



CNSA | AEIC

CANADIAN NURSING STUDENTS' ASSOCIATION



PRESIDENT'S WELCOME

Kwey kwey, Bonjour, and Hello!

Bienvenue - I am so excited to warmly welcome all of you to the beginning of a new school year. I am a proud Algonquin woman traditionally from the Kitigan Zibi and Winneway (Long Point) communities of Northern Quebec and am currently living in the Ottawa/Gatineau region. I have a little 1-year-old, Beau, who adores nursing conferences, cuddling his big furry sister Charlotte, and giggling with his dad, Derek. I recently finished my eligibility with varsity sports at the University of Ottawa, and have previous education in Environmental Studies and Health Sciences. I was proudly raised in the Outaouais (QC) region and completed my elementary and secondary studies immersed in our Francophone culture and language. We have a strong team on board this year - each and every one of us brings valuable background and experience to this associations dynamic. With that being said, we are looking forward to supporting you within your school year immersed in all areas of the world of nursing. I know many students struggle throughout their year, however, Fall has always been a rebirthing and rejuvenating time of year for myself and I hope to share that with you all in some way. We are committed to making this year memorable and to create spaces for all of our voices to be heard across the nation. You can contact me directly at president@cnsa.ca for anything at all.

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Victoria Marchand



Upcoming Events

October

Oct 30th-Nov 1st: Western Prairie Regional Conference

November

Nov 8th-10th: Atlantic/Quebec Regional Conference

Nov 8th-10th: Ontario Regional Conference

Nov 18th-22nd: National Nursing Students Week

December

Dec 1st: Deadline for Position and Resolution Statement submission

January

Jan 21st-25th National Conference (Montreal, QC)

February

Every Monday: Social Determinants of Health Awareness

BOARD MEMBER CHANGES

This spring the board experienced several changes, including by-elections for vacant positions, resignments, and appointments. While we are deeply saddened to see our colleagues step away from their roles, we are also excited to welcome new board members into their roles

Past President – Governance Chair

In February, the board was saddened to learn that Jayden Herbert, this year's Past President, had chosen to resign her position on the Board after a medical leave of absence. Jayden was a passionate voice on the board and she will be missed. The main responsibilities of the Past President are to mentor the current president and to perform a governance review. The board decided that in the interim, it would be more appropriate to appoint an ad-hoc (temporary) governance chair to assume the governance duties, as there was no candidate who could fulfill all the requirements of a Past President.

It is with our great pleasure that we announce the successful appointment of Daniela Monachino to this position. Daniela was a hardworking delegate at her school, then was elected as the Ontario Regional Director for the 2018-2019 CNSA term. She served on the Governance Committee as well as the Indigenous Health Advocacy Committee, and committed herself to nursing excellence. She is excited and ready to be our governance committee chair. She currently works at the McMaster Children's Hospital in the NICU, and is hoping to become more involved as her unit's union representative.



Director of Communications

In March, Brad Hallam, our elected Director of Communications, made the decision to step down from his role. Brad believed that he could not give the position the attention it deserved because of other school, work, and life responsibilities. While his time on the board was short, he was a valued member of the team, and while we respect his decision to prioritize his education and health, he will be missed.

Following a competitive by-election, the board appointed Joseph Shaw as its new Director of Communications. This is Joe's first year on the Board and he is jumping in with both feet! He's currently in his final year at Dalhousie University in the Advanced Standing Nursing Program. He has a strong background in International Business which he studied at the Nova Scotia Community College and Memorial University. He has been battling severe Crohn's disease since 2000 and after multiple surgeries received an ileostomy several years ago. This fueled Joe to join the nursing force and help give back to others who are also going through this life altering surgery. He splits his volunteer time with the Ostomy Halifax Society and currently serves as nationally certified patient visitor as well as past Recording Secretary on the Executive Council. He attended the CNSA regional conference in St. John's this past fall and was extremely impressed with how passionate and professional the Board of Directors was. Getting to rub shoulders with some of the members and guest speakers sparked a fire under him to give back further to the nursing world. When Joe isn't in school you can find him on the golf course, hockey rink and cheering on the Toronto Maple Leafs.



Director of Bilingualism and Translation

In May, Leanna resigned from her position as Director of Bilingualism and Translation due to concerns that her health was negatively being impacted by the stress of the role. Leanna has been part of the CNSA on a national level, lending her voice and experience to important discussions and progress for years. She was the 2018-2019 Director of Communications last year and DBT this year. Her resignation was a big loss to the board and we all will sorely miss her.

Leanna brought forward concerns regarding the workload required of the Director of Bilingualism and Translation, and upon discussion, the decision was made to temporarily split the role and have two co-chairs of the translation committee. As a federal organization, all documents released by CNSA must be translated into both french and english, and we recognize that this can be a significant task. Therefore, in May, Emilie and Mark were appointed as co-chairs of the translation committee, and jointly they share the role of Director of Bilingualism and Translation.

Émilie hails from McGill University and has extensive translation experience for various medical enterprises. She is in her second year of the BSc Nursing program at McGill's Ingram School of Nursing and is already embedded in the extracurricular university life with her work with her Nursing Undergraduate Society as the BScN Class of 2021 Representative. She recently finished a project for Neuropresse, an online mental health and neuroscience newsletter, in collaboration with Harvard University. She has contributed articles to the Huffington Post, Collège Jean-de-Brébeuf's student-run newspaper Le Graffiti, her alma mater, and The Mighty. Émilie has been a chronic migraineur for three years which has encouraged her to found and direct Migraine Québec's official Instagram account as well as a physiotherapy clinic's social media accounts. She also enjoys her community work with Héma-Québec, the provincial blood agency. She is also a Junior Research Assistant at the McGill University Health Centre in the Nursing department.

Mark is a fourth-year nursing student at Université de Moncton. He is a proud Acadian Canadian bilingual from New-Brunswick who has been involved and active with the CNSA for three years. He has represented his colleagues as an official delegate for two years. This year Mark will be codirector of the Atlantic/Quebec Regional Conference as well as Bilingualism and Translation Director. This position is dear to him as he has been involved and advocating with the NCLEX-RN language inequality since his first year with his school and is dedicated to the cause. He has always been advocating for language rights.



BOARD MEMBER CHANGES CON'T

Indigenous Ally

In January, the National Assembly voted to make the Indigenous Ally position a permanent position on the board. Because this position needed to be voted on, we were unable to have this seat up for election at the National Conference. Within a few weeks of the National Conference, a by-election was held, and Courtney Blake was appointed as this year's Indigenous Ally.

Courtney has been involved with CNSA since she started nursing school, contributing to the Diversity committee, the Community and Public Health committee, and the Indigenous Health Advocacy Committee. She is passionate about issues of social justice, inequity, and is committed to pursuing reconciliation. Courtney works closely with the Director of Indigenous Health and Advocacy to identify and clarify the role that non-indigenous people play in reconciliation. She also helps other non-indigenous students understand how they can support their indigenous friends, peers, and neighbours without tokenizing or taking away indigenous peoples right to self-determination. Courtney also represents British Columbian students as the Student Director on the Nurses and Nurse Practitioners of British Columbia board of directors.



Practical Nursing Committee Chair

Like the Indigenous Ally, the practical nursing committee chair was made a permanent position at this past National Conference, causing it to go into by-election in February. After extending the by-election, Hayley Wiersma was appointed the practical nursing committee chair.



Hayley was born and raised on Vancouver Island and is currently enrolled in her first year of the Licensed Practical Nursing Program at Vancouver Island University in Nanaimo, BC. It only took one meeting with CNSA to get her hooked! She enjoys collaborating and being an active engager on issues that will not only affect herself, but also future generations. She has been active in her workplace in advocating for change, and is very excited to be able to bring this attitude towards nursing education. Representing LPN students and allowing for our voices to be heard is exciting! She looks forward to collaborating and building connections with other nursing students alike so we can advocate for this vastly growing profession. One thing you should know about Hayley is that she is an advocate at heart.

Ontario Student Fee's Committee Co-Chair

In the recent wake of the student fee changes in Ontario, it quickly became clear to the CNSA board that our Ontario Regional Director, Jaclyn Sicard, was going to need some help managing the situation. We struck a committee whose purpose was to assess which schools would be affected and what options CNSA has to address this challenge. Through this, we appointed Cody Mount as co-chair of the ad hoc committee alongside Jaclyn Sicard.

Cody Mount is a student nurse entering the third year of Laurentian University's BScN at Sault College. His CNSA journey began in his role as Associate Delegate, where he was able to attend his first National Conference, as a recipient of the CNSA Travel Award. Since then, he has gotten more involved with his chapter as Official Delegate. Most recently, Cody has taken on the position of Co-Chair of the Ontario Student Fees Ad-hoc Committee. Working alongside Jaclyn, these passionate student leaders stand in solidarity with Ontario Members while navigating through the opt-out fee policy, and its implications on their chapters and the association. Beyond his studies and extracurriculars, Cody works as a pharmacy assistant and spends a lot of his time basking in Northern Ontario's natural beauty. You can find him exploring some of Lake Superior Provincial Park's countless hiking trails, relaxing lakeside, or on the slopes at Searchmont Resort.



Indigenous Health Advocacy Committee Chair



At this past National Conference, a point was raised at members voices regarding the responsibilities required of the Director of Indigenous Health Advocacy, especially in context with the recent appointment of the DIHA to the executive committee. After consideration of these concerns, the board decided to create an ad hoc position for someone to chair the Indigenous Health Advocacy Committee and appointed Shay McNabb.

Shay is a proud Cree from George Gordon First Nation. She is currently in her 4th year of nursing at the University of Regina/Saskpolytechnic. From a young age, she has been committed to supporting her Indigenous peers in all realms of life and health through a combination of modern and traditional ceremony.

LEADERSHIP AWARD WINNERS

Aug 16th – Aug 17th 2019 Ottawa, ON

Bart Piekarski

As a level three nursing student, I rarely give much thought to the politics of my profession. I rarely paid much attention to my school's student union and always felt disconnected from the student organizations that seemed to work behind the scenes which, for me, meant I hardly thought they worked at all. Two months ago, Latitia Melvalene, the president of the CNSA, had offered students a chance at attending a board meeting and getting greater insight into the structure and function of this prominent, federally active student organization. For some reason, I applied. 'Why not?' I had never gotten involved in such groups, maybe now was the time. A few weeks after my application was sent out I had received a notice that I was to attend a meeting in Ottawa. My first night in the country's capitol, I was able to meet several board members who explained to me their roles in the CNSA and their meaningful experiences working under its banner. During the day of the meeting I was able to see the efficiency and commitment to form of the organization, using protocol and language akin to what I'd expect at a board meeting of executives or government law makers. What's more, the committee, like with any other major organization, had to discuss and find a balance between their goals, means, and finances, and they were interested in what I had to say, too. My overall impression was that it is hard to run a serious organization with the best interests of others in mind, especially at such a broad, federal level. I left the meeting making friends and partnerships that give me a national connection with my fellow nursing students. The CNSA gives nursing students an opportunity to engage in politics and understand the workings of an organization as complex as a business or a union. And this is a valuable insight. I hope my experience encourages others to explore not only their student unions but their profession-specific organizations and consider supporting them – they are working hard to host talks, establish workshops, and address student concerns and issues to legislators. Whether with our peers or with our organisations, we are in this together and together we all come out strong. Thank you.

Lindsey Hornblower

I began my relationship with CNSA upon being notified in early 2018 that I had been selected from various students across Canada to attend the national CNSA conference in Nanaimo BC. It was a no-brainer when I saw the post asking for applicant to write a small essay in an attempt to attend as a Leadership opportunity the CNSA board meeting in Ottawa. Much like the welcome I experienced in BC, I was warmly welcomed and immediately made to feel included. Although not being a board member myself they made no distinction between themselves and the three students who attended as guests. If there is one club during your entire nursing student career that you should take part in, it's CNSA. The opportunities that they offer for students is endless from their scholarships to their travel opportunities. The board was comprised of students across every area of Canada, each bringing a different perspective. What I was expecting to be a very focused long day of tedious meetings ended up feeling like a group of friends gathering together and working as a unified team. I have enjoyed every aspect of CNSA and for myself personally being involved has been one of the rare highlights and joys of my student nursing career.

Brooklynn Fekete

Attending the CNSA Board of Directors' meeting in August gave me greater insight into this organization and the leadership and commitment that it takes to support nursing students on a national level. The meeting discussed committee updates, position and resolution statements, partnerships, budgeting, student opportunities, upcoming conferences and more. This really clarified to me how CNSA is progressing and evolving according to the changing needs of Canadian nursing students. As well, I really enjoyed attending this meeting as there was a lot of problem solving with the successes and challenges of other nursing schools. CNSA has a massive networking component, and understanding a bit of what other nursing school curriculum looks like or the classes other schools offer continually gives me new perspectives to contribute to my CNSA chapter school Vancouver Island University"



COMMITTEE REPORTS

Community & Public Health Committee

The Community and Public Health Committee (in collaboration with other committees) has been working hard towards many initiatives. We have two pending statements: one position statement on Advocating for Adequate Reproductive Services in Canada and have updated the 2019 resolution statement on Inclusive Patient Intake/ History Forms to include cultural competence. In addition to the intake form resolution, will be an example form, and an infographic (pending). Recently the committee along with the IHAC planned and implemented the webinar "Indigenous Health Priorities: A Nurse's Perspective", the link to this webinar is freely available through request or social media. The CPHC is also involved in planning a day during the MIAW coming up in October, with a likely theme surrounding accessing resources and how to be an ally. In February 2020, we are aiming to hold our first ever Social Determinants of Health Awareness week! To get involved email community@cnsa.ca.

Diversity Committee

The Diversity committee has been collaborating with other committees on various projects. They worked with the CPHC to help update the 2019 statement on Inclusive Patient Intake/History forms, as well as creating a sample template for what an inclusive intake form would look like. The Diversity committee has also been working on a transgender health infographic that has yet to be released, so stay tuned!

The diversity committee has also been working on a position statement regarding the absence of nursing curriculum surrounding patients with diverse needs, including those with congenital conditions and cognitive disorders.

Global Health Committee

What have we done so far?

- The CNSA EcoTeam provided CNSA representation in the Drawdown EcoChallenge, an online competition which invites participants to work on reducing our carbon footprint and engage in environmentally sustainable activities
- CNSA EcoTeam participation in the Plastic-free EcoChallenge, an online competition which asks that team members join the movement to refuse single-use plastics

What to look forward to?

- The Global Health Committee is thrilled to be able to participate in the planning of Indigenous Health Awareness Week. If you want to get involved, we will be looking at Indigenous Health within the global context, highlighting current issues e.g. the Amazon rainforest fires which represent a significant threat to Indigenous communities in the region
- Future collaboration with the Community and Public Health Committee...stay tuned for a teleconference meeting featuring a guest speaker!

Next Global Health Committee meeting to be held in September! Send an email to global@cnsa.ca to get on the email list and join "CNSA Global Health Committee 2019/20" Facebook group for updates! If you haven't already, check out "CNSA Global Health Podcast" on Spotify and iTunes for previously recorded episodes (and look forward to more in the near future!)

Indigenous Health and Advocacy Committee

Here are some of the projects the IHAC has been working on

- Using the recommendations brought forth by Indigenous members at National Conference, an Ad-Hoc position was created for the chair of the committee.
- Created a poster for Aboriginal day in July
- Spearheaded the "Every Child Matters" social media blast with members wearing orange shirts to remember those who were abused in residential schools
- Created a week long campaign to bring awareness to some of the issues indigenous people face
- Working towards submitting a position statement regarding the forced sterilization of indigenous women.

Research and Education Committee

The Research and Education Committee has had a great start to the year. Not only have we grown in membership, we have had the opportunity to meet as a group 4 times this year. In turn, we have begun our infographic initiative in which our goal is to promote evidence-based learning to both nursing students and the lay public. Our first project was tackling the often-complex and highly heated debate on vaccinations. Our future projects will include infographics on how nursing students can become more involved with the research process and helping the Community and Public Health Committee make a visual for their intake form. We have also had the opportunity to begin a project to highlight researchers and nursing students in the community on our website and social media pages. Lastly, we have had the opportunity to build numerous connections with other nursing organizations including the Canadian Gerontological Nursing Association and are working towards creating a meaningful partnership moving forward. For more information please follow our new twitter account [@cnsaresearch](https://twitter.com/cnsaresearch) or join our Facebook group CNSA Research and Education Committee 2019-2020.

ONTARIO STUDENT FEES AD-HOC COMMITTEE UPDATE

We are the Ontario Student Fees Ad-hoc Committee; dedicated to ensuring Ontario CNSA Members have continued access to their Membership, under the new Student Choice Initiative.

What is the Student Choice Initiative?

Earlier this year, the Ministry of Trailing, Colleges and Universities announced their passing of the amended Tuition Fee Framework and Ancillary Fee Guidelines. Now, students across Ontario are given the choice to opt-out of certain program and ancillary fees, which have been defined as “non-essential” by the Ministry. As post-secondary students, your choice to opt-out directly impacts what services will be offered both on, and off, your campus. Many of the services and resources that provide students with meaningful experiences and personal support will be largely impacted by the Student Choice Initiative.

What does this mean for students?

On the surface, the new Student Choice Initiative appears to be a real money saver for students. But at what cost does this come? Despite the claims of significant amounts of money being put back into the pockets of Ontario’s students, the potential savings from the Student Choice Initiative are often not what they’re made out to be.

What does this mean for CNSA?

CNSA depends on its collection of membership dues to support the many projects and initiatives it proudly offers to its students. The new framework leaves many Ontario Chapters uncertain of how to move forward. We continue to advocate for CNSA membership fees to be considered essential and appreciate the support of both ONA and CFNU in our endeavours.

How is CNSA supporting itself and students moving forward? Here is a list of actions taken by the Committee:

- Wrote and distributed supporting documents to Delegates such as a Letter written for Delegates to forward to their respective school’s administrative staff inquiring about their 2019–2020 CNSA Membership Fee policies/plans to fulfil payment
- Developed a database with up-to-date information regarding Ontario Chapters’ CNSA Membership Fee collection policies
- Creation of a Fundraising, Sponsorship & Event Management Package to provide Delegates with ideas for events and initiatives to subsidise chapter membership fees
- Participating in the creation of interactive documents explaining the role and importance of CNSA among nursing students



If you are interested in learning more or joining the Ontario Student Fee Ad-Hoc Committee, contact Jaclyn Sicard at ord@cnsa.ca or Cody Mount at codymount@cnsa.ca

ICN CONFERENCE

SINGAPORE, JUNE 2019

This summer, four CNSA delegates attended the 2019 ICN Congress in Singapore; Latitia Pelly-George, Meghan Leahy, Ohentioa L and Jessica Guthier. The following is a review from Latitia Pelley-George;

It was a great experience! We found out last minute that we were actually registered for the Student Assembly the day before the congress. Thankfully we all arrived to be able to attend. That was an amazing experience being able to network and brainstorm with other nursing students across the globe. One of the main themes was how to get students more involved with ICN. This was incorporated in all breakout sessions and the main ideas were brought forward to the Council of National Representatives (CNR) which was the presidents of all the nursing regulatory bodies that are part of ICN. The students were invited to attend this part of their meeting as well. The Congress itself was amazing and overwhelming at the same time! There were over 6000 nurses from across the world in attendance! The amount of networking we did was astounding! I am very proud of all of us and the amount of networking we were able to do with just having 4 of us there. We were able to make a great connection with the President of the NSNA (our American counterparts) as he was not the President I met when I attended their conference back in April. We were able to connect with the CFNU representatives and CNA. CFNU took us all out for dinner where we first stopped at the bar where the Singapore Sling was created. We then proceeded to head to the food market, apparently the one that is shown in Crazy, Rich Asians, where the food didn't stop coming! Linda, and the other union representatives made us feel welcomed and part of the team! We had amazing keynote speakers, and interesting concurrent sessions. For me, I was able to gain more from the keynote speakers, as the concurrent sessions were 1.5 hours long and people would only talk for approximately 10 minutes each. The seminars on New Nurses and nursing students was jam packed! Nurses really care about the nursing students and helping us start our careers on the right foot! The opening ceremony started with the Traditional walk from all countries in attendance, where they wore traditional outfits from their country. CNA asked that one of the CNSA representatives walk with them, and I was fortunate enough to do so. It was a great experience and I tried my best to capture it on Instagram story for our followers! ICN 2021 will be in Abu Dhabi and 2023 will be in MONTREAL!!!!

Latitia P. George

