

## SEASONS GREETINGS CANARIES !

*Let the spirit of love gently fill  
your hearts and your homes.  
In this loveliest of seasons,  
may you find many reasons for happiness.*



### NEW FFF MEMBERS

Another agency has joined our member list to receive our quarterly newsletter : The Environmental Health Association of Québec. Which again proves that, it doesn't matter how big or small we are... we can all, individually and/or together make a difference by helping others... find knowledge, understanding and support... right here, right now. So, go check them out at their site: <http://www.aseq-ehaq.ca/?lang=en>



Don't forget to check out and support other MCS agencies, too. Many sites update their information with the latest scientific findings and legal rulings. It's now only a matter of patience, education and time to make everyone understand MCS.

### SNIFFS OF INFO FROM CANARIES

CFP - Canadian Family Physician : Recent insights into 3 underrecognized conditions  
Myalgic encephalomyelitis–chronic fatigue syndrome, fibromyalgia, and environmental sensitivities –  
multiple chemical sensitivity : <http://www.cfp.ca/content/64/6/413>

From the Chemical Sensitivity Foundation :  
<http://chemicalsensitivityfoundation.org/multiple-chemical-sensitivities-life-altering-condition-transcript.html>

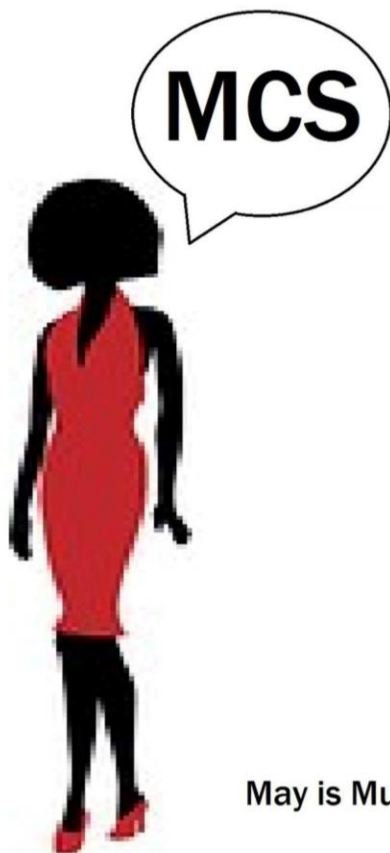
From the Environmental Defence (Canada) :  
<https://environmentaldefence.ca/2018/09/26/exposing-toxic-fragrance-chemicals-products/>

From Everyday Feminism : <https://everydayfeminism.com/2015/07/being-scent-free/>

Remember to explore our attached FFF Catalogue (which can now also be viewed on our website) with its new initiative to make things easier for our Canaries and our FFF volunteers. You will now be able to get our FFF documents (posters, business cards, postcards, etc.) in .pdf format for your own use with a one time \$20 decal purchase or a minimum \$20 donation which helps offset operating our website.

Join us on Facebook and recommend us to your friends, family and co-workers.

Your generosity is most welcomed and appreciated.  
**Together and separately, we are making a difference.**



**For me, MCS means...  
I think we need a  
celebrity to talk  
about MCS before  
it will become real  
to everyone else.**

May is Multiple Chemical Sensitivity Awareness Month