

## Gratefulness

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As we approach the end of the year, I'd like to reflect on 2022. While we have had to fight the good fight to keep the specialty of Aerospace Medicine intact (and we are prevailing by the way), the bigger field of aviation is starting to rebound across the globe. We played a part in the recovery!

Aeromedical research with people is starting again. Initially the COVID restrictions hampered participants and scientists, but as immunity goes up and cases come down, flight deck human factors research becomes possible. And just in time for the new entrants into aviation. Research will be vital to understanding how the human will interact with Remotely Piloted Aerial Systems and new technology in directly piloted flight decks.

Interest in aviation careers is up! Even in my own state it seems every year there are more vocational aviation programs in the high schools and colleges. In the United States, there was a record number of applications for Airman Medical Certificates—topping 410,000 applications. The biggest growth was in young first-class applicants.

We can meet in person again... Attending both our scientific meeting and ICAM and seeing colleagues and friends was good for my psyche. Meeting people I'd only seen in 2-inch squares on a flat screen was eye opening! Our world is ever more connected

because of the pandemic and what we had to do as a profession across the board. But a handshake or hug is priceless. Basic human touch was definitely underrated in 2019.

Recognition of mental health intervention and education is becoming more widespread. Once again, prevention and early recognition are key. There is an international interest and effort underway that will culminate in a Sunday session at AsMA in New Orleans.

Have I mentioned that the AsMA home office staff is incredible and amazing? Seems I have a time or two... But a more dedicated group of people would be hard to find!

So, to sum up, I am very grateful for the organization, my friends and peers I have met through AsMA, and each one of you, our members. I look forward to seeing you in the coming year as we celebrate our efforts and each other.



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