

WINTER 2021-2022

# ONTARIO NURSES FOR THE ENVIRONMENT

Official Newsletter of ONEIG



## Statement of Solidarity

### ONEIG COMMITMENT

Statement of Solidarity: Alongside many others, ONEIG supports the rights of Indigenous peoples to self-determine the use and access of their ancestral lands. The recent violent arrests in Wet'suwet'en of those asserting land rights drew national attention and solidarity protests across the country and responses from the Wet'suwet'en First Nation council. The stakes of the Coastal Gaslink project are high; those who oppose the pipeline acknowledge the need for deep reductions in fossil fuel use to address climate change and the potential environmental consequences of natural gas pipe construction and function, while those who support recognize employment and economic benefits. The ongoing conflict in Wet'suwet'en highlights how Indigenous populations are at the heart of fights for environmental protection; visit [www.indigenousclimateaction.com](http://www.indigenousclimateaction.com) to learn more about Indigenous climate leadership and action.

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## Member Spotlight

BY HILDA SWIRSKY

Maya Angelou stated, “Nothing can dim the light which shines from within”.Therefore, I share with you my light that is within and shines brightly on my 50 Anniversary (January 1st, 2022) of becoming a Registered Nurse.

I share with you current successes in which my light shines illuminating the darkness and increasing environment awareness:

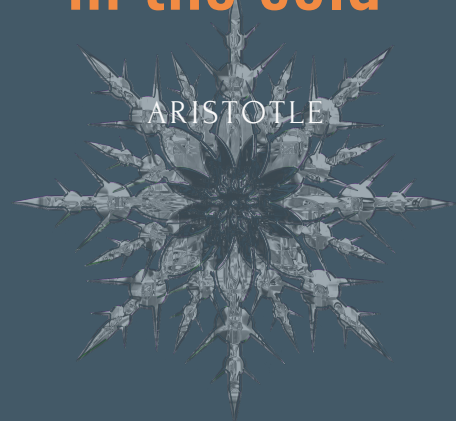
1. Participated in reviewing Nursing & Climate-Driven Vector-Borne Diseases, an excellent resource: [vbd.casn.ca/index.php/resources](http://vbd.casn.ca/index.php/resources)
2. Will participate as a panellist at CASN’s upcoming conference on January 22nd, 2022.

The presentation will be on Advocating to Protect our Great Lakes

3. One of 78 virtual deputations at Toronto’s Infrastructure and Environmental Committee commenting on the City of Toronto’s Transform TO Net Zero Strategy report which outlines a pathway to achieve net-zero emissions in Toronto by 2040. This report was adopted by Toronto City Council today: December 15th, 2021

4. Interviewed by Ph.D. student from York for his research
5. Assisted Rob Samulack with editing of his upcoming RNAO article
6. Submitted a letter of support to federal government officials on Wet’sewetien nation  
<https://docs.google.com/document/d/1pB57N3iJy9eMNdEX32UHwWA0DCKZlrsFlq1UdAmjNus/edit>
7. Contributing to ONEIG’s submission to RNAO on a Water Policy
8. CAPE-Ontario Representative

"To appreciate the beauty of a snowflake it is necessary to stand out in the cold"



## On the Horizon

Watch out for: A new organization in Ontario building a network of healthcare professionals to drive system transformation to sustainable healthcare institutions. This new group is called PEACH: Partnerships for Environmental Action by Clinicians and Communities for Hospitals Healthcare Facilities, and ONEIG is exploring ways that we can work together:

[https://twitter.com/PEACH\\_HealthON?s=20](https://twitter.com/PEACH_HealthON?s=20)



## ONEIG DIY Clothing Repair Skillshare

Wednesday, January 19th, 2022. Mini-workshop: 7-7:30 pm, Mending and social: 7:30-8 pm

(You're welcome to join for as long or as little as you like)

The first in a series of low-commitment drop-in virtual opportunities for connection and knowledge sharing around environmental and health issues. In this session, you can expect a brief discussion about the impacts the clothing industry has on our planet and sustainable alternatives and interventions, including DIY clothing repair and the art of visible repair! If you would like, please bring an item to repair and some materials (i.e. yarn, scissors, thread, needles, fabric for patches) and/or a clothing item you have repaired previously to show and share your techniques with the group. We will be learning some introductory mending approaches together, and no previous experience is required.

Registration information will be sent out via email in the coming weeks.

In the meantime, please email us at:

[oneigrnao@gmail.com](mailto:oneigrnao@gmail.com) if you have questions, suggestions on a topic, or even better- if you have an eco topic that you would like to lead a mini-workshop on for our group.



# Take ACTION



Above photo from Environment Defence Canada website

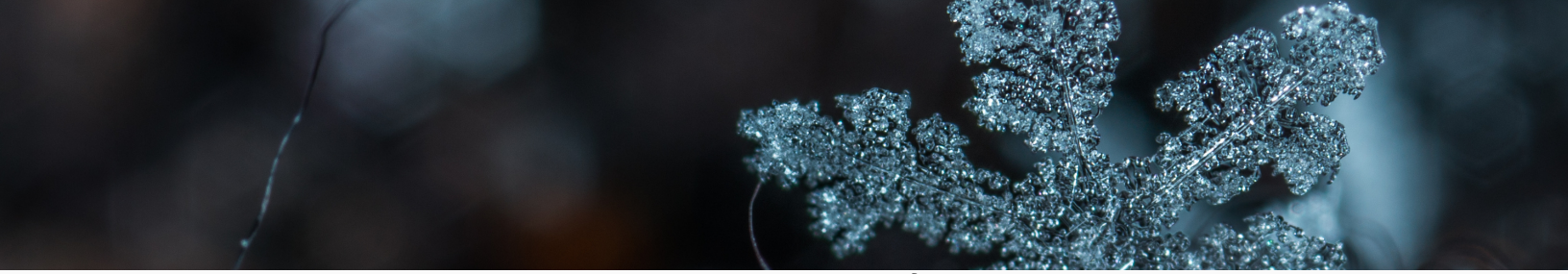
The Ontario government is attempting to negatively contribute to climate change by creating a new highway that places vulnerable species at further risk, removing more precious green space, and contributing to air pollution.

Please take the time to stand up for our environment by communicating your concerns to the government by utilizing this link:

<https://act.environmentaldefence.ca/page/93848/action/1?ea.tracking.id=homepage>

It takes seconds to fill out but can have a positive impact on generations to come in Ontario.





Our ONEIG team is participating in qualitative research: The study explores nurses taking action against climate change. Beyond the importance of the topic, we are all so happy to be working with such a positive and interested researcher who is bringing light and understanding to our efforts to protect the environment from a nursing perspective. We are grateful for this opportunity to participate in research and will keep you apprised as the study moves forward.



From the ONEIG executive



*Thank you*

We want to acknowledge and say thank you to our fellow nurses. It has been a tremendously challenging couple of years. Please know how much we appreciate you and all you give to your patients, co-workers, families and friends, and on top of that, you care for our environment too!

*We value and appreciate you!*

# Holiday Ecotips:

Try including an active holiday outdoor activity like a snowy walk together- make it a team effort to see how many animals you can count on your winter walk (please share your pics with us on insta!)

The giving holiday spirit can include choosing reusable gift wrapping and sustainable ribbon and bows like burlap, gifting experiences like ice skating and choosing to invest in items that are ethically made and friendly for the environment

Recycle	Don't recycle	Reuse
-plain wrapping paper	-cellophane	-bows
-plain tissue paper	-foil/shiny wrapping paper	-bags
	-ribbons	-paper and holiday cards for crafts
	-tissue paper with glitter	

\*Rules vary based on location, check with your municipality for more information\*

## Create a New Tradition

Try sending holiday cards back and forth with a new message- each year will be a wonderful reminder of past holidays, with a fresh wish for this year

## Stay Cozy

A great way to stay warm and cozy through the winter is with a hot beverage. Try options like loose leaf tea over single-use bags and reusable pods.

Lastly, making small changes around your home can help keep you warm while protecting both the environment and your wallet, like keeping the thermostat set a degree or two less than usual and choosing to wear more layers and be cozy with blankets. Other small efforts like weatherproofing make your home run more efficiently too.

We want to hear your eco-friendly tips! Please share your tips with us at: [oneignao@gmail.com](mailto:oneignao@gmail.com), and your tip will be featured in upcoming newsletters.



WISHING YOU AND YOUR FAMILY A SAFE, HEALTHY &

*Happy Holiday Season and a joyful new year!*

Please connect with us:



oneigrnao@gmail.com



<https://chapters-igs.rnao.ca/interestgroup/36/about>



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