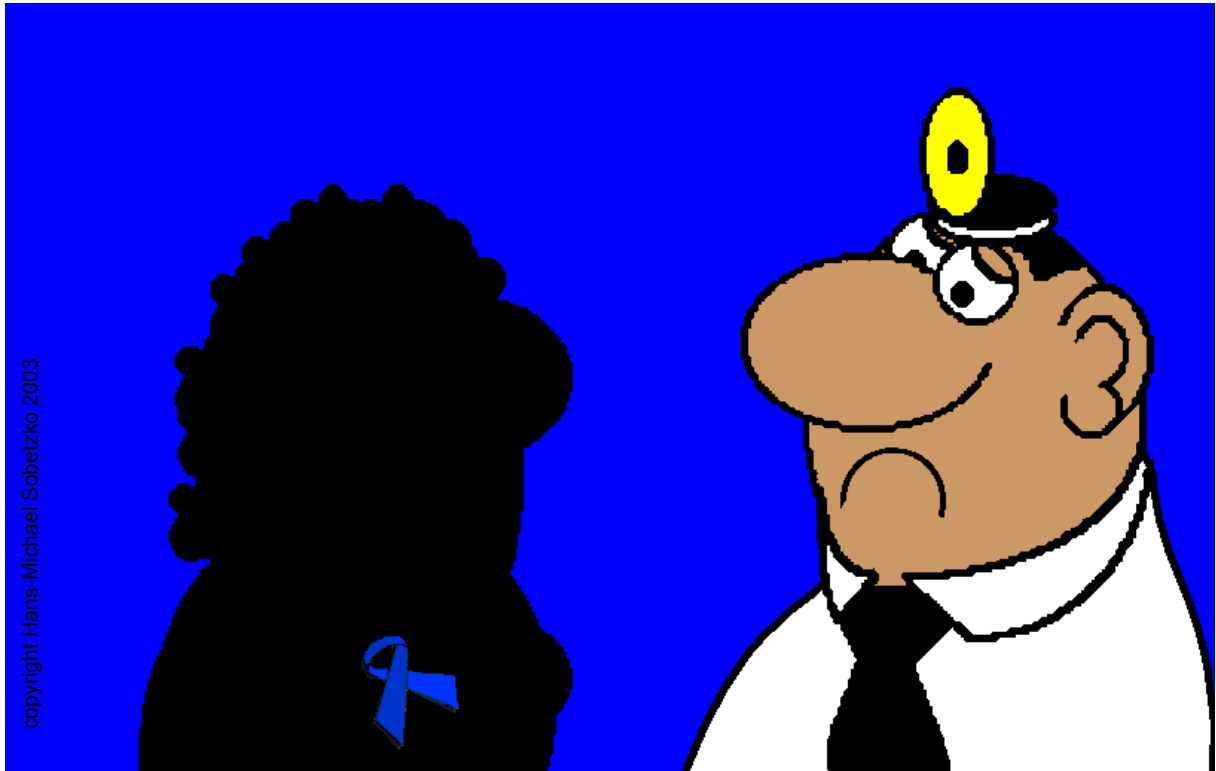


Calendar 2004



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On bad days I'm but a shadow of my former self.

by
Hans-Michael Sobetzko

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Medical science is now convinced that a humorous attitude to illness has a positive effect on recovery and on coping with disease.

This, of course, also applies to **Chronic Fatigue Syndrome** or **Myalgic Encephalomyelitis (CFS/ME)**.

We are working towards this...



Hans-Michael Sobetzko

www.cfs-portal.de



Acknowledgements:

Thank you, Regina Clos and Margaret Penny, for translating the German version into English.

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

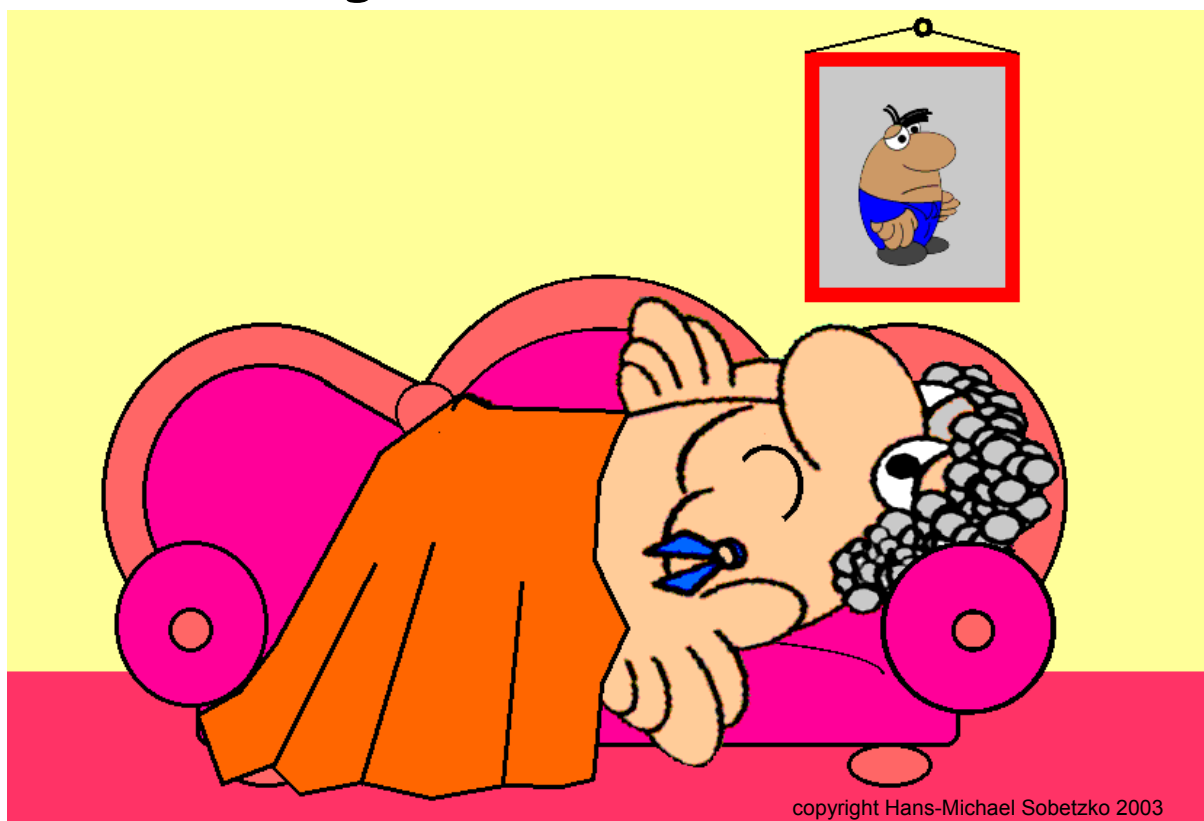
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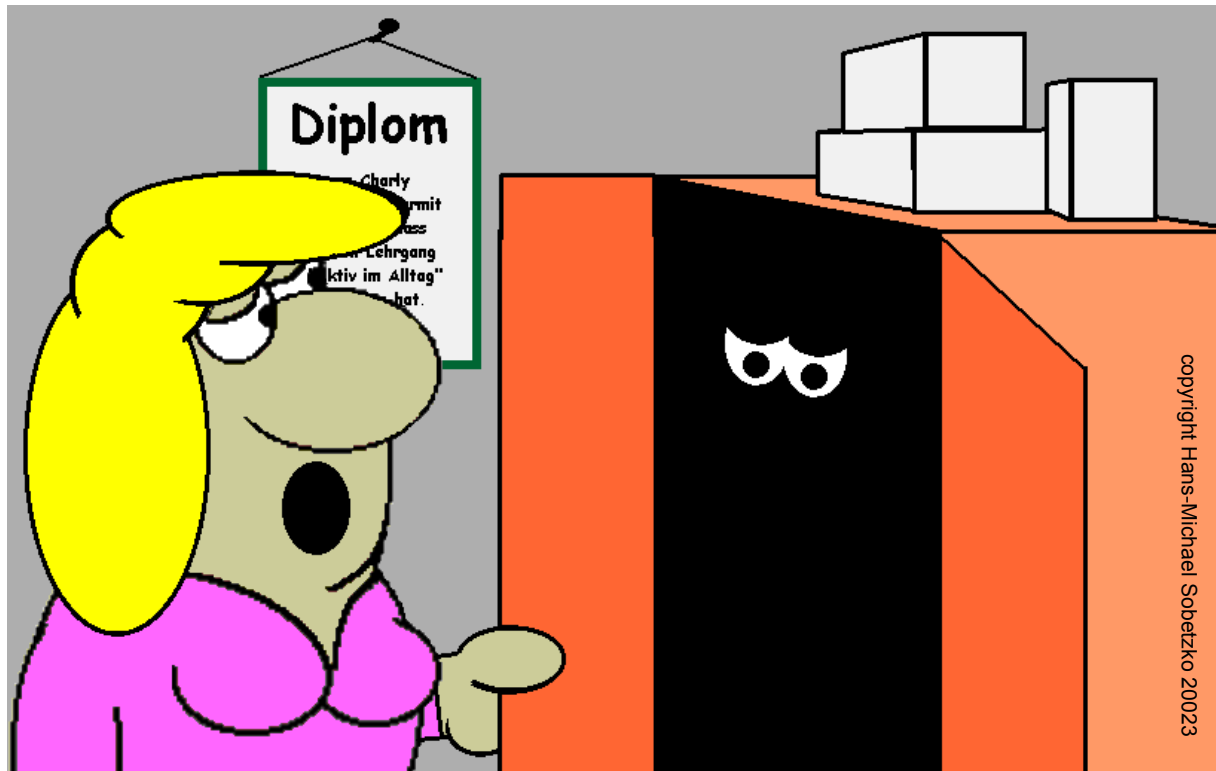
January



There is, after all, sometimes something that relieves the monotony of CFS: That spot there on the ceiling which I have been watching for weeks looks quite different today...

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			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



Come out, Charly, they are gone. Even if you don't feel well today - you could at least have said a brief hello to my fellow skittlers.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						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.

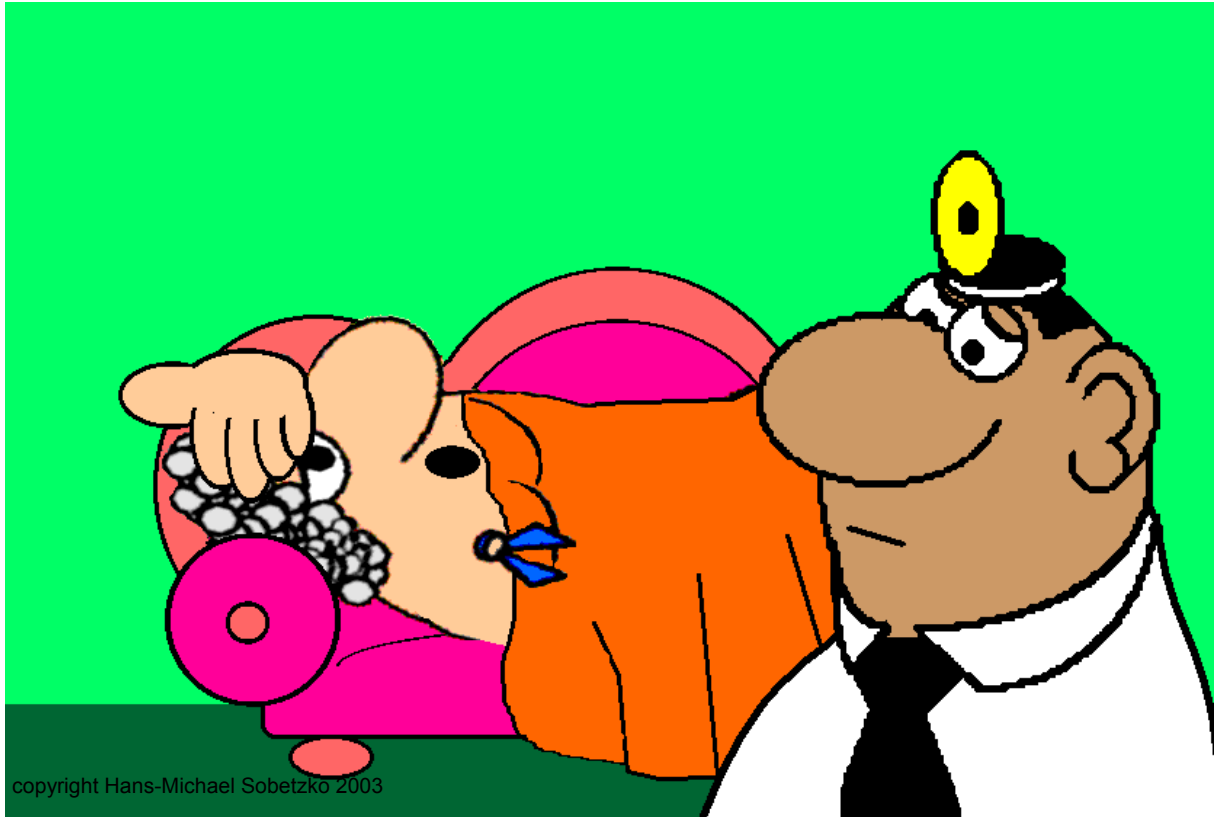
March



Nessie reminds me of Emmy - she too hardly ever emerges since she has CFS/ME.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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.				

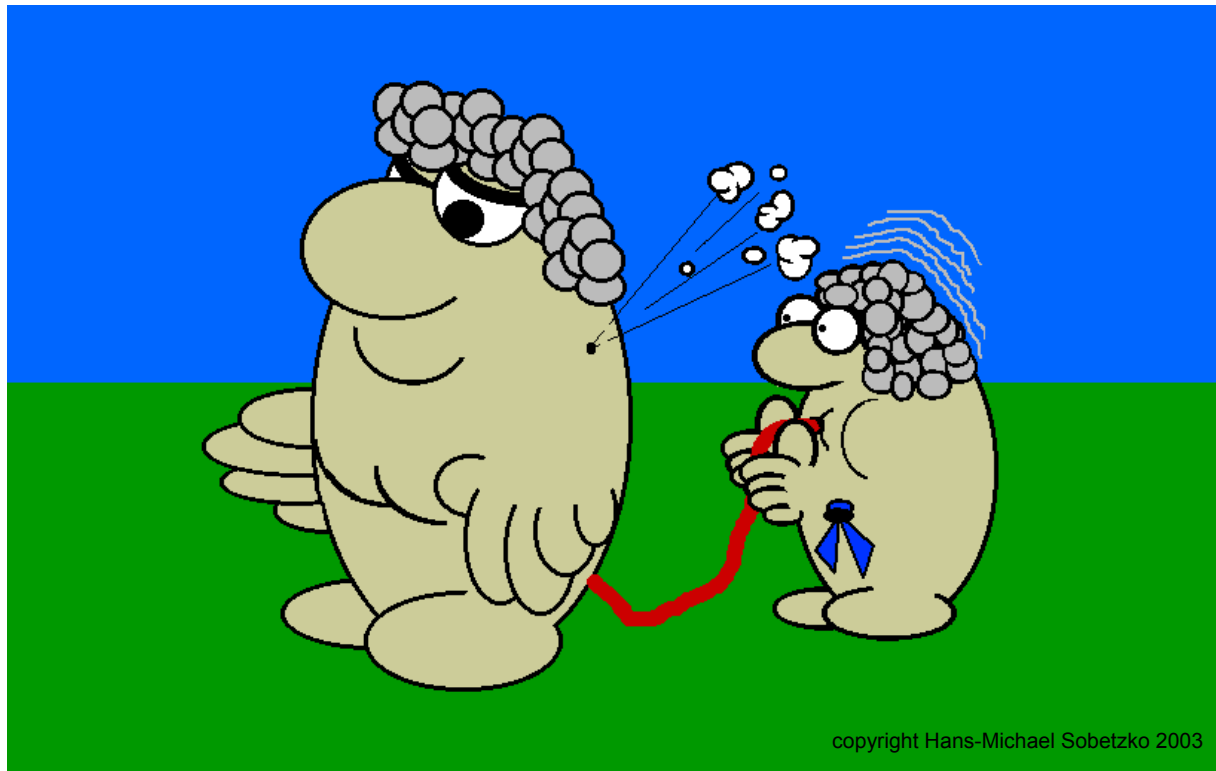
April




Of course it's great that all the results are normal. But somehow I've got the impression that my body constantly ignores these findings.


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			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

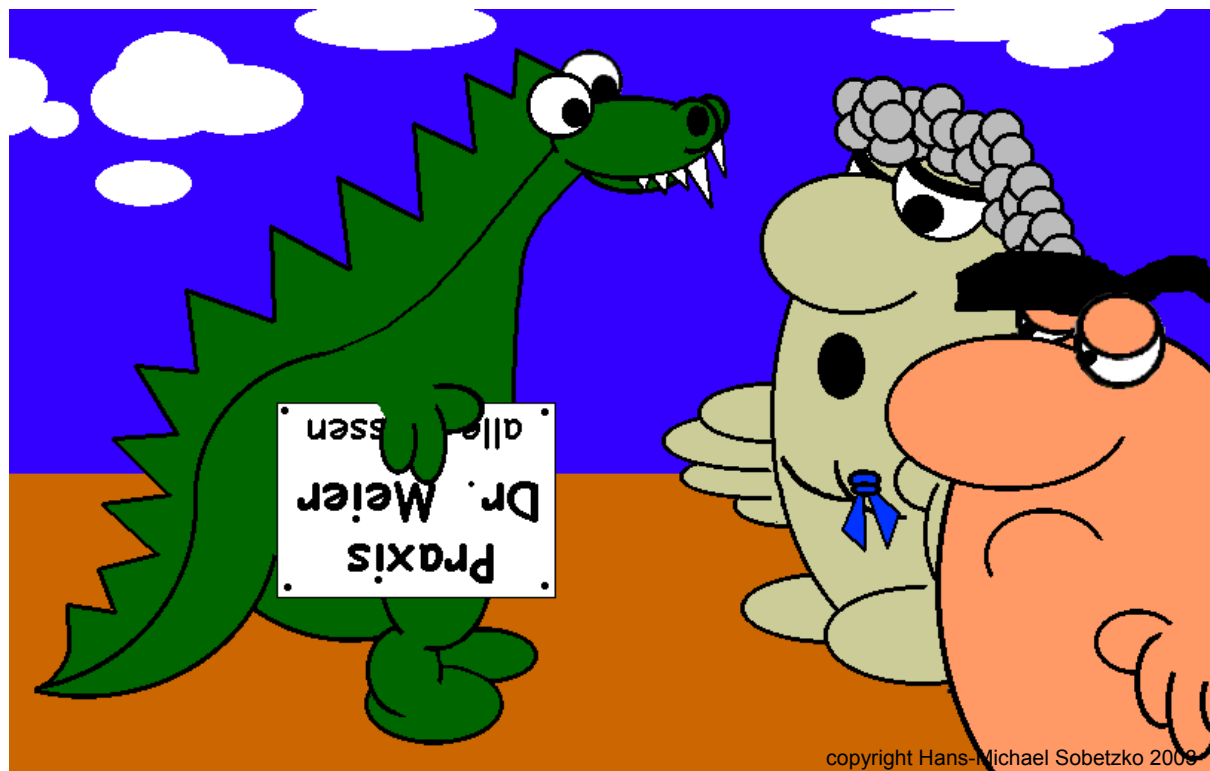


It was harder and harder for Emmy to keep up outward appearances.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					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

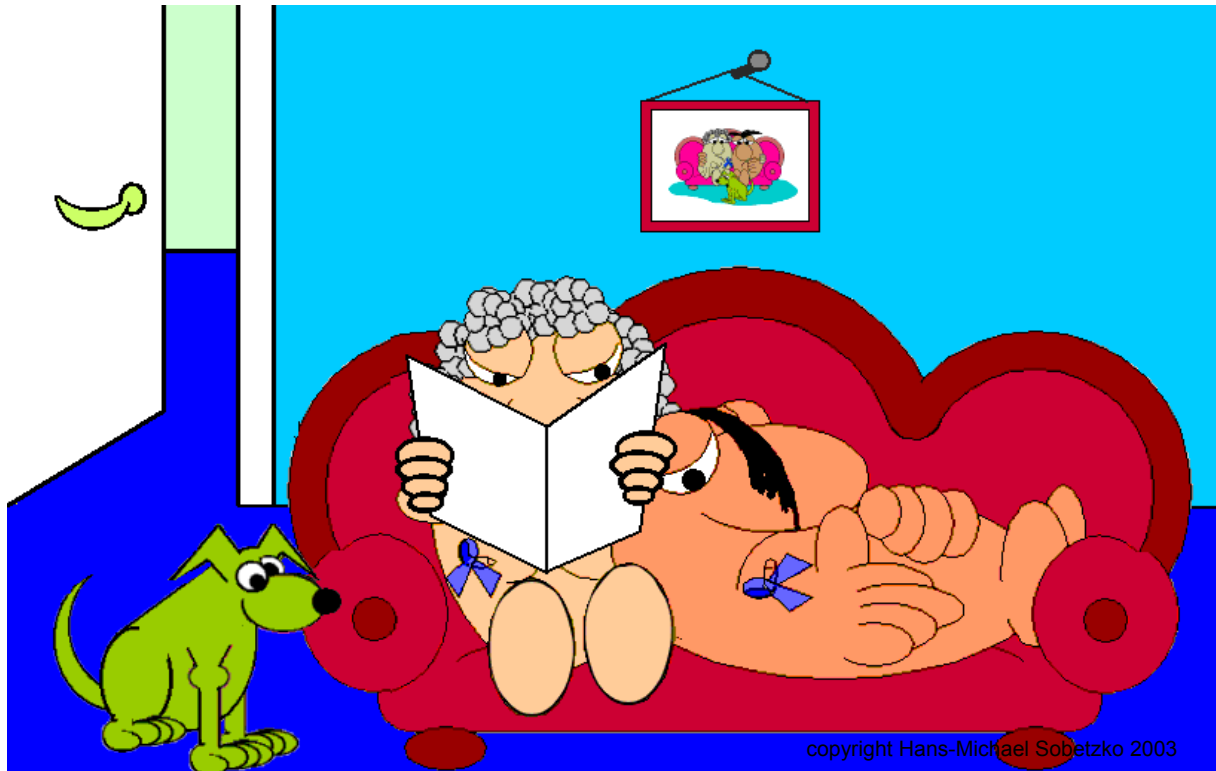
June



Do you remember? Only recently Dr. Meier told me that there is no such thing as CFS/ME - no more than there are monsters or dragons...

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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.				

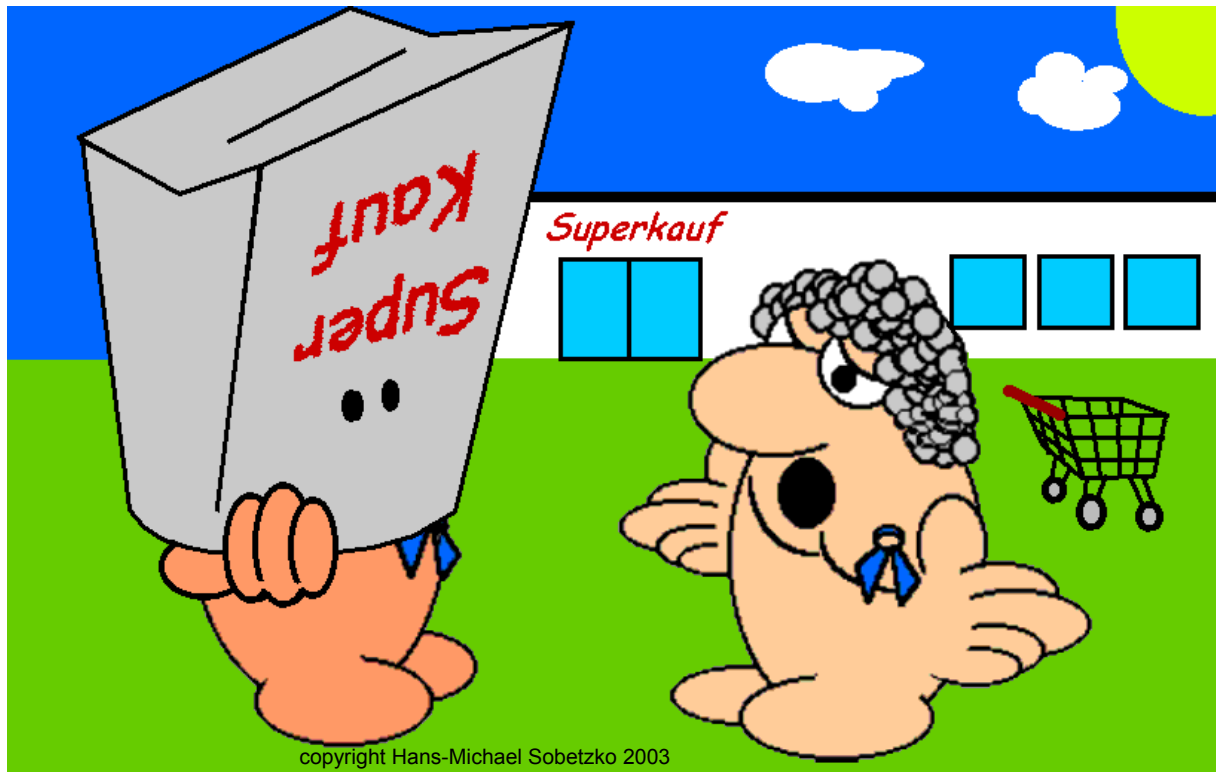
July



I realise how lucky I am having CFS/ME, when I read the newspaper reports of all those people who die in accidents before I am actually able to get up.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			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



Somehow I'm afraid that this makeshift light protection might be misinterpreted in the supermarket.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						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

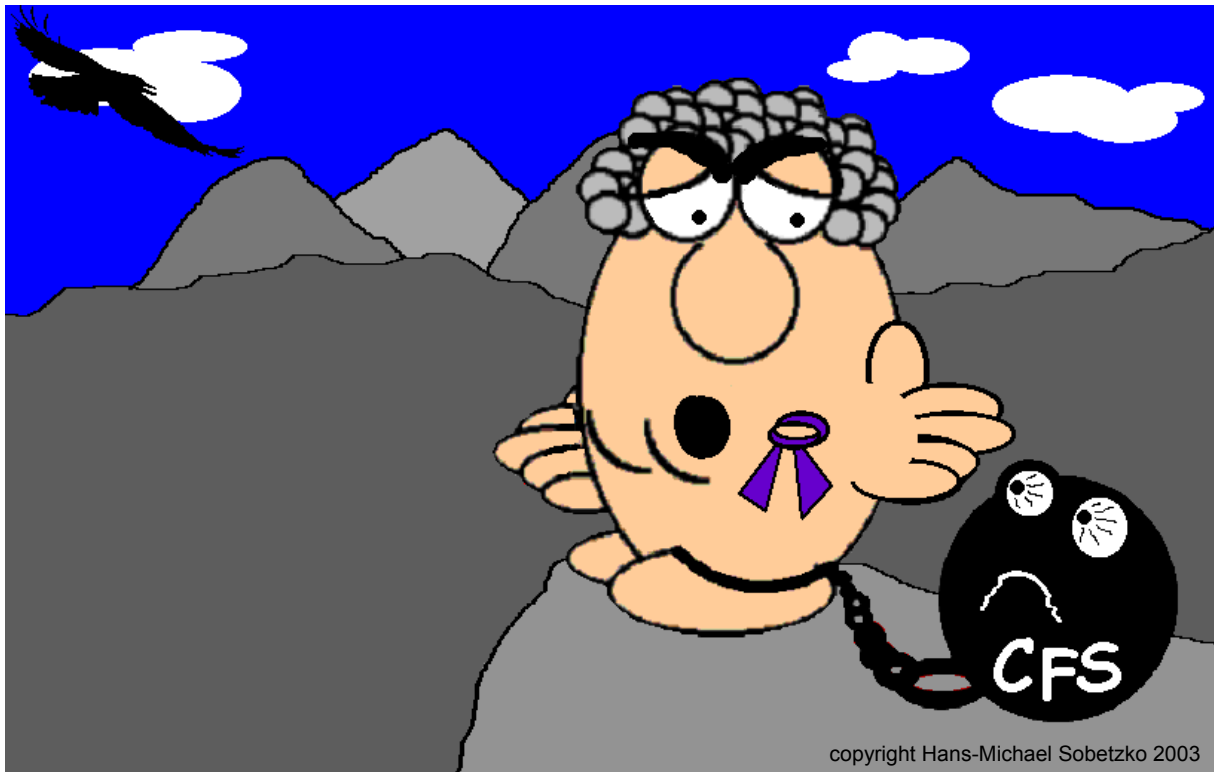


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You know, Emmy, I have seriously thought of consulting a psychiatrist to help me cope with the many futile attempts at treating CFS/ME.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		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



To make it clear from the very beginning: I am the one who decides where to go - even if you are a constant drag on me. And I won't allow you to drag me down either.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				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



It is true that this new treatment gives me some more energy but it is quite hard to sleep with it.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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



Chin up! You will certainly recover once the Christmas hubbub is over. I have felt constantly exhausted for years but I don't give up either.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		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.		