

Monday Message, Tuesday, August 5, 2025

What a glorious weekend! The weather was great; the buskers were terrific and my 9 year old grandson was exhausted by 8:30 every night! Mission accomplished!

His Gran was also exhausted by 8:30 every night!

It is amazing how much energy children have. Just watching them is exhausting! Parenting is a tough job. Children don't come with a manual. We don't do 4-5 years training to be a parent. How do we do it?

Some folks are lucky to have grandparents close by to share their wisdom and provide some babysitting. My grandchildren are in Ontario, so I get to parachute in for a brief visit and enjoy my time with them. Of course, their parents aren't interested in my wisdom. I am out of date! Like most people these days, they get their info from the internet- not even books! How times have changed!

Have you noticed that if you Google something- the first thing that pops up is an AI generated answer? You don't even have to scroll through a bunch of separate sources.

Up until a couple of years ago, I was editor in chief of the textbook in Thoracic surgery-- Pearson's. About 10 years ago, we decided it would be an E book. It was a revolutionary concept at the time. There was heated debate at our Society of Thoracic Surgeons meetings. But in the end the E-book people won out and we created a textbook that was amazing: searchable, hyperlinks to related topics, hyperlinks to references, reviewed annually and updated as required. I thought -" this is the future". But I think I was wrong.

What is the future of knowledge sharing? Printed textbooks are already dead. Maybe E- Books will go soon too?

I know one thing for sure-- I will have to ask my grandson to help me figure it out!!

Have a great week

gail

Monday Message, Monday, August 8, 2025

I had trouble deciding on what to write for today.

Weather? Fantastic for some- hot and sunny - bad for others - no rain, crops etc
Fires? Are we the only province that doesn't have a forest fire? - Maybe the government ban was actually a smart thing?

World events-- nope not going to touch that one. Well maybe-- who trusts Putin? Who trusts Trump? Who trusts Netanyahu?

For any of you who follow tennis, it was an amazing week last week at the National Open in women's tennis. Victoria Mboko, 18 years old, defeated 4 world champions over the course of the week to reach the finals and defeated 4-time world champion Naomi Osaka-- in the finals. She is amazing: 42 aces over the course of the tournament!

In St John's the Canada Games started on the weekend. We will be cheering for our teams over the week.

Here in Central Zone-- our new surgeons are getting started: Drs Cote, Ribeiro, Maclean, Sniderman, Gill, Power. It is great for our department. These surgeons bring new ideas, and new energy. I am very happy and grateful that they chose to come to Dal. Check out our summer newsletter-- coming out today, more details about each of these fantastic individuals. I know the halls are a bit quiet- but please give them a big Nova Scotian welcome if you see them!

Enjoy these days of summer and be grateful we are not on fire

gail

Monday Message, Monday, August 18, 2025

Another fabulous weekend.

I have to admit to feeling a bit guilty about not doing anything over the weekend. Does sitting on the boardwalk in the sun, enjoying the breeze, watching the boats come and go count as doing something?

I read a book that had nothing to do with medicine or surgery.

We have new residents, new fellows and new faculty. They are all getting settled into the rhythm of health care in Nova Scotia. Soon we will be back to full OR schedules, zoom meetings (actually TEAMS but zoom sounds more cool), and wondering "where did summer go?"

Something about summer, getting away- going camping or to the cottage - interrupts the routine and makes the time special. We should enjoy these special days to the fullest. We don't know when the weather will turn, or when events in our lives will take away these special days. Carpe Diem.

Have a great week

gail

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