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1. **PARA - Know Your Contract: Travel Insurance**

Travel insurance is included in your **PARA** Blue Cross group benefits plan. Under the group plan, resident physicians receive travel insurance for 30 days of travel up to a maximum claim of \$2,000,000. Travel insurance coverage excludes travel when seeking treatment, travel against medical advice, and travel to destinations that are considered unsafe. When traveling, resident physicians should carry their Alberta Blue Cross and Alberta Health Care Cards with them. For further information on your health insurance coverage, contact Benefits:

- Benefits, Edmonton: (780) 408-8799
PARA Group Plan #19999-16

Reminder: The deadline for submitting taxi reimbursement claims for this quarter is September 30. **PARA** members can claim 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) if they are too tired to drive.



The Taxi Reimbursement Program exists to ensure resident physicians make it home safely when too tired to drive. The **PARA** Taxi Reimbursement Program was negotiated by your residents' association to contribute to resident physician and community safety and as an opportunity for **PARA** to exemplify resident well-being as one of our valued priorities. We are all responsible for making sure that, when we need it, the benefit is available for those of us who are at the greatest risk from a motor vehicle collision.

The sustainability of Taxi Reimbursement Program is dependant upon the collective prudence (good sense) of its users. **PARA** encourages all of its members to reflect on the spirit in which this benefit was created, **which was to guard the safety of our membership and our community**. Resident physicians who access this benefit should self-assess for fatigue prior to accessing the benefit.

Reimbursement payments for this quarter will be mailed October 15. Submissions that are received after the cut-off date (September 30) will be processed for the following quarter. Quarterly reimbursements do not exceed \$200/ Quarter/ Resident. In the event that the quarterly budget is exceeded, payments will be pro-rated.

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

2. Conference Opportunity Sponsorship

- **International Conference on Physician Health, October 3-5, 2010, Chicago.** Visit www.ama-assn.org/go/physicianhealth for more information.

Application deadline: Sunday, September 5, 2010

PARA will sponsor two interested **PARA** members, one from U of C and one from U of A, to attend this conference. Interested applicants must submit a one-page summary to **PARA** indicating who they are, their leadership experience, and why they wish to attend.

3. PARA's New CAIR Representatives

In August, a call for nominations went out for **PARA**'s two representatives to the Canadian Association of Internes and Residents' (CAIR's) Board of Directors. By acclamation, the following two **PARA** members will be representing you, Alberta's resident physicians, on the CAIR Board:

- Dr. Henry Conter, Internal Medicine, PGY 3, University of Alberta
- Dr. Gillian Shiau, Diagnostic Radiology, PGY 1, University of Calgary



Congratulations to Henry and Gillian on their new positions!

4. News from UofA Medical Library

As of September 1, 2010, University of Alberta Library fines will be going up.

General Fines

\$2.00/day/item

\$2.00/day for periodicals, any format (applicable to all client categories)

\$5.00/day/item for recalled items (applicable to all client categories).

For more detailed information please see:

<http://www.library.ualberta.ca/circulation/fines/index.cfm>

5. An Invitation to Resident Physicians from U of A's Medical Students:

Dear PARA members;

We would like to cordially invite you to the 3rd annual *An Affair of the Heart* fundraising dinner and silent auction, on the evening of Saturday, October 2, 2010 at the Delta Centre Suites. This elegant event is hosted by medical students from the Class of 2013 and raises funds for local, pediatric charities. This year, we are raising funds in support of the Kids with Cancer Society of Edmonton, a registered not-for-profit charity established in 1979 to provide peer support to children with cancer and their families. The organization was built through the efforts of volunteer parents and members of the community and today is considered a lifeline to those affected by the disease. For more information on the Kids with Cancer Society, please visit www.kidswithcancer.ca.

We will have the honour of being joined for the evening by Dr. Paul Grundy, Director of the Northern Alberta Children's Cancer Program at the Stollery, Director of Pediatric Hematology, Oncology and Palliative Care, and Chairman of the Kids with Cancer Society, who will speak about the organization and his experiences. The evening of Saturday, October 2nd 2010 will be an

exciting night filled with inspiring moments! Tickets are \$55 for students and residents, and include dinner, perusal of silent auction items, and a spectacular fashion show! Cocktails will start at 5:30 pm, with the banquet starting at 6:30 pm.

If you are interested in purchasing a ticket or would like to make a charitable donation, please contact us at affairoftheheart2010@gmail.com to utilize our PayPal, cheque, or cash options. If you are unable to attend, but would like to contribute, you can sponsor a ticket for a student to attend on your behalf. For more information, contact us at affairoftheheart2010@gmail.com, or call Inka at (780) 217-0948.

Thank you for your time! Warmest regards,
AAH Edmonton Organizing Committee
Medical Class of 2013, University of Alberta

6. PARA Negotiation Update

Throughout June, July, and August, **PARA** has had numerous meetings with the Educating and Employing Entities (EEE) with whom we negotiate the resident physician collective agreement. The EEE is made up of representatives from Alberta Health Services, Alberta Health and Wellness, and Postgraduate Medical Education at the University of Alberta and the University of Calgary. Until a settlement is reached, as per Article 2.02 in the 2007 – 2010 Collective Agreement, "This Agreement shall remain in effect until a new Agreement is signed." Any changes established in the new collective agreement will be retroactive to July 1, 2010.

Contract Dates	Settlement Date of Next Contract
July 1999 - June 2002	November 5, 1999
July 2002 - June 2004	March 31, 2004
July 2004 - June 2007	February 14, 2006
July 2007 - June 2010	July 16, 2007

To provide some context in terms of the time it has taken to settle new collective agreements in the past, the terms of the last four collective agreements and well as the settlement date of the succeeding contract are listed here. On average, our collective agreements tend to be settled almost six months into the new academic year. PARA is

continuing to meet with the EEE and will keep you informed. We encourage patience in the membership as negotiations progress.

For past negotiation updates, visit the **PARA** website at <http://www.para-ab.ca/news/news-and-events/negotiations-update>.

7. Upcoming Events

▪ UofA Medical Alumni Association Annual Fall Social

Saturday, September 4th - The University of Alberta Medical Alumni Association would like to invite you and your family to its 8th Annual Fall Social, being held at Dr. Louis Francescutti's Estate in Sherwood Park. Please join in a casual evening of family fun with live music, games, fantastic food, and fireworks!

For itinerary and transportation details, please see <http://www.para-ab.ca/news.aspx?nID=476>

▪ PARA's 2010 CIBC Run for the Cure

Sunday, October 3rd - **PARA** will sponsor the first fifteen (15) resident physicians from both the University of Alberta and the University of Calgary to participate in the Run for the Cure. **RSVP** with the name of the city of the Run/Walk in which you desire to participate as well as your T-shirt size by **September 15th** to para-ab@shawbiz.ca. For further details, see <http://www.para-ab.ca/residents/resident-well-being>.

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

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

Feedback on the site is welcome.

8. **PARA's Labour Day Classic Football Ticket Winners**

Each September, **PARA** sends 60 lucky resident physicians (and a friend) to a NFL game. As announced in the August eblast, the first 30 resident physicians in Calgary and Edmonton who emailed para-ab@shawbiz.ca with their complete mailing addresses won two tickets to the game. The two games include the Eskimo/Stampeders games on Labour Day in Calgary and September 10 in Edmonton. Enjoy the game!

CALGARY

Adrienne Carr
Amy Bromley
Andrew Binding
Anthea Peters
Ashim Verma
Carlos Malpica Vera
Caroline Le Jour
Cecilia De Guzman
Dave Sidhu
David Ward
Deepali Patil
Emma Billington
Erijka Haalboom
Evan Kwong
Heather Gottlieb
Jason Cabaj
Jennifer Athayde
Justin Yeung
Kathryn Brown
Katie Wiltshire
Lancia Guo
Luke Harmer
Matt Frey
Michelle Chow
Rabiya Jalil
Ravinder Pandher
Sandeep Deol
Suresh Subramaniam
Vanbric Casilla
Yuen Chu

EDMONTON

Adil Vasanji
Alex Mazurek
Anna Detoraki
Cameron McDougall
Carmen Peti
Chris Huang
Chris Nelson
Christy Reich
Claudia Cheung
Ian Sutanto
James Yeung
Jamil Janmohamed
Jessica Kirkwood
Joe Raiche
John Walker
Jon Hilner
Joshua Wong
Judson Barkhurst
Katharine Kellock
Marta Broniewska
Matt Souster
Milli Gupta
Riley Boyle
Simon Ko
Stephanie Mullin
Sundeep Singh
Talib Rajwani
Tyler Alford
Zia Poonja

For more information on **PARA** Contests, see <http://www.para-ab.ca/news/contests>.

9. **PARA's August 2010 Resident Physician of the Month**

Dr. Scott Jarvis, Adult Neurology, PGY 5, University of Calgary

Two fellow resident physicians had this to say about Dr. Jarvis:

Scott was such a refreshing resident to have on service at the Alberta Children's Hospital! Even though he is training to be an Adult Neurologist, he really went the extra mile to ensure the needs of children and families were met and he had an excellent rapport with the kids. From a teamwork perspective, Scott was always willing to stay late and help out, even if he wasn't on call – yet he always managed to balance this with providing attention to his expectant wife! Scott was an enthusiastic teacher who would, without being prompted, initiate spontaneous teaching sessions on various topics in Neurology and gear it towards the various levels of training from clerk to senior resident on the

Pediatric Neurology team. Lastly, his jovial nature makes him a pleasure to work with and learn from!

Scott has been a cornerstone of the Adult Neurology program in Calgary for the past five years. He is consistently available and eager to help out fellow residents in his consistently good-natured way. In working with Scott, I have observed him to stay in the hospital well beyond working hours to provide emotional support to patients' families in their times of need. He provides an excellent role model to fellow residents through his compassion, altruistic and empathetic nature, and his desire to go above and beyond for those around him. His fellow residents will miss him when he graduates!

For this and previous months' Resident Physician of the Month announcements, 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