



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

ECO-JOURNAL

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News from ASEQ-EHAQ

Hello everyone!

We hope everyone is doing well.

We would like to report on our 'Hand in Hand Project' and the event on gardening that was held on June 20th. Virginie Connan led us through a very interesting event on how to grow some food to address rising costs and also to have the assurance of organic food while on a budget – not to mention how this can turn into a hobby, and also how to overcome barriers such as mould while gardening.

On June 29, we shared some tips on how to be an activist, and especially for housing. These tips can also be used to advocate for change to address issues faced by people with MCS. This is even more important as our housing project has been resurrected due to the release of the report on MCS by the National Institute of Public Health Québec (INSPQ). Now more than ever we need your voices heard! You can find some information on this topic on our [housing website](#) under the menu tab titled '**BE A PART OF ECOASIS**'.

For July we have two very interesting events.

On July 11 at 7:00 pm, Jon Eakes will present '**Creating and maintaining the MCS friendly habitation**', which is the first of a three-part series titled 'Living with MCS'.

This series will also cover material choices for homes and how to plan for successful outcomes for renovations. **Register here for the event:**

https://us02web.zoom.us/meeting/register/tZltdOCvqTktHNA_Ff5oxwVAf3Vxz_tzDsR5c

On July 21 at 7:00 pm, Dr John Molot is back by popular demand! There will be a one-hour, Question and Answer event. For those of you who missed Dr Molot's



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presentation on May 12 titled '**Multiple Chemical Sensitivity: Top 10 Myths**', [you can watch it by clicking here](#), so you can have your questions ready for July 21. We encourage you to send questions in advance to: office@aseq-ehaq.ca. **Register for the event here:**

<https://us02web.zoom.us/meeting/register/tZltdOCvrjotGtBeaYh9QPEVWZHCJWhs0X1j>

On June 16, 2022, a presentation was made to the United Nations, Conference of the State Parties to the Convention on the Rights of Persons with Disabilities. This event was organized by Inclusion Canada, Inclusion International, and ARCH Disability Law Centre. The event was titled: **Canary in a Coalmine: The Expansion of Medical Assistance in Dying/Euthanasia in Canada. A Warning To The Disability Community.**

ASEQ-EHAQ presented on the disability of MCS at the above event, to the United Nations. [You can watch the presentation on the videos section of our website.](#)

We are witnessing some movement in the right direction, and this is the time for you to step in and act – despite your disability. Unless we act for ourselves, change will not happen. To do this, we have the following opportunities on the website:

The letters to decision makers to [remove the erroneous report on MCS](#), and the [demand for housing](#), have been removed from automatic sending. However, they are still available on our website and be easily reached from the ASEQ-EHAQ home page. You can still copy the text of the letters, and email them to decisions makers. Email contact information has been provided on the website.

Take part in [Your Voice Matters](#). We can help you tell your story.

Visit [the housing website](#), and find out how you can make your voice heard!

Write an article for the [newsletter](#).



We wish you good health, and as always, we send you our very best.

Have a wonderful month of July!

Take care and be well,

Rohini Peris, President

Michel Gaudet, Executive Director