

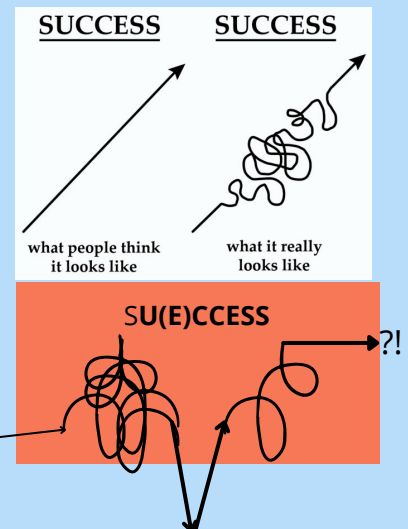
It's Not What You See but How You See It Eleanor Lowen

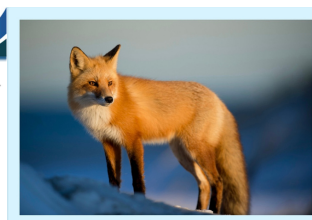
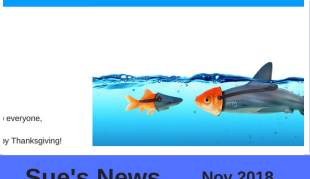
Hello everyone,

How are you? I've reached the pre retirement stage of wandering around the OR humming "I did it my way"! Also made the grave error of leafing through caseroom photo albums (analog!) and revisiting my youth or at least my 40s. Oh to have that energy again! Taking note of the image below ... I will NOT be wittering on about the first GNH ultra low dose walking epidural Nov 1997, resident posters at SOAP or my 25 year academic/clinical/emotional relationship with the University of AB Dept. of Obs/Gyne and the GNH Dept. For the record I do want to say I'm really proud of founding the Sleeping Beauties in 1999, hosting the short lived but fun GAS Cafe 2017-18 and creating this newsletter. And for inspiring at least one resident to "think out of the box!" Plus I believe that I'm the only anesthesiologist (to date) to present Grand Rounds as my clown Iris!



Two lovely Surgery101 social media interns recently interviewed me for the Surgery Secrets series. If you want to know **What I Really Think** the 24 min conversation includes thoughts about anesthesia, medical culture and physician health. Plus a British film recommendation and my real life ghost story! Video link [HERE](#)

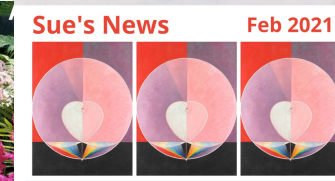
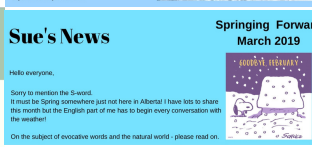




Sue's News Jan 2019



rayhennessy.com



SUE'S NEWS TRIVIA!

BORN JUNE 2016 when I became Director of Well Being for the Dept of Anesthesiology.

LEFT HOME FEB 2018 when I resigned as D.O.W. and went freelance!
Losing my tech support and having to teach myself Canva!

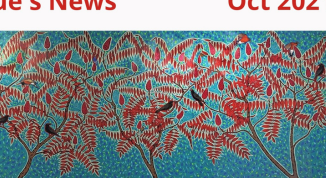
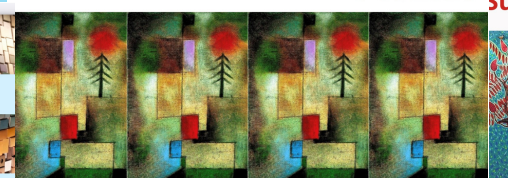
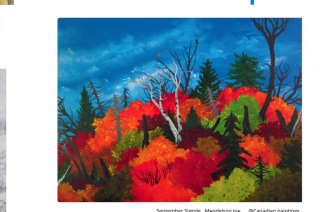
JULY 2019 decided to move on. No more issues... until
MAY 2020 I thought Sue's News might be helpful during the pandemic.
So started over with less opinion and more jokes.
Thereby becoming "Sue's Snooze" according to my Current Husband!

This is the **58th ISSUE** to date.
Kindly archived on Dept Anesthesiology website under Staff Wellness [HERE](#)

DEC 2021 was SN predicted demise but due to requests from loyal readers (and my advanced state of people pleasing) I'm excited to announce that Sue's News will continue for the foreseeable future!

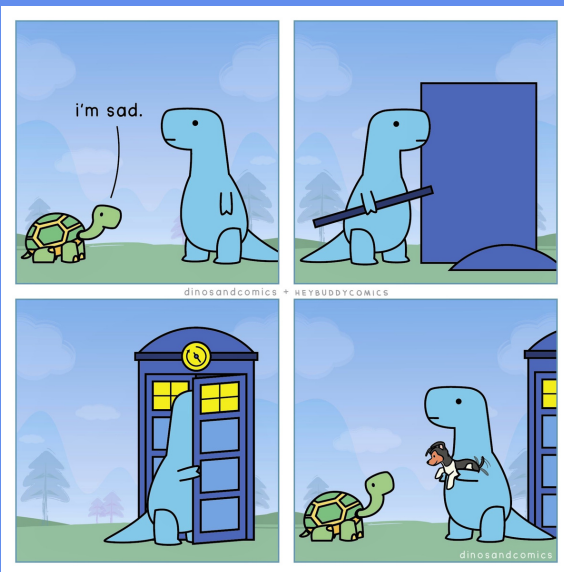
THANK YOU to all the Edmonton Zone anesthesiologists, residents, fellows, individual subscribers and to everyone who takes the time to read and to give me feedback each month. Please share with anyone who might like it.

For extra points - which issue has a **GLARING ERROR??**



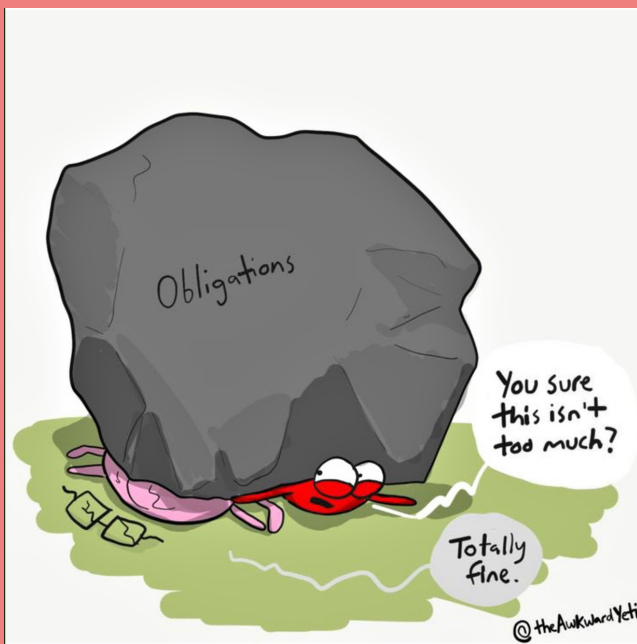
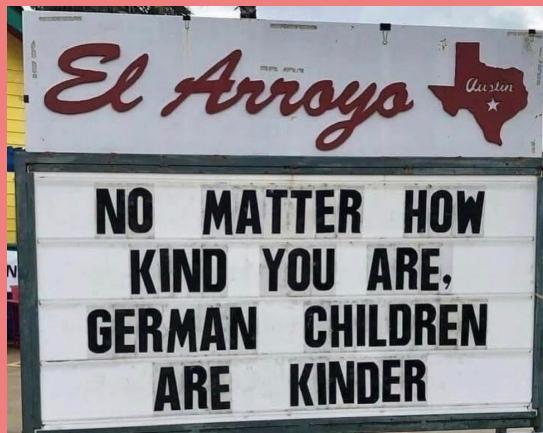


In England "booster shot" is spelled "borchestershire shot."

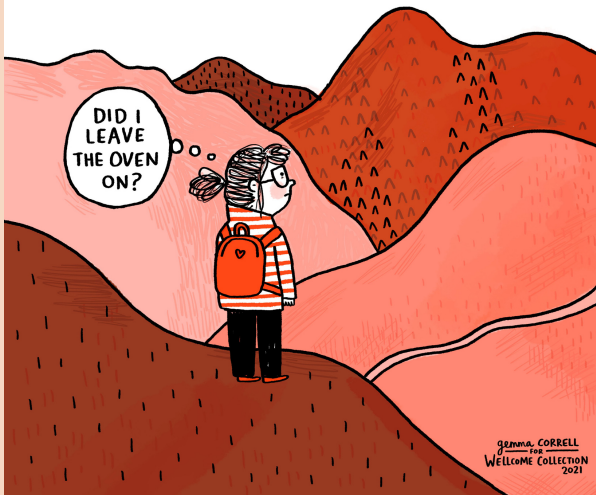




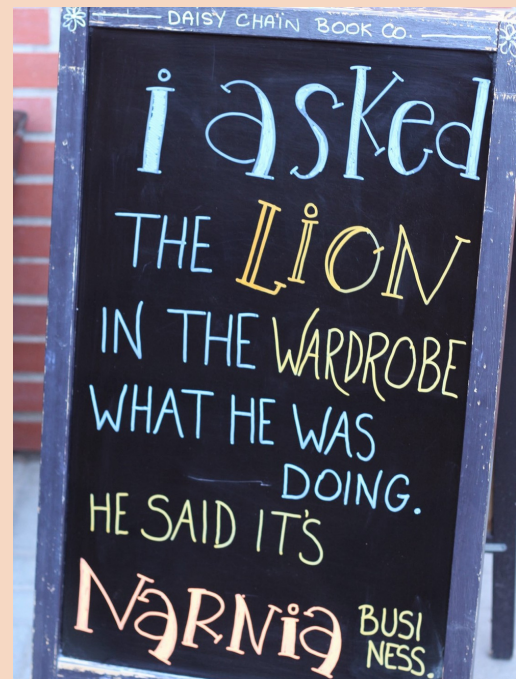
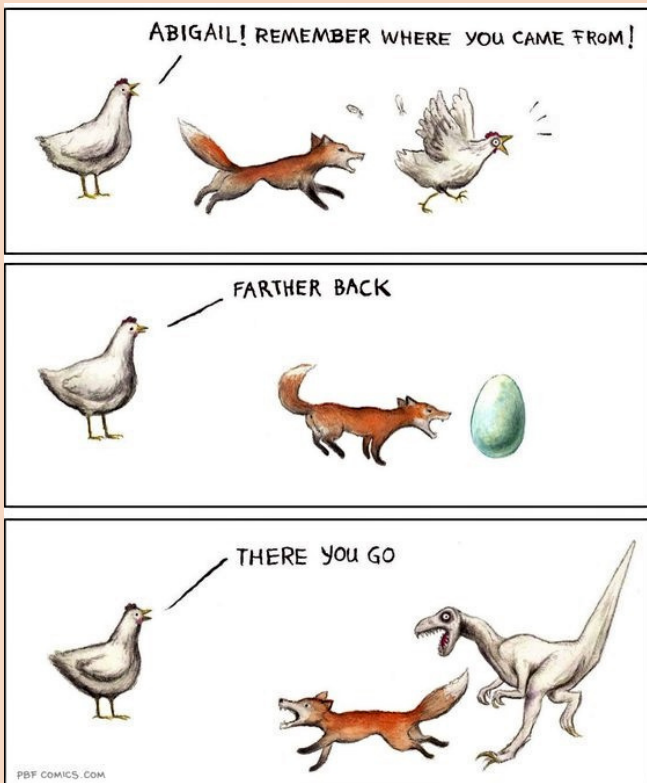
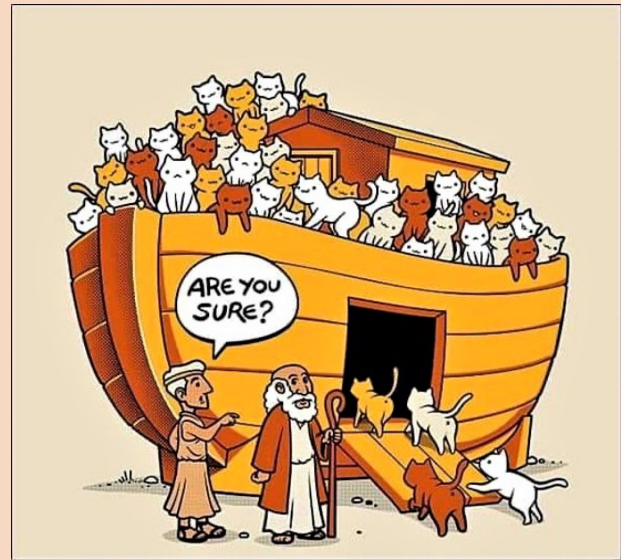
Cartoon by Jeremy Nguyen



NATURE – A PLACE TO RELAX AND UNWIND



A bear with no teeth is a



DaisyChainBooks



To be of use

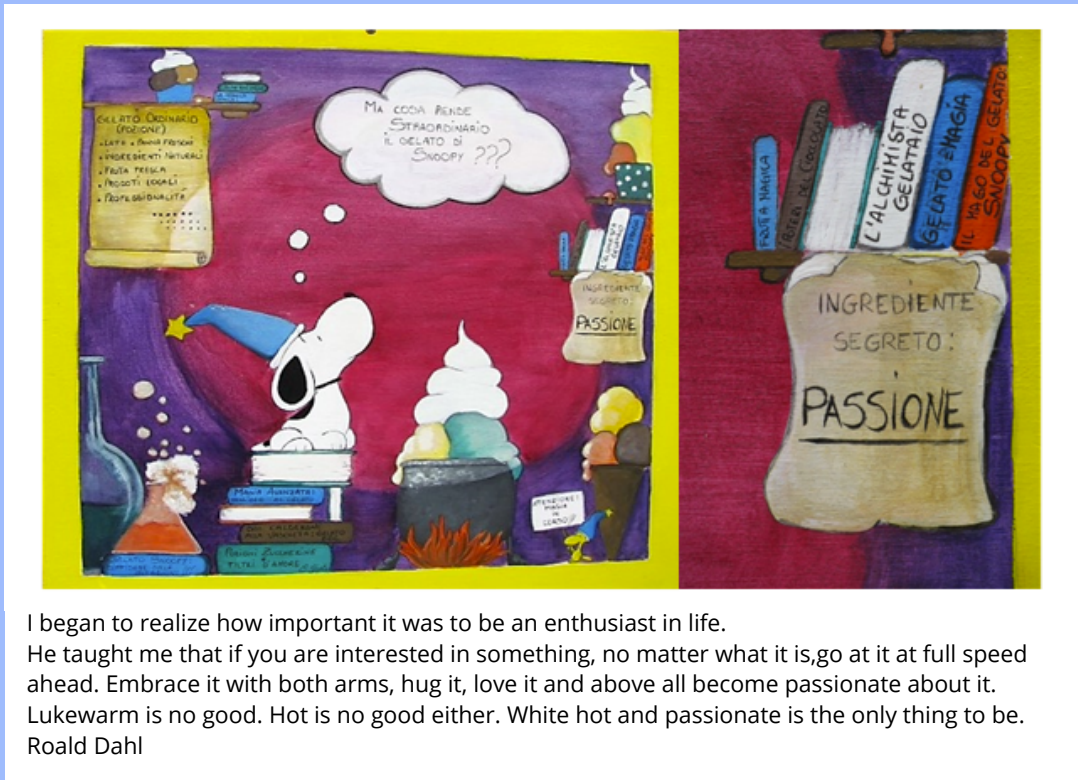
The people I love the best
jump into work head first
without dallying in the shallows
and swim off with sure strokes almost out of sight.
They seem to become natives of that element,
the black sleek heads of seals
bouncing like half-submerged balls.

I love people who harness themselves, an ox to a heavy cart,
who pull like water buffalo, with massive patience,
who strain in the mud and the muck to move things forward,
who do what has to be done, again and again.

I want to be with people who submerge
in the task, who go into the fields to harvest
and work in a row and pass the bags along,
who are not parlor generals and field deserters
but move in a common rhythm
when the food must come in or the fire be put out.

The work of the world is common as mud.
Botched, it smears the hands, crumbles to dust.
But the thing worth doing well done
has a shape that satisfies, clean and evident.
Greek amphoras for wine or oil,
Hopi vases that held corn, are put in museums
but you know they were made to be used.
The pitcher cries for water to carry
and a person for work that is real.

Marge Piercy



I began to realize how important it was to be an enthusiast in life. He taught me that if you are interested in something, no matter what it is, go at it at full speed ahead. Embrace it with both arms, hug it, love it and above all become passionate about it. Lukewarm is no good. Hot is no good either. White hot and passionate is the only thing to be. Roald Dahl

Artist's Statement

I do not speak
for the voiceless masses, no.
Nor for the poor, for women, or
for Canada, The true North Strong and Free.
Not for my other Country 'Tis of Thee.
Nor for "my people" (whoever they may be),
nor yet for poets or for poetry.

I do not presume
to speak for anyone but me,
yet hope that speaks for Us.

I "speak." That is to say -
I say what I see. and sus
what I think is true
from seeing what I say.

it might boil down to *I was here.*

Put differently;
I leave my bird-tracks
in fresh-fallen snow,
and fly away.

Robyn Sarah

**If I had my life to live over
I would start barefoot earlier in the spring
and stay that way later in the fall.
I would go to more dances.
I would ride more merry-go-rounds
and I would pick more daisies.**

Nadine Stair



Thank you so much for reading.
All good things and much love, Sue
PS **STIR UP SUNDAY Nov 21!**