

# 2015 – JANUARY 09 – FFF NEWSLETTER

Happy New Year to our FFF (Fragrance Free Friends)

## NEW CONTACTS

Welcome to Denise, Deborah & Leana!

## EDUCATION, SHARING, FEEDBACK & COMMUNITY OUTREACH

**I know of a WIX template for website designing but I have no experience. Anyone particularly good or interested in running with this project? (I can help)**

The more we read and wander the internet, the more we see we are not alone.

Cheryl shared (on Facebook):

- Linda Chae, chemical expert, who tells it like it is with household & personal care products... 3 different interviews <https://www.youtube.com/watch?v=gBEpzQ3AxZw>
- [www.invisibledisabilities.org](http://www.invisibledisabilities.org)
- Choose Friendships over Fragrance [https://www.youtube.com/watch?v=Lu0\\_wP5hxyo&feature=share](https://www.youtube.com/watch?v=Lu0_wP5hxyo&feature=share)
- [www.cleanerindoorair.org](http://www.cleanerindoorair.org)

Fan shared:

I was lucky to find a whole bunch of books at the County Fair Library lately that they were actually getting rid of! Will share at a later date.

- "Healing the New Childhood Epidemics: Autism, ADHD, Asthma, Allergies (4-A disorders)" by Kenneth Bock, M.D.
- "Was It Something You Ate? Food intolerance: What causes it and how to avoid it" by John Emsley & Peter Fell
- "The Non-Toxic Avenger: What you don't know can hurt you" by Deanna Duke

Robin shared:

- There are some FF hair sprays on the market but they are costly and might not be available in Thunder Bay. I've read that a lemon juice or sugar solution in a regular handpump spray bottle is effective, but haven't tried either.
- Great idea on the buttons. I used to have little notes that I handed out to people in stores when their scents made me have to leave the store. However, they were quite a bit too confrontative for that time, so they probably alienated people unfortunately. I think a respectful and informative card would be a wonderful tool.
- Also, thinking about cards, I used to have (and need) a wallet card on which I had instructions for what I needed to do after becoming exposed to something accidentally: fresh air, pure water, and a list of vitamins and activities that worked for me. My kids knew I had it and were useful in reminding me to look at it, as often following exposures I could not think clearly enough to even remember!
- Posters are a wonderful idea!

Dianne shared:

- I finally ordered in the hairspray Cheryl uses "Suncoat (medium hold) Natural Styling Spray" from Nutrition Corner for \$11.79 (petrochemical and alcohol free). I have gifted it to two family members.
- My counsellor took a copy of Dr John Molot's book "12,000 Canaries Can't Be Wrong" over the break. She informed me that everyone in the office got a memo that their staff and clinic were going fragrance free. I immediately sent an email inviting administration to check their bathroom products, the potpourri at the doorway and invite their patrons through signage. (not pushy, just suggesting)
- My dentist office now has signs up on the front door and in the washroom
- My massage clinic has signs up on the bulletin board at the entrance and right outside her treatment room
- Every opportunity we have, Cheryl & I are discussing fragrance with the public, even in casual conversations. We attended a movie at Finlandia and before it started, talked with three women sitting behind us. They mentioned how sick they feel from certain products people use. One person suggested we (we canaries) change our way of thinking about it by not thinking about it so much and maybe we can cope better. She doesn't understand. One asked if there isn't an allergy shot for this? She doesn't understand. We are the canaries and being silent is not helping our cause. It's not a matter of "us" and "them" but a huge "US" so we need to ask for what we (WE) need.

Here are links to two Government of Canada documents:

Canadian Human Rights Commission policy [http://www.chrc-ccdp.gc.ca/sites/default/files/policy\\_sensitivity\\_0.pdf](http://www.chrc-ccdp.gc.ca/sites/default/files/policy_sensitivity_0.pdf)

Medical Perspective on Environmental Sensitivities, Canadian Human Rights Commission [http://www.chrc-ccdp.gc.ca/sites/default/files/envsensitivity\\_en\\_1.pdf](http://www.chrc-ccdp.gc.ca/sites/default/files/envsensitivity_en_1.pdf) We are experiencing momentum and it is encouraging!

**BUTTONS & CARDS** If you would like to join Fan, Cheryl & myself this Sunday morning [REDACTED], we will be working on our buttons & cards. RSVP.

**NEXT MEETING** this Wednesday evening January 14 from 7:30 - 9:00pm socializing and looking over the cards/buttons. [REDACTED]. RSVP for seating, thanks.

Here's to Health & Harmony in 2015.

**Dianne Potts,** [REDACTED]

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

*If you wish to be removed or sent BCC on future emailouts, please advise me.*