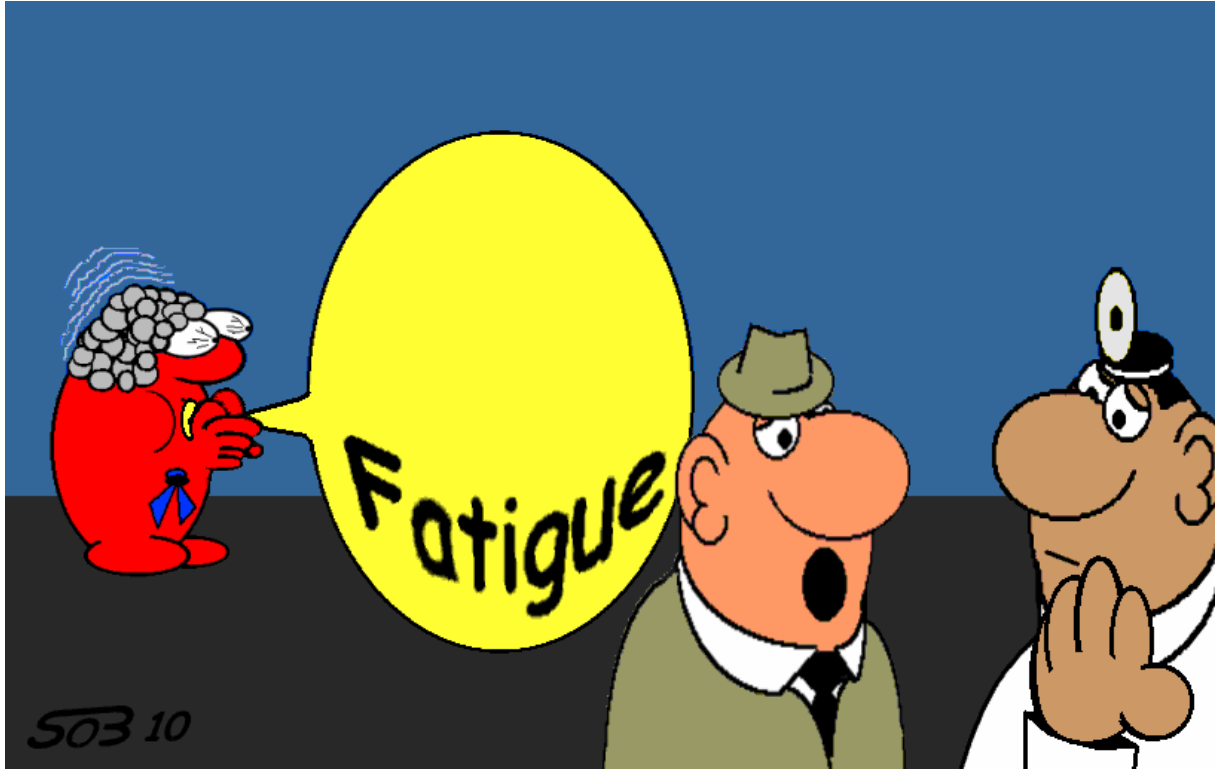


CALENDAR 2011



READ MY LIPS, DOCTOR - EXERCISE ONLY MAKES
HER EXHAUSTION EVEN MORE OVERWHELMING.

Cartoons about life with CFS

by
Hans-Michael Sobetzko

ME/CFS
aktuell



Please note: As long as the drawings, the texts and the layout are not changed this calendar or the file may be

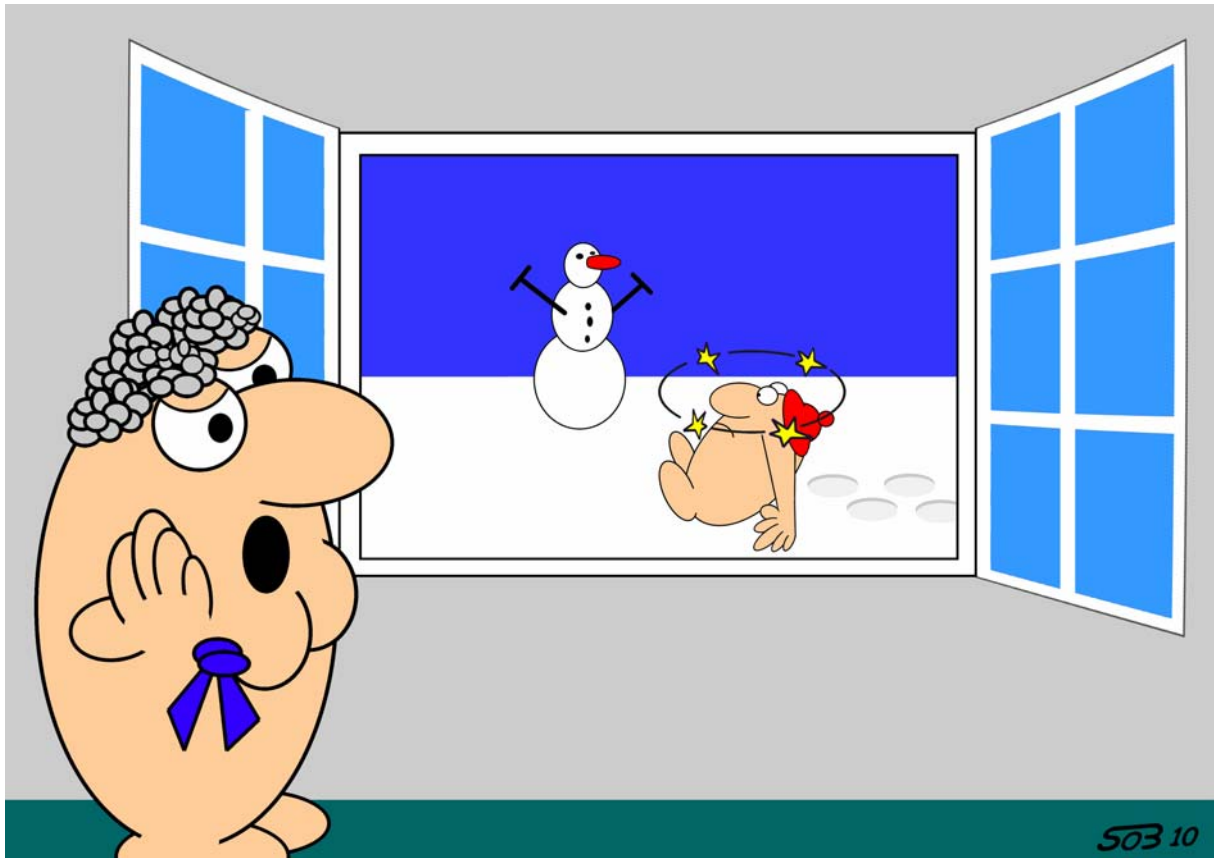
- reproduced for personal use or given away as a present.
- reproduced for support group purposes.
- provided on non-commercial CFS related websites.
- forwarded to other persons with CFS (PWC), relatives and friends.

Any kind of reproduction or reprint (including excerpts) for commercial or institutional purposes, e.g. in journals, books, Internet etc. requires prior written consent.

Virtuga, Print- und Multimedia Verlag
Am Hafen 3, 25348 Glückstadt, Germany,

All rights reserved.

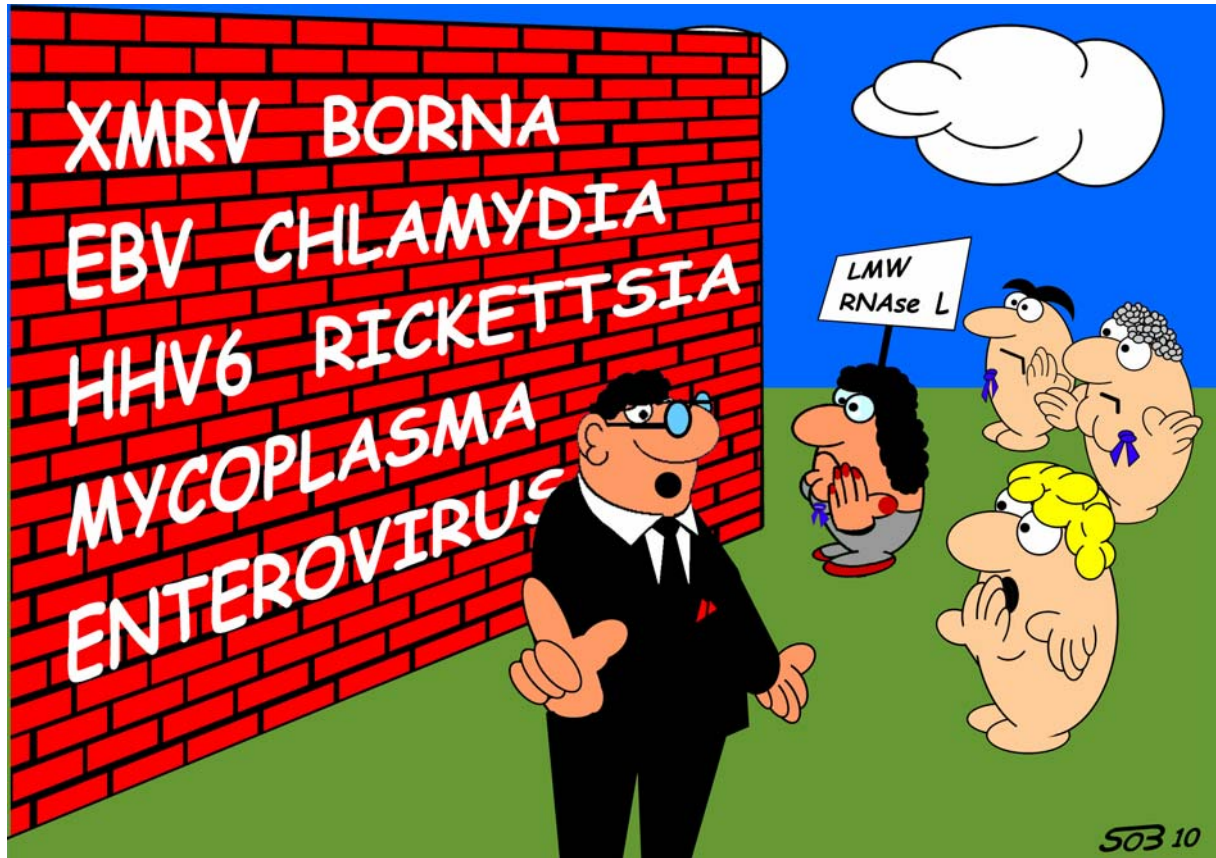
JANUARY



**ONE GOOD THING THOUGH IS THAT EVERYONE ELSE
HAS ALREADY FALLEN OVER BEFORE I'VE EVEN
MANAGED TO LEAVE THE HOUSE.**

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.					

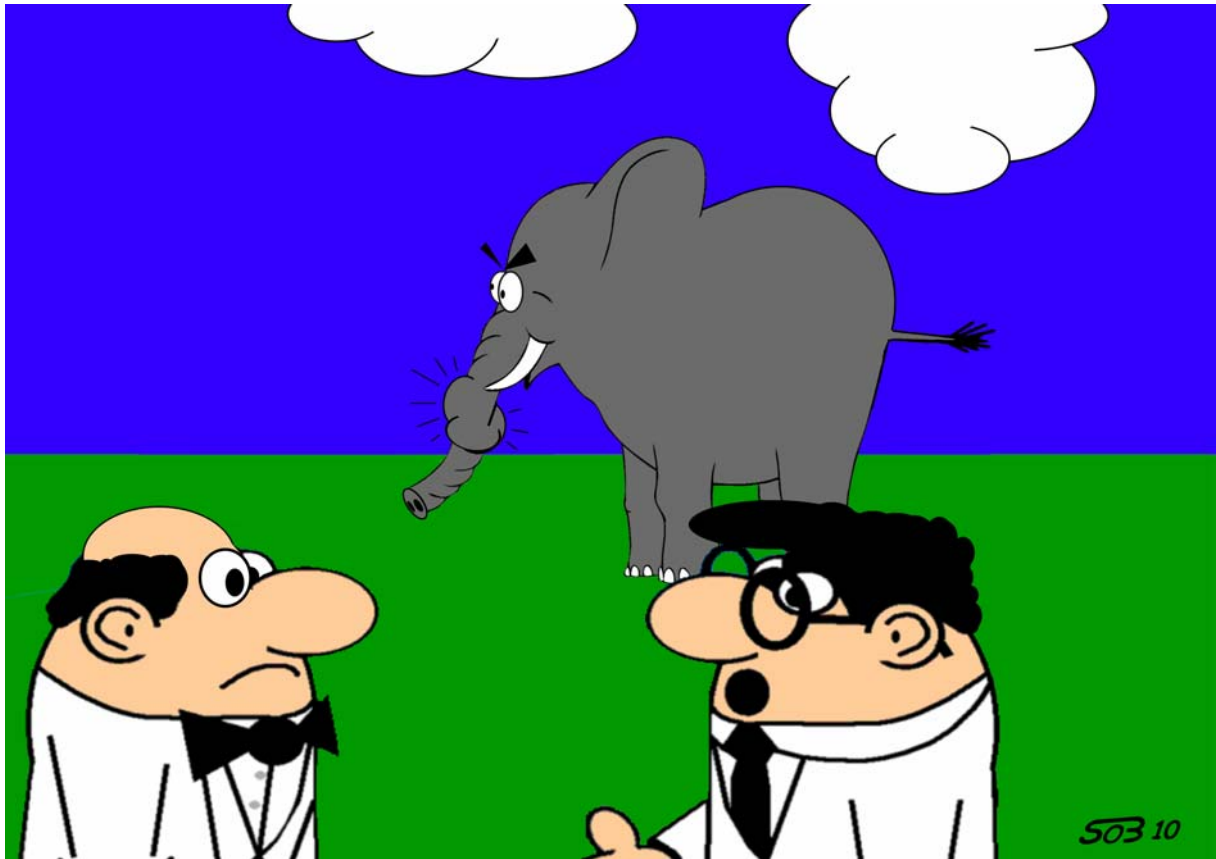
FEBRUARY



AS AN EXPERIENCED PSYCHIATRIST I ASSURE YOU THAT BEHIND OUR WALL OF SCIENTIFIC DEFENCES LIES THE TRUE PSYCHOLOGICAL CAUSE OF 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.					

MARCH



OK, SO THIS CURES OVER-SENSITIVITY TO SMELLS IN ELEPHANTS BUT MIGHT THIS METHOD NOT BE A BIT RESTRICTING FOR CFS PATIENTS?

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.		

APRIL

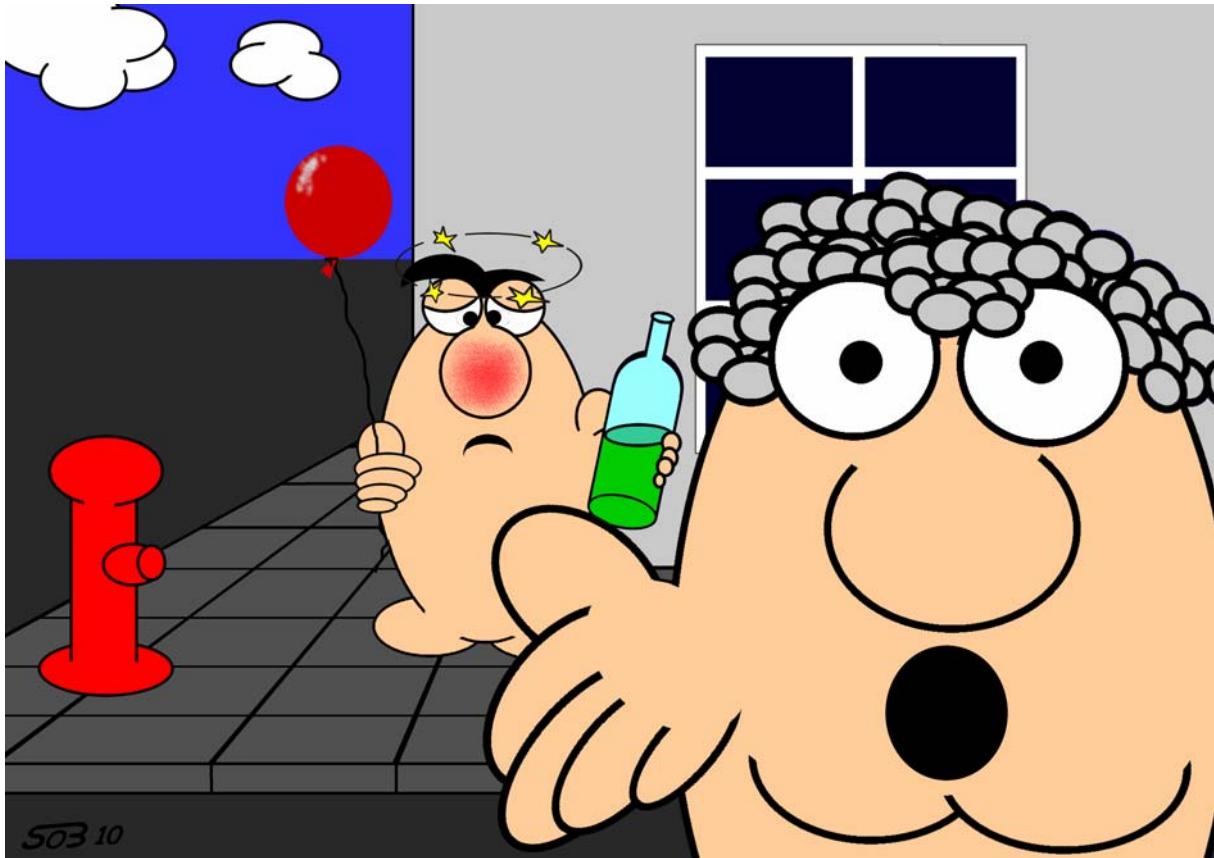


**HAVE I UNDERSTOOD YOU, DOCTOR? CFS IS A
RECOGNISED PSYCHOLOGICAL ILLNESS BUT TO
REFUTE THIS PROVES WE REALLY
MUST BE BASKET CASES??**


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



LUCKY HIM! EVERYONE KNOWS EXACTLY WHAT MAKES HIM FEEL HORRIBLY SICK AND DIZZY AND HAVE A POUNDING HEADACHE.

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.				



= International CFS Awareness Day

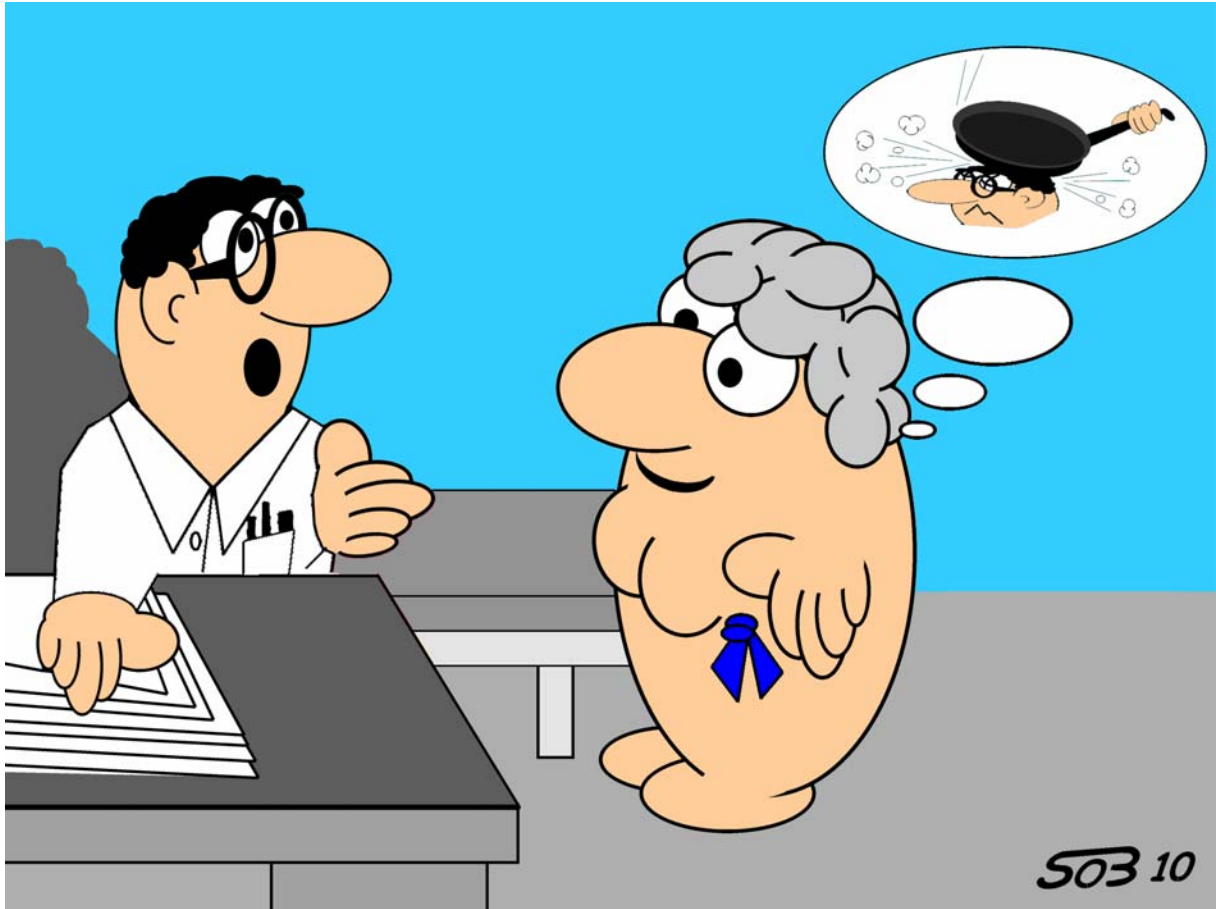
JUNE



WHAT EFFECT DOES CFS HAVE ON MY EVERYDAY LIFE? PUT IT THIS WAY, EVEN THIS PLANT HAS A MORE ACTIVE LIFE THAN 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.		

JULY



**TRY CONCENTRATING ON SOMETHING YOU'D
REALLY LIKE TO DO AND I'M SURE
YOU'LL FEEL MUCH BETTER!**

Sunday

Monday

Tuesday

Wednesday

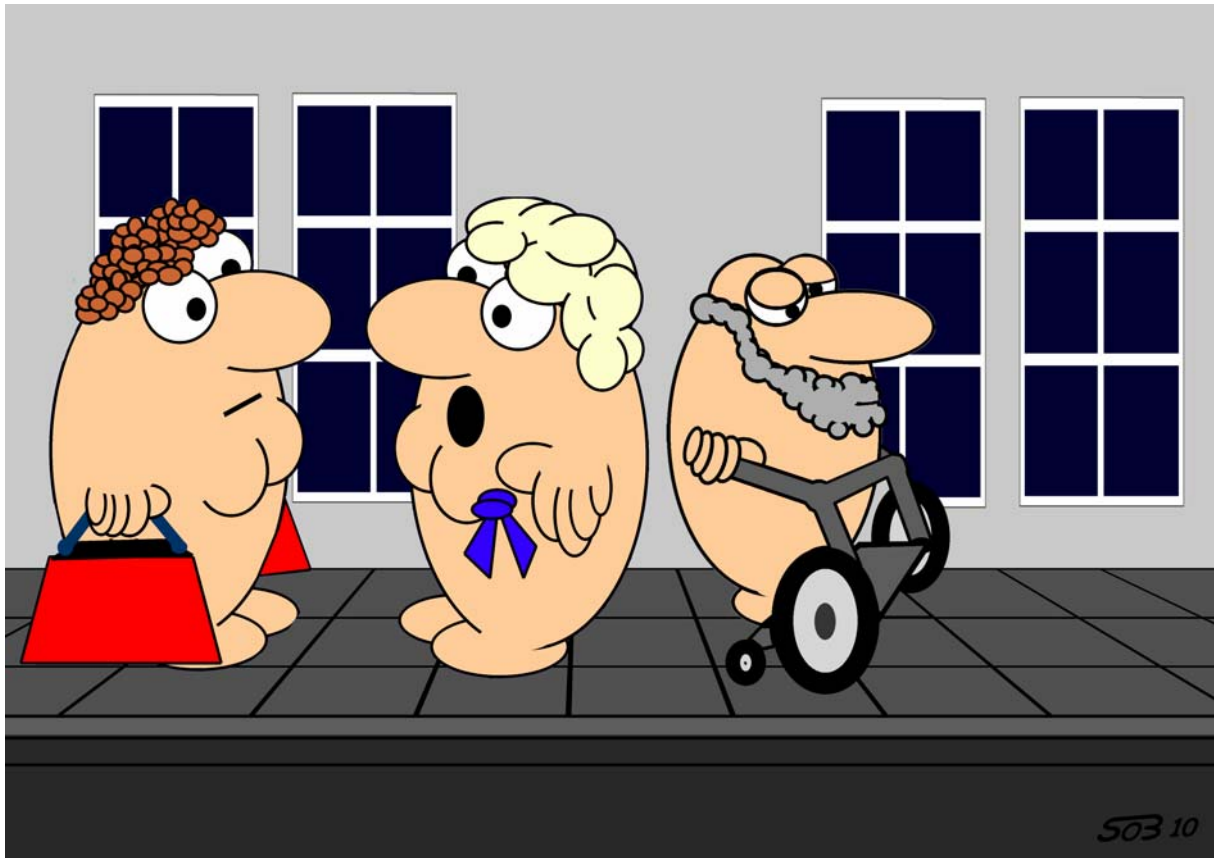
Thursday

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.						

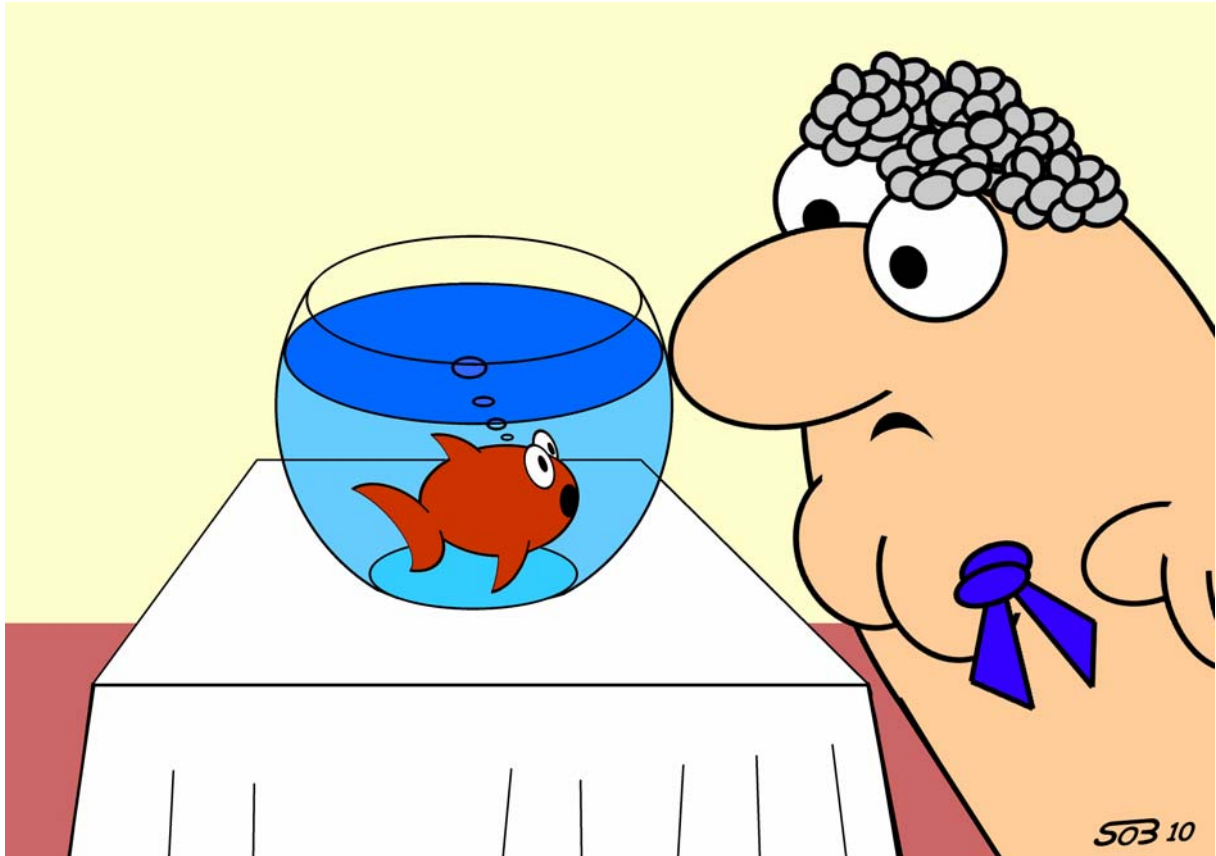
AUGUST



I HAD A GOOD DAY YESTERDAY, I EVEN
MANAGED TO KEEP UP ALONGSIDE
GRANDAD ON A SHORT WALK.

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.			

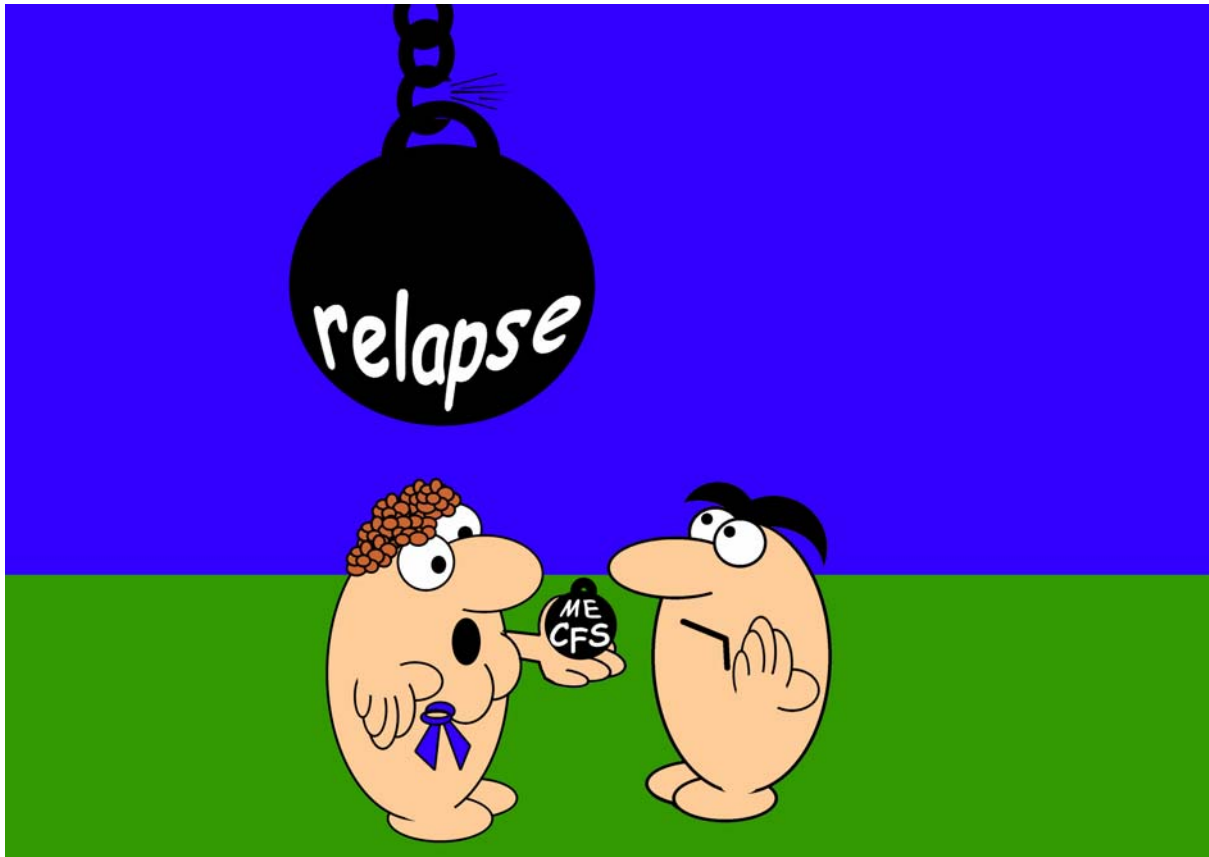
SEPTEMBER



I'M SO SORRY. YOU FEED ME AND CHANGE MY WATER TO KEEP ME GOING BUT NOBODY CAN DO ANYTHING AT ALL FOR 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.	

OCTOBER

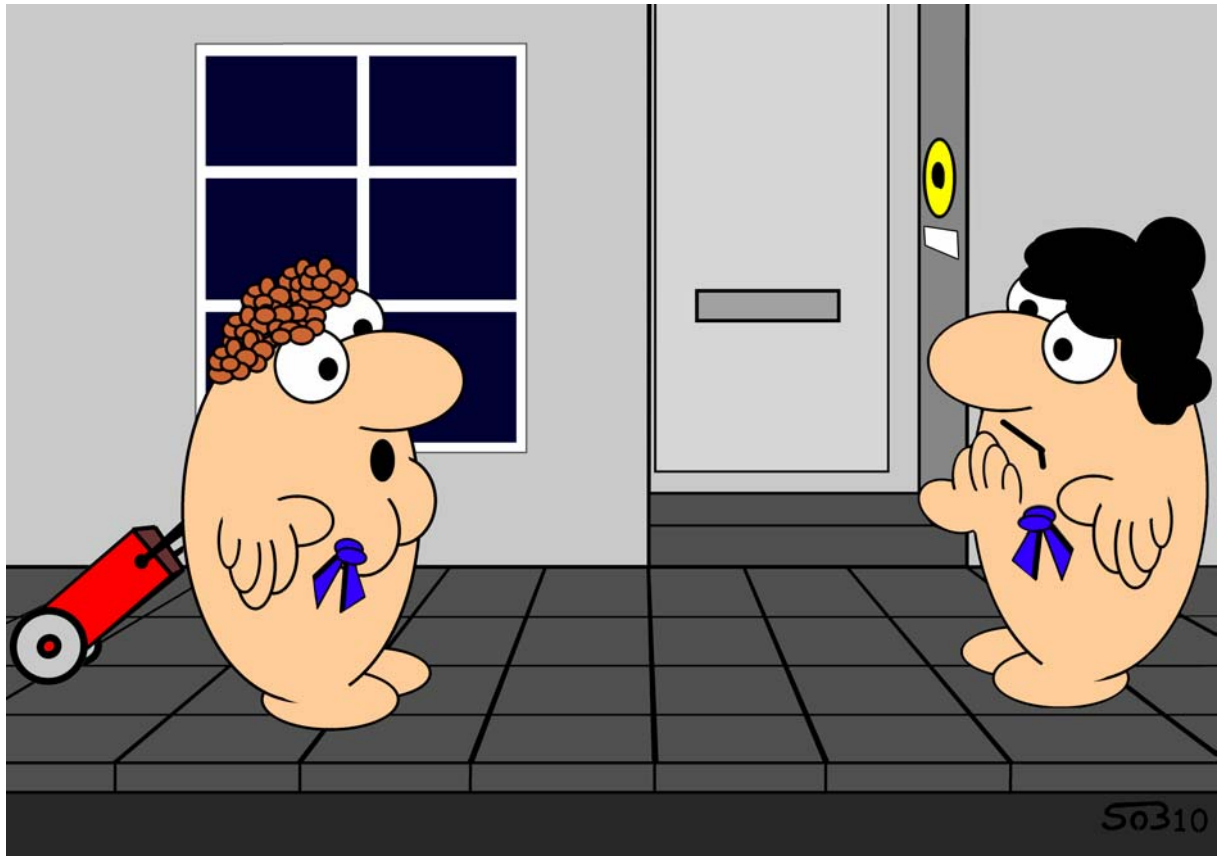


I think, I finally have CFS under control.

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



I MIGHT DO THINGS FAR SLOWER THAN YOU BUT
ON THE OTHER HAND I GET TIRED FAR QUICKER!

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



**I HAD HOPED HE'D FINISH DECORATING THE TREE
BEFORE YOUR ARRIVAL, AFTER ALL,
HE STARTED IT IN AUGUST!!**

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

(a site provided by Hans-Michael Sobetzko)

www.cfs-aktuell.de

(a site provided by Regina Clos)

www.fatigatio.de

(a site provided by Fatigatio e.V.)