might contribute to MS.

In this cohort of 79 pairs, twins who reported more sun exposure-related activities during childhood had a significantly reduced risk of developing MS. This decrease ranged from 43% to 75%, depending on the activity.

“These findings build on a growing body of evidence which may suggest a link between sunlight exposure and resistance to developing MS,” states Aprilé Royal, assistant vice president, medical information and education for the MS Society. ■

GOVERNMENT RELATIONS & SOCIAL ACTION



Deanna Groetzinger

MS Society VP selected for CIHR advisory board

This fall, Deanna Groetzinger, vice-president, government relations and policy, became a member of

the advisory board for the Institute of Neurosciences, Mental Health and Addiction. The institute is one of 14 that make up Canada's largest health research funding agency, the Canadian Institutes of Health Research.

"I'm excited and honoured to serve on the institute advisory board, bringing with me insights from my work at the MS Society of Canada," she says. "MS Society-funded researchers contribute significantly to our overall health care, and I see many opportunities for making connections with their work to the larger community of nerve and brain specialists." ■

Two-for-one travel & two-for-one movies

Love to travel or go to movies but need some assistance? The Disability Travel Card allows people who are disabled and need assistance when traveling on motor coaches or on Via Rail to have the attendant accompany them at no cost.

The same "two-for-one" approach is available with the Access 2 Entertainment Card. It allows people who need assistance when going to a movie to have an attendant accompany them at no cost at most theatres.

Applications for both cards are available through Easter Seals Canada. The MS Society was involved in the development of the Access 2 Entertainment Card and recently transferred the administration of the Disability Travel Card to Easter Seals.

For more information, go to www.easterseals.ca and follow the links in the National Programs Section; call 416-932-8382, ext. 100 for Disability Travel Card or ext. 227 for Access 2 Entertainment; or mail your request to Easter Seals Canada, 90 Eglinton Avenue East, Suite 208, Toronto, ON M4P 2Y3 ■

Tysabri: Update on reimbursement status

The Common Drug Review (CDR) has advised provinces that they not include Tysabri (natalizumab) on drug formularies. The main reason for the disapproving recommendation is the lack of comparison trials with other disease-modifying therapies.

While CDR advice is not binding, provinces take it into account when making their decisions. Quebec – while not a CDR participant – has already said it would

not reimburse Tysabri. Other provinces have yet to announce decisions.

"The MS Society is disappointed in the CDR recommendation and is providing more information to the provincial drug programs. MS neurologists have advised us that Tysabri is useful for specific types of MS, and we are urging provinces to follow this advice," said Deanna Groetzinger, vice-president, government relations and policy. ■

ASK THE EXPERT
www.msanswers.ca



Q: Does the absence of new plaques over a long period (five or ten years) mean that MS has been cured? In other words, it's said that MS is an incurable disease, but is there a chance that the disease can disappear?

A: Plaques don't always show up on a brain MRI and many plaques can form in the spinal cord, which is usually not imaged. I would be very careful about over-interpreting either what seems like a good MRI or a bad one. It is a 'picture in time' and may not be reflecting the fact that lesions come and go. It gets even more complicated when two small plaques come together to form a slightly bigger single plaque; here it might seem like there are fewer plaques, when clearly this was not the case. Bottom line: your physician can probably tell you if your disease is truly stable. Such a conclusion is often reached by an in depth history and repeated neurological exams. The MRI results are of course taken into consideration but only after the clinical evaluation.

By Dr. Mark Freedman

Dr. Freedman is currently professor of medicine in the field of neurology at the University of Ottawa, as well as director of the Multiple Sclerosis research unit at the Ottawa Hospital, General Campus.

To pose a question for an expert, view previous postings or for the full biographies of experts such as Dr. Mark Freedman, visit www.msanswers.ca. ■

Developing a care plan: A family matter

Care plans provide caregivers, care recipients and other family members and friends with a regular, yet flexible routine outlining the roles and responsibilities of everyone involved in the care of a person with MS.

Care plans can also assist with the day-to-day management of the household and most importantly provide primary caregivers with a little respite.

If you are a primary caregiver, develop your plan by making three separate lists. The first list should include your daily caregiving responsibilities. The second list should include your daily self-care activities (i.e. physical, emotional and spiritual activities). The final list should include household management activities that take place on a daily, weekly or monthly basis (i.e. grocery shopping, house cleaning and yard maintenance).

The goal of a care plan is to achieve balance between your caregiving, household and self-care activities. Here are a few tips on achieving this balance:

- Hold a family meeting to discuss responsibility sharing and where possible, delegate responsibilities so that everyone is involved.
- Adapt spaces around your home to encourage the independence of the person with MS and other family members;
- Don't be afraid to ask for help and recognize that some caregivers take on more than they need to. To assist with this, maintain open lines of communication with other members of the household. ■

PEOPLE AND EVENTS



Children and teens with MS enjoy summer camp

Last August, 21 children and teens traveled from across Canada for a three-day adventure in Perth, Ontario. This first-ever Canadian camp for children and teens with MS was the result of MS Society of Canada collaboration with Easter Seals Camp Merrywood, and support from the Hospital for Sick Children's Paediatric MS Clinic staff. The camp was generously funded by the RBC Foundation and an anonymous family foundation.

Most children and teens with MS don't know others their own age that also live with the disease. The camp gave participants the chance to meet and discuss their shared illness and experiences. Every day, there were different activities for the campers to choose from, and lots of energetic counsellors to lead the way. While one group sat together at picnic benches doing pottery or making dream-catchers, another group was kayaking, learning a hip hop routine, or practicing archery. The campers could also sign up for longer adventures, such as canoeing through nearby locks and camping in tents for the night, complete with a blazing campfire and s'mores. There were paediatric MS nurses at the camp

who joined in the fun and were always there as needed.

For many, the highlight of the camp occurred on the very first night, when they met Aaron Solowoniuk, drummer from the well-known band Billy Talent. Aaron, who himself has MS, spent a night at the camp getting to know the kids. Campers were thrilled by the visit, and were inspired by Aaron. In fact, Aaron's most significant involvement with the MS Society of Canada has been as supporter of the post-secondary scholarship program for teens and young adults in Canada who have MS or who have a parent with MS.

We look forward to an equally memorable summer camp adventure in 2008. For more information about the camp, paediatric MS, or the resources available through the Young Persons with MS Network, call: 1-800-922-6065 or email: kidswithms@mssociety.ca

To see photos from the camp, please visit www.mssociety.ca/en/help/camp.htm. To learn more about scholarships, go to www.mssociety.ca/en/help/scholarship.htm ■

Multiple Sclerosis Society of Canada Notice of Annual Meeting of Members

NOTICE IS HEREBY GIVEN that the Annual Meeting of the members of Multiple Sclerosis Society of Canada will be held at the Sutton Place Hotel, 955 Bay Street, Toronto, ON. M5S 2A2, on Saturday, November 17, 2007 at 1:00 p.m. (Eastern Standard Time) for the following purposes:

- i) Receiving the report of the members of the National Board of Directors and the financial statements for the year September 1, 2006 to August 31, 2007; together with the report of the auditors thereon;
- ii) Electing members of the National Board of Directors;
- iii) Appointing auditors;
- iv) Such further and other business as may properly be brought before the meeting.

Members who are unable to attend the meeting in person are requested to date and sign the form of proxy below, detach and return it to the head office of the Society, 175 Bloor Street East, Suite 700, North Tower, Toronto, ON M4W 3R8 by Thursday, November 15, 2007. Attention: Rosanne Portelance.

DATED at Toronto, Ontario this 1st day of November 2007.

Mr. Daniel Larouche, Secretary-Treasurer

Multiple Sclerosis Society of Canada Proxy
for Annual Meeting of Members, November 17, 2007

The undersigned hereby appoints Lou J. Maroun, or failing him, Robert B. Decker or Daniel Larouche or _____ as proxy with power of substitution, to attend and vote for the undersigned at the Annual Meeting of members to be held Saturday, November 17, 2007 and at any adjournment or adjournments thereof and to vote and otherwise act thereat for and on behalf and in the name of the undersigned in respect of all matters which may come before the meeting in the same manner the undersigned would do if personally present thereat.

DATED this _____ day of _____ 2007

(Signature of member)

Please date, sign and return this proxy to the Secretary-Treasurer, Multiple Sclerosis Society of Canada, National Office, 175 Bloor Street East, Suite 700, North Tower, Toronto, ON M4W 3R8 by Thursday, November 15, 2007. Attention: Rosanne Portelance.

2006 John Alexander Media Awards winners



Abigail Cukier, 2006 John Alexander Media Award for Print recipient

and broadcasting about multiple sclerosis.

Abigail Cukier won the print award for her article *Multiple Sclerosis: Not Just An Adult's Disease*. Her piece featured the story of Caitlin Kernaghan, a young girl who has lived with MS since she was eight years old. It also described the support she receives from her family and friends.

The MS Society of Canada handed out the 2006 John Alexander Media Awards earlier this year. A reporter from an Ontario-based community newspaper and a Vancouver, BC FM radio station were recognized for their outstanding achievement in writing

The Beat 94.5 FM received the broadcast award for their work on *MS Victory Radiothon*. The *Radiothon* shared the stories of persons affected by MS and the challenges that the disease has brought to their lives. It spoke truthfully about the unpredictability and complexity of the disease and the hope to find a cure.

“We congratulate Abigail and The Beat 94.5 FM for their outstanding work,” says Yves Savoie, president and chief executive of the MS Society of Canada. “Their efforts helped raise awareness of multiple sclerosis and encourage excellence in journalism.”

The awards are for broadcast and print pieces aired or published between September 1, 2005 and December 31, 2006. Winners in each category are awarded \$500. The eligibility period for the 2007 John Alexander Media Awards will be from January 1, 2007 to December 31, 2007. For details about the 2007 awards, visit www.mssociety.ca/en/awards.htm. ■

MS CANADA

To update your mailing address or subscription preferences, please contact your division office.

Division contact information can be found at:

www.mssociety.ca

or you can call

1-800-268-7582

or email:

info@mssociety.ca



Canadians share their 'Image of MS' as part of an inspirational global campaign

Three Canadians shared their stories of hope with the world as part of *The Image of MS*, an international photo exhibit and campaign that came to Canada earlier this year. The Image of MS program seeks to educate people about common misperceptions about the disease. It features people with MS who have inspirational lives despite the challenges MS presents.

The launch of the photo exhibit, photographed by world renowned photographer Joyce Tenneson, took place at the Ottawa Hospital. Jon Temme, vice president of research and Ottawa researcher, Dr. Mark Freedman were among the guest speakers at the event.

“Through my involvement in The Image of MS program, I hope to show others who have been diagnosed with MS that you can still experience everything that life has to offer if you take control of this disease rather than letting it control you.” says Fred Steinhaus, one of the Canadians profiled in the exhibit. ■