



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

## ECO-JOURNAL

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### News from ASEQ-EHAQ

Dear members and friends,

Here we are in Autumn, with most of us saying 'where did summer go?' We at the Association feel the same way! It surely has been an extremely busy summer and even more so [with the election](#). Bravo to all those who took the time to contact Party leaders and candidates in your respective ridings with just one click from our website. When we closed the action on the election, 341 had participated!

We completely understand how challenging things can be when you face constant barriers to managing your health condition in your day-to-day lives. For some of you this management ranges from day-to-day, and for some, even hour-to-hour. I remember when the only thing I had the energy to accomplish during the day, was to brush my teeth – and that was a huge achievement! So, we understand what you are going through, and we have the deepest compassion and respect for you. It is for this exact reason that we need as many people as possible to participate and make their voices heard. When we participate in great numbers and raise our voices through action, **we will be heard**. With so little awareness, it can be extremely difficult to have appropriate access and safe spaces: we have to change that! So please know that we are here for you. If you email or call for help, we can participate in an action on your behalf. We do, however, need you to let us know that you want our help. We are looking forward to working together to make sure that all of our voices are heard, you





never know if another action is around the corner! Let's get ready!

Do you have a story inside you that you really want to get out? Most of us with this condition do! Do you want to tell it? Even if you are more comfortable sharing it anonymously, we are here to help you. Just call or email us and we can set a plan in place where we will get your story out. We hope that you will be inspired by the stories [that you find here](#). Let's introduce you to Sherry. [Her story is powerful](#) and maybe you can see your experiences portrayed in her journey navigating life with multiple chemical sensitivity. We all want change – healthy spaces, accessibility to the community and essential services, products that don't trigger symptoms, and so much more. That change starts with each and every one of us. [Your voice matters](#).

We want to introduce you to Kelly Tragash, ASEQ-EHAQ's Administrative Coordinator. With you in mind, she worked really hard [to develop this questionnaire](#) in order to find



out about you: your assessment of our activities, your needs and preferences, to learn about your suggestions to make us a better group, and overall, how to serve you more efficiently. At our last conversation about this questionnaire, she was really glad to have heard from some of you, she noted your responses with attention and we are hoping that there will be increased participation to this questionnaire. After all, we would not be here if not for you! So please get in touch and stay in touch!

We always love to hear from you 😊

To end this message, we send you every good wish for a fabulous autumn. Enjoy the beauty around you and most of all, be well.

With warmest wishes,

*Rohini Peris, President*

*Michel Gaudet, Executive Director*