

## **Casting your ballot**

You can cast your ballot.

- At the regular poll
  
- At an advance poll
  
- At any Elections Canada office
  
- By mail
  
- Through a home-visit

Click [here](#) for more details on the different ways to vote.

## **What the federal government can do for ME/CFS and FM**

The House of Commons Finance committee asked for ideas for the 2016 federal budget. Click [here](#) to see what the National ME/FM Action Network suggested.

## **Handout for Candidates**



And subsequently we received a letter from the Liberal Party. It is available [here](#) in both French and English

### Email to Political Parties

Good afternoon

The National ME/FM Action Network is a non-partisan registered charity working on behalf of Canadians with Myalgic Encephalomyelitis/Chronic Fatigue Syndrome and Fibromyalgia. These are illnesses that can be extremely debilitating and affect an estimated 750,000 Canadians.

We prepared a submission for the House of Commons Finance's Committee pre-budget consultations. Once the election was called, the committee staff could not accept our submission.

We would like you to be aware of our submission and have attached it to this email.

We are planning to post the submission on our website and to discuss it in our regular newsletter to be distributed in September.

Our website is [www.mefmaction.com](http://www.mefmaction.com) .

You can view previous newsletters here: [http://mefmaction.com/index.php?option=com\\_content&view=article&id=157&Itemid=208](http://mefmaction.com/index.php?option=com_content&view=article&id=157&Itemid=208)

We would like to invite comments from all the political parties. In order to include your comments in our newsletter, we would need to receive them by August 31. We could make available up to a page in our newsletter for your comments. It is preferably but not necessary that the comments be bilingual.

If you have any questions, please do not hesitate to get in touch by return email. If you would like a telephone conversation, let me know and I will call you.

Thanks so much.

*Margaret Parlor*

Editor  
Quest Newsletter  
National ME/FM Action Network

## **Reminder Email**

Good afternoon

This is a friendly reminder that, if you would like us to include your comments in our September newsletter, we will need your submission by the end of the day Monday.

## Canada Election 2015

Written by Administrator

Sunday, 20 September 2015 21:14 - Last Updated Wednesday, 14 October 2015 23:14

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Thank you!

*Margaret*

National ME/FM Action Network