



St Albert Botanic Garden

Hello everyone,

How's your summer? I hope you have stayed well and managed a stay cation of some kind. Amazing what just a couple of nights away can do for your soul. My daughter and I stayed at the Jasper Hostel, did a geriatric-mother appropriate hike and then recovered on the patio at JPL! It was lovely. Almost took my mind off the 2020 Edmonton Fringe That Never Was. The heat wave would have made those indoor venues insufferable, but still it's hard to miss my fave summer festival.

Moving on. Dr Jillian Horton is an internist in Winnipeg. She wrote the Dear Dr Horton column in the CMAJ and produced the Med Life with Dr Horton podcast. <https://www.cmaj.ca/medlife>

Dr Horton just published an Op Ed in the L.A. Times describing her lifelong love of Hawkeye and MASH and her thoughts on how humor can help us through tough times.

"As a doctor on 'MASH,' Hawkeye showed me how to get through this war on the corona virus."

<https://www.latimes.com/opinion/story/2020-08-16/covid-war-mash-doctor-alda-hawkeye>



Considering everything that's going on in Alberta, several quotes from the article seemed particularly relevant to me.

Be brave, be kind, be funny.

Because humor shines a powerful light on hypocrisy and absurdity while reminding us we are tough and still alive.

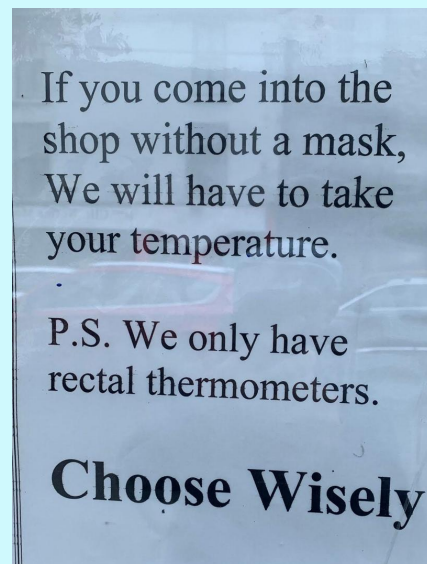
In a war of ideology, humor correlates to the most important thing of all: resistance.

As a huge fan of Dr Horton, I have preordered her book "We are all Perfectly Fine" available Feb 2021. I also made myself a new bumper sticker. **Don't believe Everything You Think!** will be replaced by **Be brave. Be kind. Be funny.** My clown will love it!





A funny 2 minutes. Especially for neuroanesthesiologists!  
Brain Surgeon BBC  
<https://www.youtube.com/watch?v=THNPmhBI-8I>



I'm trying Very Hard to avoid bringing Alberta politics into Sue's News - so here are some cute dog pics!



White dog + freshly cut grass = ?



Dr Carrie Kollias is respected orthopedic surgeon. She left Alberta for Australia where she continues to advocate for Albertan and Australian physicians and their patients. She posts on Twitter @carrie\_kollias

These are her recent thoughts on physician advocacy.

"In medicine the status quo is programmed into us from the very beginning: abide by the hierarchy, keep your head down. That culture doesn't lead to system transformation.

Fear is a great driver for physicians.

Fear of what others will think, fear of exposing our imperfections, fear of making ourselves a target, fear of losing prestige or privilege, fear of lost income.

**Listening to courage, not fear, is how we change the system in medicine.**

Know your personal values and strengths.

Fight for others more than you fight for your own interests.

Recruit allies.

Be consistent.

Be ready to face the haters.

Be the solo protester if you have to be.

Continuously re evaluate your motivations.

Take care of your patients well.

Maintain your clinical competency.

Do not mistake kindness for weakness."

Sue back again.

There are many opportunities to be a physician advocate.

Especially now. Especially in Alberta. Just saying.



Thank you @Jayspainting



## Dr Walter Reynolds 1975 - 2020



"Walter was known for many things. He was sharp witted, a devoted husband and an amazing dad to two beautiful young daughters.

If there was a campsite to explore , then they were there. Always exploring. Always on an adventure.

From the delivery room to the Hospice, he dedicated himself one hundred per cent. If a patient needed help, he walked the extra mile...and then some."

We all lost a person who lived life to the fullest."

Memorial by Dr Johan Myburgh



PFSP 1-877- 767-4637



### **The Peace of Wild Things**

**When despair for the world grows in me  
and I wake in the night at the least sound  
in fear of what my life and my children's lives may be,  
I go and lie down where the wood drake rests  
in his beauty in the water, and the great heron feeds.  
I come into the peace of wild things  
who do not tax their lives with forethought of grief.  
I come into the presence of still water.  
And I feel above me the day-blind stars  
waiting with their light. For a time  
I rest in the grace of the world, and am free.**

**Wendell Berry**

Do not get lost in a sea of despair.  
Do not become bitter or hostile.  
Be hopeful, be optimistic.  
Never, ever be afraid to make some noise  
and get in good trouble, necessary trouble.  
We will find a way out of no way.

John Lewis

Here's to finding peace,  
making lots of noise  
and getting into good trouble!

Thank you so much for reading.,  
All good things, Sue

