



## ***President's Bulletin – November 2017***

***Nancy Lanphear, MD***

Hello,

It is with gratefulness, joy and a bit of trepidation that I create my first President's monthly update. Many of you listened to my concerns related to this task and offered encouragement and helpful advice. To each of you I offer my thanks! Your words of wisdom and assurance led me to find my own voice. I feel that I express myself best in conversation and would like to think of each of you as a colleague and possibly a friend. It then seemed natural for the format to be a letter.

It has been just a few weeks since the SDBP meeting in Cleveland. What an amazing time! A big THANK YOU to the Program Committee and all of the folks from Degnong who work throughout the year to make our annual conference an important and inviting learning opportunity.

I hope that each of you:

- left rejuvenated to continue the work you do on behalf of children and their families
- found a new idea or a concept to further explore
- reconnected with an old friend and met someone new

To keep this learning activity alive, I would challenge each of us to take out notes, book, handouts, or any other meeting related information you have. Find one or two things that you will commit to learning more about, trying or changing. Write this down and share it with a colleague. Post this commitment on your desk or computer and set a reminder for one month from now to check on your progress. I will share a few of my memories and my commitment on our Discussion Board and encourage you to join me there.

This idea is a spin-off of CHANGE Day in BC. It is officially Nov 17, 2017. To learn more, go to: [Change Day in BC](#)

**REMEMBER** to complete the annual meeting evaluation. This feedback is used each year to consider how to sustain valued components of our meeting and to add or change other aspects.

<https://www.surveymonkey.com/r/FP5Q9QW>

### **Announcements for related societies:**

PAS (Pediatric Academic Society) call for Abstracts for the May meeting is now open.

<https://pasm18.abstractcentral.com/>

International Developmental Pediatrics Association meeting, Mumbai India, Dec 2017.

<http://www.idpacongress.org/>

In closing, there is so much in the world right now that is unsettled and troubling. We are often care givers, teachers and advocates and this can be difficult to balance. Remember to foster your own resilience and to take care of yourself. Your loved ones, colleagues, patients and their families, need your gifts.

Until next time,

Nancy