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1. **PARA - Know Your Contract: Call Payment**

As a general rule, call stipends are paid out in the last pay period of the month following the one in which a block ends (as long as the stipend timesheet was submitted by the designated due date). If you are not sure whether you have been paid for a certain rotation this year, contact the PARA office with the block number, the rotation service, the dates of call, and the type of call performed and we can confirm whether those stipends have been paid.

For more contract tips, visit the **PARA** website at <http://www.para-ab.ca/agreement/know-your-contract>.

2. **PARA Negotiations Update**

Summary of Preparations:

- September 2009 – research subcommittees (Salary & Stipends, Benefits, Work Hours, and Economic Environment) established; Contract Negotiation Survey constructed; Survey went out to members
- October 2009 – Contract Suggestion E-box provided on-line; negotiation strategies & perspectives researched; interest-based negotiations analyzed; positions and negotiating frames considered
- November 2009 – subcommittees delivered reports; additional information requested; survey results distributed to committee members for review; first of many mock negotiation scenarios
- December 2009 – established member priorities based on survey feedback with input from subcommittee reports; analysis of **PARA** negotiating history along with those of other health-care professions; reviewed necessity for consistency and security of information during negotiation process; additional mock negotiation sessions
- January 2010 – negotiation strategies, tactics, and potential oversights; conflict resolution analysis; contract language review
- March 2010 – contract language review continued; consideration of Alberta budget; Letter of Intent to Bargain sent to Alberta Health Services
- April 2010 – Negotiation Team selected; team members approved by **PARA** Board of Directors

A more complete report on the progress of **PARA**'s Negotiation Committee will be sent out shortly in a separate email. For past negotiation updates, visit the **PARA** website at <http://www.para-ab.ca/news/news-and-events/negotiations-update>

3. **PARA Clinical Teaching and Well-being Awards – Request for Nominations**

PARA Clinical Teaching Award – Nomination Deadline: May 31, 2010

Since 1988, **PARA** has presented an award to physician preceptors who have shown excellence in resident physician education. The Clinical Teaching Award of Excellence is given to a physician at the University of Alberta, the University of Calgary, and a rural site.

PARA Wellbeing Award – Nomination Deadline: May 31, 2010

As resident well-being is an important issue and one of **PARA**'s primary focuses, the association recognizes outstanding contributions made in this area by a staff physician at the University of Alberta, the University of Calgary, and a rural center.

Nominate a program director, preceptor, or staff physician today!!! Nomination forms can be found online at <http://www.para-ab.ca/news/news-and-events/awards>

4. Resident Awareness Week

This year **PARA**'s Resident Awareness Week falls in line with Resident Well-being day on Thursday, May 27th. This week of activities will run from Tuesday, May 25 to Saturday, May 29th.



Resident Well-being Day - Thursday May 27, 2010
Resident Awareness Week - May 25-29, 2010
 All events require RSVP to para-ab@shawbiz.ca

Tuesday, May 25	Wednesday, May 26	Thursday, May 27	Friday, May 28	Saturday, May 29
Edmonton - 12 Noon Practice Management Medical Sciences Room 227 Pizza will be ordered for those who RSVP. Win!! Dinner for Two!	Edmonton - 6:30 PM Movie Night Cineplex @ West Edmonton Mall	National Well-being Day Pulling for Prizes	Edmonton - Yoga Loft 10309 Whyte Avenue Win!! Lululemon Gift Card! Time TBC	Edmonton - PARAlyzer 8:00 PM LUX Steakhouse+bar 10150 - 101st Street

For more information on these upcoming events, visit our facebook page at <http://www.facebook.com/group.php?gid=185755111347>

5. **Upcoming Events – PARA Board Meeting and Workshops**

- **PARA Board Meeting**

- Date: Monday, May 31st, 2010
- Location: Calgary: Quality Inn University (2359 Banff Trail NW)
- Meeting: 1200 Noon – 1630 Hrs (Lunch will be provided at 1130 Hrs)
 - **RSVP to para-ab@shawbiz.ca by Thursday, May 6th**
 - From Edmonton: Bi West Transportation Bus
 - Main Departure: U of A Hospital, main entrance on 112 Street, across from Tim Horton's (84 Avenue).
 - Report Time: 0800 Hrs
 - Departure: 0815 Hrs
 - Calgary Arrival/Set Down: 1130 Hrs

- Calgary Departure: 1630 Hrs
- Breakfast Catering: Juice and muffins will be provided on the bus.
- [U of A John W. Scott Library Workshop](#)
 - Date: Wednesday, May 5th, 2010
 - Time: 1200-1300 Hrs
 - Location: Medical Sciences Building, Room 2-31
 - Topic: DynaMed, an evidence-based point-of-care tool
 - Speaker: Dr. Brian Alper, the Founder and Editor-in Chief

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.

6. Distracted Driving – Fact Sheet

The Alberta Government has proposed legislation that would ban the use of hand-held cellphones while driving. The Coalition for Cellphone-free Driving, of which **PARA** is a partner, would like them to go further and ban both hand-held and hands-free devices as these devices cause almost as dangerous as hand-held ones. Students for Cellphone-free Driving have compiled a fact sheet on the subject. You can find it attached to this eblast or on-line at <http://www.para-ab.ca/about/media/coalition-for-cellphone-free-driving>.

7. **PARA**'s April 2010 Resident of the Month

Dr. Brett Poulin
 Family Medicine, PGY 2
 University of Calgary

A fellow resident physician had this to say about Dr. Poulin:

Brett is well-known for his smile and positive attitude, both of which are infectious. He is a family man with a wife and children and he somehow makes time for them and the demands of residency. He has been instrumental in organizing the spring and fall Family Medicine conferences in Calgary and is active as a resident representative within the program. He also has amazing IT/AV skills that always come in handy just when we think our PowerPoint presentation will never get up and running. His amazing attitude, dedication and organizational skills make him perfect for recognition as Resident of the Month.

For this and past months' Resident of the Month announcements, visit **PARA** online at <http://www.para-ab.ca/news/news-and-events/awards>.

9. **PARA** Now Has a Toll-free Number!



**PARA's toll-free number:
 1-877-375-PARA (7272)**

Regards from,
 Your **P**rofessional **A**ssociation of **R**esidents of **A**lberta