Hello everyone,

December already, and it's been **10 weeks** at home with Shiny New Hip and CNN addicted house husband .... but who's counting!

Xmas pud made, but not really in the festive spirit yet ..... but I will send a jolly Winter Holiday themed note later this month but meanwhile back to business.

Please **Save the Dates** below which are also on the Department website.

**Anesthesia Book Club Edmonton** (or #AbcE as I like to tweet about it ......)

**Date:** Monday, January 16  
**Time:** 18:30 pizza, 19:00 discussion  
**Book:** "Being Mortal" by Atul Gawande  
**Location:** 94 Fairway Drive, T6J 2C5 (map). Please RSVP to me here

**Anesthesia Wellness Retreat** "An Out of OR Experience!"

**Date:** Saturday, February 11  
For details and to sign up (for you and significant other), click here
Reading Material

Articles on resident wellness, burnout, loss, personalities suited to anesthesiology and more below. As MOCOMP deadline approaches/looms remember these all count for CME.

Beginning with an article describing the inspiring Anesthesiology Resident Wellness Program at U of S, headed by Dr Anita Chakravarti who some of us know from her time in Edmonton.

- Wellness Program: Curriculum and delivery CJA
- Impact of burnout on physician workforce. Mayo Clinic Proc
- The things we have lost. JAMA
- Tolerating uncertainty. NEJM
- Successful personalities in anesthesiology Anesth Analg
- Anesthesia relevant article

Thanks for reading, stay warm, all good things, Sue

Sue Reid
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