



## WHAT'S NEW...

### COSMETIC PESTICIDE BAN ALMOST REALITY

While WHEN registered early support for the need for a provincial pesticide bylaw, we became concerned when the bylaw enacted did not contain provisions for cities that already had stronger existing bylaws. WHEN recently spoke out to ensure the ban wasn't weakened by industry exemptions. Now becoming a mainstream issue, Toronto Board of Health and most recently the City of Ottawa have joined a coalition of environmental groups in the rally cry for strong legislation!

### FEDS REVIEWING 200 CHEMICALS

As part of the Government of Canada's Chemicals Management Plan they are finally reviewing 200 chemicals to determine whether they pose a risk to human health and/or the environment, and hence, should be more closely regulated. Yet some of these chemicals are already banned or strictly limited elsewhere in the world (eg, Europe). The review will take place over a three-year timeframe with a group of 15-30 substances being released every three months for a 6-month comment period – our chance for input. The Government will then decide what actions should be taken. [www.chemicalsubstances.gc.ca](http://www.chemicalsubstances.gc.ca)

### TRITIUM DEPUTATION

In March 2008, WHEN voiced concerns about Tritium with the Ontario Drinking Water Advisory Council (ODWAC). Tritium is a known carcinogen, mutagen and teratogen routinely released from Ontario nuclear reactors into the drinking water, affecting millions of inhabitants. Reports and studies highlighted the need to protect women, the developing fetus, growing children and young girls in puberty from exposure. WHEN, along with many others, recommended an immediate reduction in the levels of allowable tritium emissions ultimately leading to zero discharge as soon as possible. Strongly emphasized was meeting our energy demands through ecologically sustainable energy, conservation and renewable sources - doable if the billions of dollars were allocated to these rather than nuclear expansion. [www.ODWAC.gov.on.ca](http://www.ODWAC.gov.on.ca)

### WE NEED YOUR SUPPORT - THANKS!

Visit us online and click on the *Canada Helps* link at the top of our home page. Of course, we also accept donations by mail or telephone... and anything over \$10 is tax deductible.

### GOOD NEWS! WHEN MET THE CANCER PREVENTION CHALLENGE

We are happy to report the WHEN team surpassed our fundraising goal! It is great to see the support for cancer prevention. Understanding the tremendous impact toxins in our environment have on cancer incidence is critical to taking action. Prevention remains the most sensible way of stopping the rising tide of this devastating disease. Please know that your donation will be put to work exclusively for cancer prevention both nationally and locally. Thank you to all those who helped us achieve our 2008 Cancer Prevention Challenge (CPC) campaign target. There is still time to [donate to the CPC 2008](#).



## Calendar of Events

### Connect Food - Fun, Food, Fundraising

Stay tuned for more information in the next newsletter on an exciting "Connect Food" event happening in November. A follow-up to last year's successful Connect Art event, WHEN will be hosting an informative and fun evening to raise awareness about the environmental implications of our food choices. And of course, there will be some great food and drink!

### 'Training Trainers' in September 2008

WHEN will be conducting a "Training Trainers" workshop on Sunday, September 21st. Please stay tuned!

For more information on these and other events see [www.womenshealthvenvironments.ca](http://www.womenshealthvenvironments.ca)

# Taking Action for Prevention

## Community Right to Know Update

By Fran Maclure

Community Right to Know, commonly known as CRTK and recently renamed Environmental Reporting and Disclosure (ERD) By-law, is generally understood as the community's right to access a broad range of information related to environmental and human health and safety. Its mandate is threefold:

- a community's right to access information on chemical releases into the environment;
- a consumer's right to know about harmful product contents; and
- a worker's right to know about the health effects of workplace chemicals.

Although in the City of Toronto, CRTK/ERD has been on the municipal agenda a couple of times, including a draft by-law in 1985, it was only in 2002 that Toronto City Council bowed to the pressure put on it by several groups working for cancer prevention. Finally, Toronto City Councillors were listening to their constituents and agreed to look at the issue more seriously.

What happens next? On **July 3, 2008**, Toronto Public Health, which has been in support of this bylaw from the beginning, will report back to the Board of Health with a draft ERD By-law and Implementation Plan. According to an update in the Toronto Environmental Alliance (TEA) Bulletin dated May 7, 2008, TEA reported that as a result of over 500 personal letters sent to Toronto Public Health in support of the CRTK/ERD By-law, Toronto City Hall will get the message that when it comes to toxic chemicals in our neighbourhoods, residents want the right to know. Ideally, TEA hopes that the final report will go to Toronto City Council for a vote in July, or no later than this Fall.

What actions can you take? Your voice in support of the ERD By-law is critical at this time. We need to let our City Councillors and Mayor David Miller know that we expect them to support this precedent-setting initiative in order to protect our health and to clean up our neighbourhoods – the very environments in which we live, work, and play. Go to [www.secrecyistoxic.ca](http://www.secrecyistoxic.ca), click on "action" and choose from a variety of suggestions. Let your voice be heard. Hopefully, you were able to attend the Toronto Board of Health meeting on July 3, 2008 at 1:00 pm, City Hall, 100 Queen Street West, and express why you think implementing ERD is important to our health.



*Spotlight on Nettles (Urtica dioica)*

## Allergy Season Tips

By Mahalia Freed, ND

Hay fever, also known as seasonal allergies or allergic rhinitis, is estimated to affect 10 - 20 % of the population in developed countries. Hay fever occurs when your immune system overreacts to airborne particles, most commonly the pollens of trees, grass, and ragweed. A wide variety of factors are associated with the development of allergies, from air pollution to infant exposures. The list of symptoms includes runny and itchy nose, itchiness, red, watery eyes, sneezing and congestion. People who suffer from seasonal allergies are more likely to develop asthma, bronchitis, sinusitis, ear infections, and other health complications. There is also new research suggesting a link between seasonal allergies and depression. However there is no need to make your handkerchief a constant companion and/or stay indoors until the pollens freeze. Naturopathic medicine offers a variety of treatments that can effectively bring resolution and manage symptoms, with individual plans drawing on nutrition, herbal medicine, constitutional homeopathy and acupuncture. One of my personal favorite herbs, nettles, is a star in treating seasonal allergies.

### Spotlight on Nettles (*Urtica dioica*)

Fresh spring tops of stinging nettles can be cooked and enjoyed in dishes similar to those where you find spinach, such as quiche, sautéed, in soup...  
*Dried nettle leaf is commonly prepared as a strong infusion, or tea, either on its own or in combination with other herbs.* For an individualized, targeted prescription, consult with your naturopathic doctor or herbalist. *NB: If harvesting your own, wear gloves!*

To read the rest of this article, please visit:

[www.womenshealthyenvironments.ca/naturopath](http://www.womenshealthyenvironments.ca/naturopath).

## Ask Dr. Mahalia

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