

“Without egotism and full of feeling, laughter is the music of life.”
Sir William Osler

Hi Everyone

We all know that caring for ill children and their families is stressful for any involved health professional. It can take its toll emotionally on anyone as ultimately there is no rationale answer to the fundamental question of "why?".

Humour and laughter is a natural way to deal with this stress. That is why this week's Departmental Acknowledgement goes to Mher Barbarian, Samantha Dankoff, Juan Iraheta, Alicia Lambrinakos-Raymond, Maya Leitner and Nina Nouraeyen-residents in our Pediatrics Training program who organized yet another successful Annual MCH Skit Night last week.

The origins of Skit Night are lost in the mists of time, but I remember attending (never participating though as I was stage shy in my youth) as a resident close to 30 years ago. It's an opportunity for the MCH community to get together outside of work hours and share laughter, a laughter that is largely generated by making fun at local Departmental personalities and hospital foibles. It's a great way to let off steam and more importantly a great way to cement our collective identity and inter-relationships amongst what is our 'second' family. I was delighted to participate for a second year as the nominal host and channel my now not so suppressed desire to be a stand-up comic. I suspect as a neurologist that my "stage shyness" of youth has yielded to the "frontal lobe" disinhibition of age.

In the midst of demanding call schedules the above residents stepped up and took it upon themselves to organize the event, writing scripts, performing music and assembling video clips. Its take energy and time. For this we owe them our appreciation.

Following skit night, there was a terrific after-party organized by our social mavens Holly Agostino and Brett Burstein. Once again the social vibe allows us to come together as a group (the alcohol helps too I imagine) though it is a bit dispiriting personally to be yet again the oldest person in a high energy room.

Finally it needs to be noted that through these efforts, the very nice sum of \$1000 was raised for our favourite local charity, the MCH Foundation.

I will be away in South Africa, literally in the bush at N'gala, on my way to a conference presentation in Cape Town next week. I have asked my Associate Chair Bruce Mazer to handle the Departmental Acknowledgement next Friday. I look forward to seeing who he picks and what he writes.

Have a great weekend everyone.

Michael