

ONEIG SPRING 2022



ONTARIO NURSES FOR THE ENVIRONMENT

Official Newsletter of ONEIG
An RNO Interest Group



Spotlight on Forests

SPRING RENEWAL

Every spring, we all watch the forests re-awaken with emerging leaves, returning migratory birds, and new life. In recent years, the forests have also taught us so much more about the ways that they protect human health. Here are just two:

Carbon and cooling: Not only do we know that forests act as carbon sinks, storing carbon to reduce climate warming, [they also draw heat from the surface](#) and influence cloud formation. That's all in addition to the essential shade they provide that is shown to reduce exposure to UV light and [risk of skin cancer](#).

[Forests and Well-being:](#) time in forests has been linked with improving immune function, blood pressure and reductions in cortisol. And this isn't even taking into account the ways forests support biodiversity- all of the living systems that support the air, water, and food we can't live without!

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Spring Eco-tips:

Everyday spring eco-tips:

- The weather is getting warmer, so consider lowering your thermostat to save energy and money!
- Consider walking or riding a bike instead of driving to your destination!
- Regrow your vegetables from their roots or seeds; be sure to check out our Gardening with Kitchen Scraps workshop where Victoria discusses how to start your own at-home garden (insert link here)!
- Utilize eco-friendly cleaning products (such as vinegar and water) instead of typical household cleaners!
- Use what you have first before buying eco-products (e.g., use your existing plastic products until they are worn out before replacing them with ones made of sustainable materials)
- Hang your clothes and scrubs to dry on a clothesline outside to help save energy and make your clothes last longer!
- Buy cotton clothes - not only is cotton a sustainable product, but it is also a breathable, hypoallergenic fabric that is more hygienic to wear
- Turn old cotton clothes into reusable make-up remover pads
- Ditch the paper towels! Try and use reusable clothes for cleaning and everyday spills/messes; this helps the environment and your wallet!

"We don't inherit the earth from our ancestors; we borrow it from our children"

NATIVE AMERICAN
PROVERB

On the Horizon

VIRTUAL ALL-PARTY DEBATE: HEALTH AND JUSTICE IN A CLIMATE EMERGENCY

WHAT:

The Registered Nurses' Association of Ontario (RNAO) and the Canadian Association of Physicians for the Environment's Ontario Chapter (CAPE-ON) co-host an all-party virtual debate to discuss each party's environmental priorities ahead of the June 2 provincial election.

WHEN:

Tuesday, April 19, 2022, 7:30 PM-9 PM, EST

WHO:

- Dianne Saxe, deputy leader of the Green Party of Ontario
- Peter Tabuns, MPP for Toronto-Danforth, NDP critic for climate crisis and energy
- Liberal Party of Ontario (invited and confirmed)
- PC Party of Ontario (invited)

Moderator: Dan Riskin, Canadian biologist and science journalist

WHERE/HOW:

Please register online using the link in the description to receive the Zoom details via email.

*Event Information directly from RNAO's home office





Climate Change Crisis

In the past few weeks, the federal government released its new climate plan and the commitment to a 40% reduction in emissions by 2030. But is this enough? Sadly, no.

We know from both IPCC reports and paying attention to the world around us, we are already seeing the [devastating impacts](#) of fire, floods, storms, heatwaves and more at our current 1.24°C of warming. For nurses, these effects come through our clinics and hospital doors as people who are struggling to breathe due to heat and air pollution, injured by fires and extreme weather, traumatized by conflict and displacement, and suffering from heatstroke.

In November of 2021, [scientists reported](#) that we had already used 80 of 500 billion tonnes of carbon dioxide remaining in the budget to 1.5°C. The [climate clock](#) now gives us only 10 months to cross the threshold to 1.5°C warming. Each tenth of a degree means more drought, fires, floods, conflict, and heatwaves. We have no time for too-low targets when any amount of additional warming could set off [tipping points](#) with irreversible consequences.

We know we are in a dire situation. In line with current [assessments of research and equity](#), the RAO [asserts we need 60% reductions from 2005 levels by 2030](#). While the planet as a whole may have a goal of a 40-45% reduction in greenhouse gas emissions, Canada has the capacity and responsibility to do much more after years of emitting far more than our fair share and placing the burden of the impacts on the most vulnerable both here at home and globally.

We need bold, just action to make the u-turn that is needed to get off this destructive path. And we need to follow the lead of the [original caretakers of this land](#).

Because we are running out of time and we have a critical election coming up, the RAO has signed on as a partner with the [Ontario Climate Emergency Campaign](#) which shares the 60% by 2030 target and summarizes the most critical environmental issues of our time.

Let's join together as ONEIG and supporters. Sign the [pledge](#) with the Ontario Climate Emergency Campaign, talk to your friends and family, and get involved with this election where you can. There's so much at stake.

Josalyn Radcliffe- Chair

EARTH DAY

This year is one of the rare years when Passover, Ramadan and Easter all come together at the same time on the Easter long weekend (April 15th-18th).

Ramadan and Passover continue into Earth Day April 22nd. Invest in our Planet is this year's worldwide Earth Day theme.

Therefore, Hilda Swirsky designed and moderated and Rob Samulack participated in the Earth Day/Passover program on Zoom on Sunday April 10th that incorporated the Beth Emeth Bais Yehuda synagogue's Greening and Next Gen Committees.

The theme of the program was protecting the environment by investing in our planet beginning with the Passover story and how it relates to our lives today.

Each of us responds individually as environmental stewards and collectively through judicial laws, municipal legislative planning, RAO and ONEIG and by incorporating caring for the earth actions into our faith groups.

The Passover story begins as we communicate to the next generation our story of our freedom from captivity in Egypt. We do so by reading from our Haggadah at our Seder. Seder means order and at our Seder table, family members of all generations and perhaps even strangers have gathered around to participate in sharing and reliving our timeless story. Asking questions is important so that each one of us understands our Passover journey.

Our Earth Day program began with the Honourable Justice Michel M. J. Shore reading a few of his poems.

He is a Supreme Court Judge who has worked on environmental and Indigenous issues, human rights cases, war crimes and post-traumatic stress cases that resulted.

Next, Toronto City Councillor James Pastenak, who has expanded green spaces and tree canopy in Toronto and has led improvements in transportation, city parks, recreation programs, decreasing basement flooding and improving road infrastructure and advocating for seniors, elaborates on his initiatives. Thirdly, Beth Emeth's Rabbi David Grundland sings the song "Let my people go" and describes the 10 plagues at the time of Exodus and our current numerous environmental plagues and identifies that in Genesis, we are commanded to be environmental stewards.

To access a recording of this interesting program, go to: <https://www.youtube.com/watch?v=RXzXK137UCB>

To tell your story for Nurses Week, about your role in promoting environmental justice and sustainability, the deadline is by April 22nd. For more information go to cascades@utoronto.ca





Did you know?

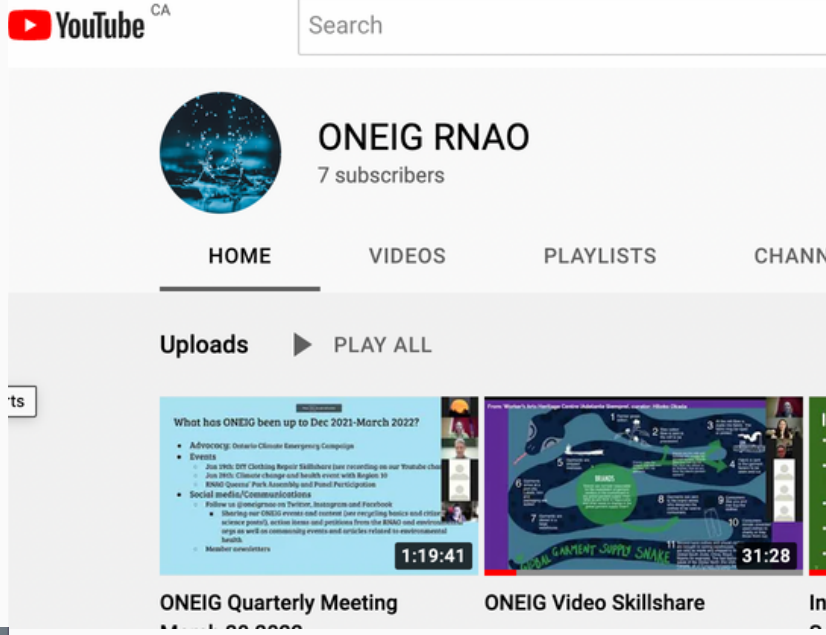


ONEIG has a YouTube channel

See our YouTube channel for EcosHORTS and webinars

We know you all have busy schedules, and may not be able to attend our virtual events as they happen live.

So, we have created a YouTube Channel (please search ONEIG RNAO) to catch up on the great events and information when the time is right for you!



WE KNOW YOU'RE UP TO GREAT THINGS AND HAVE AWESOME IDEAS TO SHARE...

Please share your eco-friendly actions with us!

Send us an email with your article for the next newsletter, tag us in a post on Instagram showing your spring joys, tweet us, plan the next skillshare with us or suggest a topic



Policy Perspective

SPRING HAS SPRUNG! MANY PEOPLE VIEW THIS SEASON AS A TIME TO START ANEW. COMPLETE SOME SPRING CLEANING. OR SET NEW GOALS (AFTER THE GOALS FROM NEW YEAR HAD FADED TO THE BACK OF OUR MINDS) . WITH THIS MINDSET. I WOULD INVITE ALL READERS TO FOCUS THEIR ATTENTION BACK ON THE ENVIRONMENT AS THERE ARE MANY WAYS THAT YOU CAN GET INVOLVED TO MAKE A DIFFERENCE!

FOR STARTERS. AS ONE OF THE POLICY & POLITICAL ACTION LEADS. I WOULD LIKE TO REMIND EVERYONE THAT THERE IS A PROVINCIAL ELECTION THIS YEAR. IT IS NEVER TOO EARLY TO BEGIN RESEARCHING THE CANDIDATES IN YOUR DISTRICT AND WHAT ENVIRONMENTAL ISSUES ARE ADDRESSED IN EACH PARTY’S PLATFORM. PLEASE REGISTER TO VOTE!

SECONDLY. FOR ANYONE WHO FOLLOWS ONEIG’S SOCIAL MEDIA ACCOUNTS. YOU MAY ALREADY KNOW BILL S- 241 ALSO KNOWN AS “THE JANE GOODALL ACT”. THE BILL SEEKS TO AMEND THE CRIMINAL CODE AND THE WILD ANIMAL AND PLANT PROTECTION AND REGULATION OF INTERNATIONAL AND INTERPROVINCIAL TRADE ACT. I WOULD ENCOURAGE EVERYONE TO READ MORE INTO THIS BILL AND FOLLOW IT AS IT PROGRESSES THROUGH THE LEGISLATURE.

ON A MORE PERSONAL NOTE. SPRING IS WHEN MOST OF THE BIODIVERSITY WORK THAT I TAKE PART IN REALLY KICKS OFF FOR THE YEAR. IN JANUARY 2021 ATLAS 3 BREEDING BIRD ATLAS WAS LAUNCHED. IT IS A PARTNERSHIP BETWEEN BIRDS CANADA. ENVIRONMENT AND CLIMATE CHANGE CANADA. MINISTRY OF NORTHERN DEVELOPMENT. MINES. NATURAL RESOURCES & FORESTRY- GOVERNMENT OF ONTARIO. ONTARIO NATURE. & ONTARIO FIELD ORNITHOLOGISTS.

THE PROJECT REQUIRES MANY VOLUNTEERS TO BE SUCCESSFUL. IT IS MEANT TO CAPTURE VITAL STATISTICS REGARDING BIRD BREEDING IN THE PROVINCE (SOME OF YOU MAY KNOW THAT BREEDING IS TYPICALLY IN THE SPRING- HENCE “THE BIRDS AND THE BEES”) TO DEVELOP CONSERVATION STRATEGIES. BIRDERS OF ALL LEVELS OF EXPERIENCE ARE STILL NEEDED!

A SIMILAR PROJECT IS MISSION MONARCH. RUN THROUGH SPACE FOR LIFE INSECTARIUM IN MONTREAL. DATA COLLECTED BY CITIZEN VOLUNTEERS IS USED BY PROFESSIONALS TO EVALUATE THE SUCCESS OF MONARCH BUTTERFLY CONSERVATION STRATEGIES AND HELPS INFORM INTERVENTION CHANGES. WHILE IT IS DEFINITELY HELPFUL IF YOU TAKE A COURSE TO ASSIST WITH IDENTIFYING MILKWEED SPECIES & MONARCHS (YES- YOU CAN TELL THE MALES AND FEMALES APART) . IT IS OPEN TO BEGINNERS!HOWEVER. I CANNOT STRESS ENOUGH THAT THE MONARCHS SHOULD NOT BE CAPTURED LIKE YOU MAY HAVE SEEN ON SOCIAL MEDIA. AS AN ENDANGERED SPECIES (AND A MIGRATORY SPECIES OF BUTTERFLY THAT HAVE SPECIAL NEEDS) ONLY THOSE WITH ACTIVE WILDLIFE SCIENTIFIC

COLLECTOR’S AUTHORIZATION PERMITS CAN CAPTURE THEM FOR VERY DEFINED PURPOSES. I HAVE HELD ONE OF THESE PERMITS. AND I STILL RECOMMEND LETTING THEM LIVE NATURALLY.

I COULD GO ON & ON ABOUT CITIZEN SCIENCE PROJECTS. BUT THE BOTTOM LINE IS THAT THERE ARE TONS OF PROJECTS OUT THERE FOR ALL DIFFERENT SPECIES AND PURPOSES. WHILE I DID NOT MENTION ANY. THERE ARE PROJECTS THAT FOCUS ON ENVIRONMENTAL HEALTH AS IT PERTAINS TO HUMANS. THE SAD FACT IS THAT MANY CONSERVATION STRATEGIES AND SCIENTIFIC RESEARCH ARE DEPENDENT ON VOLUNTEERS AS THE PROJECTS DO NOT GET ADEQUATE FUNDING TO ENSURE THEIR SUCCESS.

AS A NURSE. I STRONGLY BELIEVE IN THE “ONE HEALTH” APPROACH THAT RECOGNIZES HUMAN HEALTH IS INTERCONNECTED TO ANIMALS AND THE ENVIRONMENT. WHILE HUMAN HEALTH IS MY PROFESSIONAL SCOPE OF PRACTICE AS A NURSE. I BELIEVE THAT I CAN VOLUNTEER TO IMPROVE ANIMAL & PLANT HEALTH. SO CAN YOU! - OLIVIA



Eat Fresh, Support Local

Spring mornings, sunshine, gardens and farmers markets

A great way to minimize environmental impact is to eat food grown locally and in season. Reducing the emissions from transport, enhancing the freshness and taste all while supporting the local economy and small businesses by shopping at your local farmers market is a great place to start.

Each month offers a range of tasty fruits and veggies that are at their peak in flavour

But wait! Please keep those kitchen scraps and learn how to grow those scraps into fruits and veggies again from our skillshare on Youtube by starting your own garden!

Remember planting flowers supports our bee population, as well as hummingbirds and butterflies, while also giving therapeutic effects for the green tumb!

Please show us your green thumbs, gardens growing and your favourite spring recipes with us on our socials!

April – rhubarb, beets, cabbage, carrots, mushrooms, onions, parsnips, potatoes, rutabaga, sprouts, sweet potatoes

May – rhubarb, strawberries, asparagus, carrots, mushrooms, onions, potatoes, radishes, rutabaga, snow peas, spinach, sprouts, sweet potatoes

June – cherries, rhubarb, strawberries, Asian vegetables, asparagus, beans, bok choy, broccoli, cabbage, cauliflower, Chinese broccoli, field cucumbers, daikon radish, potatoes, edible amaranth, lettuce, mushrooms, mustard greens, napa cabbage, onions, peas, radicchio, radishes, rutabaga, snow pea shoots, spinach, sprouts, summer squash, sweet potatoes, water spinach

<https://www.ontario.ca/foodland/page/availability-guide>

CALL FOR NOMINATIONS

JOIN THE ONEIG EXECUTIVE

PLEASE CONSIDER PUTTING YOUR PASSION INTO ACTION BY JOINING THE ONEIG EXECUTIVE

JOIN OUR NETWORK OF NURSES RAISING AWARENESS ABOUT THE VITAL LINK BETWEEN THE ENVIRONMENT AND OUR HEALTH

CONTRIBUTE YOUR ENERGY AND VOICE TO HELP ADDRESS CLIMATE CHANGE AND ENVIRONMENTAL DEGRADATION

THE ONEIG IS SEEKING NOMINEES FOR THE FOLLOWING POSITIONS:

- STUDENT LIAISON
- POLICY AND POLITICAL ACTION LEAD (2)
- SOCIAL MEDIA
- MEMBERSHIP
- CO-CHAIR

PLEASE VISIT THE ONEIG WEBSITE FOR FURTHER DETAILS ON THE ROLE DESCRIPTIONS.

CANDIDATES MUST BE MEMBERS IN GOOD STANDING OF THE ONTARIO NURSES FOR THE ENVIRONMENT INTEREST GROUP AND AGREE TO SERVE FOR A TWO-YEAR TERM IF ELECTED.

TO SUBMIT YOUR NOMINATION, PLEASE COMPLETE THE ONLINE NOMINATION FORM AND INCLUDE A BRIEF STATEMENT OUTLINING YOUR INTEREST IN THE POSITION (MAX 250 WORDS).

PLEASE SUBMIT NOMINATIONS USING THE [ONLINE FORM](#) FOUND ON OUR WEBSITE: NOMINATIONS CLOSE ON MAY 4, 2022.

Please connect with us:



oneigrnao@gmail.com



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



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<https://www.youtube.com/channel/UCefXRsb8l4Wki3RXlqYZA/videos>

