From the Editor’s Desk

This newsletter edition marks the beginning of my fifth year as your editor. While time passes and we grow older, our mission, our motivation, and our heartfelt desire here at Scarborough remains the same -- we want to end MS.

May is especially important to people who live with MS - It’s MS Awareness Month. It’s our chance to raise awareness about MS, not only at the local level, but on the world’s stage as well. Across the country during the month of May, the MS Society of Canada aims to increase awareness about MS, inform the public about the MS Society’s services and mission, and to engage new and existing supporters in an effort to end MS.

This month, may we ask you to do your part to raise the profile of those touched by MS?

Participate in World MS Day’s global petition on employment and MS.

Launch a “Dress for MS Day” in your office by wearing “MS” red and asking everyone for a donation.

Get an oil change at Mr. Lube on May 14. For every oil change done that day, $5 will be donated the MS Society of Canada.

Join the MS research teleconference taking place May 11 at 6:00PM ET.

Become an MS Ambassador, and head to Queen’s Park on May 30th to advocate change for people living with MS.

May is a great time to hold your own fundraising event for MS. Contact us. We’d love to help!

This time of year is filled with celebrations, including tributes to our mothers, fathers, Queen Victoria, grads, and to our great nation.

Remember that the hot, humid days of summer are just around the corner. It’s time to ready your air conditioner to keep you cool.

We wish you a safe and healthy summer filled with fun-filled days, fond memories, and sustained good health.

Together we can end MS.

~~ Barbara
The TTC All Stars Take on the NHL Old Timers

What a great time we had Saturday, March 19th, 2011, when the TTC’s ATU Local 113’s All Stars took on the NHL Old Timers at the Ted Reeve Arena. Fifty-goal scorers Rick Vaive and Gary Leeman, both former Maple Leaf captains, and three-time Stanley Cup winner Claude Lemieux were there! They made playing hockey look like child’s play, and we could tell Claude, Rick, and the Old Timers enjoyed themselves just as much as the exuberant crowd. While the Old Timers won with a final score of 12 - 7, the TTC All Stars gave us a great game.

There were many door prizes to be won including a week at a Caribbean resort, two nights stay at the Hilton in Niagara Falls, and an autographed hockey stick.

The Scarborough Chapter was well represented in the packed arena and while we didn’t win any prizes, we were all winners in helping to raise $44,000 for the Mount Sinai Hospital Foundation for MS Research!

This yearly family outing is great for kids and grandkids alike. Where can you get a seat so close you can smell the ice, enjoy a ‘Maple Leaf’ caliber hockey game, and cheer with fellow Scarborough chapter members all for five dollars? Plan now to attend next year’s rematch! We’ll pass along details as they come in.

Check out lots more amazing photos in our picture gallery on our website at: http://www.scarboroughms.ca/gallery/gallery.html.

Things Aren’t that Simple, Are They?

Get out your pencils. You only need four correct answers to pass this quiz.

1. How long did the Hundred Years' War last?
2. Which country makes Panama hats?
3. From which animal do we get cat gut?
4. In which month do Russians celebrate the October Revolution?
5. What is a camel's hair brush made of?
6. The Canary Islands in the Pacific are named after what animal?
7. What was King George VI's first name?
8. What color is a purple finch?
9. Where are Chinese gooseberries from?
10. What is the color of the black box in a commercial airplane?

Find the answers on Page 5.
**MS Sillies – a Salute to Canada Day**

You May Live in Canada, If...

...someone in a Home Depot store offers you assistance, and they don't work there

...you've worn shorts and a parka at the same time

...you've had a lengthy telephone conversation with someone who dialed a wrong number

...'vacation' means going anywhere south of the US border for the weekend

...you measure distance in hours

...you know several people who have hit a deer (or moose!) more than once

...you have switched from 'heat' to 'A/C' in the same day and back again

...you can drive at 90 kpm through 2 feet of snow during a raging blizzard without flinching

...you install security lights on your house and garage, but leave both unlocked

...you carry jumper cables in your car and all household members over the age of sixteen know how to use them

...you design your kid's Halloween costume to fit over a snowsuit

...the speed limit on the highway is 80 km but you're going 95 and everybody is passing you

...driving is better in the winter because the potholes are filled with snow

...you know all 4 seasons: Almost winter, winter, still winter, and road construction

...you have more miles on your snow blower than your car

...you find -2 degrees 'a little chilly'

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**Interesting Canadian Facts:**

The largest Island in Canada is Baffin Island. It is the fifth biggest island on Earth. Only two US states are bigger than Baffin Island - Alaska and Texas.

Canada’s highest mountain is Mount Logan, 5,959 metres (19,551 ft) high. Due to tectonic activity, Mount Logan continues to gain height by an average of a few millimetres each year.

Canada’s day begins at Cape Spear Lighthouse National Historic Site, Newfoundland and Labrador—the most easterly point in North America.

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To Boldly Go...

The original Star Trek owes much to Canada.
Two of its stars - William Shatner (Captain Kirk) and James Doohan (Scotty) were Canadian. In the 1980s, Doohan’s unique interpretation of a Scottish accent led to the formation of the Scottyish Society at St Andrews University in Scotland.

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Is This Weird or What?! In 2011 we will experience four unusual dates: 1/1/11, 1/11/11, 11/1/11, and 11/11/11.

Take the last 2 digits of the year you were born, plus the age you will be this year. The answer will be...111.
Walking and Rolling to End MS

Over 19,895 walkers across Ontario participated in the 2011 MS Walk on April 17 and May 1, raising an incredible $4.8 million!

Almost 250 walkers walked and rolled in Scarborough and raised over $47,000.00.

The very first MS Walk took place 20 years ago, and proceeds raised over the past two decades have assisted tens of thousands of Canadians affected by MS and their families. This was Scarborough’s 16th walk event.

Bundled in winter coats, mitts, scarves, and hats we looked more as if we were going snowmobiling or cross-country skiing. The weather was remarkable; in the 18 years I’ve participated in the MS Walks, I’d never seen snow…until now. But the snow could not dampen our spirits!

As in past years, Bill Hutchinson of CTV News, our MS Spokesman, was in attendance, encouraging the crowd.

Thank you to everyone who participated -- from hundreds of faithful Walkers, to our countless volunteers, this day wouldn’t have been the success it was without each and every one of you. Check out more fun at: http://www.scarboroughms.ca/gallery/gallery.html. Thank you!

Bring on the Flower Power!

At the time of writing this newsletter, the 35th annual MS Carnation Campaign has just taken place Mother’s Day week-end from May 5th - 7th. The Scarborough chapter was out in force, selling flowers at many locations within our community.

We hope you showed your support and bought some flowers for Mom or volunteered. To learn more about the Carnation Campaign, please see: http://mssociety.ca/en/events/carnation/default.htm.

Scarborough Chapter Gets Spiffy New Logo!

A special thanks to Terry Khashram and Alexandra Zimbulidis for designing such a great logo. It’s unique to the Scarborough Chapter and based on the simple yet profound tongue twister. MS doesn’t have to be a mess (em-ess).
The Latest in MS Research

It’s been quiet on the MS Research Front, with only a couple announcements. But let’s remember it’s not about quantity, but quality!

First Oral Therapy in Canada to Treat MS!!

On March 10, 2011, Health Canada issued a notice of compliance (NOC) for the first oral therapy in Canada to treat MS. The drug, fingolimod, will be marketed under its trade name Gilenya. Gilenya will be available by prescription as a second-line therapy wherein it will be prescribed for people with relapsing forms of MS only should their initial disease-modifying treatment not be well-tolerated or not work effectively.

To learn more about Gilenya, see: www.mssociety.ca.

Research Update on Cannabis Study:

The latest issue of Neurology outlines research results on the effects of prolonged use of inhaled or ingested street cannabis on the cognitive skills of people with MS. The results show that MS and pot don’t mix. Dr. Anthony Feinstein is the lead investigator of the study. For more information, please see the Sunnybrook story: http://sunnybrook.ca/media/item.asp?c=1&i=621.

Scientists Discover Chemical that May Trigger MS:

Scientists may have made a major breakthrough in discovering the chemical that enhances the symptoms of MS. The chemical, known as granulocyte-macrophage colony-stimulating factor, is associated with the immune system, and is part of the body's defense against the disease.

Please see: http://topnews.us/content/239041-scientists-discover-chemical-triggers-multiple-sclerosis.

New Edition of MS in Focus Now Available!

Learn more about MS from a global perspective in “MS in focus,” a publication produced by the MS International Federation. The latest issue is dedicated to research and MS, and includes contributions from scientists from across the globe.


Answers to Quiz:

1. 116 years
2. Ecuador
3. Sheep and Horses
4. November
5. Squirrel fur
6. Dogs
7. Albert
8. Crimson
9. New Zealand
10. Orange (of course)

Congratulations if you answered four or more correctly!
Carmela has volunteered with the Scarborough Chapter for six years. She first started in high school as a Walk volunteer and has since been on the Walk Committee every year since. Carmela plays an important role managing other volunteers and ensuring their roles are carried out as smoothly as possible. In addition to her commitment to the Walk team, Carmela also helps the chapter every Saturday morning with their bingo fundraising and until recently she was also on the Board of Directors. Carmela encourages students and other youth to get involved with the MS Society as she truly values the time spent with the team at the Scarborough Chapter who have now become family, working together to help find a cure for MS.

“Jim Hill has only been a volunteer with the Scarborough Chapter since March 2010 but in a very short time he has taken on roles with the Carnation Campaign, the Walk Committee and most recently, Director of Fundraising on the Board of Directors. As the Director of Fundraising, Jim has also joined the Bingo Committee and regularly attends the bingo sessions. In the last few months he has worked diligently to provide the Scarborough Chapter with its own phone line and a meeting space where clients, members, family and friends can gather once a week.

“Jim has also made great paths with the CPA (Canadian Paraplegic Association), to help develop more programs for persons who use wheelchairs.

“A special thank you to Carmela and Jim for your continued dedication and commitment to the MS Society!”

World MS Day was established by the Multiple Sclerosis International Federation (MSIF) and its member MS societies to work together to raise awareness and end MS for good. World MS Day, on May 25th, 2011, is a platform for advocates all over the world to raise awareness and create positive change for people with MS. This year the theme for World MS Day 2011 is “Work and MS” with a focus on the role that employers can play in enabling people with MS to stay in work. To sign the petition, or to get more information, please see: http://worldmsday.org/.
On Thursday, March 17th, 2011, MS Scarborough joined University of Toronto students at the Scarborough Campus for an MS Awareness Fashion Show. The event was hosted by U of T student volunteers, along with MS Scarborough members and volunteers. The message of the evening? There’s more to beauty than what’s on the cover of a magazine.

A silent auction was held with prizes including a Blackberry Torch, Moksha yoga passes, and a ‘David’s Tea Kit.’ Congratulations to our very own Alexandra Zimbulidis who won the Yoga passes.

For lots more amazing pictures of the evening, please see our photobook: http://www.scarboroughms.ca/gallery/gallery.html.

MS Government News

National Monitoring System for MS:

Earlier this spring, the federal government and the MS Society of Canada announced the creation of a new national MS monitoring system that will capture information to help identify disease patterns and track treatments and long-term outcomes for people living with MS.

Clinical and demographic information will be collected from people living with MS across Canada on a voluntary basis through their health care practitioner.

“People living with MS will be the ultimate beneficiaries of this monitoring system as it will shed light on important topics like CCSVI, the long-term benefit of current therapies and also serve as an invaluable tool in assisting researchers, health professionals and policy makers in their work,” says Yves Savoie. For more information about this important initiative, please see: http://mssociety.ca/en/releases/nr_20110323.htm.

Spring Issue of Abilities Magazine Now Available!

Abilities, Canada’s lifestyle magazine for people with disabilities recently issued its spring edition. Read various articles about science, parenting, sports & leisure including the MS Society’s submission on exercising with MS.

To read more, please see: http://www.abilities.ca/accessibility/abilities_mag_spring_2011_issue_85/.
CCSVI News

Visit [CCSVI.ca](http://www.CCSVI.ca), a new comprehensive online resource for those wanting to learn more about chronic cerebro-spinal venous insufficiency (CCSVI) or considering CCSVI treatment.

In Addition:

**Government Announces CCSVI Follow-up Care**

The government of Ontario announced it is establishing an expert advisory group to provide advice on follow-up care and treatment of Ontarians with MS who have undergone the CCSVI procedure in another country. People with MS who choose to seek treatment abroad for CCSVI deserve timely access to post-treatment, follow-up care. The MS Society of Canada is pleased that the Ontario government has responded to our request to ensure that appropriate and timely medical care is available to those who undergo treatment for CCSVI abroad. Please see: [http://www.news.ontario.ca/mohltc/en/2011/03/ensuring-the-best-possible-care-for-ms-patients.html](http://www.news.ontario.ca/mohltc/en/2011/03/ensuring-the-best-possible-care-for-ms-patients.html) for more information.

**CCSVI Results from the University of Buffalo**

There has been significant media interest on study results from the University of Buffalo on the topic of CCSVI and MS. The findings published in the journal of the American Academy of Neurology, show that CCSVI may be a result of MS, not a cause. The MS Society welcomes the many studies examining CCSVI and MS. We await the results from our own funded studies as well as from government-initiated projects like the MS monitoring system. The evidence to date neither proves nor disproves the CCSVI theory, underscoring the need for additional research. We remain hopeful that the focus given to MS issues lately will continue to yield benefits to people living with MS. Please see: [http://www.buffalo.edu/news/12469](http://www.buffalo.edu/news/12469) for more information.

**Manitoba Invests $5 Million in CCSVI**

In early April, the Province of Manitoba announced that they will invest $5 million to advance clinical trial research on CCSVI. The announcement was made jointly with the Province of Saskatchewan.

For more information, please see: [http://www.mhrc.mb.ca/programs/MS.initiative.asp](http://www.mhrc.mb.ca/programs/MS.initiative.asp).

**Universal Laws Explained**

| Law of Mechanical Repair - After your hands become coated with grease, your nose will itch. |
| Law of Gravity - Any nut, bolt, screw, when dropped, will roll to the least accessible corner. |
| Law of the Bath - When the body is fully immersed in water, the telephone rings. |

More next time...
Upcoming Events! Mark Your Calendars!

**MS Summer Camp Applications Now Being Accepted!**

It’s that time of year again! Applications for this year’s MS Summer Camp to be held from August 13-19, 2011, are now available.

The MS Summer Camp is for youth with MS aged 8-15 and will include choices that suit a broad range of interests from sports, nature study, and performing arts to more traditional recreational activities such as canoeing and swimming.

The MS Leadership Camp is for youth with MS aged 16-21. This program focuses on leadership development, learning self-sufficiency and self-confidence while still enjoying traditional camp activities. If you know a youth with MS, please visit [www.mssociety.ca/camp](http://www.mssociety.ca/camp), call: 1-866-922-6065 ext. 3135, or e-mail: kidsandteenscamp@mssociety.ca.

**2011 MS Research Teleconference**

Registration for the ninth annual MS Research Teleconference is now open. The teleconference will take place on Wednesday, May 11 from 6:00 p.m. to 7:30 p.m. ET. Our guest speaker is Dr. Paul O’Connor, national scientific and clinical advisor to the MS Society. Please see [http://mssociety.ca/teleconf_research/](http://mssociety.ca/teleconf_research/) for details, or to register. Registration also can be done by calling 416-922-6600 or 1-866-922-6065 ext. 317. Deadline for registration is May 11, 2011. The call-in information will be given to the participant upon registration.

**Wedding In-Honour Program**

The MS Society of Canada’s In-Honour Wedding Program offers an alternative to the traditional bomboniere or wedding favour. Couples can make a donation to the MS Society in honour of their wedding guests, and in recognition of your gift, the MS Society will provide you with gift cards, and/or a reception certificate to display at your wedding. The cards and certificates will let your guests know that a donation has been made in their honour. For more information, please contact our chapter at: 647-348-6707.

**Spring Edition of MS Canada Now Available:**

This issue includes stories about one woman’s personal choice to go abroad for a CCSVI-related procedure, a grade four student who is raising awareness about MS, and the recipient of the endMS Transitional Career Development Award. Please see: [http://mssociety.ca/en/information/msnewsletter.htm](http://mssociety.ca/en/information/msnewsletter.htm).
The Back Page

Did You Know That...

... We have a photo gallery on our chapter's website? Our past events have been bound into amazing picture books. Check them out at: http://www.scarboroughms.ca/gallery/gallery.html.

... The approval of Gilenya by Health Canada is based on two large-scale placebo-controlled, blinded studies (each with over 1,200 participants), and that it has been under study for over ten years?

... MS Scarborough became a 2010 Gold Level Research Honour Roll recipient for research contributions representing 40% or more of the total spent on research and client services in 2010? Yay Scarborough!

... Valuable information and conversation awaits you in the MS Village Forums? Join the discussions in FAQ, MS Awareness, People with MS, Partners, Family and Friends, Support groups and News at: http://msvillagecanada.ca.

... According to the Law of Bio Mechanics, the severity of the itch is inversely proportional to the reach?

Hello from Elizabeth McCaw...

“Let me begin by thanking the MS Society, Scarborough Chapter for providing me the opportunity to be part of your staff team!

A brief introduction: I grew up in Scarborough, ON where I attended Sir Oliver Mowat High School after which I completed my Sports Administration diploma at Durham College in 2003 where I received an athletic scholarship playing Varsity Soccer.

My event, volunteer management and fundraising background includes the Durham College Athletic Department, Toronto Lynx Soccer Club, Ontario Basketball Association and, most recently, the Parkinson Society Central and Northern Ontario.

My focus for the Scarborough Chapter is to support the MS Carnation Campaign and grow the fundraising and awareness efforts in the Scarborough community. My base office is the Durham Regional Chapter office in Whitby.

I look forward to meeting each member of the MS Society, Scarborough Chapter.

Elizabeth McCaw

Fundraising Coordinator