

compostable. We are working nearly a year ahead with each main FMF facility to put expectations, packaging, and serving options in place to eliminate *all* single-use plastics from our food and beverage program.

Regarding virtual attendance, we are in our third year of offering FMF Live, a live-streaming, daily registration option that we promote to all members via e-mail blasts. It is Mainpro+ certified for 1 credit per hour, and can be delivered straight to your electronic device. This live-streaming option is available on our website (fmf.cfpc.ca) under “Educate” then “FMF Live” (the direct link is fmf.cfpc.ca/fmf-live/). Early this year we are launching FMF On Demand, which will also be found at fmf.cfpc.ca under “Educate” then “FMF On Demand” (direct online link is fmf.cfpc.ca/fmf-on-demand/). This will offer Mainpro+ certified 1-credit-per-hour sessions that were captured at FMF, with postevaluation questions. We also plan to promote this to all members and hope this contributes to our quest of providing high-quality and accessible continuing professional development content to all our members.

Thank you again for the inquiry, and we look forward to continuing to learn, improve, and build upon the health and environmental awareness of all our CFPC events.

Competing interests
None declared

—Jennifer Campbell CMP CEM
CFPC Director, Conferences and Events

Standing for issues

While reading the November issue of *Canadian Family Physician*, I was struck by the title of Dr Ladouceur’s editorial: “Our fight against climate change.”¹ Perhaps as a matter of public health, we could have a policy of reframing the issue, from a *fight against climate change* to *standing for* a whole series of interrelated issues: clean air, clean water, a flourishing of all living things together, etc.

We understand the toxicity of anxiety and depression. Neither one is a nursery for effective action. Taking *any* action in the direction of what one loves and appreciates does ignite the participation of others: in actuality, a lot is going on in this direction even though our traditional media culture focuses on our failures. There certainly are plenty of failures to focus on.

Nevertheless, those who cultivate and pursue some vision (almost any vision) outlive those who remain disheartened, however much data there might be to support the general view that things are going badly. We know how discouraged and disheartened many people are.

Let us consciously advocate *for*, and leave to others the fighting against.

—Frances Griffiths MD CCFP
Ladysmith, BC

Competing interests
None declared

Reference

1. Ladouceur R. Our fight against climate change. *Can Fam Physician* 2019;65:766 (Eng), 767 (Fr).

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