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## PRESIDENT'S MESSAGE

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I was asked to write my President's Messages from the heart and to inspire. Wow, I thought, me? So for the past couple of years I have used the President's Message to share my beliefs with you. I hoped they allowed you to reflect on how the themes applied to your life and, more importantly, to your practice. I have written about values that I live by daily, because I am compelled to do so, and that are deeply meaningful to me - service, gratitude, leadership and excellence. They are inherently a part of who I am. I am mindful of them even when I find myself challenged in living up to them. I thank all of you who have responded to my musings and I am grateful for the camaraderie and the knowledge that others are driven by similar callings. For this, my last, message I would like to touch on perhaps the strongest of my core values – love. The word may conjure up many images and memories in your mind while reminding you of wishes for future memories and experiences. There is power and influence in love and it provides determination, drive, humility, docility and strength. Greatness is harvested from it and, the best part is, it cannot be diminished.

Anne Chang and Esther Eng, the winners of the 2014 Perioperative Nurses' Week contest, beautifully articulated the concept of love inspiring excellence in perioperative nursing practice. Their submission highlighted how this value helps us to overcome challenges and be the best that we can be. My favourite part of the video states: love drives us to do our best; gives us energy when we are tired; it pushes us to do more and be more; excellence comes naturally when we love what we do, love those we work with and love those we help. The statements – short and succinct – when strung together created a powerful message. When I first watched the video I felt humbled and proud at the same time. I would like to thank Anne and Esther for their vision of what love can do in the perioperative environment. To view the video visit [www.ORNAC.ca](http://www.ORNAC.ca) (under News and Events click on Perioperative Nurses Week). Ann and Esther are also featured on page 36 of this Journal.

“Love many things, for therein lies the true strength, and whosoever loves much performs much, and can accomplish much, and what is done in love is done well.”  
- Vincent van Gogh

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As this is my last message I hope you will allow some self-indulgence. I have many people to thank for their contribution to my personal growth and professional achievements. I could never do justice to them in this message but I am confident that they know who they are as I tell them, on a regular basis, how important they are to me. For their time, effort, support and dedication, I am grateful – thank you.

I must also acknowledge my family – thank you Dad and Mum, Raj and Peter, Sukhi and Sarbjit for the support and encouragement that I needed. I will always love and honour you through my work and pray that I have made you proud. No one is as precious to me as you are – except my boys Devon and Rohin. They are my hope. For my boys, I aim to model the same strong work ethic that my parents showed me. I want to teach them that expressing and experiencing love is magic and that women have tremendous courage and strength and, despite what they like to believe, that I am the boss. 🌸

With fondest regards,

Rupinder Khotar