



Association pour la santé environnementale du Québec  
Environmental Health Association of Québec

**ECO-JOURNAL**

October 2020

## **News from ASEQ-EHAQ**

Hello to all members and friends,

As we write this newsletter to you, we recall when we said how quickly September arrived ... and now we are here in October. We wish you a wonderful autumn. May you be dazzled with the beautiful colours!

All of you on our email list are so important to us – even if you are not a member of the Association. Here is a gentle nudge to take that step to become a member. Why? Because with greater numbers, we have a stronger voice. To join as a member of the group will cost you only \$10 for a lifetime membership. We have this low rate in order to make membership affordable for everyone. The information you share with us is private and confidential and is stored on an external device. We operate under privacy rules. We also have a charitable number and any donation that you make will receive a receipt for your income tax deductions. We are audited every year, so there

**Association pour la santé environnementale du Québec / Environmental Health Association of Québec  
(ASEQ-EHAQ)**

C.P. 364, Saint-Sauveur, Québec J0R 1R0 / P.O. Box 364, Saint-Sauveur, Québec J0R 1R0

☎ 514-332-4320 ☎ 450-227-4143 bureau@aseq-ehaq.ca / office@aseq-ehaq.ca

[www.aseq-ehaq.ca](http://www.aseq-ehaq.ca) / [www.EnvironmentalSensitivities.com](http://www.EnvironmentalSensitivities.com) / [www.ecoasisquebec.ca](http://www.ecoasisquebec.ca)



is accountability for the functioning of the group. [We invite you to join ASEQ-EHAQ.](#)

As a member, you would have access to the items mentioned on the membership webpage, as well as have access to a new project that started on September 30th. This new project is 'Online education and support' for environmental sensitivities.

Since the start of COVID-19, we understood that in-person meetings would be impossible until it was safe for the participants. As we mentioned in a previous newsletter, environmental sensitivities almost never come alone, often you are more at risk to develop other chronic conditions. You can take a look at a [list of chronic conditions in the general population versus people suffering from sensitivities](#). The information is from Statistics Canada. This could therefore place you at greater risk.

Even though it is so much easier and better to have in-person meetings, we had to go online to answer the call of our members. And so, the project for online meetings has started.

We want to make them meaningful for you. The last meeting was titled 'Introduction to multiple chemical sensitivities' and the meetings to come will cover this health condition in detail and also answer questions that you may have. We will subsequently cover other topics on environmental sensitivities and environmental health and have a variety of speakers. We are looking forward to receiving your feedback and also your suggestions for future meetings.



We are working on new projects in our group – watch out for news and the next newsletter.

Wishing you a healthy, happy autumn.

As always, we send you our very best.

**Rohini Peris, President, ASEQ-EHAQ**

**Michel Gaudet, Executive Director, ASEQ-EHAQ**