

Sue's News

A Spring Florilegium

April 2018



Hello everyone,

Jirat Srisabye

My daughter suggested that I lighten up for this month's newsletter!

A florilegium is a bouquet of literary blossoms. (Thanks to Maria Popova from BrainPickings.org) As Spring is a very long time coming to Alberta this year, I offer this florilegium of literal blossoms and literary ones.

“Spring is the time of plans and projects.” — Leo Tolstoy

For our Edmonton anesthesia community please look out for our project **No mORE secrets** coming to your OR soon.

Details in specific email notices later this month.

Created at March GAS Cafe with fierce enthusiasm by Dr Laurie Nadwidny.

Here is quick follow up to last month's "heavy" newsletter. This is from Dr Pamela Wible's recent keynote to the American Medical Student Association.

"Start a **warmline**. A hotline is more urgent, people are on the edge asking you for help when they got a gun to their head, that's a little intense. Unlike a hotline, the goal of a warmline is to provide a reassuring voice for people before they reach a point of crisis. So you could run a warmline—put your number out there and let people know, "Hey, if you need someone to talk to, I'm here for you."

I would suggest that you all reach out to at least five or ten people in your class, maybe some people who are isolating themselves and don't seem to have a lot of friends or are not very extroverted, and just give them your phone number and say, "Hey, do you want to go out to tea, do you want to hang out? I want you to know that I'm here for you and you can call me anytime." It's not that hard to do this and you can do this for your entire class, you can do it for four or five people."

Full recording and written transcript [HERE](#) Very inspiring.



Rupert Britton

I had not heard of the concept of a warmline before. I love that you do not need to be anything other than who you are. Not a therapist. Not an expert. Simply a human being. We can all do this.

Sometimes it seems as if I have spent my life in search of an elusive something or somewhere. Searching through books, blogs, Twitter, the arts, travel, the Himalayas, Kathmandu, Buddhism, labyrinths, meditation, hypnotherapy training..

I don't regret any of it, but the restlessness, the sense that somewhere out there is the answercan be exhausting.

Which is why last month's **GAS Cafe** was so refreshing.



There were just 4 of us, from 3 hospitals, and yes ...I know, ... we are all of a certain vintage! But consider the experience and experiences that Doug, Dan, Laurie and I shared. Dealing with guilt, or not, surviving at altitude, meditation, life transitions, illness, children, wine, finances, aging, life choices

And it struck me that I didn't need to be in Stanford or Bhutan or Santa Fe right now, because if I actually listen and pay attention, there is a wealth of human insight, creativity and support right here in a coffee house in Edmonton. Sometimes one can travel half way round the globe before discovering that what you seek is right here at home. But I still recommend getting out there and seeing the world too!

**Next GAS Cafe
MAY 1
1900 - 2100
Square One Coffee**

**We shall never cease from exploration
And the end of all our exploring
Will be to arrive where we started
And to know the place for the first time.**

T. S. Eliot



Do stuff.

**Be clenched, curious.
Not waiting for inspiration's
shove or society's kiss on your
forehead.**

Pay attention.

**It's all about paying attention.
Attention is vitality.
It connects you with others.
It makes you eager.**

Stay eager.

Susan Sontag

Redd Angelo

When NOT to say NO!

I have written before about No as a complete sentence etc etc. But here is a rare example of inappropriate use. I was getting ready for my first AMA committee meeting and realized that my usual T shirt and jeans outfit wouldn't do. While struggling into something more appropriate but less forgiving this conversation occurred.

Me to Current Husband " I must have been *really thin* when I bought these black pants."
C.H. to me "No."



Luis Alfonso



Live in the moment
Shoot from the heart
Thrive on change
Laugh at failure
Enjoy the healing power of humour

The clown breaks every rule but its own.

Jan Henderson, Edmonton

Sounds like a recipe for renewal and for defeat of burnout and cynicism.
So in the spirit of research ...I am going out to play (and clown) with Jan in May!
Full report in May Newsletter. Along with Spring!

Thank you for reading,
All good things, Sue

susanjeanreid@gmail.com
T@susanjeanreid