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The CUA exists to promote the highest standard of urologic care for Canadians and to advance the art and science of urology.



What is your concept of resilience?

Growing up, my dad counselled my brothers and I that resilience was the acquisition of a strong mind and a strong body. That was his mid-twentieth century version of resilience. It has been variably defined by others, but I believe that its essence is the ability to endure unanticipated hurdles and tribulations without cracking under the strain. A strong mind and body certainly doesn't hurt.

In the last several months, the CUA, like all of us, has been buffeted by external forces beyond its control. What is remarkable is the response the CUA leadership and the central office have mounted in the face of those forces.

Once it was clear that our annual meeting in Victoria had to be cancelled, everyone swallowed their disappointment, re-tooled, and focused on preparing virtual CME events. As readers are well-aware, there have been many webinars recently produced by CUA members since we have moved to virtual platforms for knowledge transfer and learning. Several online accredited educational programs have addressed diverse topics, such as investment counselling, the management of virtual clinics, physician wellness, and the overall psychological, social, and clinical impact of the COVID-19 pandemic. We deftly moved the senior residents meeting (CSUR) to an entirely virtual platform. In early June, the CUA featured an excellent webinar on Canadian highlights of the ASCO20 virtual scientific program. Under the leadership of Editor-in-Chief, Rob Siemens, and Managing Editor, Adriana Modica, *CUAJ* responded with a series of rapid publications on COVID-19's impact on appropriate triage of various urological referrals, as well as the educational implications of the pandemic.

Without a doubt the rallying point thus far has been the recent CUA Night School series, which took place June 22–26. Thirteen guest speakers were recruited from the original CUA 2020 program meant for Victoria, and key abstracts and panel discussions were also featured. Additional Pre-School and After-School educational fora were created, with a focus on managements of mCSPC and CRPC. All of this was done with a punishingly short turnaround time of approximately six weeks.

The last time I attended night school was for an undergraduate computer programming course in the summer of 1981. It was brutal. Believe me, CUA night school was a lot more fun and I learned way more this time! It was also impressive to see so many CUA members from across the country engaged with each of the sessions and posting challenging questions and comments in the chat room. The success of the CUA Night School program augers well for continued use of virtual learning platforms. I predict it will indelibly stamp our approach to the design of future CUA annual meetings and CME events.

A big shout out goes to Scientific Committee Co-chairs, Keith Rourke and Peter Black; Vice-President Education, Ricardo Rendon; inveterate Secretary, Hassan Razvi; our irrepressible CEO, Tiffany Pizioli; and all of the CUA central office staff. Without their strong and nimble response to our current crisis, 2020 would have been an educational bust.

Like the saying goes, it doesn't matter how many times you get knocked down. What really matters is how many times you get back up. That's resilience. That's the CUA. Strong mind, strong body.