



Dear friends,

What a year this has been! And one wonders what is yet to come. As we've all adapted to a new world (or a new normal, as some like to say), we've been forced to re-evaluate the way we live, get our priorities in order and develop new ways to function. The pandemic has been particularly hard on young people, from both social and occupational perspectives. Be they trainees seeking to move their careers forward, junior faculty trying to establish their laboratories, or young parents balancing the needs of their home-bound children with the demands of their jobs, our junior colleagues need a lot of support at this time. And I hope they know we're here for them.

On the plus side, many people have told me they've had the opportunity to spend more time with their families. They've also realized the importance of maintaining a rhythm in their lives, even while working at home. Those all-important cycles that we study! On that note, our SRBR board has been busy discussing additional activities we should undertake as a society, and we have implemented a few changes you can read about in this newsletter or on the website. We will soon be rolling out a new initiative related to diversity that I hope you all will support.

Another comment on current times: Election fever has prompted political engagement in many of us, even in young people, which I'm delighted to see (I notice it in my own kids). It is important that we maintain this engagement after the elections. Staying connected with the public and with our elected representatives is critical for the future support of research, especially at this time of financial uncertainty. Also, if you have ideas related to this or other issues, please feel free to reach out to any of us on the SRBR board. We welcome your input!

Stay safe and keep your spirits up,

Amita