



## From the Director of the Office of Staff Wellbeing



**UNIVERSITY OF ALBERTA**  
**FACULTY OF MEDICINE & DENTISTRY**  
 Department of Anesthesiology & Pain Medicine

Thursday, August 11, 2016

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### From the Director of the Office of Staff Wellbeing: Summer Arts Newsletter



***"We all — adults and children, writers and readers — have an obligation to daydream. We have an obligation to imagine. It is easy to pretend that nobody can change anything, that we are in a world in which society is huge and the individual is less than nothing: an atom in a wall, a grain of rice in a rice field. But the truth is, individuals change their world over and over, individuals make the future, and they do it by imagining that things can be different"***

The View from the Cheap Seats. Neil Gaiman

■ Hello everyone,

It's summer, let's take time to imagine, to daydream, to connect with ourselves and each other. I suggest that the Fringe is a great place to do that.

#### **The 35th Annual Edmonton International Fringe Festival: August 11-21**

"Before the Fringe there was a void... Edmonton was in the grips of boredom. But, in 1982, artists and audiences collided and Fringe was born. Offering refuge from the dull, creativity to the weary, an energy took root – Edmonton was saved!" Fringe program.

When I arrived in Edmonton in mid August 1988, knowing no one except my new husband, I think the Fringe saved me too! In a strange way it gave me hope. Since then I have been a Fringe fan(atic)!

Fringe program again, "Mini-donuts, green onion cakes, drama, comedy, street acts, concerts, speciality beer casks... At Fringe there is no such thing as a balanced diet, of any kind"

And I encourage you to sample it all. Full details from the links below:

[www.fringetheatre.ca](http://www.fringetheatre.ca) [#FINDYOURFRINGE](https://twitter.com/FINDYOURFRINGE)

## 1st Anesthesia Staff Book Club meeting

- We will connect over discussion of "When Breath Becomes Air" by: Dr Paul Kalanithi
- When: Wed, Sept 14 at 18:30
- Where: at my home 94 Fairway Drive (tel) 780-430-8902 ([map](#))
- Pizza, dessert and drinks provided
- RSVP [susanjeanreid@gmail.com](mailto:susanjeanreid@gmail.com)

If our anesthesia residents are interested, I am happy to facilitate a separate resident book club covering the same titles. Let me know.

In the meantime, here is a poem that may speak to you and some staff too:

[An Anesthesia Resident's Prayer](#)

" ..the arts are, above all, how we express the finest elements of our humanity;  
our understanding, our compassion, our caring and our love."

Walter Pitman

Hope to see you at the Fringe and at our Book Club.


All good things,

Sue

Sue Reid

Director, Office of Staff Wellbeing

Department of Anesthesiology & Pain Medicine

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