



## **A Message from the Institute President**

*April 2020*

We have known throughout our lives that we live in interesting times, but what we are experiencing right now is verging on the ridiculous. Added to this is a new acceptance of rampant ageism, where our generation is the one targeted to be the most vulnerable and susceptible to the worst outcomes from the novel coronavirus. For most of us in our professional careers, we were the ones who provided leadership in times of crisis. Our new reality is that we no longer have that responsibility, but we do have an even greater responsibility to the ones we love by being mindful of all the advice being widely broadcast about keeping healthy in the immediate future. No need to repeat any of it here. We are all attentive to what is going on around us.

What is more important right now, while we are practicing our self-quarantining and waiting for better days to come, is that we maintain social contact with those around us and stay connected as much as possible. The Institute is more than a source of interesting presentations and monthly social interaction. We are a collection of individuals who meet with a common interest and who have developed strong friendships among ourselves.

If any of our members are feeling particularly vulnerable, or just lonely, please reach out. While physical distancing restricts our ability to meet face to face, we are all a phone call or email away from each other. The phone numbers and email addresses of members of the Executive can be found on the side banner of the RKUSI **Bulletin** and are all here for you. (You can also reach out to us via the contact form on this website) Remember that physical exercise in these times is more important than ever. If you can get outside for a walk, please do so. The birdsongs and evolving spring will lift your spirits.

There is no way of knowing when things will get back to normal, but we know they will. We will keep the **Bulletin** up and running and will ensure that you are made aware of when our next meeting will take place. Until we see each other again, be well, take care of each other, and look for humour wherever you may find it.

*Unitas et Fidelitas,*

**Bob Myhill,  
President, RKUSI**