

# CALENDAR 2010



Well, no, as far as I know this painting isn't of a sleeping CFS/ME patient.

## Cartoons about life with CFS

by  
Hans-Michael Sobetzko

**virtuga**

A comment on last year's calendar:

“My answer to the question as to whether you're allowed to laugh about CFS/ME is: YES, definitely, what's more, you have to! Otherwise, the avalanche of exhaustion which deep freezes your life plus the most severest of symptoms which invade your life without warning would bury you alive and leave you deeply depressed. I must admit, if I didn't personally suffer from CFS/ME I'd be asking myself, when confronted with a sufferer, how can someone who appears to be so healthy be so sick?

But as a doctor who does suffer from CFS/ME I now find myself arguing with colleagues. Even though we speak the same language it's often impossible for me to get the message across. As if it weren't bad enough that I myself have CFS/ME not to mention that there is no effective treatment or cure, it hurts so much that we're denied the right to judge our own condition and our own experience of this illness. That really hurts and it would be completely unbearable without a good sense of humor.”

*Claire*

(sent by email)

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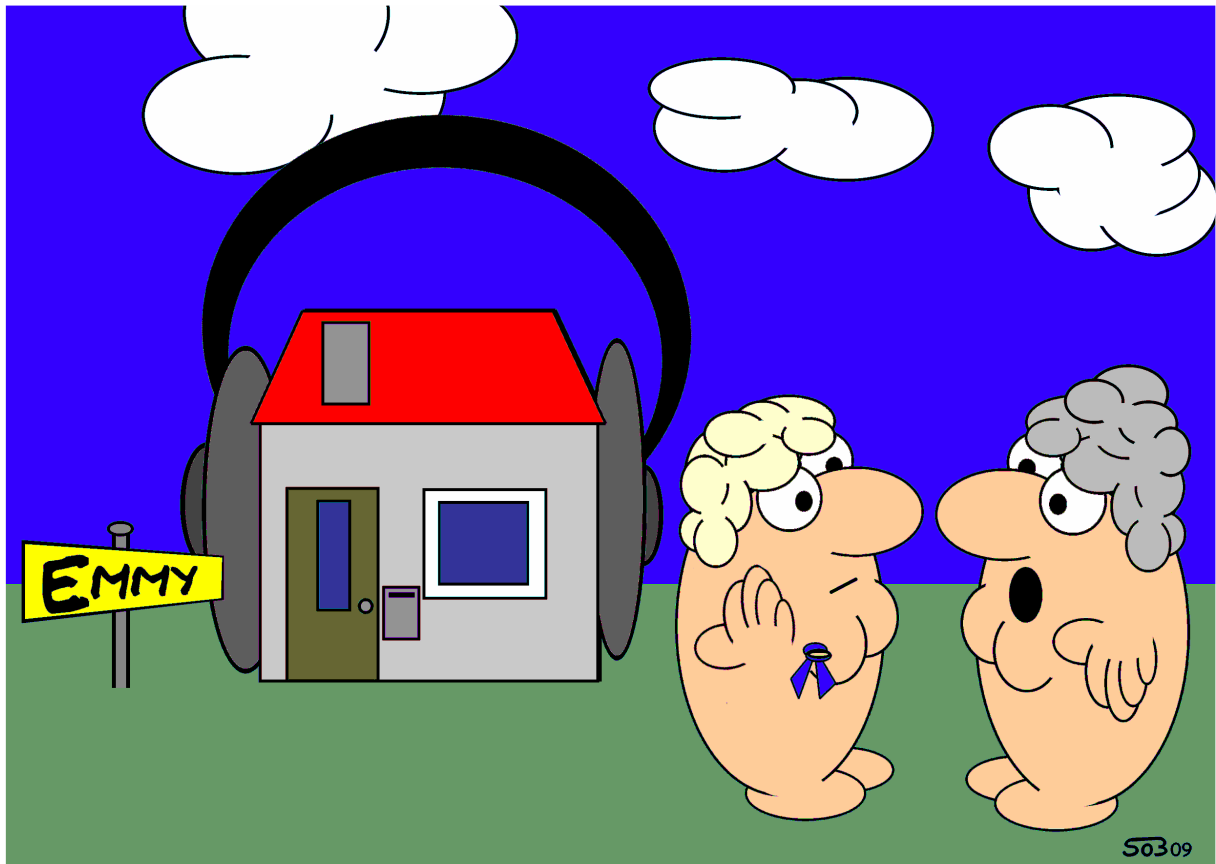
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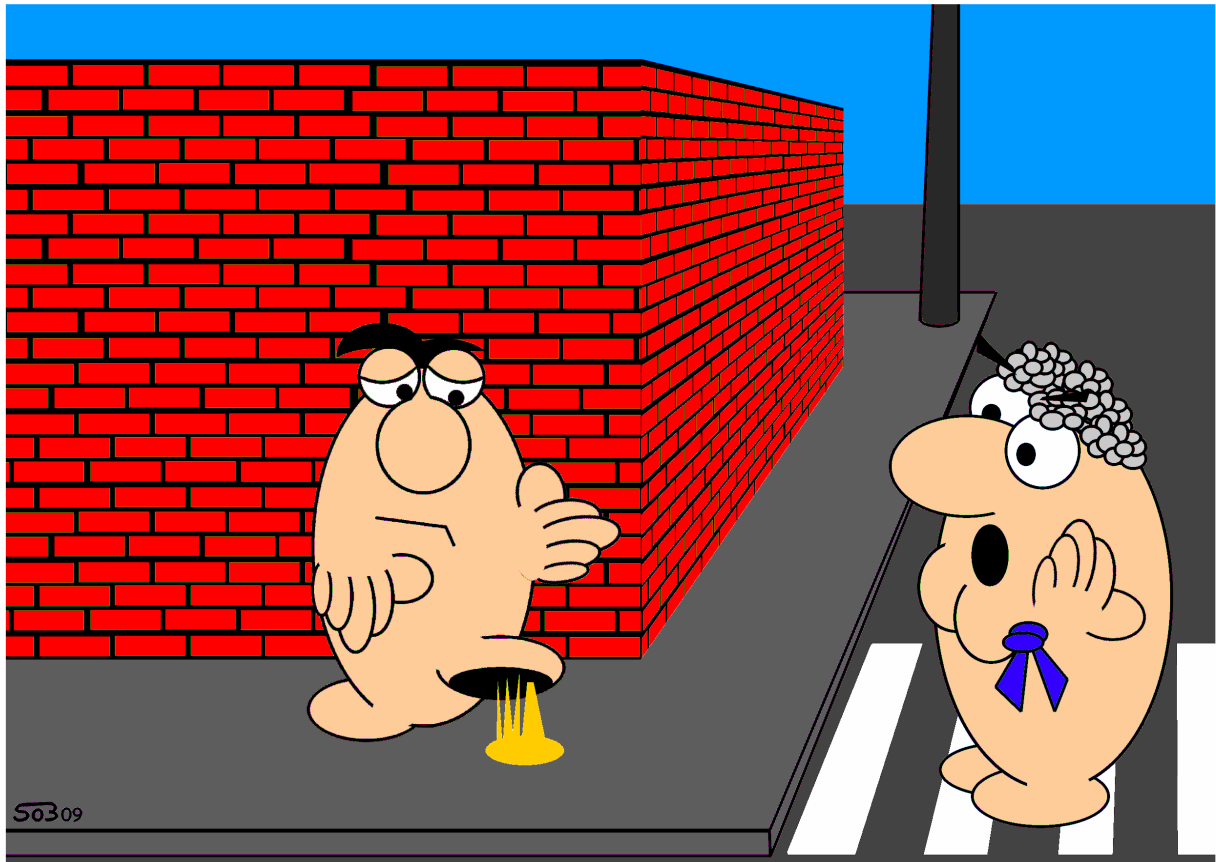
# JANUARY



Believe me, it really helps against noise sensitivity.

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.						

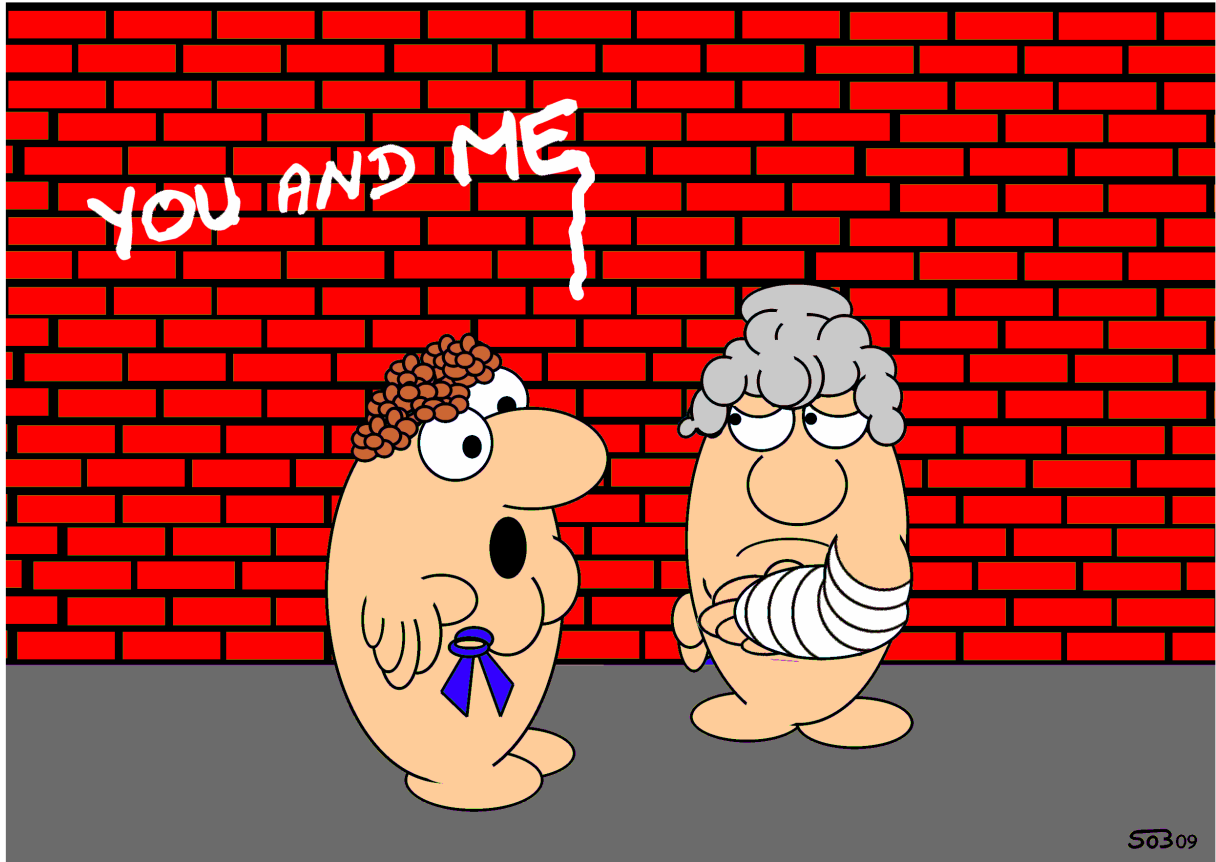
# FEBRUARY



Yeah, it's as difficult to get rid of as  
a CFS/ME psychiatric diagnosis!

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



Well, at least people can see you're ill!

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.			

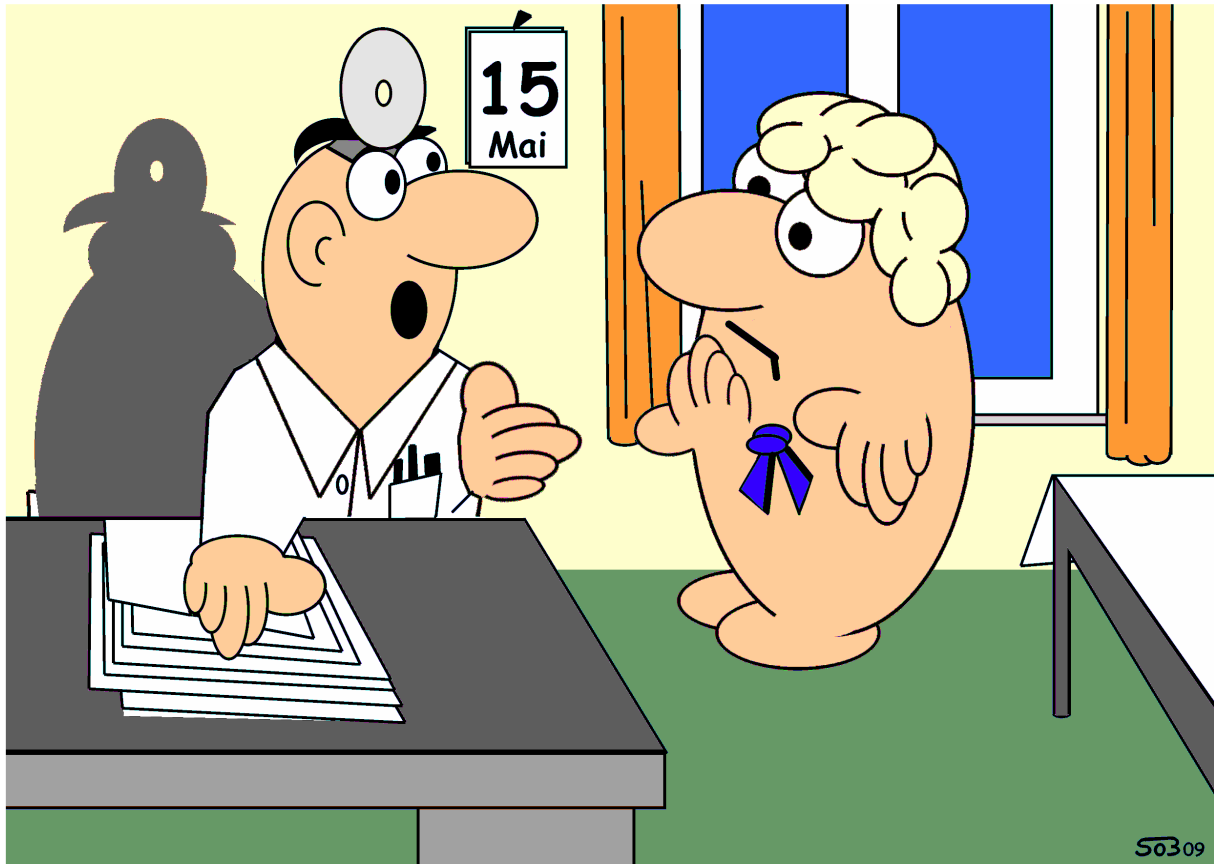
# APRIL




Are you saying that you really get 100% performance with just a quarter of the energy?

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



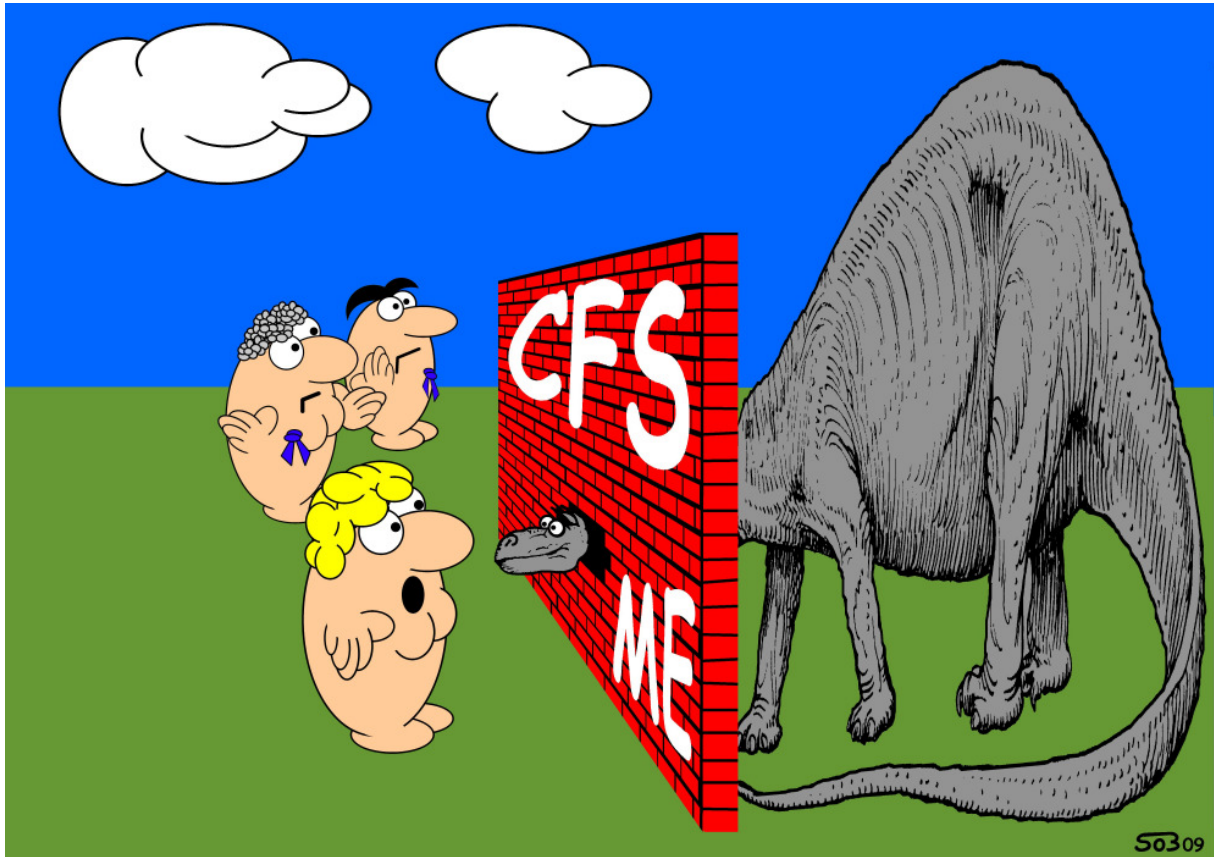
Amazing! All these scientific papers seem to conclude that psychotherapy kills viruses!

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

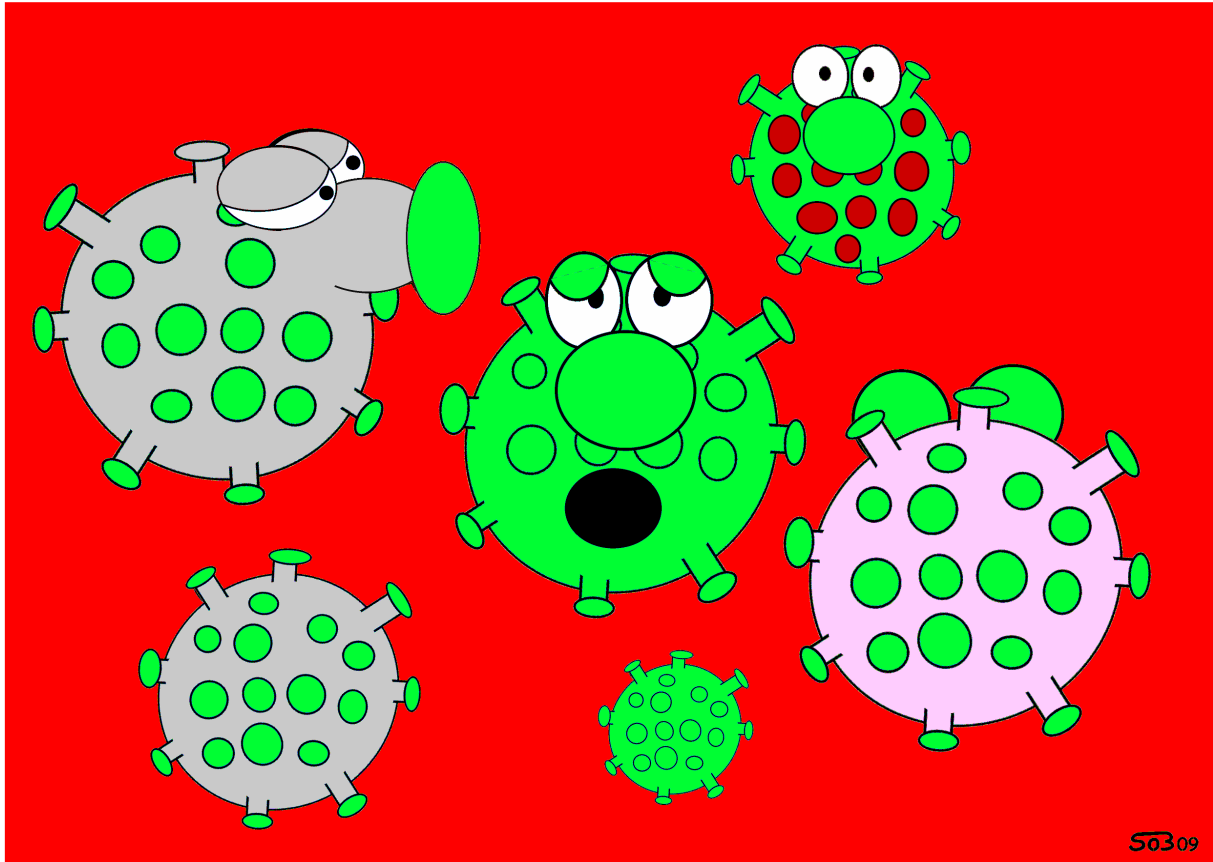


As far as I can see this CFS/ME beast of yours is quite small and quite harmless!

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.			



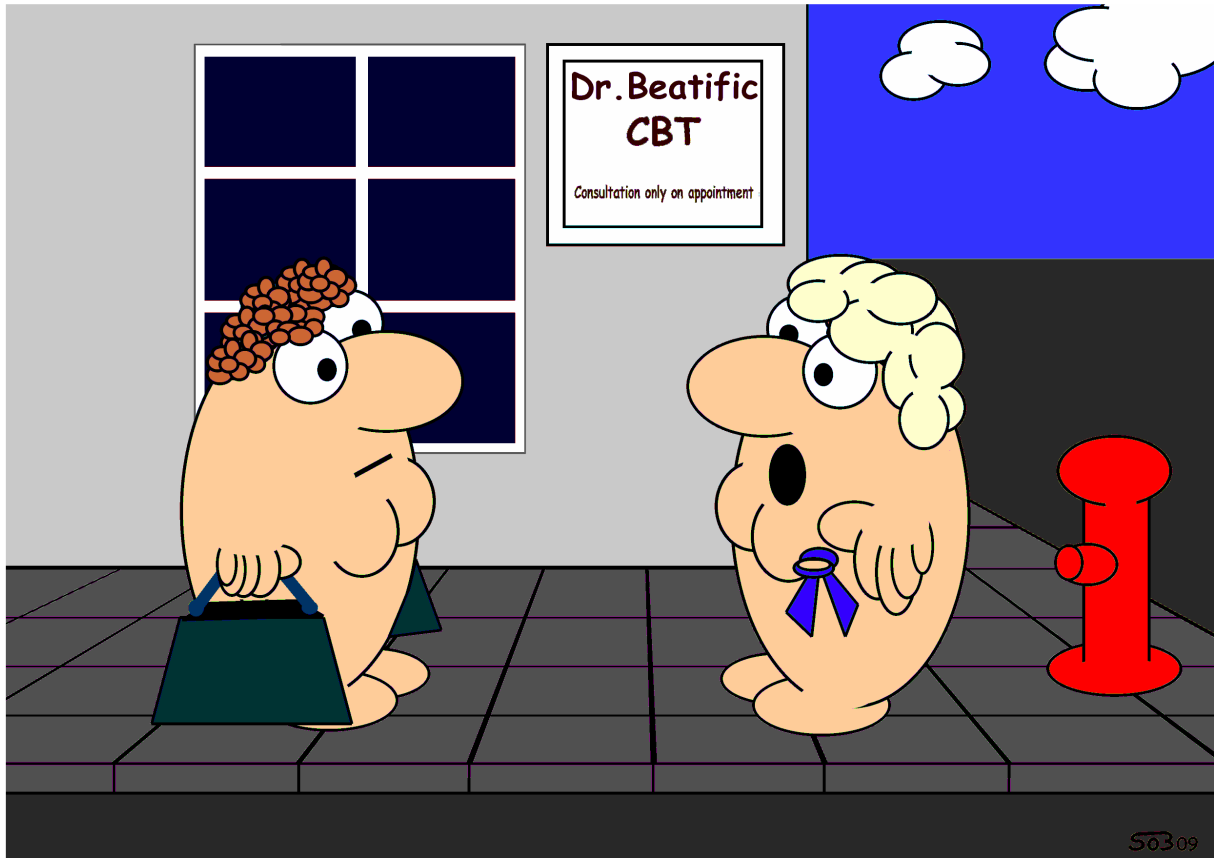
# JULY



Hey guys, as long as those medics believe that CFS/ME is a psychiatric disease we can carry on partying!

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.

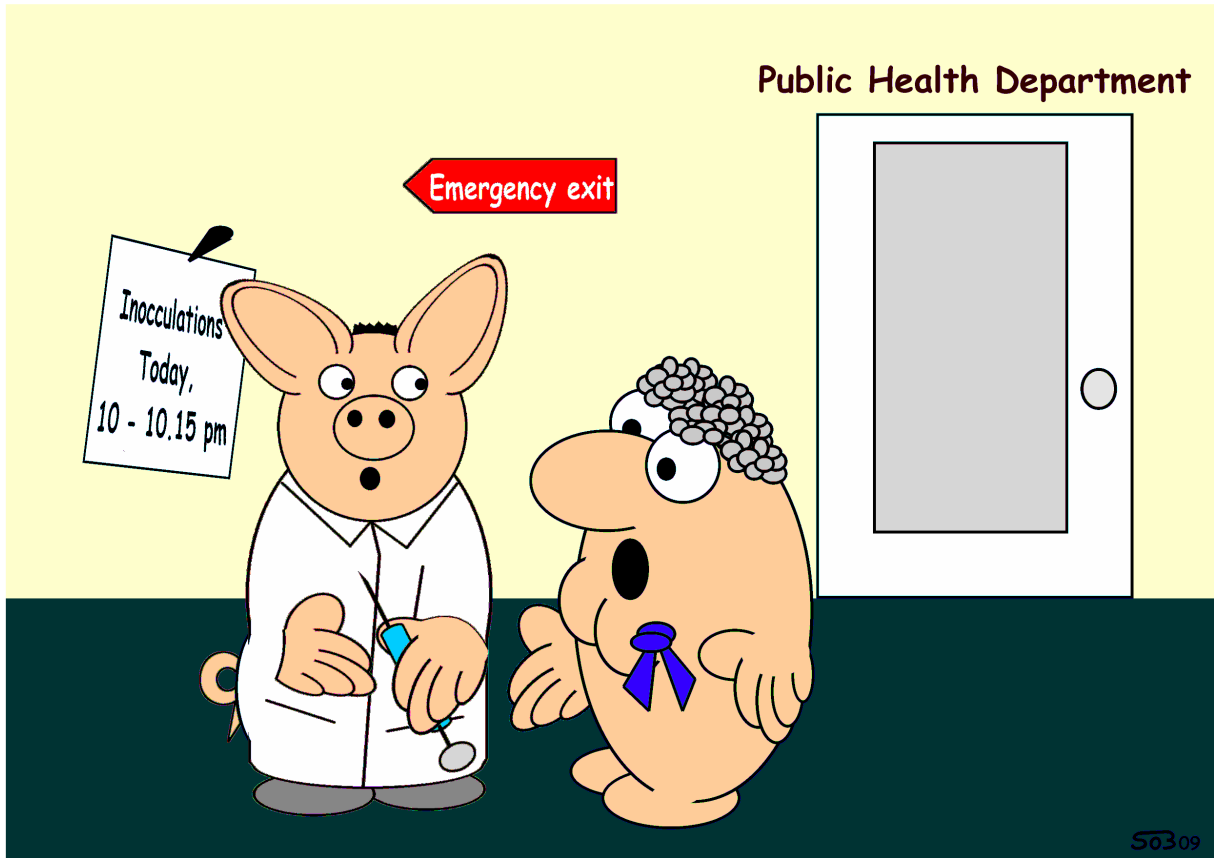
# AUGUST



At least I get to relax on the couch when I see a psychoanalyst!

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



Are you sure you looked like that before your job?

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

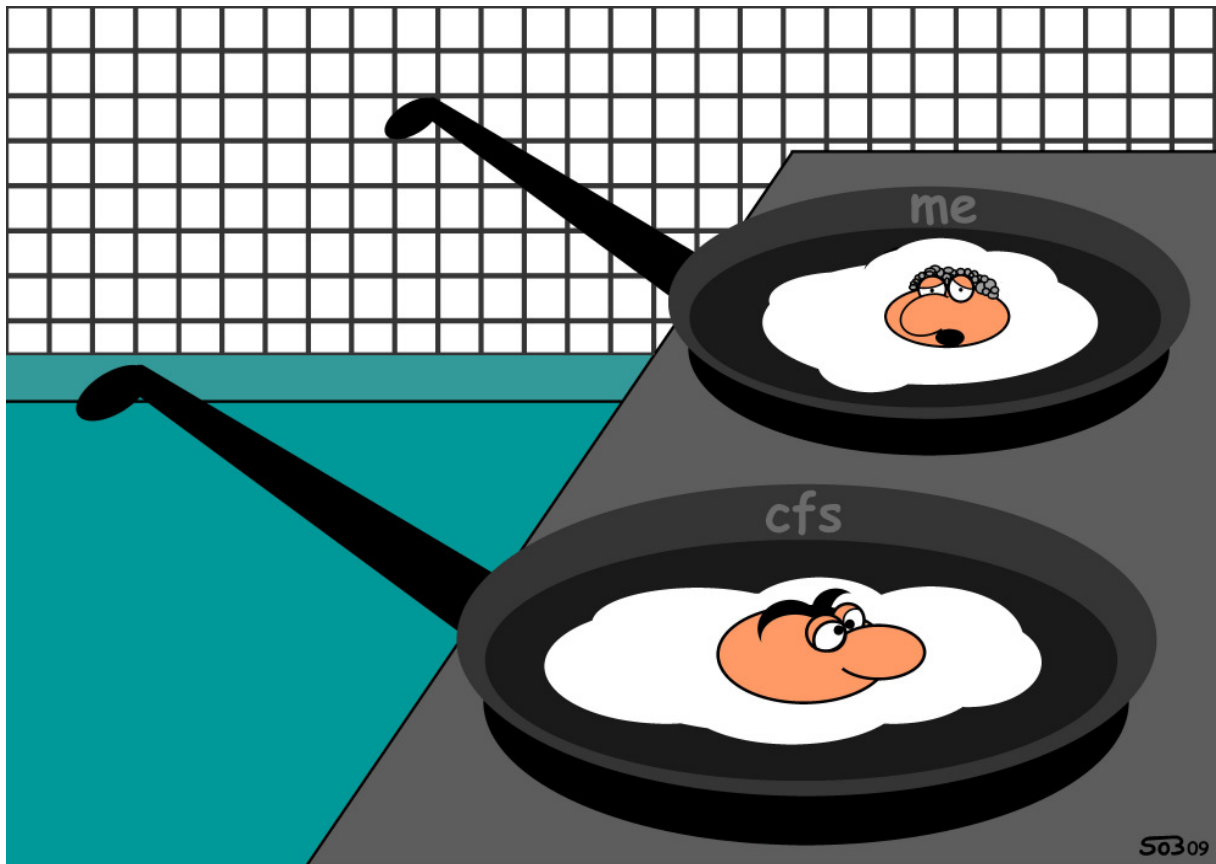


50309

Don't know what you've got to complain about, Polly. At least people can see the cage you live in!

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



Does your brain feel as fried as mine does today?

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



Hells Bells! If only I felt this awake during the day!

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](http://www.cdc.gov/cfs)**

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

**[www.cfs-portal.de](http://www.cfs-portal.de)**

(a site provided by Hans-Michael Sobetzko)

**[www.cfs-aktuell.de](http://www.cfs-aktuell.de)**

(a site provided by Regina Clos)

**[www.fatigatio.de](http://www.fatigatio.de)**

(a site provided by Fatigatio e.V.)