

FM-CFS Canada  
412-99 Fifth Avenue  
Ottawa, ON  
K1N 5P5  
May 13th, 2009

Marianne Wilkinson  
Councillor  
Ward 4 Kanata North  
110 Laurier Avenue West  
Ottawa, Ontario  
K1P 1J1

Dear Councillor Wilkinson,

**Subject: National FM/CFS(ME) Awareness Day**

On behalf of the Board of Directors, volunteers of FM-CFS Canada and those citizens of Ottawa suffering from these ailments, we would like to extend our heartfelt thanks to you, your team and city staff for enabling us to mark May 12th, 2009 as the International Day of Awareness for those suffering from Fibromyalgia(FM), Chronic Fatigue Syndrome(CFS) and Myalgic Encephalomyelitis (ME). Your willingness to help and efforts to support us is much appreciated.

We would also extend thanks to you, and Acting Mayor, Mr. Michel Bellemare for preparing and reading in Council a proclamation to mark this day. This is so important to the spirit of those living with these illnesses.

We marked the day by launching a short video entitled *The Future is Hope*, filmed by Mr. James Blondeau which features real patients talking about their ways of coping, their concerns and their aspirations for advances in medical knowledge to enable more understanding about these complex illnesses. This is the first time our board has completed a video and we were extremely excited to be able to show this film to visitors to City Hall.

In addition we released two awareness guides about FM/CFS targeted at pharmacists. The guides help pharmacists learn more about FM/CFS, and better assist patients by explaining why medications have been prescribed, what vitamin supplements may help, and what over the counter support may be useful.

This is an important occasion for us and you have helped us mark it in an

**impressive way. We commend you for your concern and interest in our work and thank you for making your valuable time available to us.**

**Yours sincerely,**

**Graham Mayes,  
President FM-CFS Canada**

**David Mann  
Volunteer, FM-CFS Canada**

**CC: Mr. Michel Bellemare**