

2015 – JANUARY 21 – FFF NEWSLETTER

Hello Fragrance Free Friends! **WELCOME:** Bea and Sue!

Lots of great feedback from many of you regarding the information sharing. Glad you find it helpful. Keep your ideas coming! This is a HUGE email so be sure you get to the bottom of it.

Our meeting Wed, Jan. 14/15 was attended by 5 people. Great to socialize & share.

- Thank you, Cheryl, for agreeing to set up our website! This will take some time. We hope to attach links to the amazing websites we have come across. We'll keep you posted.
- Logo designs are currently being explored.
- Denise spoke about her positive relaxation experience of singing bowls massage and meditation with Gary Syvitski in a Fragrance Free environment. For more information, contact Gary at 807 629-3759
- Cheryl & Dianne are working on their presentation to EarthCare Thunder Bay Sustainability Plan, Air Working Group committee meeting mid February.
- Thank you, Fan, for looking after researching button production costs. Your idea to create infocards that slide into the plastic name badge pin is great! We can have them in our purse, on our body, in our desk... The intent is that the list of personal care and cleaning products on the back of the card will help people to make more health conscious choices in their lives. We came up with this wording for a two sided info card. (note: I changed 'toxic substances' to 'toxins' as substances refer to tangible matter or material that can be felt and that isn't what we think of with 'fumes'.)

Did you know that SCENTED personal care and laundry products can make people SICK?

Thank you for your conscious effort to be Fragrance Free ☺ ⇒

Scented lotions, soaps and body washes, deodorants,
cosmetic, beauty & hygiene products, sunscreens,
shaving and hair products, laundry soap and dryer sheets,
colognes, perfumes and cleaning products
contain toxins that
impair the health and wellness of others.

Choose Fragrance Free products. Thank you. ⇒

Fan, Cheryl & Dianne shared:

CLEANING RECIPES (See attached) These were the recipes I jotted down from the movie, "Chemical" that we watched in November. Personally, I cannot handle Jojoba, eucalyptus or essential oils. I do not know where we could buy washing soda or soap flakes.

www.thegreenguide.com has interesting stuff. I was particularly interested in biological dentistry from Dr. Amy Myers' AutoImmune Summit that I purchased recently and found this <http://www.thegreenguide.com/get-to-know-more-about-biological-dentistry> visit www.iaomt.org and do a postal code search so that you can find a certified IAOMT biological dentist nearest you. Closest to Thunder Bay is North Bay or Superior, Wisconsin.

www.mcsaware.org

Organic Authority - Artificial Fragrances Are Poisonous

<http://www.organicauthority.com/99+Reasons+to+Stop+Wearing+Perfume+>

www.treehugger.com

www.care2.com/greenliving/exposed-whats-lurking-in-febreze

www.cosmeticdatabase.com

<http://www.pinterest.com/scentfree/fragrance-free-signs-around-the-world/>

BOOK: "Not Just a Pretty Face" book by Stacy Malkan

Recent newspaper article: A man in Dartmouth was asked to remove his mask when travelling on public transit even though he had been given permission from the transit authority to wear it. When he refused, police were called. (This is the TECHNO mask Evelyne, Cheryl & I have) <http://thechronicleherald.ca/metro/1260682-transit-staff%E2%80%99s-demands-to-remove-medical-mask-upset-dartmouth-man>

This website has an effective, printed brochure minus the last panel about essential oils... a few of us MCS people have trouble with essential oils. http://www.womenforahealthyenvironment.org/files/file/WHE_FFDAY%20brochure.pdf

Fan shared this:

(re pocket hand sanitizer) got this product in the UK, but here is there link anyways which also shows their ingredients.

<http://www.bentleyorganic.com/products/body-care/hand-sanitizer.htm>

Here is link to movie 'Plastic Planet' that I mentioned to you last night, that can also be shared with others, if interested. <https://www.youtube.com/watch?v=OZapr22hwoE>

https://www.facebook.com/ScentFreeCanada/app_305927716147259?ref=page_internal

I've also just come across this product that is CHEMICAL FREE but not sure yet if scent free. I'm still doing some research on it before I buy any. It is currently sold at Costco stores and is demonstrated in lots of locations across Ontario, but unfortunately, not TB. It certainly sounds promising ! (Response from contacting the website: "We add zero scent/fragrance to any of our products. They have a very slight "soap" smell but it's only from the ingredients, nothing is added. Allergic Living Magazine had a piece on Pink Solution a couple years ago recommending us for people with sensitive skin and allergies. I realize this isn't specifically related to scent, but wanted to point it out anyhow.")

<https://pinksolution.ca/index.htm> <http://pinksolution.ca/promo.htm>

Just to let you know that not only the Green House is closing but also the True North Co-op. I did find some soap nuts at 40% discount. There are still some scent-free organic cleansers left, and some stuff is at 20% or 40% off. <http://www.superiorsoapnuts.com/> That will leave a big hole in TB for natural products.



January 2015 Hours of Operation

198 Algoma Street S.

Thursday, Jan. 15 10:30 AM – 6:00 PM

Friday, Jan. 16 10:30 AM – 6:00 PM

Saturday, Jan. 17 10:00 – 5:00 PM

January 18 – 23: CLOSED

Saturday, Jan. 24 11:00 AM – 5:00 PM

Sunday, Jan. 25 12:00 PM – 4:00 PM

January 26-30: CLOSED

Saturday, Jan. 31 11:00 AM – 5:00 PM

PEOPLE WANT TO HELP US

A week ago, at a social justice meeting at the Lakehead Unitarian Fellowship, I was asked to share a bit about our FFF group. They asked questions and the one that caught me off guard was if there was anything they could do to help me/us. After a moment, I responded with "Yes, perhaps my spiritual fellowship could serve as a model for other churches." Other committee members asked FFF to provide a safe personal care and cleaning product list or website to direct people to find such a list. They expressed that people who are more aware of MCS (such as they now are) want to support a healthier environment but don't know what to use in place of their current personal care products. Quite a while back, some members emailed me their product lists and I began compiling them. Discussion arose that what is safe for one is not necessarily safe for another so that will make this list very tricky but a great starting place, nonetheless. I will consult the Facebook groups for more suggested products.

If you don't mind, would all of you take time to list the products you can tolerate with the full brand name and where it can be purchased, please? (personal care and cleaning products). It is very important that you take the time to do this. This is our opportunity to help others to help us.

NEXT MEETING - PRESENTATION: Wednesday, Feb 25 @ 7:30pm @ my place, [REDACTED] Valerie will be hosting this meeting where we will view a 30 minute video on Dynamic Neuro Retraining System which has brought some relief to MCS canaries. www.dnrsystem.com Her guest, Patty, has done the program and is available by speakerphone that evening to share her positive experiences with us following the presentation. Bring your own beverage. **RSVP, thanks.**

Don't forget the Environmental Film Network movie tonight @ Finlandia @ 7:30pm "The Family Farm". It is advertised as a fragrance free event.

Smiles,

Dianne Potts, [REDACTED]
[REDACTED]

♪ Thank you for your conscious effort to be Fragrance Free ♪