

## **Elizabeth Noble acceptance speech – Elizabeth Shelly**

February 15, 2007

Boston, MA

I usually don't feel uncomfortable speaking, but this is different. A friend of mind said I should speak from my heart. And in my heart I am honored to accept the Elizabeth Noble Award for doing what I truly enjoy, volunteering for the Section on Women's Health.

Volunteering is like driving in the city. I learned how to drive in a suburb of Boston. I learned quite quickly that you will not get very far if you do not stick your nose out. You need to look for an opportunity and pull out. The same is true for volunteering, look for an opportunity and act. Opportunities are all around you at this meeting. The web and newsletter are also good places to look. Activities that interest you are the best place to start. The real key is "sticking your nose out" and getting involved - show an interest, ask questions, and offer to help. I have never been sorry for getting involved in a Section activity, the returns far out way the effort. At this meeting in 1997 I volunteered to be the vendor liaison. Five years later a board position was created based on that volunteer position. Anything is possible. We all create our own path.

There are many wonderful people who have helped me along my path. And I am so appreciated of all their help and value their continued friendships. Thanks to all who have been there for me. I would like to especially thank all the board members I have worked with and all the students I have had the pleasure to guide along the path of learning. In addition, my work with the Section would not be possible without the support of the vendors of women's health equipment - Dick, Kimberly, Joe, Jan, Earl and many more.

There are two special people I would like to personally thank. Holly Herman and Fatima Hakeem. I met Holly when I was in college at Northeastern University. She later hired me to work at the clinic in Cambridge with Trisha. There I began to treat PFM dysfunction and eventually began teaching. Fatima gave me the opportunity to work at Women's Hospital in Baton Rouge with Susan Gilgio and several other skilled women's health therapists. Thank you Susan for nominating me. The skills and experience I gained there are still evident in my practice today. Both women continue to be an inspiration to me. Thank you both for your energy, time, and friendship.

As I said earlier, We all create our own path. As I move into the next phase of my life – grandchildren, I know that the Section on Women's Health will continue to be a part of my path and encourage you to make it a part of yours. Thank you again for this great honor.