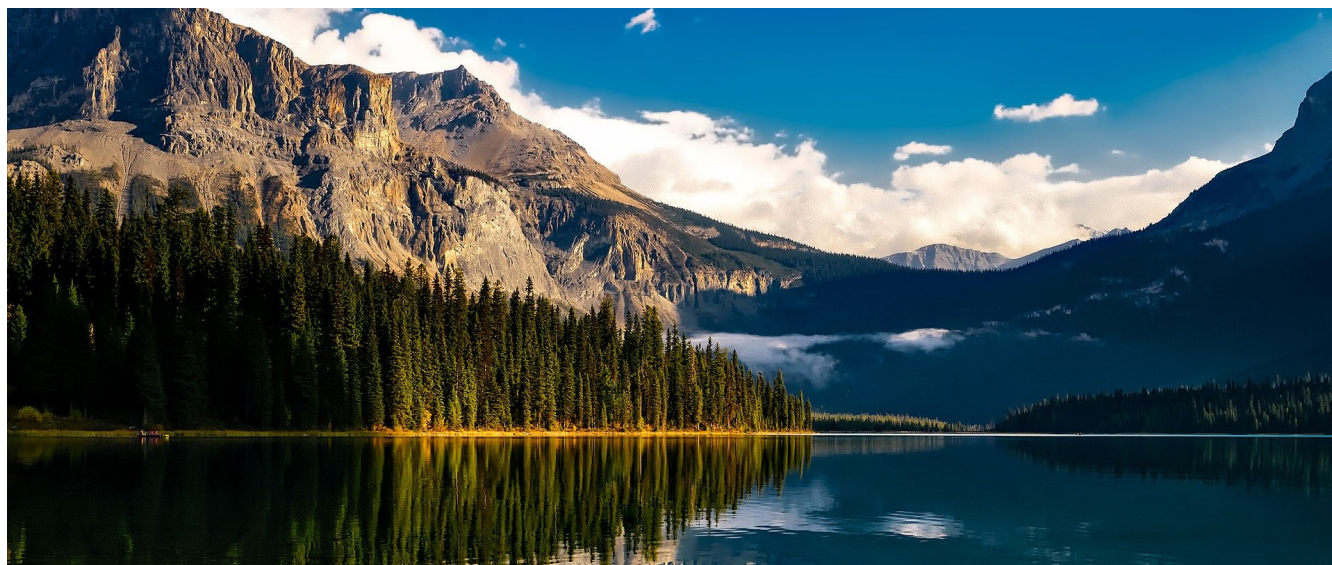




CANE NEWS

Canadian Association of Nurses for the Environment



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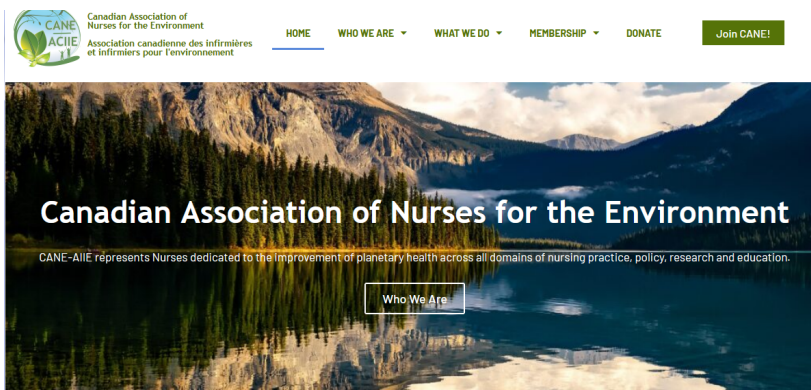
NEW WEBSITE!

<https://cane-aiie.ca/>

New 2021-2023 Board

We are happy to welcome our new Board members:

- Jack/Jacqueline Avanthay Strus (President)
- Maya Kalogirou (President-elect)
- Jessica Madrid (Past-President)
- Kaila Radan (Secretary)
- Raelynn Gibson (Treasurer)
- June Kaminski (Communications Officer)
- Helen Boyd (BC representative and CAPE Liaison)
- Lindsay Komar (Alberta representative and Fundraising)
- Laura Reifferscheid (Alberta representative)
- Navsharn Dhaliwal (Manitoba representative)
- Hilda Swirsky (Ontario representative)
- Fiona Hanley (Quebec representative)
- Judith Lapierre (Quebec representative)
- De-Ann Sheppard (Atlantic Region representative)
- Julia Janicki (Northern Region representative)



Please visit our new and improved website

A big thank-you to June Kaminski, Nyssa Cromwell, and Rachael Alguire for putting it together.

<https://cane-aiie.ca/>

Thank You to Our Outgoing Board!

A big thank you to the board members of 2019-2021 for all of their hard work and dedication over the past two years:

- Jessica Madrid (President)
- Jack/Jacqueline Avanthay Strus (President-elect)
- Jennifer Morin (Past-President)
- Raluca Radu (Secretary)
- June Kaminski (Treasurer, Webmaster)
- Helen Boyd (BC and CAPE representative)
- Maya Kalogirou (Alberta representative)
- Wanda Martin (Saskatchewan representative)
- Marilyne Tovar (Manitoba representative)
- Hilda Swirsky (Ontario and ONEIG representative)
- Fiona Hanley (Quebec representative)
- Julia Janicki (NWT representative)

Thank you!
Merci
beaucoup

Open Board Position

Currently we have an open Executive Board position for a Saskatchewan representative.

If interested, you can apply on our website: <https://cane-aiie.ca/who-we-are/#board>

Membership Updates

Currently CANE has 98 Regular members and 52 student members for a total of 150 members. A reminder to renew your fees for 2021-2022 if you have not already done so!

**Please visit our new
Membership Page**

<https://cane-aiie.ca/membership/>

Membership Fees

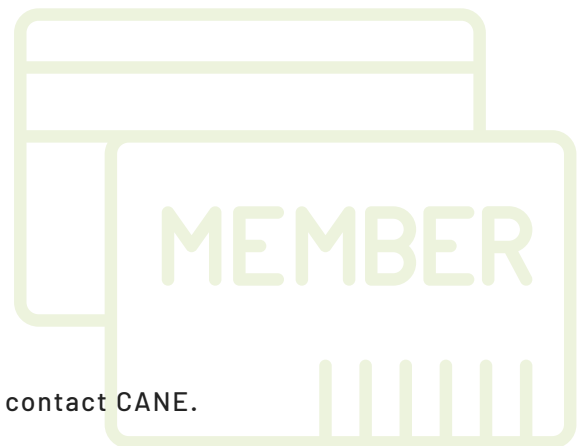
At our 2021 AGM, the Board and attending members voted to increase our Membership Fees to be in accordance with other Specialty and Interest groups in the CNA Canadian Network of Nursing Specialties.

Please note that our membership fees will be increasing in 2022. This is the first time we have raised our fees since 2010! For those who currently hold 3-year memberships, this increase will not apply until your renewal is due.

Please see our new membership fees below:

- Individual (Regular) Membership: \$80.00
- Retired Nurse Membership: \$25.00
- Student Nurse Membership: \$15.00
- Affiliate Membership: \$80.00

*If these increased costs are a barrier for you, please contact CANE.



Membership Committee

CANE will also be recruiting for a membership committee in 2022.

If you are interested, please contact Kaila Radan at secretary@cane-aiie.ca

The CANE Membership year runs from April 1st to March 31st

President's Report

President's Report (2020 - 2021) - Year 2 of 2 - End of Presidency

by *Jessica Madrid, RN(c), BScN, MSc Community Health*

This report is intended to highlight the work that I have been most involved in as President, and is not intended to be comprehensive list of all CANE activities over the last year.



- Completion of the "Canadianization" of the Nurses Climate Challenge resources.
- Completion of CANE's 5-year Strategic Plan (i.e. year one bench-marks complete).
- Joined Planetary Health Alliance.
- Joined Global Climate and Health Alliance.
- Joined PAHO Regional Consultation Advisors (i.e. Global Nursing Agenda for Climate Justice Steering Committee).
- Signatory to a federal campaign from EnvironDefense to combat plastic pollution (i.e. add plastic manufactured items to Schedule 1 of Canadian Environmental Protection Act 1999).
- Signatory to the open letter, "Adding Anti-Racism to the Canada Health Act"
- Signatory to a letter by the OCI, Environmental Defense Canada, and AboveGround to Minister Ng calling on Export Development Canada to uphold UNDRIP, end its support for oil and gas projects, and finance projects that instead support a Just Recovery.
- Signatory on the Irish-led Global Ban on Fracking petition to be delivered to the United Nations General Assembly.
- Signatory on Canadian Association of Physicians for the Environment (CAPE) Export Development Canada Climate Target Statement (i.e. LNG).
- Signatory to support the Council for Education on Public Health (CEPH) inclusion of Climate into Workforce Training.
- Signatory on the Kenney-Trudeau Trans Mountain pipeline petition.
- Partnership facilitated by Canadian Nurses Association (CNA): Tootinaowaziibeeng Treaty Reserve (TTR) Manitoba Nation & CANE - Climate change and health webinar.
- Endorsement of the Climate Education Reform BC Educational Program.
- University of Alberta Masters of Nursing practicum student (Green Teams in Canada Project).
- Appointment of a CANE member to the one-year CANE Grant/Funding position.

President's Report (cont)

President's Report (2020 - 2021) - Year 2 of 2 - End of Presidency

by *Jessica Madrid, RN(c), BScN, MSc Community Health*

As I reflect on my 2 years as President, which occurred during a global pandemic and my transition into motherhood, I am pleased to highlight the accomplishments I am most proud of:

- "Canadianization" of the Nurses Climate Challenge.
- Facilitation of an online audit for CANE, including the development of a Brand Guide for CANE, as well as the CANE online presence overhaul (i.e. new website).
- New Board member recruitment, as well as liaison appointment (i.e. CANE/CAPE) and quarterly CAPE/CANE meetings.
- Reinvigoration of CANE Committees (including the creation of the new Public Relations Committee, which I chair).
- New Memorandums of Understanding (MOUs) between Canadian Nursing Student Association (CNSA), CAPE and updated MOU with the Canadian Coalition for Green Healthcare (CCGHC).
- National webinar hosted by Sigma Theta Tau/Alliance of Nurses for Healthy Environments (ANHEs), Health Sector Solutions to Address Climate Change.
- Partnership with Canadian Federation of Nurses Unions (CFNU), including a national Earth Day webinar on Climate Change Adaptation and Mitigation.
- Appointment of a CANE member to the one-year CANE Grant/Funding position.
- Support for University of Alberta MSc Nursing practicum student's project on Green Teams in Canada.
- Fostering increased organization/use of CANE shared documents (i.e. Google Drive for CANE business) as well as fostering the creation of policies (e.g. social media guidelines, stance on civil disobedience/direct action, etc.)
- Creation of new Committee for Public Relations (present Chair).
- Facilitation of CANE participation in Nurses Draw Down and Just Recovery.

It has been an honour to serve CANE in the Presidential capacity over the last 2 years. Thank you!

Campaign Highlights

Anti-Fracking Campaign

by Helen Boyd RN., MA. CANE BC Representative

In British Columbia, we are experiencing the consequences of climate change now! Droughts, wildfires, heat domes and now floods are frequent occurrences and are devastating our planetary health. [CANE BC](#) is joining forces with [CAPE BC](#) to ask for a moratorium on Fracking due to the health impacts of Liquid Natural Gas (LNG) on nearing communities including Indigenous peoples of the Peace Region.

The recently released [IPCC report](#) points to the reduction of methane gas as one of the most efficient means of tackling the climate emergency. Unfortunately, Liquid Natural Gas has been falsely advertised as a 'transition fuel' yet it is 90% methane.

In August 2021, our organizations joined forces to erect two massive billboards at the Tsawwassen Ferry Terminal to draw the public's attention to the health impacts of this fossil fuel. The campaign received both provincial and national media attention. To learn more about this significant contributor to the climate crisis and the health implications of this fossil fuel industry visit our [unnatural gas website](#).

Helen Boyd RN., MA. CANE BC Representative

cvnhe@telus.net

Twitter: @HBoydRN



Campaign Highlights

Climate Justice in Nursing

- CANE encourages all of our members to get involved with the Climate Justice initiative. "The Alliance of Nurses for Healthy Environments calls on nurses from around the world to unite to address climate justice. For centuries, planetary health injustices have been fueled by racism, colonialism, patriarchy, and capitalism; unjustly burdening people in frontline and fenceline communities" ([ANHE, 2021](#)).

- **Here's how you can get involved:**

- Review the voices of others, including nurses, on climate justice:
 - Listen to the [Climate Justice Podcasts](#)
 - Reflect on the voices of frontline and fenceline communities in the Voices Unbound projects I and II (see below)
 - See the photos nurses sent to us that exemplify being involved in climate justice! (You and Cara are working on this I hope)
 - Watch the [10-25-2021 ANHE webinar](#) on climate justice
- Read the draft [Global Nurse Agenda for Climate Justice](#)

- **Join the movement!**

- Join Nurses Drawdown: <https://www.nursesdrawdown.org/>
- Join ANHE and Healthcare Without Harm's Climate Challenge: <https://nursesclimatechallenge.org/>
- Join ANHE Climate Change Committee: <https://envirn.org/climate-change/>
- Explore the ANHE Climate Change Toolkit <https://climateandhealthtoolkit.org/>

- **Help us Spread Awareness:**

- Tag us on Social Media!!! #Nurses4ClimateJustice @EnviRN
- Use these key messages:
 - Nurses care for people and the planet
 - Those who contribute the least to climate change will unjustly and disproportionately suffer it's harms
 - Climate justice in nursing addresses the climate crisis and safeguards the rights of nature to achieve planetary health



JOIN THE CLIMATE CHALLENGE!!

Campaign Highlights

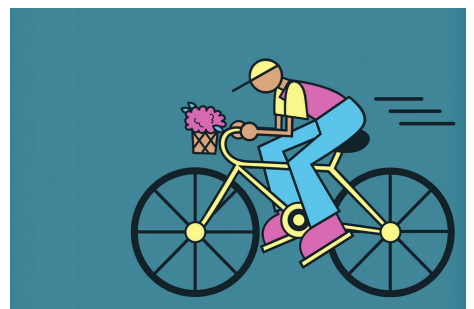
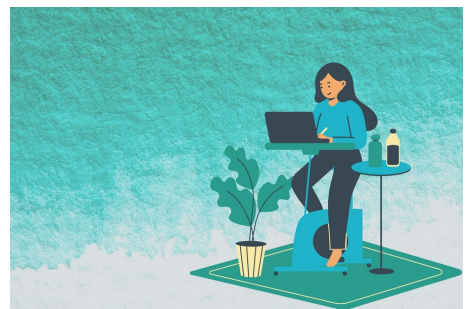
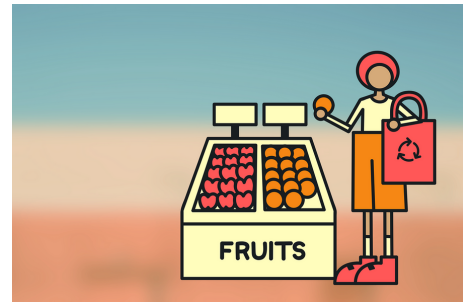
Nurses Drawdown Campaign

Nurses, the most numerous and most trusted health profession in the world, have the power to significantly impact climate change. Together, nurses around the globe can help to decrease greenhouse gas emissions and create a healthier future for humans and the rest of the planet. At the heart of Nursing is the understanding that optimal health requires good nutrition, adequate mobility, a healthy environment, and social support.

Through commitment to the evidence-based Nurses Drawdown actions, nurses will improve the health of individuals and communities, while also taking steps to heal the planet. Nurses from around the world are invited to join the Nurses Drawdown movement by taking personal and professional action in five key areas:

Energy, Food, Gender equity, Mobility, and Nature-based solutions.

Explore CANE's work in these five key areas in support of this campaign!



Upcoming Events

Agricultural Workers and Climate Change

CANE INVITES YOU TO ATTEND OUR NEXT EVENT!

Agricultural workers are at increased risk of heat-related illness and recent field studies point to specific risk factors. This presentation is intended to prepare agricultural safety and health professionals for the upcoming summer season and provide evidence-based solutions for the prevention of heat-related illness in the agricultural work environment.

Speaker: Roxana Chicas is an Assistant Professor at the Nell Hodgson Woodruff School of Nursing at Emory University, where she researches occupational and environmental health disparities, investigating the physiological effects of chronic heat exposures among agricultural workers. She previously completed her postdoctoral fellowship at the School of Medicine at Emory University, focusing on the impact of heat exposure and dehydration on renal physiology and pathophysiology. As a bilingual bicultural nurse scientist, she is committed to conducting research that informs policy to advance environmental justice.



When: January 18, 2022 at 13:00 EST

Sign up here:

https://www.eventbrite.ca/e/agricultural-workers-and-climate-change-tickets-220128830257?keep_tld=1

Upcoming Events

Canada's COP26 Health Programme Commitment - What's Next?

Canada signed onto the WHO's #COP26 Health Programme, thus formally committing to climate resilient and low carbon, sustainable health systems. Now what?

Speakers Dr. Courtney Howard and Dr. Nick Watts have the insiders' perspective on what this commitment means for Canada. Dr. Howard was instrumental in the movement to encourage Canada to sign on to the Health Programme and will speak to the significance of this milestone, how we got here, and what comes next for Canada. As the Chief Sustainability Officer of the National Health Service (NHS) England, the first health service in the world to commit to reaching net zero, Dr. Watts has first-hand experience with what it means to meet sustainability commitments through system-wide change. Join us as we start to explore what it will take for Canada to translate this commitment into on-the-ground transformation.

This event is the first of three webinars exploring the implications of the federal government's recent commitment to the COP26 Health Programme.

When: January 21, 2022 at 12:00 - 13:00 EST

Sign up here:

<https://www.eventbrite.com/e/canadas-cop26-health-programme-commitment-whats-next-tickets-225462734107>



Upcoming Events

Climate, Health Care, and the Race to Zero: A Call to Action

Presented with the Global Consortium on Climate and Health Education, this grand rounds session will highlight how the Global Roadmap for Health Care Decarbonization can help the health care sector meet the goals of the Race to Zero – to halve emissions by 2030 and achieve net-zero emissions by 2050 – and why clinician leadership is critical in meeting this goal. In this session participants will:



Session 1 registration

1. Be inspired by a call to action to the health care sector about the imperative to reduce emissions to protect public and planetary health
2. Learn about the high-impact actions necessary to reduce health care emissions
3. Hear from two clinicians on why their institutions joined the Race to Zero

Visionary health systems understand that reducing health care emissions and creating climate resilience are at the core of their mission to improve health. Two such systems are Providence (US) and Aravind Eye Care System (India), who have both signed onto the Race to Zero and committed to reduce emissions across all scopes in line with the Paris Agreement. In this call to action session, Gary Cohen, president and founder of Health Care Without Harm, will be joined by clinical leaders from Providence and Aravind Eye Care System, who will share why their institutions are taking action to achieve net-zero emissions, along with the role of clinicians in meeting this goal.

In addition, Dr. Schenk will discuss Providence's bold commitment to become carbon negative by 2030 using their WE ACT framework. Dr. Venkatesh will share how Aravind Eye System is challenging conventions about surgery and showing the world that surgery's environmental footprint can be decreased through efficiency and decreasing waste without compromising quality.

When: January 27, 2022 at 11:00 EST

Sign up here:

https://us06web.zoom.us/webinar/register/WN_-PsdYsskR4Gh7WrP4LW40w

Upcoming Events

Clinical Leaders as Drivers of Sustainability: A Physician-Researcher Perspective

Presented with the Global Consortium on Climate and Health Education and the Mass General Center for the Environment and Health, this session will explore the climate impact of clinical care and why clinician leadership and research are critical in reducing health care emissions.



Session 2 registration

In this session participants will:

1. Learn why clinical sustainability is a key strategy in promoting climate-smart health care
2. Understand how reducing low value, inefficient clinical practices can reduce health care emissions
3. Hear why research, clinician leadership, and climate-health innovation centers are needed to deepen emission reduction across the sector

The health care sector has a large climate footprint, largely due to the tremendous resources required to provide clinical care. Reducing inefficient, low-value clinical practices can yield waste and emissions reductions, and lead to clinical sustainability. Recognizing the need to address this issue, hospitals are appointing physicians as medical directors of sustainability to lead efforts to reduce the impact of clinical services.

Research, including life cycle assessment, is critical to quantifying emissions and providing the data needed for medical professionals to make evidence-based decisions that improve the environmental performance of clinical care.

In this session, Dr. Slutzman will share winning strategies to create efficient, value-driven clinical care, along with his experience developing the Massachusetts General Hospital Center for the Environment and Health, and its mission to integrate environmental sustainability into the clinical, research, educational, and community health activities of the hospital.

When: March 16, 2022 at 11:00 EST

Sign up here: https://us06web.zoom.us/webinar/register/WN_N95Kz5caTViSISk5NWz0xw

Stories of Nurse Leaders

An interview with Hilda Swirsky: Leading Change beyond the Comfort Zone

by Fiona Hanley and Hilda Swirsky



Hilda Swirsky, Ping, Cindy, and Charles at the Great Wall of China at RNAO's Beijing International Conference, 2008

Hilda is one of the founding members of the Canadian Nurses for Health and the Environment, now known as the Canadian Association of Nurses for the Environment or CANE, and still serves on the board of CANE as the Ontario representative.

CANE: Can you tell us a little about yourself, where you live, your background, personal and professional path?

Nursing has been my calling since I was 8 years old and has given me a career for life with endless possibilities, and multiple and varied pathways. It's hard to believe that it is already 50 years since I received my diploma of nursing. It seems like only yesterday!

I share with you highlights and reflections of my career and personal journey beginning with my birth in Krakow, Poland. Soon afterwards, I became very ill, and breast-feeding proved to be not only best, but actually saved my life, since it permitted my mom to stay with me at a time when immediately after WW2, most babies in hospitals died.

Stories of Nurse Leaders

An interview with Hilda Swirsky: Leading Change beyond the Comfort Zone by Fiona Hanley and Hilda Swirsky (p.2)

While in a displaced person camp in Austria, my parents were shocked and saddened to learn that all their immediate family had been killed and there was no home to go back to. When our Canadian cousin offered to sponsor us, my courageous parents crossed the ocean since nothing was left for them in Poland. We boarded a ship to Canada with only \$5 given to us by the Red Cross.

After arriving in Halifax at Pier 21, we took a train to Toronto where our cousin was waiting for us. Life improved over subsequent years, and eventually my brother and sister were born. One of the first things that my father did after buying our first house was to plant a tree. That tree is still thriving today, and towers over the house, symbolising for me the resilience of my parents through those early years.

At eight years old, while other girls played with dolls, I used my doctor's kit to take care of our neighbors who pretended to be patients. I loved caring for them and dreamt about nursing. On finishing high school, I went to work in an office, but continued to dream about nursing until an exasperated friend stated, "Either you do something about your dream or stop talking about it." So, the next thing I knew, I was telling my boss I was leaving, having been accepted at York Regional School of Nursing, the very last hospital-based training in Ontario.

As a life-long lover of learning, I graduated with a diploma of nursing, and subsequently returned to school to obtain my BScN and then my Masters of Education. The other loves of my life are my husband Mel, son Jason, his wife Peri and beautiful grandchildren Channah, Shlomo and Hoodie.

For most of my career, I have cared for the high-risk obstetrical population, with many career highlights. As the Acting Nursing Unit Administrator, I helped to oversee the transition of our hospital into an all-RN staff and later as the Acting Clinical Educator,

Stories of Nurse Leaders

An interview with Hilda Swirsky: Leading Change beyond the Comfort Zone

by Fiona Hanley and Hilda Swirsky (p.3)

I assisted nurses whose program at UHN became integrated into our program. Throughout these very difficult and challenging times, I provided emotional support, stability, team-building and educational resources to adjust with these changes and the new normal for caring for our patients.

Secondment was novel to RNAO's collective agreement, and I had the unique experience of having a secondment to RNAO as the Project Manager in Membership and Services. I found that I love doing project management. Among my projects was planning the week-long student placement in adjunct to the RNAO Board of Directors meetings and to create on-line programs which would decrease the amount of paper RNAO used. Some of those students are still current keen RNAO members.

As one of the founding members of Sinai Green: I began learning about the functioning of buildings including heating and cooling systems. Our hospital was one of the first to be cooled by Lake Ontario water. it was a struggle to get the senior executive on board. At the first presentation to their Board of Directors, not even one Board member was interested in the Environment and Sustainability.

CANE: How did your interest in environmental health develop?

I first began to make this connection in 2005, while writing the curriculum and teaching Family Health to international students at George Brown College. Then, in 2008 as one of CNA's Biennial Projects, the Environmental Health Reference Group was created, with fabulous Nicki Sims-Jones as the Project Manager. She directed us to read Environmental Health articles. When her secondment was over, three founding members, myself, Fiona and Jennifer stayed on to become founders of CNA's Canadian Nurses for Health and the Environment Interest Group, which has now become the Canadian Association of Nurses for the Environment. On RNAO's BOD, my environmental knowledge, political savvy and advocacy skills increased and improved.

Stories of Nurse Leaders

An interview with Hilda Swirsky: Leading Change beyond the Comfort Zone
by Fiona Hanley and Hilda Swirsky (p.4)

CANE: What strategies have you used for integrating environmental health into your practice as a nurse in the area of high-risk maternity care? What type of opportunities have you found?

Through Sinai Green, we increased awareness and role-modeled conservation of our energy usage, for example, turning off lights in empty rooms, turning off some of our computers when not in use, dimming hallway lights at night, encouraging battery recycling with boxes on each unit in which nurses even brought batteries from home to put into our boxes. Printer cartridges were also returned for recycling. Each year, we organized hospital-wide Earth Hour and Earth Day activities and formed a partnership with Pollution Probe and Smart Commute, which increased our awareness of the importance of active transportation. Waste Reduction Week was fun with a Inter-hospital Challenge, where Mount Sinai, UHN, Sick Kids and Hotel Dieu-Grace Hospitals vied for best waste reduction performance! I also spoke to women about how to reduce risks from home renovations about air quality, how to cope with extreme heat and cold and how to decrease waste during their pregnancy.

Additional synagogue opportunities: Through the Greening Committee, which I was instrumental in founding and Chair, I increased awareness in our synagogue and community of the link between our faith, our environment and human health and well-being. We continue to provide regular programs such as recent talks by Indigenous educator Kim Wheatley, York Centre Councillor James Pasternak and renowned bioethicist Dr. Kerry Bowman.

For many years, I provided weekly Green Tips and write in the quarterly booklet Kesher about Greening programs on environmental topics such as decreasing use of fossil fuels, the Impact of climate change and waste Reduction. I co-hosted the first Waste Reduction week activity. I also helped to shape the Ward 6 Roundtable where many community organizations focused on emergency preparedness. In 2013, our committee won the Greening Sacred Spaces Award from Faith and the Common Good.

Stories of Nurse Leaders

An interview with Hilda Swirsky: Leading Change beyond the Comfort Zone
by Fiona Hanley and Hilda Swirsky (p.5)

CANE: You have been very involved with the RNAO over a number of years. Can you tell us about some of the highlights?

In 2008 I had the opportunity to present my Environmental Journey Leading Change Beyond the Comfort Zone at RNAO's Beijing International Conference. In our spare time we toured the incredible Great Wall of China and took a very crowded subway ride feeling a bit like packed sardines!

I served on RNAO's Board of Directors: initially as Member-at-Large in Socio-Political Affair, and then as Toronto West representative. In both of these roles I was a frequent presenter at the Ontario Legislature on environmental issues. I felt so much pride and joy to witness press conferences announcing such breakthroughs as the closing of coal plants, the banning of cosmetic pesticides in Ontario and the prohibition of smoking in cars with small children, and in doing so increased my knowledge and advocacy skills in environmental stewardship.

I was a founding member of ONEIG and the CANE/ONEIG Representative, in this role I gained political savviness, and could work collaboratively both nationally and provincially. We continue to organise webinars, collaborate in support for an Environmental Bill of Rights, and taking leading roles to oppose Highway 413 and the Bradford Bypass and work towards awareness and strategies for addressing Environmental Racism and Environmental Injustices. I was a co-author of the environmental resolution voted and passed by Consultation Representative asking RNAO to account for their sustainability in their annual report.

The government invited me to contribute to commenting on toxic substances and was pleased with my participation; but I received a cool reception from others in the audience. Outside the venue, I spoke to Kim Jarvi, RNAO's key person on the environment who told me, "Don't you know, you are sitting with some of the highest paid lobbyists?"

Stories of Nurse Leaders

An interview with Hilda Swirsky: Leading Change beyond the Comfort Zone

by Fiona Hanley and Hilda Swirsky (p.6)

CANE: What strategies have you used for integrating environmental health into your practice as a nurse in the area of high-risk maternity care? What type of opportunities have you found?

Through Sinai Green, we increased awareness and role-modeled conservation of our energy usage, for example, turning off lights in empty rooms, turning off some of our computers when not in use, dimming hallway lights at night, encouraging battery recycling with boxes on each unit in which nurses even brought batteries from home to put into our boxes. Printer cartridges were also returned for recycling. Each year, we organized hospital-wide Earth Hour and Earth Day activities and formed a partnership with Pollution Probe and Smart Commute, which increased our awareness of the importance of active transportation. Waste Reduction Week was fun with a Inter-hospital Challenge, where Mount Sinai, UHN, Sick Kids and Hotel Dieu-Grace Hospitals vied for best waste reduction



Hilda signing partnership memorandum of understanding with Canadian Coalition for Green Health as CANE President

Stories of Nurse Leaders

An interview with Hilda Swirsky: Leading Change beyond the Comfort Zone

by Fiona Hanley and Hilda Swirsky (p.7)

As Air Quality and health (AQHI) Trainer I was on of 26 regional experts with the College of Family Physicians of Canada, which opened other diverse doors and opportunities for me. One particular highlight was presenting to the Emergency Nurses of Canada, but no matter whom I presented to, I kept in mind that everyone must breathe to live, and that ongoing research deepens our understanding of harmful impacts of air pollution on our health.

CANE: What challenges have you faced, and how have you dealt with these challenges?

When I first began, there was very little buy-in, research, content, nursing expertise, awareness and environmental health positions promoting the vital links between environment and health. Only a few courses were available, little research or even interest in environmental health. This was also the case with my synagogue, as although we had a very supportive Executive Director, the synagogue members were initially less convinced. It is also boggling to see the explosion of research and knowledge available. Awareness of environmental awareness and environmental racism is also expanding and our recent synagogue survey of members, indicated how pleased they were that our synagogue has an environmental focus.

CANE: What have been some of your successes?

1. CANE, ONEIG and Beth Emeth's Greening Committee are thriving with an increase in enthusiastic keen members and collaborative partnerships
2. Our holiday Tu B'Shevat, the birthday of trees, is a vital component of our faith culture and traditions, and trees have been acknowledged as both beneficial in addressing Climate Change and enhancing wellbeing. Our Earth Day committee has organised the planting of 2 million trees world-wide in just a few years. The importance of trees was also a theme in a webinar we organised in collaboration with CANE/ONEIG and our Beth Emeth synagogue. Dr. Kerry Bowman, a world-renown bioethicist, also emphasised the importance of trees for health and wellbeing. I myself am fortunate to find restoration in being able to hug any one of my seven trees at my home.

Stories of Nurse Leaders

An interview with Hilda Swirsky: Leading Change beyond the Comfort Zone

by Fiona Hanley and Hilda Swirsky (p.8)

3. Along with colleagues, I was a reviewer for CASN's recent e-modules on Vector-Borne Climate Driven Diseases, an excellent evidence-based learning resource for nurses and nursing students on climate, health and infectious disease incorporating Indigenous knowledge.

CANE: What are your thoughts on where nursing should be going as a profession in terms of environmental health? What do you see as lacking?

Environmental health should be included in all nursing curriculum and there should be more green jobs created. Still lacking is the connection between the environment and health outcomes within nursing curricula, from undergrad to post-graduate studies, although there is some progress in addressing environmental injustices, environmental racism and recognition of Indigenous knowledge.

CANE: What would you like to happen ideally?

Political support at all levels of the importance of the circular economy to environmental health and increased funding provided for more research and programs and divestment from fossil fuels and addressing Climate Change and environmental injustices.

CANE: What kind of things are you able to do in your personal/family life to reduce your environmental/planetary health impact? What advice might you give to others?

- Changing our behaviour in being conscious of our impact in all we do: shop for groceries and do errands once a week, and buying products with minimal to no packaging
- Using natural light whenever possible and making sure lights and computers are turned off when not in use
- Using public transit most of time, and maintaining our car for times when we cannot use transit

Stories of Nurse Leaders

An interview with Hilda Swirsky: Leading Change beyond the Comfort Zone by Fiona Hanley and Hilda Swirsky (p.9)

- Being energy conscious, for example using adjustable thermostats and changing the furnace and air filters frequently

CANE: Do you feel hopeful about the next few years?

Yes, I am hopeful. This pandemic has had all of us re-evaluating our priorities. That includes environmental priorities. We all saw evidence of improved air quality, and clear skies with less automobiles on the road during lockdowns. We have also seen that positive changes can occur in a very short time if there is political will to do so. The City of Toronto just passed their Transform TO aiming at decreasing greenhouse gas emissions to Net Zero by 2040. The 78 deputations presented in favour of this, demonstrates growing concern for environmental health.

How do you think that we can keep hopeful? We know that we are not alone in this. We have local, and regional groups and also collaborate with many other like-minded groups in Canada and elsewhere, such as ANHE. We know that our children and grand-children get it, and want to take action to protect their future. We have also been successful in the past in making powerful beneficial changes: the Montreal protocol to protect the ozone layer. We can unite also to act on climate and protect planetary health.

CANE: What main message would you like to convey about environmental/planetary health, to students, to the public, to other nurses?

We only have one planet and planetary health is vital. This pandemic has demonstrated how much we can achieve if we work collaboratively.

As Maya Angelou stated, "Nothing can dim the light that shines from within."