



May 12th Awareness Events 2015

May 12th has been designated as International Awareness Day for Chronic Immunological and Neurological Diseases (CIND) since 1992. The diseases included in CIND include Myalgic Encephalomyelitis (ME) Chronic Fatigue Syndrome (CFS), Fibromyalgia (FM), Gulf War Syndrome (GWS) and Multiple Chemical Sensitivity (MCS).

This document will be used to record events planned for 2015. If you have an event to add, please either email info@may12th.org or post the details of your event on <https://www.facebook.com/events/1687966454755997/>. For more information about May 12th International Awareness Day please see www.may12th.org or www.facebook.com/may12th.awareness. There is also a list being maintained [here](#).

Note: This list can be accessed at www.bit.ly/May12th2015.

Contact Us: info@may12th.org

Worldwide

- **Everyone can do this** - do this one simple thing - tell one other person about May 12th and ask that person to tell one other person. If we all do this, then there will be a wave of knowledge that will spread around the world and in no time everyone will know about us.
- Everyone that uses Facebook, LIKE and SHARE at least one image from the May12th page to your timeline. See www.facebook.com/may12th.awareness.
- **We need media coverage!** If you know anyone, please contact them and ask for a story. Send an email to your local newspapers (an article or letter to the editor), TV stations and radio stations and ask them to mention it. Call in to talk radio shows. Let us know if you have success and provide us with a link to anything that gets published. Also, please help us by sending us a sample of your contact letter so we can make a draft letter people can use next year.
- a request will be submitted to Google asking for a Google Doodle for May 12th. A Doodle is the artwork you see on the Google search page. You can show your support for it by LIKEing Facebook page <https://www.facebook.com/GoogleDoodle4May12th> or by sending your own request to proposals@google.com. We need support from around the world. Sadly they did not give us a Doodle in past years but we will maintain the page and try again every year until they do.
- Join all 3 Thunderclaps that are set up to go off on May 12th
 - <https://www.thunderclap.it/projects/23688-may-12th-int-l-awareness-day>

- <https://www.thunderclap.it/projects/24471-12-mai-internat-me-cfs-tag>
- <https://www.thunderclap.it/projects/24360-?locale=en>
- Light Up the Night Challenge - see event <https://www.facebook.com/events/398647540275528/>. We are asking you to light up public buildings and your own residence with one of the three colours: blue (ME, CFS), purple (FM) and green (MCS or Lyme). If you light your own house, send a picture to info@may12th.org by May 31st to be counted in the contest. Let us know if you can take a picture of any of these Landmarks: Brighton Wheel (UK), SeaLife Centre (UK), CN Tower (Canada), Toronto, Halifax, Ottawa, Brampton, Charlottetown and Mississauga City Hall (Canada), Montreal Olympic Stadium (Canada), Niagara Falls (Canada), Accumulator Water Tank, Borås City (Sweden) Aomori Prefecture Tourist Center, Aspm (Japan), Akita Prefecture Sotoasahikawa Satellite Clinic (Japan), AAMI Park (Australia) Banbride (NI), Armagh Gaol (NI), Craigavon Civic Centre (NI), BC Place Stadium (Canada), Black Tower (UK), Langevin Bridge (Canada), Peace Bridge (Canada-US border), City of Perth Council House (Australia), The Market House, Mullingar (IE), Bangor Town Hall (NI), Canada Place - Sails of Light (Canada), Convention Centre West, Jack Poole Plaza (Canada), 109 Street Bridge Edmonton (Canada), Hamilton Farmer's Market (Canada), Hamilton Central Public Library (Canada), Gateshead Millennium Bridge (UK), The Mansion House (IE), ATB building (Canada), National Centre for Neuroimmunology and Emerging Diseases at Griffiths University (Australia) and Science World (Canada). Also numerous places in Malta still to be confirmed. See Canada for the webcams for viewing Niagara Falls.
- Proclaim your city or town by writing your Mayor. For a sample letter see <http://bit.ly/May12thProclamation>
- The website www.may12th.org is getting a facelift this year. Check it out after May 12th.
- You can find some awareness ribbon images here <https://meaware.wordpress.com/badges/>.
- Do you write a blog? The #May12BlogBomb is back! See <http://sallyjustme.blogspot.co.uk/2015/04/calling-all-bloggers.html>.
- If you don't have a blog, a new event for this year is to be a guest blogger on the soon to be released May12th blog. If you like to write, send an article about May 12th or raising awareness and we'll post it in the blog during the month of May. It can be about your plans for raising awareness, why awareness is important, what May 12th means to you, value of May 12th or anything related. Send it by May 12th to info@may12th.org with the subject Guest Blog.
- Tune in to Aunty Acid on May 12th at <https://www.facebook.com/auntyacid>. Arranged by Fibro Flare.
- The UK is arranging an international Walk for ME. See event <https://www.facebook.com/events/1529930570598706/>.
- Decorate your garden or tie ribbons around trees or mailboxes in one or all of the 3 colours and send a picture to us.
- Dress in one or all of the 3 colours and tell people. Perhaps dye your hair. You can also by t-shirts etc on zazzle or cafepress. Also capture the moment and send it to info@may12th.org. Here's one site selling things <http://teespring.com/stores/myfibroawarenessmay12>. Let us know if you have a link to list here. You can also [Turn Your Body Blue for ME](#) or purple or green.

- Make your own event and let us know about it. If you have ideas for events but aren't well enough to organize it, just send us the idea. We're making a list of ideas for next year and will include yours. It may inspire someone else.
- Write your elected representatives. Canada has a draft letter you can use and amend to suit your country. See www.bit.ly/May12th2015EmailCanada . If you write one, send it to us so we can create instructions and a draft for your country that others can use. See the UK items for a draft letter from the 25% group.
- In Canada and Ireland, 2 people have written to their local newspaper and asked for a story on May 12th. Let us know if you can get your local news to report on it.
- ME AGAIN 2015 Artist Online Show (www.meagain.org) will showcase winners of their submission May 12th and will include a media campaign to promote May 12th Awareness, the illnesses and the artists
- The Graticast is making a video for May 12th and needs your submissions. See <https://www.facebook.com/notes/may-12th-international-mecfs-fm-awareness-day/help-create-a-may-12th-video/10153384771427240>
- Get your own personalized bear image to help raise awareness for ME. Michelle will make a bear for anyone for a small donation to her daughters justgiving page. any donation will get a bear.
https://www.justgiving.com/michelle-nunn1/?utm_id=11&fb_action_ids=10153255330903766&fb_action_types=jgdonation%3Asupport&fb_ref=pf-share-facebook-test-C-control . To see the image go to
<https://www.facebook.com/photo.php?fbid=858866717540758&set=gm.1695637713988871&type=1&theater>
- Tweeting worldwide is planned. Please use hashtag #may12th when tweeting.
- Dr Eleanor Stein is hosting a webcast on May 19th with speakers Rory Hornstein, RD, BEd, and Lucinda Bateman, MD. For full details see <http://www.eleanorsteinmd.ca/wp-content/uploads/2015/03/May-19th-detailed-information.pdf>
- Join the "Virtual Vintage Tea Party for ME Awareness" and post a photo with hashtag #virtualteapartyforme . See event <https://www.facebook.com/events/1388167941510038/>
- Join the Chilli ME Challenge to raise funds and awareness for ME. Make a funny video of someone eating hot chilli peppers. See <https://chillimechallenge.wordpress.com/> for more information. Charities in different countries will benefit.
- Help raise funds for Invest in Me by buying Ros Lemarchand's book. See <http://roslemarchand.blogspot.fr/2015/05/what-are-you-going-to-do-in-may.html>
- Some have made videos to raise awareness. See Sophie Tennent's video <https://youtu.be/erhhNikrEyo>
- The Big Sleep for ME is on again! This year it runs from May 11-17th. See <http://ldifme.org/teams/the-big-sleep-for-me/> for more details.
- Post an awareness picture or a fact about your illness on your Facebook timeline, google+, Pinterest, twitter or Instagram accounts. Try to post to several social media outlets.

Australia

- City of Perth Council House will light up on May 12th.
- Do Something for ME - see <http://emerge.org.au/wp-content/uploads/2015/03/Brochure-DSFME.pdf>
- The National Centre for Neuroimmunology and Emerging Diseases (NCNED) are planning an event. Details to follow.
- AAMI Park will light up blue on May 12th.
- National Centre for Neuroimmunology and Emerging Diseases at Griffiths University in Australia has lit up for May 12th.

Canada

- Niagara Falls will light up blue on May 12th at 10pm It can be watched on either of these 2 webcams <http://www.earthcam.com/canada/niagarafalls/> or http://www.niagarafallslive.com/niagara_falls_webcam_info.htm
- City Hall in Mississauga, Ontario will be lit up May 12th with blue, purple and green
- City Hall in Brampton, Ontario will be lit up purple May 12th
- City Hall in Ottawa, Ontario will be lit up blue May 12th
- City Hall in Halifax, Nova Scotia will be lit with all three colours
- City Hall in Toronto, Ontario will be lit up May 12th with blue and purple
- City Hall in Charlottetown, PEI will be lit up with all 3 colours May 12th
- Calgary Alberta - Langevin Bridge will lit up blue on May 12th
- Montreal Olympic Stadium in Quebec will be lit with all colours
- The CN Tower in Toronto, Ontario, Canada will light up blue, purple and green as part of International May 12th Light Up the Night. Each light show will run for 8 minutes at the top of every hour. You can watch via Toronto's skyline webcam located at <http://toronto.webcampa.com>
- Toronto, Ontario - an event is being planned for Queen's Park on May 12th. Contact MEAO at info@meao.ca for more details.
- Hamilton's Farmer Market and Hamilton Central Public Library will light up on May 12th.
- National ME/FM Action Network will hold an event May 16th in Toronto, Ontario with Dr Alison Bested speaking. See flyer for details <https://www.facebook.com/notes/national-mefm-action-network/join-us-in-toronto-may-16-2015-guest-speaker-dr-alison-bested/945382165484956>
- Vancouver Canada - BC Place Stadium , Canada Place - Sails of Light, Convention Centre West, Jack Poole Plaza and Science World will be lit with all 3 colours May 12th
- May 12th has been proclaimed in the following cities: Ottawa, Toronto, Mississauga, Brampton, Ramara in Ontario, Victoria, Nanaimo and Kelowna in British Columbia, Vancouver BC has been proclaimed in perpetuity. The BC province has proclaimed the day.
- London, Ontario - London's first Fibromyalgia Awareness & Information Day to be held on Saturday, May 9th from 1:30-4:30pm at Beacock Library, 1280 Huron Street.Details in the

event poster on the May 12th event page. ADVANCE REGISTRATION REQUIRED. Email fmgrouplondon@gmail.com to book your seat TODAY!

- London Ontario Canada - A fibromyalgia event on May 12th - Coffee, Tea & Talk with Dr. Kevin White, author of *Breaking Thru The Fibro Fog*, who will speak on "Fibromyalgia - The Disease of a Million Myths". 6:00-8:00pm, Beacock Branch Library, 1280 Huron Street. ADVANCE REGISTRATION REQUIRED - FEW SEATS LEFT!! Email: fmgrouplondon@gmail.com. *BreakingThru The Fibro Fog* can be purchased for a special discounted price of \$20
- Write a letter to you MP and MPP. See www.bit.ly/May12th2015EmailCanada
- Opera Mariposa (<http://operamariposa.com/>) is presenting **TOUR DE FORCE: An Evening of Broadway Showstoppers** on Saturday, May 16 @ 7:30 pm at **Marpole United Church** 1296 West 67th Ave. Vancouver, BC in support of the National ME/FM Action Network.
- MEFM Society of BC is holding an event May 24th, 1-5pm at Vancouver General Hospital. Speakers are Dr Daniel Peterson and Staci Stevens. See <https://www.facebook.com/photo.php?fbid=857991267628303&set=gm.1694210557464920&type=1&theater>
- The Peace Bridge will be lit with all 3 colours on May 12th.
- Sudbury Ontario is holding a Mother's Day tea on May 9th. See <https://www.facebook.com/events/353928461473623/>
- The 109 Street Bridge in Edmonton Alberta will light up on May 12th.
- Dr Eleanor Stein is hosting a webcast on May 19th with speakers Rory Hornstein, RD, BEd, and Lucinda Bateman, MD. For full details see <http://www.eleanorsteinmd.ca/wp-content/uploads/2015/03/May-19th-detailed-information.pdf>
- On May 12th, MESH Ottawa is holding a panel discussion and Q & A on insurance titled "Are You Covered". See http://meshottawa.org/index.php?option=com_content&task=view&id=25&Itemid=46
- Edmonton Alberta is holding an event May 2nd. See <https://www.facebook.com/MEFMAActionNetwork/photos/a.199178836768734.48130.119761554710463/969233116429965/?type=1&theater>
- In Quebec, Association de la fibromyalgie région de Québec is holding a conference May 12th. See <https://www.facebook.com/MEFMAActionNetwork/photos/a.199178836768734.48130.119761554710463/969259506427326/?type=1&theater>
- ME Society of Edmonton is holding an event May 9th from 1:00 to 3:00 PM at Central Lions Senior Recreation Centre (11113 113 Street). Special Guest speaker will be Dr Eleanor Stein. She will speak about EXERCISE AND M.E./CFS and bring us up to date on the latest developments in M.E./CFS/SEID.
- The ATB building in Edmonton Alberta will light up on May 12th.
- In Calgary, Alberta an event will be held at the Plant Organic on May 11 and 12 from 11:30-2:00pm. Its located at 100 - 10233 Elbow Drive SW Calgary. Gluten free snacks for all as May is also Celiac Awareness Month.
- Events will be held in Montreal, Quebec on May 12th. See [flyer](#)
- A radio program in BC, **CKVS-FM 93.7 Voice of the Shuswap**, has done a show on May 11th

talking about May 12th and other ME/FM issues. You can listen to its repeat broadcasts at <http://voiceoftheshuswap.ca/>. The show repeats on Thursdays 8:00 a.m. PDT and Sundays at 8:00 p.m. PDT. Unfortunately podcasts are not available.

- **[SOFA - Sunny Okanagan FM-ME Association](#)** - My plans for May 12 is to have people worldwide go to AMAZON to purchase the Daily Reader Spring that I managed after 8 years to get officially published. Go [here](#).

Italy

- AISF ONLUS (the Italian Association For Fibro and CFS) is holding an event on May 10th in Verona. See <http://www.sindromefibromialgica.it/> and <http://www.sindromefibromialgica.it/wp-content/immagini/GIORNATA-MONDIALE-.pdf> and <http://www.sindromefibromialgica.it/wp-content/immagini/nuovo-opuscolo-sindrome-fibromiagica-web.pdf>

Japan

- Dr. Kuratsune, a Japanese leading expert on Chronic Fatigue Syndrome (CFS), introduced CFS Awareness Day on this video <https://www.youtube.com/watch?v=hKy8WAldsY0&feature=youtu.be>
- A lecture by Dr.Kuratsune is going to be held at the Institute of Aomori chuo Gakuin University School of Nursing. The subject "is mechanism to fall into an etiology, the condition of a patient and fatigue of the chronic fatigue syndrome", and the public can participate. <http://www.aomoricgu.ac.jp/bl.../aomoricgu/news/article-18267/>
- In Akita Prefecture, there will also be blue light up event happening for the first time at CFS/ME doctor, Dr. Miura`s satellite clinic in Sotoasahikawa on May 12-13th. Pumpkin artwork yellow of Yayoi Kusama will be decorated on the hospital roof. Dr.Miura will hold a lecture titled chronic fatigue and chronic pain that prevent the daily life,on MAY 9th. <http://www.jkk-sotohp.or.jp/sosac/news/news0013.html>
- Aomori Prefecture Tourist Center, Aspm, will be blue on May 12th.

Malta

- The following places will be lit up on May 12th: The President's Palace, officially named The Grandmaster's Palace in Valletta, the Couvre Porte in Vittoriosa, the Chapel of Our Lady of Sorrows in Mqabba, A fountain in Kalkara promenade, the facade of the building of Cospicua Local Council and the facade of the edifice of Naxxar Local Council

Northern Ireland

- The Newry Reporter newspaper is doing a story on ME and will mention global May12th awareness.
- Bangor Town Hall will be lit May 12th
- BanBridge will be lit up for May 12th Awareness
- Craigavon Civic Centre will be lit.
- Armagh Gaol will light up May 12th.
- Fibromyalgia Awareness Bangor/Ards & North Down Support Group have arrange for a garden display. See <https://www.facebook.com/may12th.awareness/photos/pcb.10152689146277161/10152689141322161/?type=1&theater>

Netherlands

- ME Vereniging Nederland will hold their yearly ME Information Day in Breda this year. See <https://www.facebook.com/events/1603084453256260/>. On May 12 they will publish all tweets using #12MEi.

Puerto Rico

Republic of Ireland

- The Irish ME/CFS Association is pleased to announce the following two talks as part of its ME Awareness Month activities in May by Dr. Abhijit Chaudhuri from the UK. See <https://www.facebook.com/events/1552467578375374/>
- The Market House, Mullinger will be lit from 9pm with all 3 colours. All welcome.
- An event will be held at Bewley's Hotel Newlands Cross - see <https://www.facebook.com/photo.php?fbid=10204974181888890&set=p.10204974181888890&type=1&theater>
- Fibromyalgia Awareness and Advocacy Forum Ireland are selling ribbons and they produced a booklet on Fibromyalgia to raise awareness. See event <https://www.facebook.com/events/1401743296791665/1441563366142991/>
- FMANI Charity Organisation is holding an FM Awareness Day May 9th at the Civic Centre Drumceatt Square, Limavady. See <https://www.facebook.com/may12th.awareness/photos/a.404124462160.176713.220534562160/10152689367237161/?type=1&theater> . See event <https://www.facebook.com/events/1595967060687358/>
- Cork Fibromyalgia group will hold an event May 9th 2-4pm at Wilton Shopping Centre. More details [here](#).
- Marie H Curran will be on Dublin radio
- The Mansion House of Dublin will be lit with one colour on May 12th.

South Africa

- A member of www.fibromyalgiasa.co.za will appear on radio and its hoped a newspaper article will be written.

Sweden

- Sweden has produced a Facebook cover photo and profile photo you can use on May 12th. See <https://www.facebook.com/may12th.awareness/photos/pcb.10152680806022161/10152680801357161/?type=1&theater> and <https://www.facebook.com/may12th.awareness/photos/pcb.10152680806022161/10152680801412161/?type=1&theater>
- a “wear something blue” day is planned. See <https://www.facebook.com/events/835183533220472/>
- In Borås City will have the big accumulator tank for warm district heating water lighted blue on the 12th of may. The accumulator tank has 5 000 led lights.

United Kingdom (UK)

- Cooking up a blue storm to raise awareness and funds for Invest in ME Research Charity for Myalgic Encephalomyelitis (ME) see <https://www.facebook.com/CordonBleuForME>
- Invest in ME's 10th International ME Conference 2015 will take place on 29th May 2015 in Westminster, London. See <https://www.facebook.com/events/1025707540777368/>
- To be confirmed - Wainhouse Tower, Halifax, West Yorkshire, UK will lit up May 12th
- Brighton Wheel on Tuesday May 12th will be lit up. Meeting at 8.00 in front of the Wheel with posters and banners and anything you can think of for Awareness for 8.30 Light Up. There will be a photographer from the Argus taking photos at 8.30
- The Sea Life Centre in Brighton UK will be lit up during the day May 12th.
- Fibroduck Foundation has arranged for the Blackpool tower to be lit up May 12th. It will be lit up PURPLE, and the Heart BLUE, with FIBRODUCK text running through the heart. We'll also be inviting the press along and giving out information flyers to passers by. We'll also be filming the event so you will all get to see. See http://www.fibroduckfoundation.com/blackpool_tower_may_12th.html .
- Tymes Trust are holding an event May 11th at Ingatestone Hall. See <http://www.tymestrust.org/txt/alert201502invitation.txt>
- The 25% Group has provided a draft letter to be sent to MP's. See Awareness 2015 on http://www.25megroup.org/campaigning_awareness.html#aware2015
- [Number 12](#) in Norwich England will be holding a Pub Quiz in aid of Fibromyalgia. Teams of no more than 4, £7.00 per person including a meal. All profits to Fibro. Quiz, Raffle, Meal. Start 6.30pm. Contact info@number12norwich.co.uk or +44 1603611135
- The Gateshead Millennium Bridge will be lit blue on the 12th.

- Come for Tea and Coffee 157, Hemerdon Heights, Plympton, PL7 2TY -Details [here](#)
- Online party and sale of cards/stationary to fund raise for Invest in ME. See [event](#)
- Starfish Craft Studio is holding an event at their business with a raffle, making awareness jewellery, a cake sale, a chance to meet and join the local support group and a holistic therapist offering demonstration. See <https://www.facebook.com/pammeescraftpalace>

United States (US)

- New York City - The Caterpillar Walk program is a fundraising campaign designed to raise awareness and support for Fibromyalgia and Chronic Pain. See www.fmcppure.org/CaterpillarWalkNYC
- The National Fibromyalgia and and Chronic Pain Association has a list of events in the US on their website <http://www.fmcppure.org/a-day-events-2015.html>
- Washington DC - MEadvocacy.org had a demonstration on April 28.
- The following places have proclaimed May 12th: Sumter County, Kissimmee and Haines City, Florida, Springfield, OH and Anaheim, CA.
- #OccupyTheUSDOJ #June2015 is being held in Washington DC on June 1st. See <https://www.facebook.com/events/804422736243381/>
- The Peace Bridge will be lit with all 3 colours on May 12th.
- Anne Keith is going to Washington going to Washington DC to lobby Congress for funding and for greater HHS oversight. She wants to tell your Senators and Representatives what is important to you, specifically. The easiest way (I think) for me to know what you would like and to get your formal permission to represent you is via this survey tool (<https://www.surveymonkey.com/s/5QF99XV>). You can also email her your proxy (permission to represent you) and any comments directly to AnneFightsME@yahoo.com
- Port Washington Town Dock NY - Fibromyalgia Walk May 17 at 1pm. See <https://www.facebook.com/events/669167469877295/>
- Houston Texas City Hall will light up with three colours on May 12th.