The MS Society of Canada Scholarship Program, supported by Billy Talent and Friends, is a post-secondary scholarship program for teens and young adults in Canada who have MS or who have a parent with MS.

The Multiple Sclerosis (MS) Society of Canada’s scholarship program is to assist students who plan to continue their education in a college or university program. Scholarships are offered each year for part-time or full-time study at an accredited institution in Canada of the student’s choice.

For more information about the Scholarship Program see the frequently asked questions.

Eligibility
Applicants to the MS Society of Canada Scholarship Program must be:

- Age 25 and under.
- High school seniors or graduates (or GED) who have MS or who have a parent with MS.
- A Canadian citizen or landed immigrant who is enrolled or plans to enroll part-time (minimum six credits) or full-time in an undergraduate course of study at an accredited two-year or four-year institution located in Canada.
- Enrolled in at least six (6) credit hours* per semester in course work leading to a degree, license, or certificate.

"I am so pleased to be able to support this important new initiative to help teenagers and young adults directly affected by multiple sclerosis. Tens of thousands of young Canadians are impacted by this disease, whether they live with MS or one of their parents does. I am confident that the MS Society of Canada Scholarship Program, supported by Billy Talent and Friends, will help them follow their dreams regardless of the presence of MS in their lives."

Aaron Solowoniuk, drummer of Juno Award-winning Canadian punk rock band Billy Talent

NEWLY DIAGNOSED?
Contact Shannon for information, services and support.

Phone: 250-762-5850
Email: Shannon.thomas@mssociety.ca
Happy New Year! I hope that 2010 has been treating you well so far!

As far as I call tell, 2010 promises to be an exciting year for our Chapter, and MS Research in Canada. New on the Chapter’s agenda in 2010 is the Rona MS Bike Tour in Kelowna. Mark September 18 and 19th on your calendar... don your cycling helmet or sunhat, and join in the fun. Our first participant has signed up, and we hope you, your family, friends and co-workers will take part (as either a cyclist or volunteer) that weekend!

If you are like me, the latest research breakthrough in MS (CCSVI) is still at the forefront of your mind. Currently, the University of British Columbia’s (UBC) MS Clinic is developing plans in collaboration with radiology and physics experts at UBC to try and confirm CCSVI findings independently using a variety of imaging techniques. It needs to be further determined how common this abnormality is and how easily it can be detected with routine tests throughout our region.

With the support of the MS Society of Canada, this will be investigated as soon as possible. It is my understanding that when a CCSVI study is undertaken at UBC, assessment as well as treatment of the blocked veins will be available to study participants. This is exciting news and I believe that in the near future, we will have a better understanding of, if and how CCSVI affects people who have MS. Until next time...

Tracy Tremble
Chairperson

Looking for updates on CCSVI? Visit: www.mssociety.ca/ccsvi

CHAPTER BOARD UPDATES

- The Chapter Board of Directors meet the 3rd Monday of the month at the office, their next meeting is on February 15.
- The 2010 Annual General Meeting will be held on Saturday, April 10.
- MS Review newsletter deadline for the March issue is Feb. 12, email content to: myra.majeran@mssociety.ca

2010 Board Members:

- Tracy Tremble Chair
- Sylvia McNeil Vice Chair
- Jane Gates Secretary & Client Services
- James Cameron Treasurer
- Andrea Ricciardi Public Promotions
- Bill Carty Social Events
- Laurie Moring Education & Communication
- Milton Dilworth Member at Large
- Patricia Chandler Fundraising

- As attendance at the Christmas party held at the office was greater than registration numbers indicated and seems to be increasing every year, we are seeking a larger venue to hold this event. We will let you know when and where once we have a confirmed booking.
- The 2010 Nominating Committee are Tracy Tremble, Andrea Ricciardi and Laurie Moring.
2010 AGM
As reported last fall the Chapter will need to have an Annual General Meeting within six months of the fiscal year ending December 31, 2009 in compliance with the new national bylaws.

The 2010 AGM will be on Saturday, April 10 - mark your calendars.

Details are still being finalized and will be posted on the Chapter website: Okanagan Chapter as soon as they are available and will be reported in the March MS Review issue.

The spring Education Seminar will also be held in conjunction with the AGM on Saturday, April 10.

We would like to know what subject matter you would like us to address, perhaps you have in mind a presenter/speaker you think might be a good fit for upcoming education seminars, workshops and/or lunch & learns.

Please contact Shannon and share your ideas for educational events you would like to attend.

Nominations to the Board of Directors
At this time the Nomination Committee of the Okanagan Chapter Board is accepting applications from individuals interested in becoming a member of the Chapter Board. Deadline for applications is March 1st, 2010.

Application forms are available at the office or to download click here: Volunteer_Application.pdf

All Board Members will be required to:
- Make a two-year commitment to serving on the Board;
- Participate in monthly Board meetings;
- Minimum time commitment of four hours per month;
- Sit on committees of the Board; and
- Carry out occasional special tasks such as fundraising, attending events, conducting research, doing presentations and writing reports

Election of the Slate of Nominees to the Chapter Board of Directors:
The 2009 Nomination Committee is Tracy Tremble, Laurie Moring and Andrea Ricciardi. It is the role of the Nomination Committee to direct the recruitment, selection and presentation of a slate of nominees to the membership for election. The use of a Nomination Committee brings structure and impartiality to your elections process.

According to Article 4.5 of the Chapter Bylaws: "Candidates for the Board may be nominated by submitting in writing to the Secretary the names(s) of the candidates, with the required consent letters, not less than 30 days prior to the date of the AGM.”

This Article prohibits nominations from the floor.

Nomination forms are available at the office or to download click here: Nomination_Form.pdf

For more information call 250-762-5850 or myra.majeran@mssociety.ca
Join the movement. Be a Walker. End MS.

Get ready to make your mark in the fight to end multiple sclerosis and enable people affected by MS to enhance their quality of life. Join us in our annual Scotiabank MS Walk on **Sunday, April 25** at Kelowna City Park. Gather up your friends and family and join over 400 participants to walk, run or roll through City Park. You can choose a 1, 3 or 6 Km route. Your fundraising efforts are rewarded with prizes such as gift cards, great entertainment and an event t-shirt.

Register today: [www.mswalks.ca](http://www.mswalks.ca) or phone 250-762-5850

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**Volunteers Needed!**

Volunteers are at the heart of the MS Society and play an important role in the work we do. *Many hands make light work* is especially true for an event this size. Contact us today to find out how you can help, at 250-762-5850 or myra.majeran@mssociety.ca or download an application [here](http://www.mssociety.ca).

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**Team Ensure A Cure**

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**Join TeamMS**

We invite you to join with at least three of your friends, family and co-workers to create your own team. Experience the camaraderie and excitement of TeamMS while helping to further the fight against multiple sclerosis.

To learn more go to [www.teamms.ca](http://www.teamms.ca) or contact Myra at 250-762-5850.

TeamMS - The best Team you will ever be on!
Hello, my name is Shannon Thomas and I am the new Community Services Coordinator for the Okanagan Chapter. I would like to introduce myself to those of you whom I have not met and to thank those of you who have welcomed me over the holiday season. I am in the office three days a week – Monday, Tuesday, and Wednesday. My role will include taking over the duties and tasks associated with client services.

One of the goals that I will be focusing on is creating a workshop for people who have been newly diagnosed with MS (in the past two years) and creating a group that meets on a regular basis for our younger members (under 40). If this is something you would be interested in attending please contact me at the office so that I can assess the needs of those interested and gather a list of names of those who would like to participate.

**New Book in the Library:**
Yoga and Multiple Sclerosis: A Journey to Health and Healing
Authors: Loren M. Fishman, MD & Eric L. Small

“Gentle, low-impact yoga is the perfect exercise for people living with multiple sclerosis. Studies show that after six months of practicing yoga, fatigue and other symptoms are significantly reduced. Yoga and Multiple Sclerosis: A Journey to Health and Healing is a comprehensive and user-friendly guide to applying the principles of yoga to MS management. You will learn a variety of yoga poses that will help combat fatigue, reduce spasticity, relieve stress, and increase range of motion. This practical guide:

- Describes how yoga works
- Contains “starter poses” that help beginners and the physically challenged to gently achieve a posture
- Includes photographs and descriptions of each pose
- Explains effects, advantages, and contraindications

Yoga and Multiple Sclerosis contains information for people experiencing symptoms across the MS spectrum, including those who are in wheelchairs or have limited mobility. With the help of this book, you will be able to manage your symptoms, raise your functional abilities to their highest level, and foster independence and confidence.”

Okanagan Chapter funded fitness program free to everyone affected by MS:

**Yoga** by Ann Foss
Wednesdays at 11:00 am
People Place
3402 - 27 Ave., Vernon

**Helpful Resource:**
The British Columbia Ministry of Health has produced an in-depth booklet on Healthy Eating for Seniors. This booklet is available free of charge at our office.
News in Research can be viewed at the MS Society web site:

http://www.mssociety.ca/en/research/researchlibrary.htm

January 11, 2010
A randomized trial of memantine as treatment for spasticity in multiple sclerosis

January 8, 2010
HLA-DRB1 and month of birth in multiple sclerosis

January 4, 2010
Callosal lesion predicts future attacks after clinically isolated syndrome
A short-term randomized MRI study of high-dose oral vs intravenous methylprednisolone in MS.

December 10, 2009
Positive Results Announced in Phase II Study of IV Ocrelizumab in Relapsing-Remitting MS

Printed copies of these medical update memos from your chapter office.

Need a hand with your taxes?
If you are unable to complete your income tax and benefit return by yourself and are unable to pay for assistance, the Revenue Canada Agency Community Volunteer Income Tax Program (CVITP) may be for you.

The CRA offers training to volunteers who can help you complete your income tax and benefit return if your income is low and your tax situation is simple.

Volunteer tax preparation clinics are generally offered between February and April of each year in various locations across Canada, however, some tax clinics operate year round. For more information about this free service or to get information on community organizations in your area that participate in the CVITP, call Revenue Canada at 1-800-959-8281.

Chronic Disease/Pain Self-Management Workshops
These workshops are offered over six-weeks and are FREE. Please register early as workshops may be cancelled if a minimum number of persons do not pre-register. Plan to commit to all six sessions as these are not drop-in workshops. Register: Terry Cayer at toll-free 1-866-902-3767 or tcayer@dccnet.com

- Noric House (Chronic Disease Self-Management Program)
  1400 Mission Road, Vernon, BC
  Mondays, 9:00 am to 11:30 am February 22 to March 29, 2010

- Pleasant Valley Health Centre (Chronic Pain Self-Management Program)
  3800 Patten Drive, Armstrong, BC
  Mondays, 9:00 am to 11:30 am April 12 to May 17, 2010
Moment by Moment... Hemp-hearts Helpful

Have you ever heard of hemp-hearts or better still have you ever used them? I’m here to tell you of my very own qualitative study; that is, I’m my own single participant.

A fellow assisted-living resident was raving about the positives she’s been experiencing since imbibing hemp-hearts... the incredible energy and feeling of well-being, all in the last six months! Well now, I couldn’t help it when my active listening skills kicked in, could I?

So, off to the computer to research hemp-hearts; I could hardly contain my enthusiasm, I had good 'vibes' about this whole thing!

There I sat coffee in one hand, my back hunched and my eyes glued to ‘Colton’, my computer. I read of the benefits of ingesting hemp hearts:

"...hemp hearts are the most concentrated & best balanced source of protein, essential fats & vitamins in nature... Hemp hearts are beneficial for people interested in preventative health & wellness... diabetics, people with obesity, people with high blood pressure, people on carbohydrate reduced diets, chronic constipation, depression & children with hyperactivity disorders...”

http://www.healing-source.com/about_HempHearts_b.htm

OK, then, I’m hooked... So off I went, to the nearest health food outlet & purchased about 2 cups ($14) to sprinkle on my a.m. yogurt (I’m told you can get them at the bulk store for cheaper). I’d heard that these ‘goodies’ are fattening; oh great just what I didn’t want, more weight. The computer says that one should take up to five tbsp. a day (I have to tell you, my visits to the ‘convenience’ have increased ten-fold) I don’t think ‘scale-up’ will be an issue if this keeps up!

I’m doing one heaping tbsp. with breakfast; I’ve been closely monitoring this whole experience for a month now. I’m using a daily chart to record any differences in my body & behaviors. I’m not sure if I want it so bad, that I can MAKE it happen... I suppose all I can really do is give it my best shot and pray for a little bit of ‘Divine intervention’ right now.

I’ve noticed that I’ve been staying up later by an hour and able to handwrite legibly to my grandchildren (thank you, God). I’m also aware of the fact that I’ve been able to stand at my standing pole longer, and take a few steps with my walker. I just feel more confident than I did a month ago. ‘Tis a bloody miracle, ‘tis...

And, that’s been MY experience for the past month (& holidays to boot) Major calories & very sedentary living & my pants still FIT...

And so it goes....

Dee Rogers

The MS Society does not approve, endorse or recommend specific products or services and respects an individual’s right to make their own health management decisions.
Christmas Tea at Brookhaven - Dec. 18 (many came to visit, even Santa took time from his busy schedule to drop in)

Tea at Sun Point - Dec. 10 (Charlie the furry elf saying hello to David)

It was a full house for the Christmas Tea at Mountainview - Dec. 14
Chapter Christmas Party on Dec. 12 was fun for everyone. The planning committee did a great job decorating the office, rearranging the office a bit to fit in a bunch of extra tables & chairs and still left room for people to move around. Kudos!

We’ve defiantly outgrown this space. We are searching for a larger venue for 2010.

All the kids got a gift from ‘Santa’, looks like Tyson got what he wanted ↓
MEMBER TO MEMBER

FREE $1,440
Just imagine, you open your eyes in the morning, and there on your nightstand, is $1,440! It is yours to spend any way you like! You can spend it foolishly or wisely... and the best part is, that tomorrow when you wake, there will be another $1,440 there for you to spend.

I know what you are thinking... what's the catch? Well, the only thing you can't do with your "money" is save it. At the end of the day it is gone. What you didn't spend simply disappears.

Now that you have read this far, consider this... every day when you wake, you are "given" 1,440 minutes. This 24 hours is yours. Yours to spend and enjoy, but sadly, not to save.

Something to ponder... Donna Abel

TO YOURSELF BE TRUE - THE MAN IN THE GLASS
When you get what you want in your struggle for self, And the world makes you “King” for a day, Just go to the mirror and look at yourself, And see what that man has to say.
For it isn’t your father, mother or wife Whose judgment upon you must pass; The fellow whose verdict counts most in your life, Is the one staring back from the glass.
He’s the fellow to please, never mind all the rest. For he’s with you right up to the end, And you’ve passed your most dangerous, difficult test, If the man in the glass, is your friend.
You may fool the whole world down the pathway of years, And get pats on the back as you pass. But your final reward will be heartaches and tears, If you’ve cheated the man in the glass.

Author Unknown. (Toowoomba)

Linn P. is looking for a seamstress to do alterations. Please phone her at 250-768-5379

FEBRUARY BIRTHDAYS

<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Mike Dechant</td>
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<td>Karen Mitchell</td>
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<td>Eileen Fazan</td>
<td>05</td>
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<td>Brenda Barnes</td>
<td>09</td>
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<td>Liz Borrett</td>
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<td>Lori Marsh</td>
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<td>Lynda Little</td>
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<td>Heather Doyle</td>
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<td>Linn Patterson</td>
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<td>Monika Lang</td>
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<td>Colleen Siebert</td>
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<td>Donna Abel</td>
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<td>Shirley Dziadyk</td>
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<td>Geoff Neale</td>
<td>23</td>
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<tr>
<td>Doug Millard</td>
<td>24</td>
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Don’t see your name on the birthday list? Send us your birth date and we will add your birthday to the list.
HAPPY NEW YEAR EVERYONE!

December 2009 had brought us lot’s of fun, with a birthday cake for Iris A. As well as getting the office decorated for our annual Christmas Party. Then to top things off some elves were spotted at Sun Pointe and Mountainview in Kelowna spreading some Christmas cheer. We hope everyone had a lovely Christmas we look forward to see you in 2010!

Can you guess who has recently become a GREAT Auntie? Well it’s none other than our own beautiful Sandy B. from Kelowna!

Yes we all KNOW that Sandy will be the best Auntie around and a GREAT Auntie at that!

Sandy’s niece Krystal and her husband Chris had a baby boy they named Ethan Jude, on August 12, 2009. He weighed 6 lbs. 9 oz.

Congratulations again Sandy he’s sure a cutie pie just as much as YOU are!
### Socials & Coffees Around the Ok Chapter

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>Saturday Social</td>
<td>Feb. 13 &amp; 27</td>
<td>11 a.m.</td>
<td>1959 Kirschner Rd Enderby/Armstrong</td>
<td>11:00 a.m. on Tuesday, Feb. 9 at Howard Johnson Inn, 1510 George Street, Enderby.</td>
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<tr>
<td>Westside at 10 a.m.</td>
<td>Feb. 4 &amp; 18</td>
<td>Thursday</td>
<td>Zellers Restaurant, 3571 Old Okanagan Hwy Vernon</td>
<td>Vernon on Thursdays at 11 a.m. on Feb. 11, and Feb. 25 at 12 noon at People Place, 3402 - 27 Ave.</td>
</tr>
<tr>
<td>Mountainview Village</td>
<td>Feb. 8 &amp; 22</td>
<td>10:45 a.m.</td>
<td>1540 KLO Rd, Phase 1 Activity Rm, side entrance Peachland</td>
<td>Peachland at 10 a.m. on Thursday, Feb. 11 &amp; 25 at Rocky Top Coffee Co., 5866 Beach Ave, Peachland.</td>
</tr>
</tbody>
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### My Story...

We want to print your *My Story* in the Member to Member section of the MS Review newsletter. The deadline to submit for the March issue is Feb. 12.

If you want to share your story but the actual task of writing it seems too daunting we can help you, phone Shannon or Myra at 250-762-5850.

We are also looking for personal stories from MS Walk participants. To share why you walk phone or email Myra.

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**Are you a member?**

As a member of the MS Society you: Have a say in the future of the MS Society; Allow us to speak with a more powerful voice on behalf of Canadians with MS; Receive Chapter, Division and National newsletters; Have access to MS Society programs and resource library; Annual membership $10. Become a member today 250-762-5850.

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**MS Review February 2010**

Editor/Writer/Designer: Myra Majeran • Contributors: Donna Able, Shannon Thomas, Tracy Tremble, Virginia Carty, Dee Rogers, Sandy Block, Diane Kelly, Alice Lubbers & Janneke Smith. MS Review is intended to provide news and information to people living with MS, their families, caregivers, medical professionals and other stakeholders. Information/opinions contained in this newsletter are obtained from sources believed to be reliable, but their accuracy cannot be guaranteed. The MS Society does not approve, endorse or recommend specific products or services and respects an individual’s right to make their own health management decisions. However, we can provide information to assist people in their decision process. For specific, personalized information, please consult your physician or other health care professional.

MS Society of Canada | Okanagan Chapter | 1959 Kirschner Rd, Kelowna, BC V1Y 4N7 Ph: 250-762-5850 | Fax: 250-762-5897 | Email: info.okanagan@mssociety.ca

**Drop-in hours** (may vary):
Monday to Friday 10:00 a.m. to 3:00 p.m., or by appointment Closed daily from 12 to 1 p.m.