

Sue's News Oct 2020



Hello everyone,

Happy Thanksgiving!

Hope you've connected with family or friends in some way this weekend and enjoyed this beautiful fall.

Prof Aisha S. Ahmad wrote "The 6 month mark in any sustained crisis is always difficult. We have all adjusted to this "new normal", but might now feel like we're running out of steam. Yet, at best, we are only 1/3 the way through this marathon. How can we keep going?"

How indeed? Carbohydrates are apparently recommended for marathon runners who "hit the wall", but eating my feelings is probably not a great long term Covid strategy for sedentary old me!

Prof Ahmad has extensive experience in disaster zones and reassures us that "the 6 month wall is harsh but always temporary." She says this is a time to "Manage your expectations and is not the time for perfectionism." I'll repeat that for the over achievers at the front - this is NOT the time for perfectionism! Newsletter subscribers have a copy of the article attached in the email. Or check out @profaishaahmad

Sadly she didn't tackle the urgent No Hugging Issue.

I lost my mind the other day and accidentally hugged not one, but TWO anesthesiologists who were too polite/shocked/horrified to resist! Our youngest staff person saved herself from becoming the third casualty by assertively reminding me about pandemic protocol and escaping behind a desk!

And how should we behave during this Apocalypse?

We should be kind to each other, certainly.

But we should also stop being so serious. Jokes help a lot.

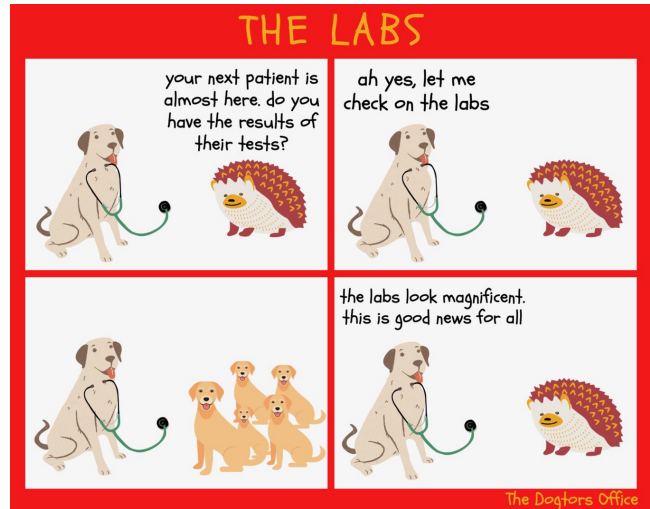
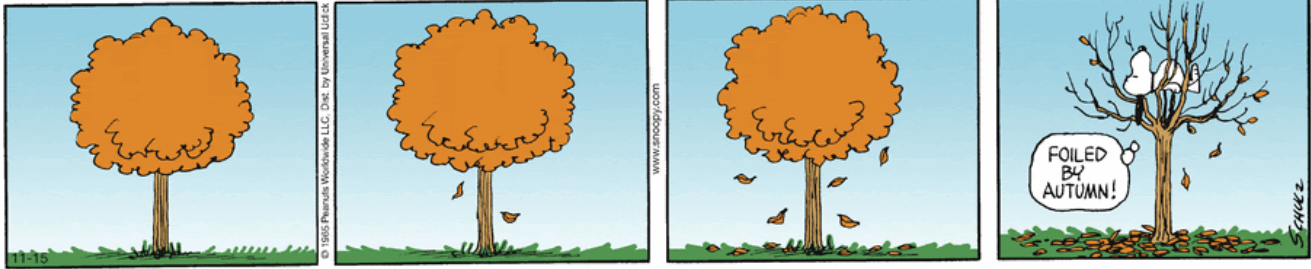
And get a dog, if you don't already have one.

Kurt Vonnegut.

I'm following this advice and sharing more jokes this month, some include dogs for extra benefit!



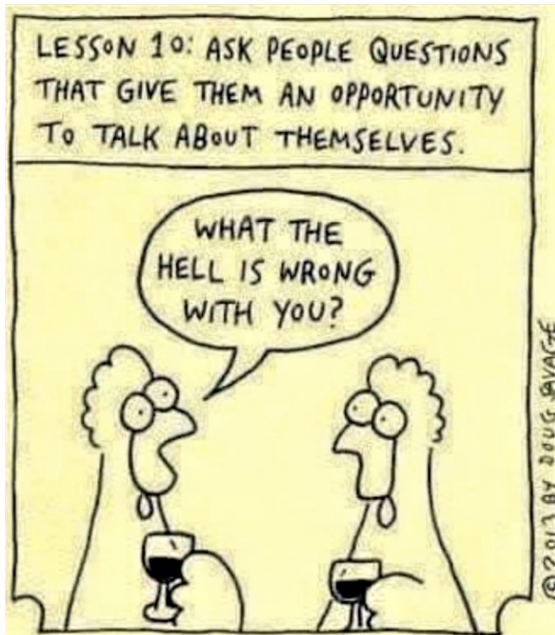
Choose wisely! Right Dr O?!



Once this is all over with, I'm hugging everybody. Get ready for long, awkward hugs. I'm gonna make it weird.



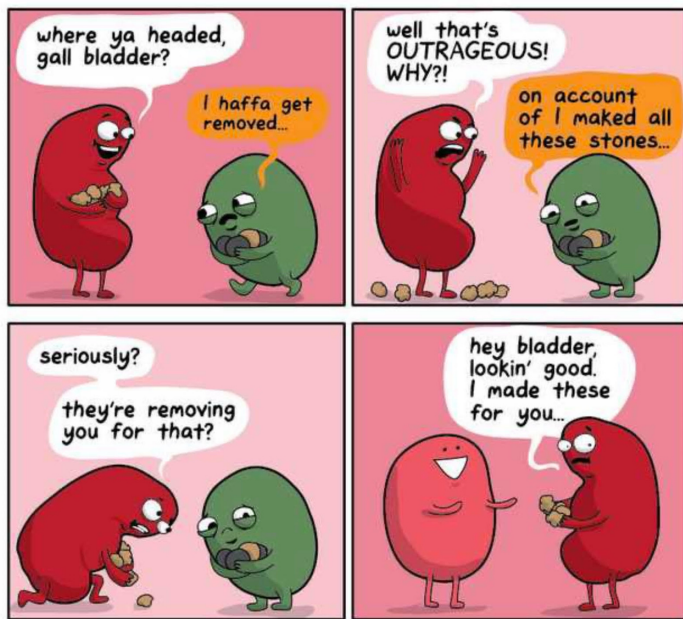
Tom Gauld



It looks like you're writing unsubstantiated nonsense. Would you like to turn on all caps?

Q: What do you get if you divide the circumference of a pumpkin by its diameter?

A: Pumpkin π
Sorry. I'll see myself out.





The Curious Bear in a Brown Canoe Contemplates the Beauty of Autumn

Jason Carter



**When I dare to be powerful -
to use my strength in the service of my vision,
then it becomes less and less important
whether I am afraid.**

Audre Lorde

Reading shaped my dreams, and more reading
helped me make my dreams come true.

Every now and then it helps to be a little deaf...
That advice has stood me in good stead.
Not simply in dealing with my marriage, but in
dealing with my colleagues.

RBG.



FALL

How I love to catch
the falling leaves
in autumn

I
sit
and wait
under
trees
until
I've
cautumn

Brian Bilston

If I could write words
Like leaves on an autumn forest floor,
What a bonfire my letters would make.

If I could speak words of water,
You would drown when I said
"I love you."

Spike Milligan



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

PS. This is a relay, remember to
pass the baton, we're a team.
You are not alone. Ever.