

In this newsletter you will find:

Updates on Queen's Park Day, our Nursing Week Gala, RNAO's 100 AGM, member highlights, student corner and what's ahead this fall.



Left to right: Krystal Kennedy, Ruby Amoncio, Preet Kaur and Nese Yildirim

JOINT CHAPTER EDITION

Waterloo-Wellington Newsletter

Welcome to the first-ever joint issue of RNAO Waterloo-Wellington newsletter!



Left to right: Mary Carley, Tricia Stiles, Helen Tindale, Cassandra Trofymowych, Megan Pople, Matteen Naziry, Danielle Macabio and Margaret Boyle Class.

This marks the first time the Waterloo and Wellington chapters have come together to create a shared newsletter. It is an exciting milestone reflecting our growing sense of community and collaboration across the region. United by a shared commitment to nursing excellence and advocacy, this special edition highlights the incredible work done locally and the voices leading the charge. Whether you are a seasoned RNAO member or just beginning your professional journey, there is something here to spark inspiration and pride.

Inside, you will get to know some of the executive network officers (ENO) from both chapters, catch up on recent chapter highlights and preview upcoming initiatives designed to energize and empower our members. From student-led projects to advocacy wins and new opportunities to get involved, this issue is filled with stories and updates that reflect the heartbeat of nursing in our region. Turn the page and discover what your local RNAO community has been up to.

Meet your chapter chairs



Left: Helen Tindale (Wellington); right: Preet Kaur (Waterloo).

HELEN TINDALE

Chapter chair, RNAO Wellington Chapter

Helen Tindale brings extensive experience and a strong commitment to nursing leadership in Wellington. As chapter chair, she has helped expand local engagement through advocacy, student outreach and community partnerships. Known for her approachable leadership and steady vision, Tindale continues to foster connection and pride among members across the region.

"We are happy to collaborate with Waterloo for a joint newsletter as we currently don't have a Communications ENO in Wellington. We have many interests in common, for example, Conestoga and Conestoga McMaster students."

— Helen Tindale, Wellington Chapter Chair

PREET KAUR

Chapter chair, RNAO Waterloo Chapter

Preet Kaur leads the Waterloo Chapter with purpose and professionalism, placing member engagement at the forefront. Her collaborative approach has supported the chapter through key events, policy advocacy and new partnerships. Under her leadership, members are encouraged to speak up, get involved and help shape positive change in their communities.

"Over the past few months, we've witnessed the power of collective advocacy from the energy at our AGM, to our meaningful presence at Queen's Park and the inspiring connections made at the Gala. These moments remind us that as nurses, we are not just caregivers, we are leaders, educators and changemakers. Let's continue raising our voices and lifting each other up as we shape a stronger future for nursing."

— Preet Kaur, Waterloo Chapter Chair

Communications team

RUBY AMONCIO

Communications executive network officer, Waterloo Chapter

As one of the communications ENOs for the Waterloo Chapter, Ruby Amoncio has brought dedication, creativity and strategic vision to her role. She served as lead writer, designer and editor for this special joint issue, curating stories, updates and regional highlights into one cohesive newsletter that reflects the momentum of local nursing leadership.

"This newsletter is more than an update. It's a celebration of who we are, what we've done and the powerful future we're building together."

Amoncio has represented the chapter at key RNAO events, demonstrating her ongoing commitment to advocacy and chapter visibility. She also led the planning, coordination and creative direction of the first-ever Region 4 Nursing Week Gala, a major collaborative event that brought together five chapters and celebrated the power of nursing.

With support from fellow ENOs, Amoncio has helped shape a communications approach that keeps members informed, inspired and connected to the impact nurses are making across Waterloo, Wellington and beyond.

KRYSTAL KENNEDY

Communications executive network officer, Waterloo Chapter

Krystal Kennedy is the joint communications ENO for Waterloo Chapter along with Ruby. She contributed a recap of RNAO's 100th Annual General Meeting for this issue and continues to be a supportive voice in the chapter's communications team. With a calm presence and a bright perspective, Kennedy adds heart to our collective work in amplifying member voices and sharing stories from the field.

"The theme of this year's AGM was '100 years of action and impact.' It was an opportunity to look at the past and what we have achieved, as well as a look to the future for all that we will achieve."

— Krystal Kennedy, Waterloo Chapter communications ENO



"When we amplify each other's voices, we ignite collective strength. In every message, there's a chance to lead, to lift others and to build the kind of nursing community we all deserve"

— Ruby Amoncio, Waterloo Chapter communications ENO



Queen's Park Day

On February 27, 2025, representatives from RNAO Waterloo and Wellington chapters joined other chapter leaders and board members at Queen's Park for RNAO's 25th Annual Queen's Park Day. While RNAO members were not able to meet directly with MPPs as they had in previous years due to an early provincial election call, the day remained a powerful opportunity for advocacy and connection. Instead, participants engaged in dynamic policy discussions and interactive sessions focused on RNAO's election platform and ECCO 4.0, a visionary framework for strengthening community care in Ontario.

A highlight of the day was a deep dive into ECCO 4.0, followed by a lively Q&A that underscored nurses' leadership in driving health system reform. Conversations sparked by newly graduated RNs during the event also led to the creation of RNAO's newest interest group: the New RN Interest Group (NRNIG). The following day, at RNAO's Assembly meeting, chapter leaders reflected on their collective advocacy and explored next steps in their local advocacy work. Despite the shift in format, Queen's Park Day reaffirmed that when nurses speak with a united voice, policy is within reach.



RNAO's 100th AGM: A Century of Action and Impact

This year marked a historic milestone as RNAO held its 100th Annual General Meeting (AGM) in person on May 29 and 30, 2025, at the Hilton Toronto. Members from the Waterloo and Wellington Chapters were in attendance, with several serving as consultation representatives for the region.

Under the theme "100 Years of Action and Impact," the event offered a meaningful opportunity to reflect on a century of nursing advocacy and to look ahead to the future being shaped by members today. Twelve resolutions were brought forward and voted on by consultation representatives, helping to set RNAO's priorities for the year ahead. The atmosphere was energized throughout, with moments of deep discussion, shared laughter and standing ovations for several key resolutions that carried.

As part of the AGM, each chapter was invited to present a regional display poster. The Waterloo Chapter's vibrant submission was featured prominently among those from across the province.

The AGM remains a powerful space for connection, learning and leadership. Whether attending as a member or a consultation representative, it is an experience every nurse should take part in at least once during their career.





Pictured top: The Region 4 Nursing Week planning committee celebrates a memorable evening of recognition and connection at the inaugural Nursing Week Gala. The team surprised Paula Manuel (fourth from right) with the first-ever Excellence in Lifelong Advocacy Award, honouring her decades of leadership, policy impact and mentorship.

Nursing Week Gala

Region 4's first-ever collaborative nursing gala

What began as a spontaneous conversation during RNAO's Queen's Park Day evolved into one of the most memorable Nursing Week celebrations in recent memory. On May 8, 2025, five RNAO chapters – Waterloo, Wellington, Halton, Brampton and Mississauga – came together to host Region 4's first Joint Nursing Gala at the Milton Banquet and Conference Centre. The red-carpet evening brought nurses together to celebrate connection, recognize contributions, and take pride in the profession.



Left to right: Megan Pople, Cassandra Trofymowych, Matteen Naziry traded their scrubs for formal wear.



Canadian country artist Cam Bogle energized the crowd with a live performance.



Left to right: Penny Villella, Justin Lowe, Margarita Machura, Preet Kaur, and Ruby Amoncio, who served as the planning and organizing committee for the gala, walking the red carpet.



A spirited nursing trivia game featured a syringe toss competition and prizes.



At the heart of the gala was the Recognition Awards Ceremony, a moving tribute to the passion and dedication of nurses across the region. Honourees were celebrated for excellence in preceptorship, community health, leadership and advocacy. Each story served as a reminder of the quiet strength and everyday brilliance that define the profession.



Patricia Stiles delivers her speech after receiving the Lifetime Achievement Award for Wellington Chapter.



Left to right: Preet Kaur, Helen Tindale, Patricia Stiles, and Penny Villella

Guests traded scrubs for formalwear, stepped onto a red carpet under camera flashes and took home printed photo booth keepsakes. The evening opened with a land acknowledgment, welcoming remarks and a four-course dinner, followed by powerful messages from RNAO President NP Lhamo Dolkar and leaders from health care and government.

Celebrating 100 Years of nursing leadership and advocacy

RNAO leaders across Waterloo and Wellington chapters speak out on the airwaves and in print to honour Nursing Week and a century of action and impact.



Radio Feature:

“Your dedication makes a difference every day”



Excerpted from The Mike Farwell Show, 570 News Radio, May 5, 2025



Print Feature:

“Using our positions for meaningful change”



Excerpted from the Wellington Advertiser, May 7, 2025
Interview by Georgia York

To mark Nursing Week 2025 and RNAO’s 100th anniversary, Waterloo Chapter communications ENO Ruby Amoncio was featured on The Mike Farwell Show on 570 News, where she highlighted the impact of nurses and the power of advocacy.

“We’re celebrating nurses’ contributions across hospitals, communities and policy-making,” said Amoncio. “This year is especially meaningful as we reflect on 100 years of RNAO’s action and leadership.”

She highlighted RNAO’s ongoing work on safe staffing ratios, harm reduction and climate health and shared insights on the Region 4 Red Carpet Gala, a collaborative event that brought nurses together in celebration of the profession.

Addressing the growing concern of workplace violence in health care, Amoncio called for stronger protections for nurses. “It’s been underreported for years,” she said. “But nurses are resilient and we continue to advocate for safer workplaces.”

She closed the segment with a message of gratitude to her colleagues across the province: “To every nurse out there, your dedication makes a difference every day. This celebration is for you.”

“RNAO has been at the forefront of addressing some of the most critical health challenges in our province. That legacy continues as we look to the future.”

— Ruby Amoncio, Waterloo Chapter communications ENO

Listen to the full interview on The Mike Farwell Show :
<https://kitchener.citynews.ca/audio/the-mike-farwell-show/>

“It wasn’t until I was in nursing school and got involved with RNAO that I realized how many different roles nurses can play beyond the bedside,” said Megan Pople, Membership ENO for the Wellington Chapter.

Pople, who works in infectious disease guideline development, was recently interviewed by The Wellington Advertiser, where she spoke about her path into public health and the critical role RNAO plays in shaping policy across Ontario. She highlighted several advocacy priorities RNAO is advancing at the provincial level:

- Safe nurse staffing ratios to improve both patient care and workforce retention
- Expanded harm reduction strategies to respond to the toxic drug crisis
- A climate action plan that links environmental justice with public health

As Membership ENO, Pople has also played a key role in strengthening student engagement. She has helped support and grow student-led events at Conestoga College, encouraging new RNAO memberships and building a strong foundation for the next generation of nursing leaders.

“If something matters to you, bring it forward. RNAO will advocate for it,” she said. Pople also emphasized that every RNAO member — whether a student, new graduate or seasoned NP — has the ability to raise issues and shape the future of health care in Ontario.

“Health care isn’t always equitable, that’s why it’s so important we use our positions to drive meaningful change.”

— Megan Pople, Wellington Chapter membership ENO

Read the full article in The Wellington Advertiser :
<https://www.wellingtonadvertiser.com/rnao-celebrates-100-years-of-advocacy/>

GET INVOLVED!

WHETHER YOU’RE A STUDENT, NEW GRAD, OR EXPERIENCED RN, YOUR VOICE MATTERS.

- Shape health policy
- Join a chapter committee
- Advocate for equity and safe staffing
- Connect with 54,000+ nursing leaders across Ontario

Reach out to your local chapter or visit rnao.ca to find your place in the movement for change.

STUDENT CORNER

Celebrating student leadership and collaboration across our region

SPOTLIGHT:



MATTEEN NAZIRY

Student ENO, Wellington Chapter

"To me, being a student leader means creating a space where every student feels empowered to share their ideas and thoughts. It's all about building a platform that not only listens, but truly represents what students want to see, making sure their voices are heard, valued and reflected in the decisions we make together as a student team!"

-Matteen Naziry

ONTARIO NURSING GAMES UPDATE

We're thrilled to share that McMaster University's Nursing Student Society has officially submitted a bid to host the 2026 Ontario Nursing Games (ONG), a province-wide event that brings together nursing students for athletic challenges, academic competition and community building. Matteen, who is part of the planning team, says:

"We're excited to put our name forward and look forward to celebrating with whichever school is selected to host this incredible event."

**"Are you a student with ideas or questions?
Connect with your local chapter.
We'd love to feature you next!"**

Top 5 study hacks for clinical success

Nursing student tips & resources

1



USE MNEMONICS THAT STICK

Acronyms like MONA (Morphine, Oxygen, Nitroglycerin, Aspirin) for MI management or A-E-I-O-U for altered LOC causes can be lifesavers on the floor. Create your own quirky mnemonics. They're easier to remember when they make you laugh.

2



TRY PICMONIC OR OSMOSIS FOR VISUAL LEARNING

Apps like Picmonic turn complex nursing concepts into vivid cartoons and short videos that actually stick. Bonus: you can review them during your commute or on your break.

3



RECORD YOURSELF & LISTEN LIKE A PODCAST

Record your notes or textbook highlights and play them back while walking, cleaning, or winding down. Hearing your own voice reinforces key concepts helps with memory recall during clinical.

4



CURATE A "STUDY + FOCUS" PLAYLIST

Lo-fi beats, instrumental movie scores, or binaural focus tracks on Spotify or YouTube can boost concentration while you study. Some students also swear by classical music for medication memorization.

5



USE THE 20/5 RULE TO BEAT BURNOUT

Study hard for 20 minutes, then take a 5-minute break. Walk, stretch, or breathe. It resets your brain and keeps you from frying out before clinical even begins.

WANT TO SHARE YOUR TIP? DM US!



@rnao_waterloo
@wellingtonchapter



RNAOWaterloo
RNAO-Wellington Chapter

Upcoming events & chapter initiatives

Student Engagement Events

Waterloo and Wellington Chapters are teaming up to create an exciting, student-focused event! Planning is in the works and we look forward to sharing more details in the fall edition.

👉 Collaboration in progress — stay tuned!

Fall Virtual Tour: RNAO Provincial

We've submitted our chapter's participation in RNAO's annual Fall Tour! This is a unique opportunity to hear from RNAO's provincial leaders and bring your questions forward.

📅 Date and link to be announced soon

Workplace Violence Awareness Event

In partnership with the Windsor Chapter and Mental Health Nursing Interest Group (MHNIG), Waterloo chapter is working on an awareness event to address violence in the workplace, especially within mental health settings.

🗨️ Advocacy meets action — watch for updates!

Political Action Event with Local MPP

We're exploring a political action event with a local Member of Provincial Parliament to amplify nursing voices on critical issues. To help guide our advocacy, we're developing a survey to gather your top concerns as frontline professionals.

📊 Survey coming soon — have your say!

Open ENO roles

We're looking for passionate members to join our executive team. Open ENO (Executive Network Officer) positions are a great way to develop leadership skills and contribute to your chapter's impact.

Waterloo chapter

2-year term (Nov. 1, 2025 - Nov. 1, 2027)

- Finance Executive Network Officer
- Membership Executive Network Officer

1-year term (Nov. 2, 2026 - Nov. 1, 2027)

- Workplace Liaison ENO
- Student Liaison ENO (Must be an Undergrad)

Contact the chapter by scanning the QR code or clicking the link:



https://chapters-igs.rnao.ca/contact/contact_group?gid=65

Nominations close on Sept 1, 2025, 4 p.m.

Wellington chapter

2-year term (Nov. 1, 2025 - Nov. 1, 2027)

- Communications Executive Network Officer

1-year term (Nov. 2, 2026 - Nov. 1, 2027)

- Workplace Liaison ENO

Contact the chapter by scanning the QR code or clicking the link:



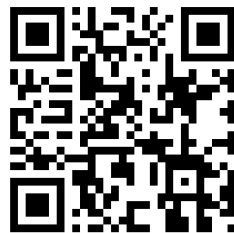
https://chapters-igs.rnao.ca/contact/contact_group?gid=3

Nominations close on Sept 1, 2025, 4 p.m.

Know someone perfect for the role? Encourage them to connect!

Tell us what you'd like to see in future issues.

Scan the QR code or Click the link to take our quick feedback survey: <https://forms.gle/sK91EQ3ezfcWWczT6>



Join Our WhatsApp Group!

We created a friendly space for members to stay connected and share ideas.

ASK YOUR CHAPTER ENO FOR THE LINK TO JOIN!



"When nurses come together, we create momentum that transforms our communities."

RN Prescribing Community of Practice

Waterloo chapter's Ruby Amoncio, RN Prescriber, is leading this exciting provincial initiative to connect, support and empower nurses in this expanded role. The first virtual meeting is scheduled for August 15, 2025. Whether you're an RN Prescriber or simply curious about the journey, we invite you to be part of the conversation, scan the QR code or click the link for details: <https://rnao.ca/events/rn-prescribing-community-of-practice>

👉 Join us as we shape the future of RN Prescribing in Ontario.



Scan the QR code for details.