

Vision



INTERVIEW EXTRACT : JOHN CHIA MD

It's not often I am able to announce something this exciting. In 2006 Jane Colby wrote about the 'Three Holy Grails': a laboratory test for ME; a treatment; and developing preventive measures.

We think we've discovered the potential for all three! At this season of hope and goodwill, we bring you an excerpt from an exclusive interview with Dr John Chia in California. The full version will be published in 2008.

We've found out that, due to the postal strike, your copies of *Vision 2007-2* were delayed and some didn't arrive. If you didn't get yours (red/green cover, photos of the Queen's cousin and the Education Minister at our House of Lords event) let us know and we'll send another free. You can still enter the competitions and do the colouring.

Take care at this busy time of year! We look forward to your news and photos for the next full issue of *Vision*.



Kindest regards,

Keith Harley
Chair of Trustees

The Young ME Sufferers Trust

PRINCESS HELENA MOUTAFIAN

HOPE OF A TEST AND A CURE

Princess Helena Moutafian MBE



We are delighted to welcome Princess Helena Gagarin Moutafian MBE, D St J, D St L, as a Patron of The Young ME Sufferers Trust.

From a Russian background, Princess Helena is a committed humanitarian who has lived in Britain for 60 years. She has spent many years working in a voluntary capacity for many organisations, is a Life Patron of the NSPCC, Vice-President of Help the Aged, Patron of the Commonwealth Countries League, Vice President of the Women's Council, and President and Founder of the Anglo-Russian Children's Appeal.

Princess Helena has asked us to send you her best wishes for Christmas. 'May all your wishes come true,' she says, with the warmth of heart that characterises her whole life.

See all our Patrons at
www.tymestrust.org

2007-3



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SUSIE'S MINI-PIC

Things 4



Colour in this Winter picture (best with felt tips on this shiny

paper). Great new prizes from Santa Selkin await!

MAKE A CHRISTMAS CARD

Take photocopies of Susie's Mini-Pic, colour and stick on card. Fold and write inside for colourful Christmas cards for relations and friends.

Send for our Santa

window clings to brighten up your

room! Mums,

Dads or friends

can write if you're

too ill to ask. We've

got some snowy ones

too if you don't want

Santa!





Winter Ride

Today they took me for a ride;
 I mostly have to stay in- - -
 First I got a great big hug
 Then they wrapped me in a - - -
 I settled back into the - - - -
 And off we drove through winter sleet.

First we drove into the town
 As soft white snowflakes drifted - - - -
 People rushed between the - - - - -
 But we kept driving, made no stops

Next we drove into the city
 The coloured lights were really - - - - -
 Then, towards the end of day
 Back again we made our - - -

Past the school and past the park
 As it started to get - - - -
 Stars came out and their pale - - - - -
 Sparkled in the winter night.

Tomorrow, I shall have to rest
 But oh, today! It was the - - - -.

Find the missing rhymes to get a prize!
 Count the dashes - one for each missing
 letter. First prize is a beautiful Young
 ME Sufferers Trust calendar for 2008.
 Runners up get magnetic calendars
 for your fridge or microwave.

Sebastian Says

I'm a poet too, don't forget, so I can't wait to see all your entries. Send



me a photo of you if you can. Here's one of me with a huge candle we lit for Young Hearts Day (Nov 29th) when the Trust remembers young people with ME everywhere.

Also for Young Hearts Day, Jane challenged ME support groups to give her the first line of a limerick for her to finish for a fiver. Can you write me a limerick? They go like this...

There once was a fella from Brighton
 Whom everyone failed to enlighten
 He thought wrong was right
 And he swore black was white
 So he now has to sleep with the light on!
 Kathleen McCall

I put a fiver in the post, so that you can buy a candle even before you start to wax lyrical - wax lyrical, d'you geddit?

Best wishes, Dr John Greensmith





BIG APPLE BEARS!

Great news! Mark Colby persuaded four Big Apple Bears to fly in with him from New York, for Mr Harley's Annual Gift of Bears. So if you'd like one, get your skates on (no, don't - that's just silly) and let us know. And Mr Harley has persuaded a Sleightful of Snowmen to fly

over from Lapland for anyone who a) doesn't get a Big Apple Bear or b) just wants a snowman anyway!



Hug?

You can email us on the contact form at www.tymestrust.org or send a letter. Tell us how you're going to make them feel at home!



Gene Kelly



Dear Jane

Just to let you know I have done the sky dive and it was amazing!

Ami Lindsay (18)

Ami did a Young Hearts Sky Dive to raise funds for the Trust. Thanks Ami!



Hi. I just wanted to say a BIG thank you for my lovely birthday card that



I got today!! thanks sooo much it really cheered me up as I was feeling worse than usual today, which is not what you want on your birthday!!! At

least I still had as good a day as possible :-) thanks sooo much it was very kind! Love Isabelle Cooper xx

Don't forget to tell us if you prefer not to receive Christmas or birthday cards for religious or other reasons.

Parents : could you be a friendly voice on the telephone for two hours a week? Please call 0845 003 9002 for details.

And finally ... if you spend your gift money at Amazon, please go via www.tymestrust.org - it won't cost more but it helps our funds.



Cover Picture : Shock Global Warming News : Antarctic Becomes Fluffy Quilt : Scientists Baffled