

President's report

We are nearing the end of 2020 and what a year, one like no other. New Zealand has seen its fair share of disasters over the years, but this recent worldwide pandemic has impacted us all.

For the NZVNA Executive, the year has brought its challenges. This is the first time in many years we did not have our annual conference - a chance to network, catch up with old friends, make new ones, and enjoy some excellent speakers and topics. I'm feeling thankful for all the online CPD that has been available worldwide. A big thank you to all our colleagues around the globe for some amazing topics and content.

As an executive, we have not been able to get together in person but, with the help of modern technology, we have been able to have Zoom meetings. I look forward to seeing everyone again and being able to welcome our newest executive members.

When I think of this time of year, three things come to mind: traditions, values, and harmony. This will be different for us all.

Kirihimete – the New Zealand Christmas. The anticipation and excitement builds as the weather warms and the days get longer, Christmas colours the New Zealand way. The red-crimson flowers of the pōhutukawa tree, the beautiful green of our native forests, and the fabulous white and golden sandy beaches. We get to make the most of our beautiful weather, with the kiwi barbeque, pavlova covered in fresh strawberries and kiwifruit. Summer and Christmas, sharing, giving, having fun and celebrating with whānau, family and friends.

It's important that we celebrate how lucky we are to be in such a wonderful country. New Zealand is the first place in the world to see the sun. Our tallest 'Christmas tree' is Auckland's Sky Tower when it is all lit up. Our most recognised constellation is the Southern Cross.

Please continue to be kind to yourself and those around you. As I said, this has been a year like no other and we have all had added stress in our lives. Everyone copes differently, we are not all the same. Have you read *Compassion Fatigue and Stress* written by Rosie Overfield? This is a short 15-page E-book from Crampton Consulting. I found this helpful because it relates to the veterinary profession. Another great article to read is *When Caring Hurts: Dealing with depression in Veterinary Medicine*, written by Melanie Codi. This has some great recommendations for those struggling and some self-help tips, including some recommendations for employers.

If you can take some time off work, relax, and enjoy the kiwi-style Christmas wherever you are. Enjoy the outdoors, the warm weather. Do you have some fun clinic traditions? Christmas Bingo? Special morning teas, Secret Santa, 30-second dance party, a gift of a couple of hours off work?

Just remember to smile, say thank you. It can be contagious and make someone's day.

From us all, on the NZVNA Executive, I want to wish you all a very happy Christmas and a wonderful new year.

Julie

Membership Secretary's report

I am pleased to report that we have finally upgraded our website. I hope you like the new look.

As you will be aware, we are now presenting the New Zealand Veterinary Nurse journal digitally. At this stage, we do not know if this will be the permanent format, however, as part of your membership you have access on the website to some of the previous journals. You will find these under the Members Only tab, so you will need to be logged in to access them.

We would love to hear from you regarding digitising the journal – is this something you are happy with, or would you prefer to go back to the hard copies? Your feedback would be appreciated. Please email myself at membership@nzvna.org.nz, or our Journal Editor, Antoinette Ratcliffe, at journal@nzvna.org.nz.

Kathy