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1. New PARA Executive Board 2010-2011

PARA President:

- Dr. Rhett Taylor, Diagnostic Radiology, PGY 1, University of Alberta

PARA Vice President External Affairs:

- Dr. Nina Hardcastle, Anesthesiology, PGY 2, University of Calgary

PARA Vice President Operations and Finance: Dr. Brock Debenham, Radiation Oncology, PGY 4, University of Alberta

PARA Vice President Internal Affairs:

- Dr. Florence Obianyor, Family Medicine, PGY 1, University of Calgary

PARA Edmonton & Northern Alberta Representative:

- Dr. Sharry Kahlon, Internal Medicine, PGY 1, University of Alberta

PARA Calgary & Southern Alberta Representative:

- Dr. David Ward, Internal Medicine, PGY 1, University of Calgary

PARA Past President:

- Dr. Michelle Carle, Ophthalmology, PGY 4, University of Alberta

For more information, visit <http://www.para-ab.ca/board/para-executive/executive-elections>.

2. **PARA - Know Your Contract: Health Spending Account**

Article 21.05 in the 2007 - 2010 Collective Agreement established a health spending account (HSA) for residents. Funds that remain unused in your HSA at the end of each year roll over and remain accessible **for one additional year only** as long as you remain a resident. As soon as you are no longer a resident, you lose the ability to access these funds. Resident physicians are entitled to the following HSA funds:

2008 – 2009	\$400
2009 – 2010	\$500

Keep in mind that you can claim for the health insurance premiums that are deducted from your salary; Alberta Health Services pays 75% of your monthly Blue Cross Premiums, but the remaining 25% comes off your paystub. The easiest way to claim your premiums is to submit your last December paystub and your last June paystub to the Blue Cross.

To view your Collective Agreement, previous contract tips, and contract history, see <http://www.para-ab.ca/agreement/collective-agreement>.

3. Tax Time

You should be receiving your T4 (Statement of Remuneration Paid), T2200 (Declaration of Conditions of Employment), and T2202A (Tuition, Education, and Textbook Amounts Certificate) forms in the mail this month. If you have not received the T4 and T2200 by mid-March contact Payroll at (780) 735-0340.

University of Alberta resident physicians can access their T2202A form through their Bear Tracks account. Access problems can usually be resolved through the Bear Tracks "Report a Problem" page - <http://www.registrar.ualberta.ca/ro.cfm?id=727>

PARA is sponsoring Resident Physician Tax Seminars this month. See the "Upcoming Events" section of this eblast for details.

For additional tax tips, visit the PARA website at <http://www.para-ab.ca/residents/taxes>.

4. PARA On-Call Taxi Reimbursement

Remember to submit your on-call taxi reimbursement claims for rides taken after in-house call shifts (resident physicians must be able to present an on-call schedule confirming their on-call shift upon request). Reimbursement payments are made on the quarter; this quarter ends March 31 and payments will be mailed April 15. Submissions that are received after the cut off date will be processed for the following quarter. Quarterly reimbursements do not exceed \$200/Quarter/Resident. In the event that the quarterly budget is exceeded resident payments will be pro-rated.



For more information of the taxi reimbursement policy and to obtain a copy of the claim form, see <http://www.para-ab.ca/agreement/benefits/taxi-reimbursement>.

5. Message from CAIR

- **Proposed changes to Internal Medicine**

The Royal College's Specialty Committee in Internal Medicine has proposed changes to the structure of Internal Medicine.

See the CAIR bulletin on the issue for more information on proposed changes to Internal Medicine: <http://www.para-ab.ca/upload/files/docs/CAIR/CAIR%20Bulletin%20FIM%20GIM%20Proposal.pdf>

- **Pediatrics Match**

New pediatrics match process in place; application system opens on March 2, 2010.

See the CAIR bulletin on the pediatrics match process for more information:

<http://www.para-ab.ca/upload/files/docs/CAIR/CAIR%20bulletin%20re%20Peds%20Match.pdf>

6. **PARA Supports Resident Physicians to Attend the Canadian Conference on Medical Education**

Interested in attending the **Canadian Conference on Medical Education (CCME)**? The CCME is the premier medical education conference in Canada. It hosts the largest annual gathering of medical educators in the country. The purpose of the CCME is to highlight, and allow participants to benefit from developments in medical education and to promote academic medicine by establishing an annual forum for medical educators and their many partners to meet and exchange ideas. 2010's CCME will take place on May 1st – 5th in St. John's, Newfoundland at the Delta Hotel and Conference Centre. It will include a highly selective program of workshops, posters, oral presentations, and plenary sessions with its theme being *White Coat, Warm Heart: Integrating Science and Humanism*.

PARA will sponsor two interested PARA members to attend this conference. Interested applicants must submit a one-page summary to para-ab@shawbiz.ca indicating who they are, their leadership experience, and why they wish to attend. **Successful applicants would be responsible for their own registration and travel arrangements. PARA will reimburse them for their expenses.**

Summary Deadline: Monday, March 29, 2010

Announcement of Successful Applicants: Thursday, April 1, 2010

7. **Books with Wings**

The Books with Wings project is a student-initiated effort to collect and ship textbooks, teaching models, and lab equipment to distribute to those in need. This initiative helps enable medical students in Afghanistan to take advantage of these educational resources and become better caregivers in a society that badly need them. The Books with Wings project was established in 2003 by the University of Toronto Medical Society and is supported by the University of Toronto Health Program (UTHP), U of T Faculty of Medicine, the Centre for International Health, and the Canadian Federation of Medical Students (CFMS). The Medical Students at the University of Calgary are sponsoring a book drive and PARA is lending support to this initiative. Resident physicians can take any old medical books they wish to donate to the following locations:

- University of Alberta Hospital, Dvorkin Lounge

For further information, please contact the **PARA** office at para-ab@shawbiz.ca.

8. **Upcoming Events**

- **PARA Tax and Financial Seminar**

Date: **March 10 or 11** (same seminar on both evenings)

Time: 6:30 – 8:30 PM

Location: Classroom D (2F1.04), Walter Mackenzie Centre, University of Alberta

- Light refreshments will be provided for those Residents who RSVP to para-ab@shawbiz.ca by February 9th.
- For more information on the seminar and presenters, visit <http://www.para-ab.ca/news/events/para-workshops-and-seminars>

- **PARA Movie Night**

Date: **Thursday, March 18th**

Location: Cineplex @ West Edmonton Mall (8882 – 170 Street)

- **RSVP** by March 16th to **reserve** your ticket at para-ab@shawbiz.ca
- Between 6:30-7:00 PM, meet the PARA Rep inside the mall in front of the theatre entrance to pick up your free **reserved** tickets to your movie of choice.

For more information on upcoming events, visit PARA's Events Calendar online at <http://www.para-ab.ca/calendar.aspx>.

PARA is also trialing a new **facebook page** to allow residents to RSVP for PARA events. You can find our page at <http://www.facebook.com/group.php?gid=185755111347>

Feedback on the new site is welcome.

9. **PARA's Spot the Stethoscope – February's winners**

Check out the PARA website at <http://www.para-ab.ca> and win. Each month until March 31st 2010, a stethoscope will be hidden somewhere on PARA's new website. The first 14 residents who correctly reply by email detailing where on the PARA website the stethoscope is hidden will win!!! Residents cannot win two months in a row.



February First Prize - two tickets to a March NHL game
Drs. Justin Hsu and Kerri Chung, University of Alberta
Dr. Angel Chu, University of Calgary

Second Prize Winners: two tickets to the movies

The second place prizes were not awarded as not enough resident physicians responded. Don't forget to play!

10. **PARA's 2010 February Resident of the Month**

Dr. James Huffman

Emergency Medicine PGY4

University of Calgary

A fellow resident had this to say about Dr. Huffman:

"James is always willing to teach both off service residents/students and his fellow ER residents. He is a pleasure to work with both at the hospital and in his downtime. He lives the motto of work-life balance with a healthy dedication to sports and his family."

For this month's Resident of the Month announcement, visit PARA online at <http://www.para-ab.ca/news/news-and-events/awards>

Regards from,

Your **P**rofessional **A**ssociation of **R**esidents of **A**lberta