



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

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News from ASEQ-EHAQ

Hello friends,

As September rolls away and a new month approaches, we hope you made some great memories this summer. The trees are starting to change up here in the mountains and besides the birds and a few squirrels, there is not much else around while walking through peaceful forests. These walks give us time to think and plan; and out here in the woods the smell of scented laundry sometimes wafts through the air, carried on the wind from a far away house. The pervasive nature of these chemicals can disturb our senses even in a peaceful, secluded area as this forest.

This experience has inspired us to request that you, our membership, at your own pace and time, can write your stories, ideas, observations, thoughts, etc., for our newsletter – its actually your newsletter, and we feel strongly that you should be a part of creating it. We would love to hear from you. You can write once a year, every month, or every two years. We know you have so much to share with the world. Get in touch with us! Write to: office@aseq-ehaq.ca

As we say adieu to our employee Kelly Tragash, we welcome two new employees. Lakshitaa Lugun, Communications and Research Assistant, and Emma Cummings, Research and data analysis. We are looking forward to creating and building with our new team.

Do you have skills that you would like to put to use? Contact us and join our volunteering team. We have so much work to do and every hand helps! You can check out our volunteering opportunities, [click here](#).

Olivier Chabal Dragon offered to cycle for MCS. We took him up on his generous offer to cycle for MCS awareness and education. Isn't that wonderful! You can read about the event [here](#). Thank you, Olivier! We are calling out to our members to support this cause



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by donating \$5 to \$10. [Please click here to make a donation](#). Proceeds from this will go towards posting books on MCS to decisions makers and organizations across Canada.

The report on Multiple Chemical Sensitivity (MCS) from the National Institute of Public Health (INSPQ) continues to plague us, and we must fight back. We have had complaints from international and Canadian sources. Recently at a meeting with a university, they wondered why we were working on healthy spaces and indoor air quality – ‘isn’t that settled with the INSPQ report’, they asked. And they continued to explain ‘according to the report people with MCS don’t need healthy spaces...’. After the shortfalls of the report were explained to them, they expressed support for our project. We hope that this story will encourage you to take action. [Click here to make your voice heard](#). Don’t forget to copy ASEQ-EHAQ.

Don’t forget to check out our events for October! We will be advertising them soon. These events are for you. We encourage you to attend and let us know the type of online events you would like to have.

As always, we send you our very best. Have a glorious month of October.

Take care and be well.

Rohini Peris, President

Michel Gaudet, Executive Director