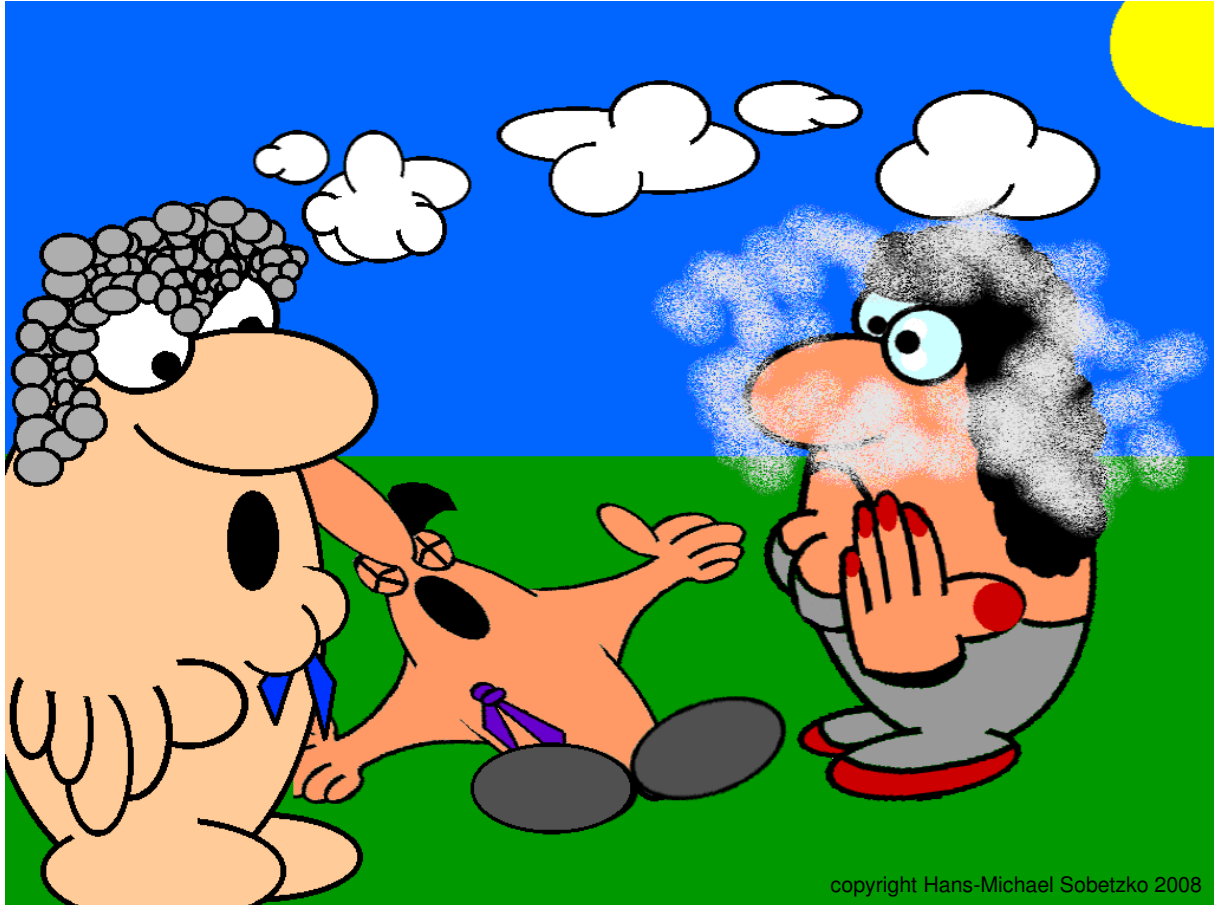


CALENDAR 2009



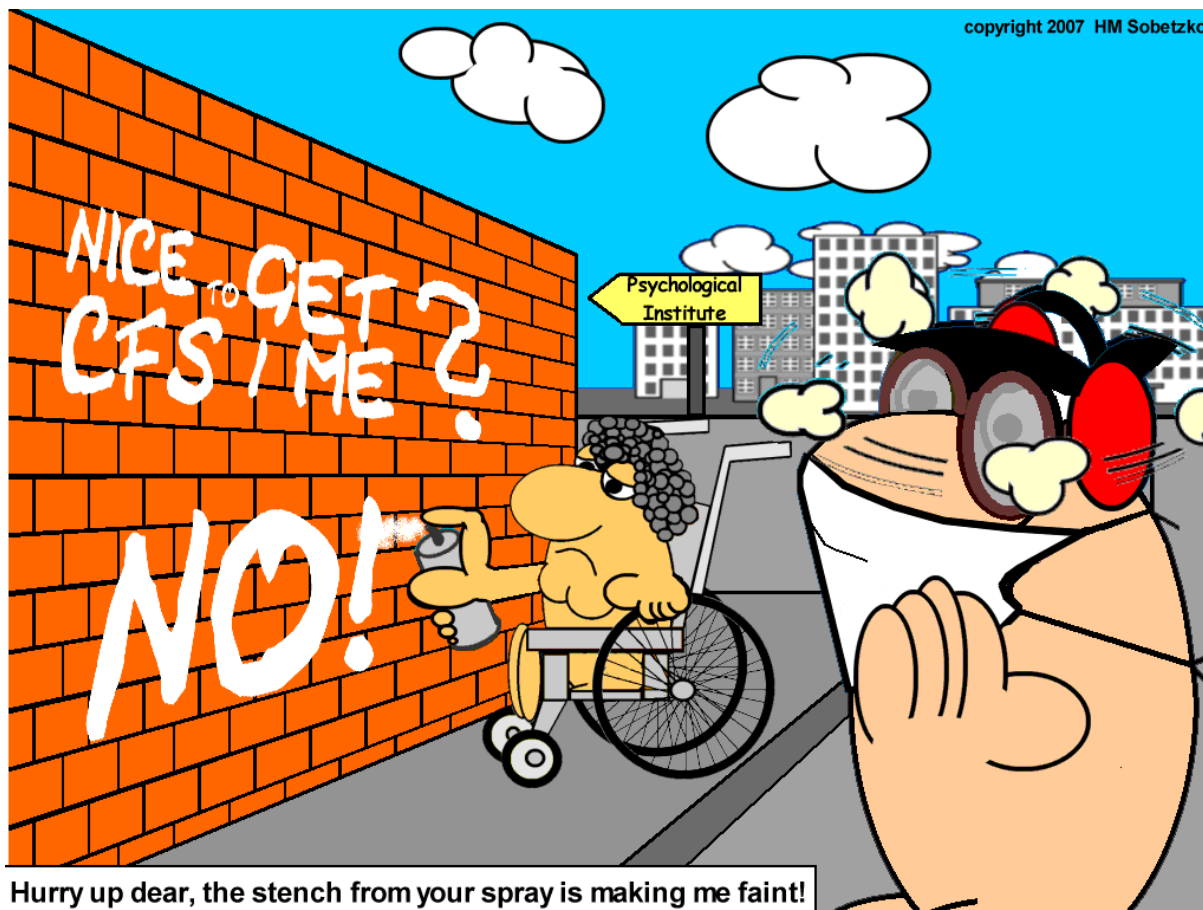
No, he hasn't got MCS. It's your overpowering perfume that's completely knocked him out.

(MCS = Multiple Chemical Sensitivity)

Cartoons about life with CFS

by
Hans-Michael Sobetzko

virtuga



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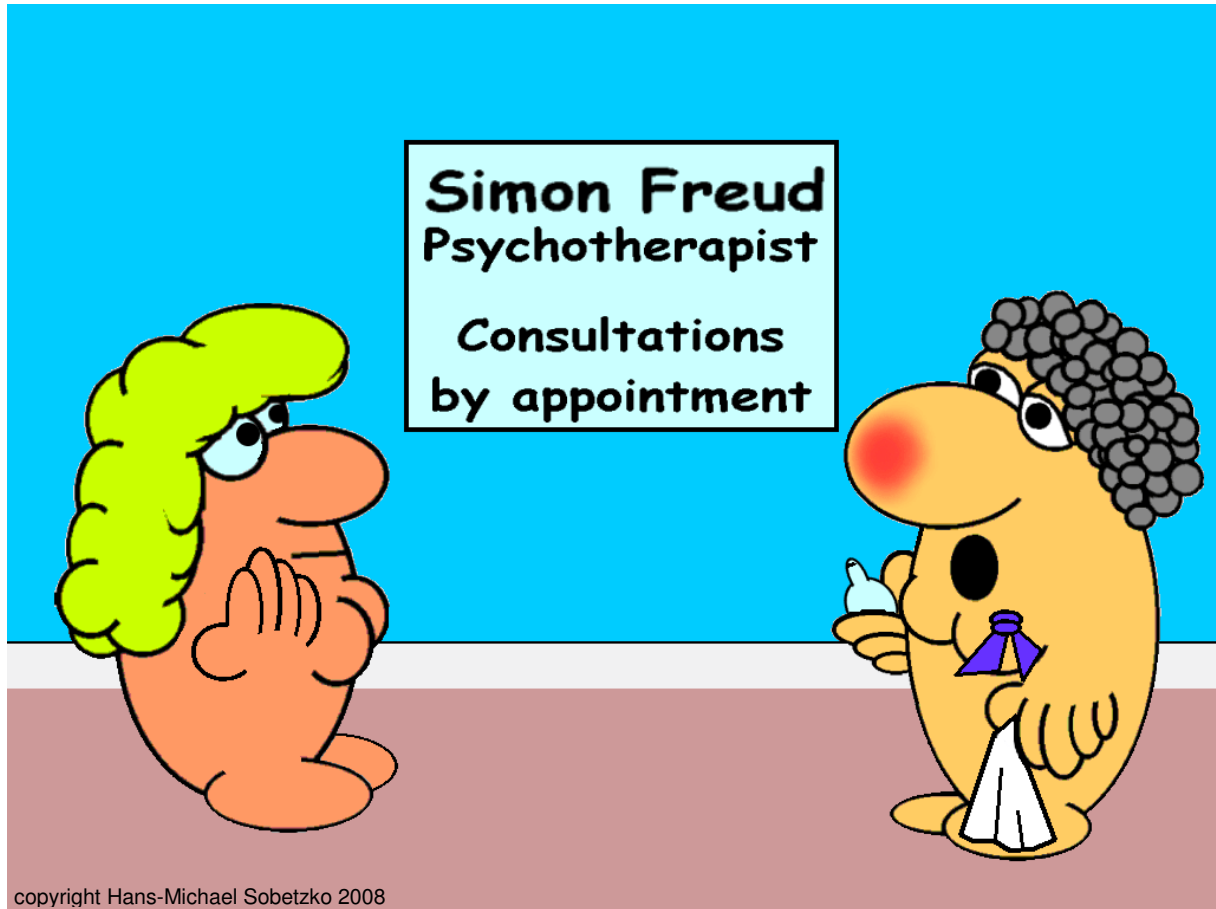
JANUARY



Granted - it's a bad cheque, but on the other hand,
given the quality of your treatment....

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| | | | | 1. | 2. | 3. |
| 4. | 5. | 6. | 7. | 8. | 9. | 10. |
| 11. | 12. | 13. | 14. | 15. | 16. | 17. |
| 18. | 19. | 20. | 21. | 22. | 23. | 24. |
| 25. | 26. | 27. | 28. | 29. | 30. | 31. |

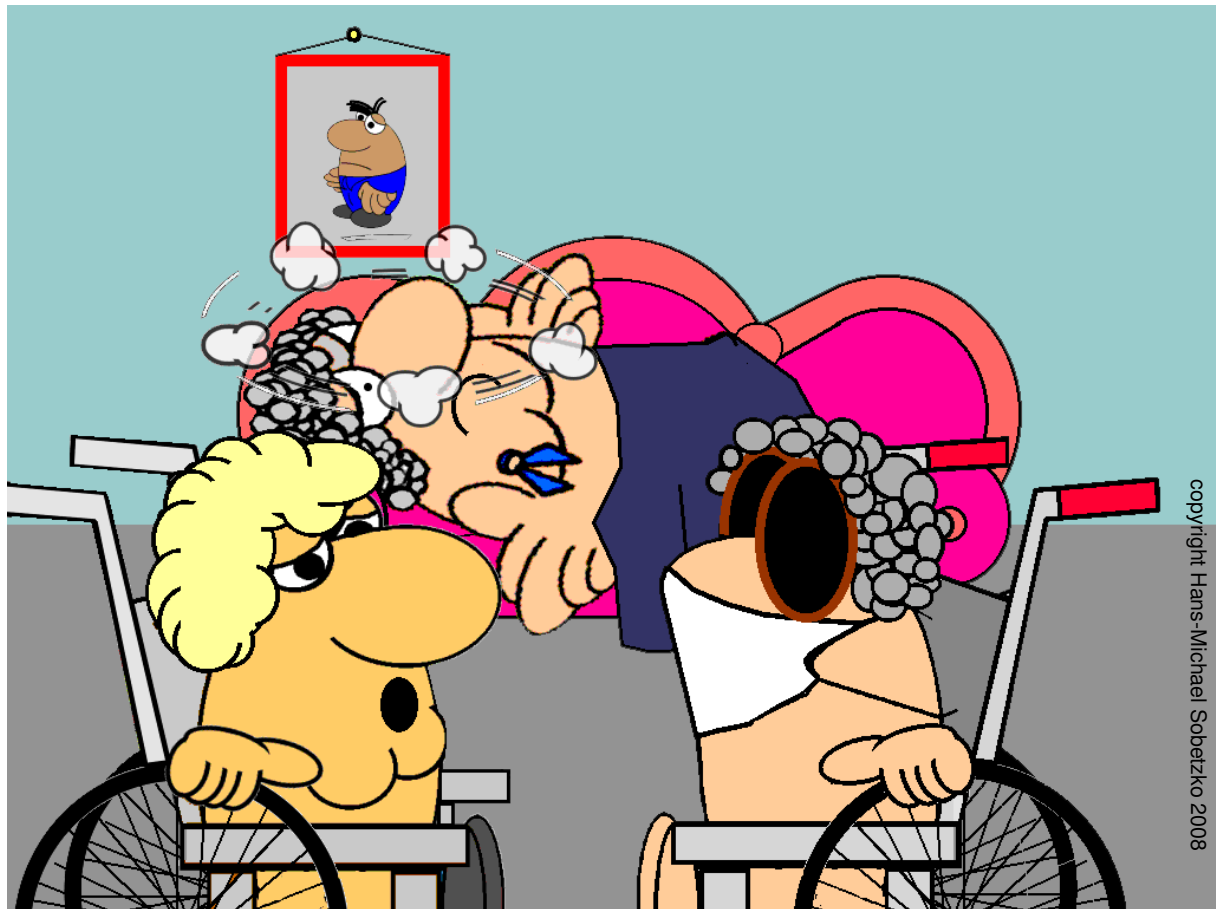
FEBRUARY



Wow, it actually helps after all! After 7 days of psychotherapy my runny nose has almost gone!

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| 1. | 2. | 3. | 4. | 5. | 6. | 7. |
| 8. | 9. | 10. | 11. | 12. | 13. | 14. |
| 15. | 16. | 17. | 18. | 19. | 20. | 21. |
| 22. | 23. | 24. | 25. | 26. | 27. | 28. |

MARCH



Had she used a wheel chair* when she went shopping this morning she'd be able to have a cup of coffee with us now.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| 1. | 2. | 3. | 4. | 5. | 6. | 7. |
| 8. | 9. | 10. | 11. | 12. | 13. | 14. |
| 15. | 16. | 17. | 18. | 19. | 20. | 21. |
| 22. | 23. | 24. | 25. | 26. | 27. | 28. |
| 29. | 30. | 31. | | | | |

*People with severe CFS often use a wheelchair to save energy as well as to remain mobile. See CMO Report 1/2002, 3.4.3

APRIL



She's obviously feeling very bad today.
We'd better visit her another time.


| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| | | | 1. | 2. | 3. | 4. |
| 5. | 6. | 7. | 8. | 9. | 10. | 11. |
| 12. | 13. | 14. | 15. | 16. | 17. | 18. |
| 19. | 20. | 21. | 22. | 23. | 24. | 25. |
| 26. | 27. | 28. | 29. | 30. | | |

MAY



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Though we often feel like we're imprisoned by it
... we WILL conquer CFS eventually!

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---|-----------|----------|--------|----------|
| | | | | | 1. | 2. |
| 3. | 4. | 5. | 6. | 7. | 8. | 9. |
| 10. | 11. | 12.  | 13. | 14. | 15. | 16. |
| 17. | 18. | 19. | 20. | 21. | 22. | 23. |
| 24. | 25. | 26. | 27. | 28. | 29. | 30. |
| 31. | | | | | | |

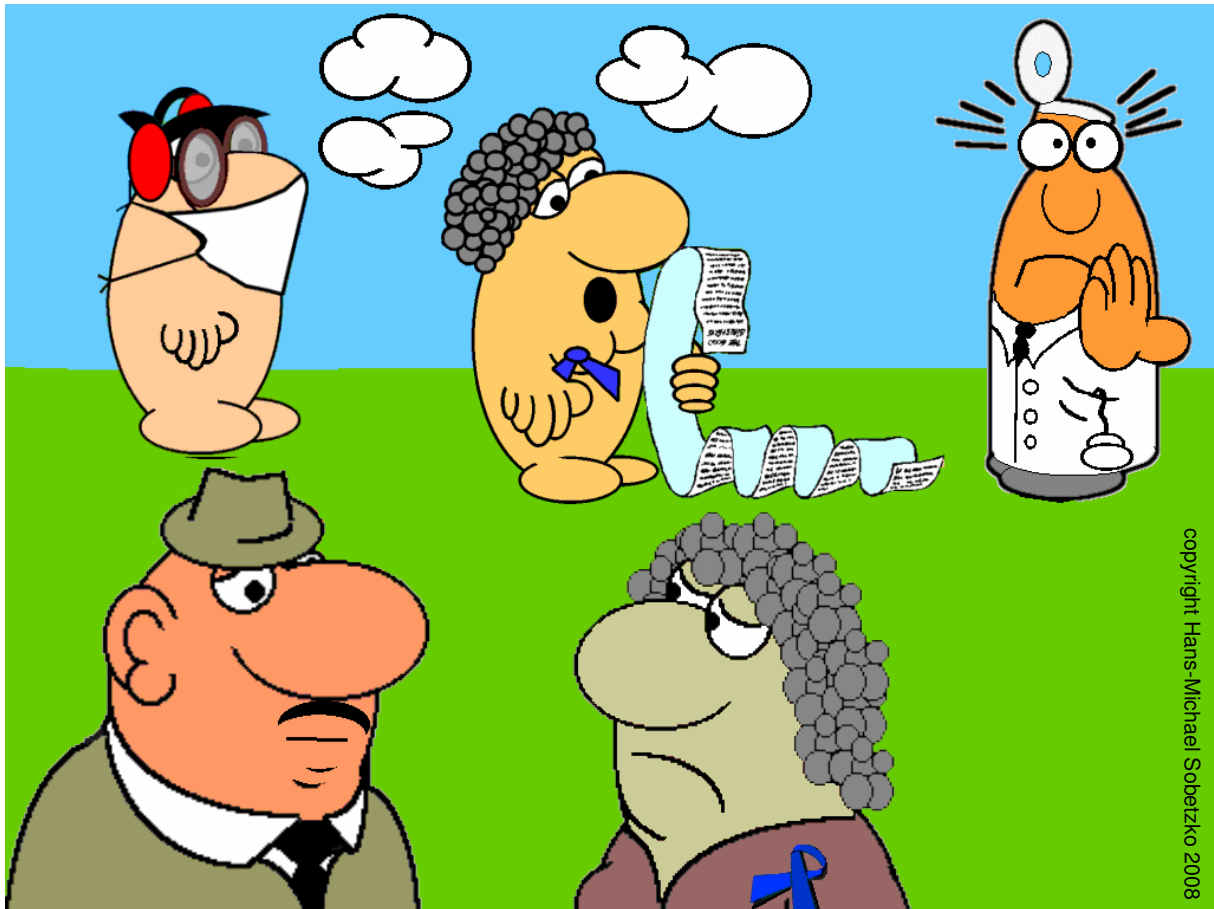
JUNE



It often takes many hours before the effects of any activity finally hit you.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| | 1. | 2. | 3. | 4. | 5. | 6. |
| 7. | 8. | 9. | 10. | 11. | 12. | 13. |
| 14. | 15. | 16. | 17. | 18. | 19. | 20. |
| 21. | 22. | 23. | 24. | 25. | 26. | 27. |
| 28. | 29. | 30. | | | | |

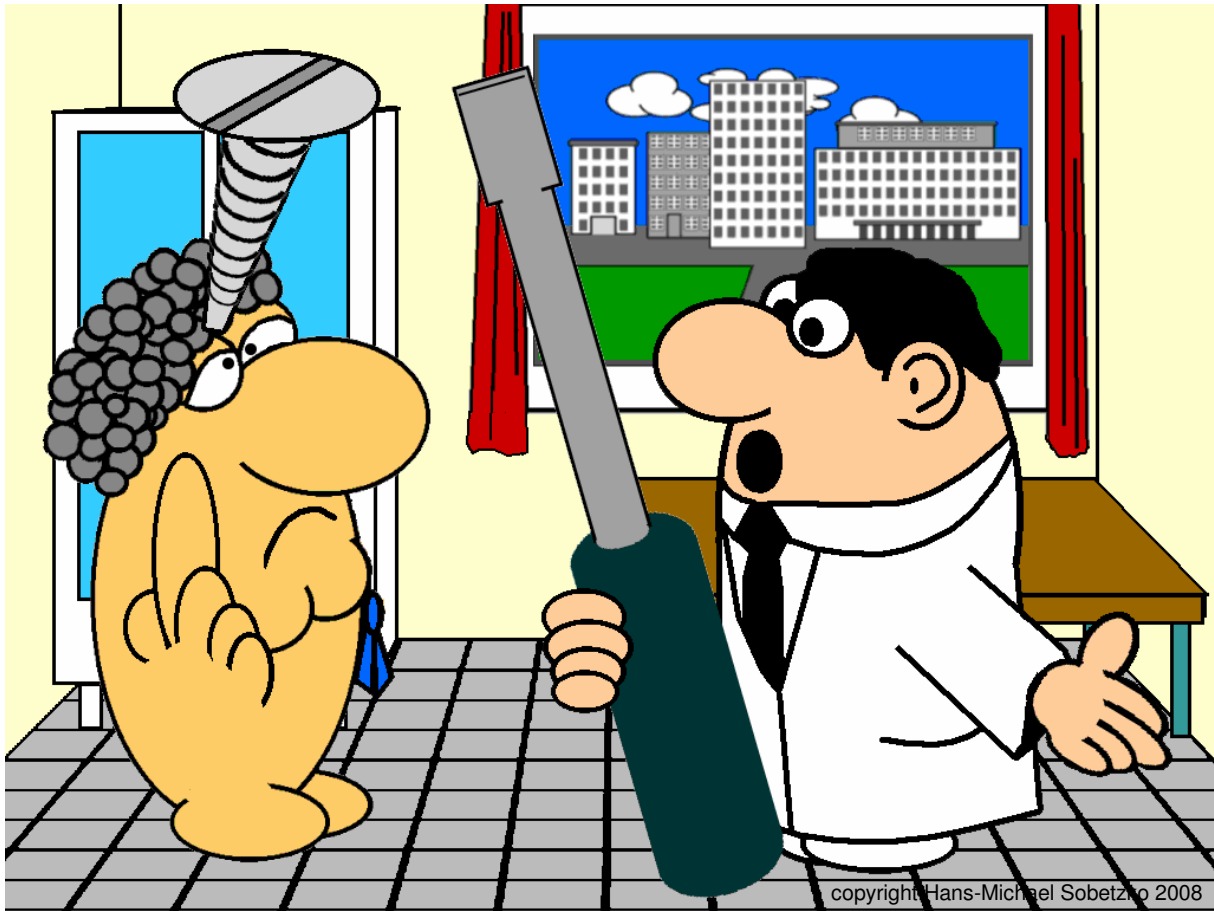
JULY



She has to read out the list of the substances he's sensitive to because he already becomes breathless when touching the printed paper.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| | | | 1. | 2. | 3. | 4. |
| 5. | 6. | 7. | 8. | 9. | 10. | 11. |
| 12. | 13. | 14. | 15. | 16. | 17. | 18. |
| 19. | 20. | 21. | 22. | 23. | 24. | 25. |
| 26. | 27. | 28. | 29. | 30. | 31. | |

AUGUST



I've got a cure for your headache, but given the rest of your CFS symptoms I'm afraid the prospect isn't that great!

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| | | | | | | 1. |
| 2. | 3. | 4. | 5. | 6. | 7. | 8. |
| 9. | 10. | 11. | 12. | 13. | 14. | 15. |
| 16. | 17. | 18. | 19. | 20. | 21. | 22. |
| 23. | 24. | 25. | 26. | 27. | 28. | 29. |
| 30. | 31. | | | | | |

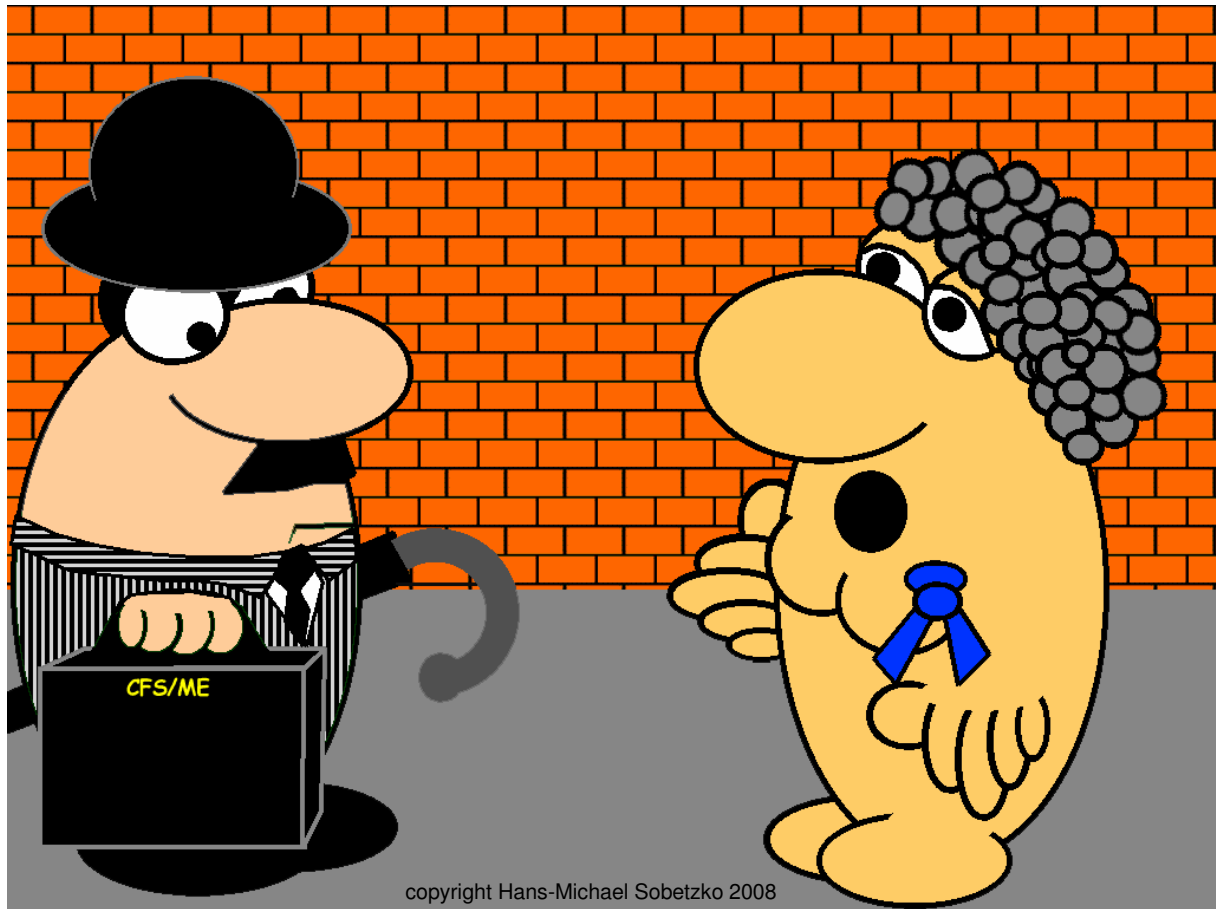
SEPTEMBER



What they're doing is discussing whether it should be called CFS or ME!

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| | | 1. | 2. | 3. | 4. | 5. |
| 6. | 7. | 8. | 9. | 10. | 11. | 12. |
| 13. | 14. | 15. | 16. | 17. | 18. | 19. |
| 20. | 21. | 22. | 23. | 24. | 25. | 26. |
| 27. | 28. | 29. | 30. | | | |

OCTOBER



Credit where credit's due, the way you manage your illness is extremely professional.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| | | | | 1. | 2. | 3. |
| 4. | 5. | 6. | 7. | 8. | 9. | 10. |
| 11. | 12. | 13. | 14. | 15. | 16. | 17. |
| 18. | 19. | 20. | 21. | 22. | 23. | 24. |
| 25. | 26. | 27. | 28. | 29. | 30. | 31. |

NOVEMBER



No, this is not CFS, it's definitely a case of burnout.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| 1. | 2. | 3. | 4. | 5. | 6. | 7. |
| 8. | 9. | 10. | 11. | 12. | 13. | 14. |
| 15. | 16. | 17. | 18. | 19. | 20. | 21. |
| 22. | 23. | 24. | 25. | 26. | 27. | 28. |
| 29. | 30. | | | | | |

DECEMBER



Who was it who wanted to have a GP knowing something about CFS?

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| | | 1. | 2. | 3. | 4. | 5. |
| 6. | 7. | 8. | 9. | 10. | 11. | 12. |
| 13. | 14. | 15. | 16. | 17. | 18. | 19. |
| 20. | 21. | 22. | 23. | 24. | 25. | 26. |
| 27. | 28. | 29. | 30. | 31. | | |

Thank you, Regina Clos and Lynne Kersh, for helping with translations

You will find information on Chronic Fatigue Syndrome on this website:

www.cdc.gov/cfs

You will find information on Chronic Fatigue Syndrome on these German spoken websites:

www.cfs-portal.de
www.cfs-aktuell.de
www.fatigatio.de

(a site provided by Hans-Michael Sobetzko)
(a site provided by Regina Clos)
(a site provided by Fatigatio e.V.)