



There are no words sufficient to express our gratitude for all you have done this year. Whether you work in acute care or long term care, or teach, or care for our children as school nurses. Whether you work in home care or in corrections, or as case managers or researchers. Whether you work in public health or for the Department of Health. Whether you are at home caring for family or any of the other myriad things that nurses can do. Wherever you are and whatever you are doing, we know that your world is different from the one you imagined at the beginning of the year and we are grateful for your resilience and creativity and passion for our work of nursing.



There seems to be no greater image (other than the image of a nurse!) for what this year has been like than the photo of Emily Harris, who became the first woman to free-climb the Golden Gate route of Yosemite's El Capitan in less than one day. Her mantra, which she repeated over and over again, during the 21 hours, 13 minutes, and 51 seconds it took her to reach the summit, was "slow is smooth, smooth is fast." What a perfect mantra for nurses during this year which has not yet ended. How many times, how many days have you, as nurses, consciously worked to slow your work down, so that in smoothness you could get it done?

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Our hope for you, this Thanksgiving, is that you will have sufficient time to rest and reflect on what this year has been, what you have learned and how you and your colleagues, friends, and family have learned to work together, to be together in new ways. And, that you remember the saying "If you save one life, you're a hero. If you save 100 lives, you are a nurse." Each of you, in your own way, have saved hundreds of lives. And we are grateful.  
Happy Thanksgiving.