



Dear **PARA** Resident:

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 3. **PARA Board Meeting: new board for selection – Monday, August 11, 2008**
 4. **Canadian Association of Internes and Residents**
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1. **PGY-1's Welcome to PARA**

The Professional Association of Residents of Alberta (PARA) welcomes all new and returning residents to a new contract year. Your professional association strives to enhance your residency through a number of means including but not limited to contract realization and resident physician wellness. PARA is interested in hearing from our members, so please don't hesitate to drop us a line if you have a concern or suggestion.

To Contact the PARA Office by e-mail:

PARA Office: para-ab@shawbiz.ca

PARA President: Dr. Brock Debenham: debenham@shaw.ca

To Contact the PARA Office by phone:

Edmonton: 780-432-1749

Calgary: 403-236-4841

Fax: 780-432-1778

PARA's mailing address:

Professional Association of Residents of Alberta (PARA)
Garneau Professional Center
#340, 11044-82 Avenue
Edmonton, AB T6G 0T2

2. **PARA Know Your Contract: scheduling vacation and flex/float days**

Did you know you are contracted to receive three Flex Days and one Float Day during each year of your residency? The Float Day is meant to be an extra named holiday, scheduled at your convenience. Flex Days are similarly scheduled, but emerged out of negotiations as a means to recompense residents who are scheduled to be on call the day before a named holiday--service that carries over well into the post-call holiday. Instead of the day in lieu, residents receive the flexibility of three additional days to schedule as time off. The scheduling of PARA Flex Days should be in the same spirit in which they were negotiated, to extend a weekend or to allow for a personal day off service; they should be scheduled with advanced notice and documented with your home-service.

3. PARA Board Meeting: new board for selection – Monday, August 11, 2008

PARA is looking for resident physicians interested in joining the 2008-2009 PARA Board of Directors. Board members will be expected to serve on a selection of committees – for a list of committee opportunities please see <http://www.para-ab.ca/board/roles-and-expectations> on the PARA website. Members of the PARA Board will be chosen at the first board meeting of the term, Monday, August 11, 2008. **Contact the PARA office no later than Thursday August 7th if you are interested in getting involved.**

Date: Monday, August 11th
Time: 12 Noon to 5:00 PM
Location: Varscona Hotel
Thomas Bennett Room
8208 106 Street
Edmonton

Parking available – pick up voucher at Hotel front desk before parking.
Lunch will be available.

Bus Schedule from Calgary:

If there are any problems with the bus in the morning: Call

Dispatch (403) 240-1992

- **Foothills pick up:** outside the Tom Baker/Special Services building.
 - Report time: 0800 hrs.
 - Departure time: 0815 hrs.
- **Muffins and juice will be available on the bus**
- **Edmonton Drop off**
 - Arrival time: 1130 hrs.
- **Edmonton Departure: 1700 hrs**

4. Canadian Association of Internes and Residents

- **Welcome PGY-1s – document attached:** CAIR is the national representative body of over 7,500 Resident Physicians in Canada. CAIR works collaboratively with other national health organizations to continuously improve patient care and explore new approaches in the delivery of health care. CAIR facilitates discussions amongst PHOs, achieving consensus on policy and advocacy issues of national interest. CAIR advocates for improvements for Resident well-being, medical

education quality, and professionalism. For more information on CAIR, see attached document--CAIR Information Package 2008.

- **Call for nominations – document attached:** PARA is calling for nominations for the 2 regional positions on the 2008/2009 CAIR Board of Directors; you must be a PARA member in good standing to be eligible. Representatives will be required to travel to CAIR meetings 3-4 times/year. The first CAIR Board meeting is September 26 - 28, 2008 in Ottawa, Ontario; it is scheduled in conjunction with the 1st Annual Resident Conference and Competition. Elections for CAIR positions will run from Friday, August 15th – Friday, August 22nd. Please send nominations to the PARA office para_ab@shawbiz.ca no later than Friday, August 8th. Nominations must include:
 1. Two signatures of support from PARA General Members
 2. 250 word bio/ election platform – this will serve as the on-line elections speech.
 3. E-photo of the nominee

- **1st Annual CAIR Resident Conference and Competition:** The Canadian Association of Internes & Residents (CAIR) is putting together a great weekend of learning, fun, and professional/personal exploration in conjunction with the CAIR Annual General Meeting and the Royal College's International Conference on Residency Education. Head to Ottawa and attend both! For more information see <http://www.cair.ca/crcc/index.cfm>

5. Spot the Stethoscope 2008/2009: back by popular demand

Check out the PARA website at <http://www.para-ab.ca> and win. Each month until March 31st 2009, 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!!!



Monthly Prize: 1st Prize - First 4 PARA Residents to correctly reply will win tickets to a regular season NHL Hockey game.

Monthly Prize: 2nd Prize - Next 10 PARA Residents to correctly reply will receive various gift certificates including movie tickets, yoga certificates, and coffee cards.

6. Upcoming PARA Socials

- **PARAtreat: patio night** - Thursday August 21st 19:00 – 21:00 (please RSVP by Wednesday Aug 20th).

In Edmonton: Courtyard by Marriott, Outdoor Terrace - 1 Thornton Court NW

In Calgary: Vicious Circle Patio – 1011 – 1st Street SW

- **Labour Day Classic** - The first 30 Residents in Calgary and 30 residents in Edmonton to email para-ab@shawbiz.ca with their full name and address will be sent two tickets.

In Calgary: Monday September 1st - 14:00

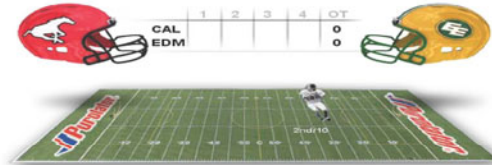
In Edmonton: Friday September 5th - 19:00



LABOUR DAY CLASSIC

In Calgary: **Monday, September 1st @ 2:00 PM**
CALGARY STAMPEDERS vs. EDMONTON ESKIMOS

In Edmonton: **Friday, September 5th @ 7:00 PM**
EDMONTON ESKIMOS vs. CALGARY STAMPEDERS



WIN 1 pair of Tickets

First 30 Residents in Calgary and Edmonton to email para-ab@shawbiz.ca with their full mailing address will be going to a game!