



1. 2009/2010 Academic Year – **PARA** is ramping up for negotiation 2010
2. **PARA** - Know Your Contract: Vacation – protected weekend
3. **PARA** and University of Alberta PGME are training the trainer in program accreditation.
4. Upcoming Events – Socials and **PARA** Board Meeting
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To all graduating Residents  
Congratulations on completing your residency!  
Please note this eBlast will be the last email from PARA.  
We wish you well! Good Luck!

1. 2009/2010 Academic Year – **PARA** is ramping up for negotiation 2010

Welcome back to another academic year, and congratulations on becoming another postgraduate year wiser and closer to finishing! Universities of Calgary and Alberta recently held their Resident Orientations, which were both a huge success! Many of the first year residents will be attending this year's welcome to residency **PARA**lyzer (Friday July 3<sup>rd</sup>, details below), so RSVP to the **PARA** office and make those first years feel welcome!

This year **PARA** will be business as usual and then some:

- (a) 2010 **PARA** Negotiation: We have already begun preparing for negotiation 2010. Starting this month, the PARA E-blasts will include negotiation preparation updates with a focus on keeping you informed. Residents who are interested in getting involved with negotiating will be required to be involved with the PARA Board (see below for dates), as well as attend the **PARA** training weekend on November 14<sup>th</sup> -15<sup>th</sup>. Please contact the office if you are interested.
- (b) 2009 **PARA** Communications and Strategic Planning Survey - results and recommendations: Back in March of this year, **PARA** asked you for feedback on our organization. Well the results are in and posted to the web. Go to <http://www.para-ab.ca/news/para-on-line-surveys> to view both the results and the recommendations. **PARA** will be following up on our achievements throughout the years to come! Thank you to all our members who provided us with input on how **PARA** can serve you better.

(c) Stay tuned for **PARA**'s SPOT THE STETHOSCOPE 2009/2010 CONTEST! Keep your eyes peeled for the ins and outs of how you can win NHL TICKETS!!!

## 2. **PARA - Know Your Contract: Vacation – protected weekend.** **Did you now that when you schedule five days of vacation you actually get seven days free of service?**

Article 12.07 states that residents shall not be scheduled for on-call duties or shifts during vacation. Residents shall not be scheduled for on-call duties or shifts on one of the weekends immediately prior two or following five (5) consecutive weekdays of vacation. In the event that your five days is at the end or beginning of a rotation, the weekend free of service will occur in the same rotation as the one in which the rotation is scheduled in.

## 3. **PARA and University of Alberta PGME are training the trainer in program accreditation.**

**PARA** and U of A PGME will be hosting a train the trainer seminar on Monday July 20<sup>th</sup> from 0900 – 1200 hrs, before the PARA Board of Directors meeting. The seminar is designed to give you experience with program accreditation. **The U of A PGME office will support resident attendance to this educational seminar.** Contact the PARA office or U of A PGME for more information or RSVP to [para-ab@shawbiz.ca](mailto:para-ab@shawbiz.ca)

## 4. **Upcoming Events – Social and PARA Board Meeting**

- **PARAlyzer Friday July 3<sup>rd</sup>**
  - Calgary @ BLVD Lounge (1800 4TH Street SW)
  - Edmonton @ Hudson's Downtown (11248 104 Avenue)
  - HOSPITAL ID REQUIRED
  - RSVP to [para-ab@shawbiz.ca](mailto:para-ab@shawbiz.ca) by Thursday July 2nd to add your name and those of you guests without hospital ID to the guest list.
  
- **PARA Train the Trainer Event- Monday July 20 – Edmonton**
  - Please **RSVP** your attendance by Friday July 17<sup>th</sup>.
  - Edmonton Varscona Hotel – 8208 106<sup>th</sup> Street
  - 0900 - 1200 hrs (lunch will be provided).
  - Parking available – pick up voucher at Hotel front desk before parking.
  
- **PARA Board Meeting Monday July 20 – Edmonton**
  - Please **RSVP** your attendance by Thursday, **July 13**.
  - Edmonton Varscona Hotel – 8208 106<sup>th</sup> Street
  - 1200 Noon – 1700 hrs (lunch will be provided).
  - Parking available – pick up voucher at Hotel front desk before parking.
  - From Calgary: Blue Sky Limos
    - **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
    - Arrival time: 1130 hrs
    - Edmonton Departure: 1730 hrs

5. PARA Resident of the Month – June 2009

Dr. Sunita Chacko  
Family Medicine PGY2  
University of Calgary

A fellow resident had this to say about her.

*“In addition to being a busy, hardworking and very capable resident, Sunita is also Co-Chief Resident for our Family Medicine program. That would be more than enough for most people, but in spite of these huge commitments, Sunita gives selflessly of her remaining time to help make life better for others. Just a few examples of this: she sits on multiple committees, she helps teach the Physical Exam course for medical students and she is involved in some very ambitious research with vulnerable populations. Somehow she does all of this, and more, and makes it look effortless- she always has a smile and time to chat.”*

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