



1. **PARA** - Know Your Contract: Christmas scheduling and call service
2. 3<sup>rd</sup> Annual **PARA** Leadership Conference – 5 spots open
3. News from the Canadian Association of Internes and Residents
  - Congratulations to the PFSP: winner of the 2008 Dr. Derek Puddester Award for Resident Well-being
  - New CAIR Board of Directors!
4. Upcoming Events – Social and **PARA** Board Meeting
5. **PARA**'s Spot the Stethoscope – September's winners
6. **PARA** September Resident of the Month – Dr. Gregory Lutzak, Internal Medicine - Gastroenterology, PGY4, University of Alberta

1. **PARA** - Know Your Contract: Christmas scheduling and call service

The Holidays will be here before you know it, and each resident will be entitled to five consecutive days off. As each of you begins to plan for the upcoming holiday season please make note of the following terms.

- Consecutive days encompass either December 23<sup>rd</sup>-27<sup>th</sup> or December 29<sup>th</sup> – January 2<sup>nd</sup>. All residents are required to be available for service on December 28<sup>th</sup>, which is a Sunday this year. Some programs are still adjusting to the suggested five-day block. Residents are strongly encouraged to avoid assuming that each program's schedule will comply with the contract's recommended schedule: check with your program to confirm which days you will have off.
- Residents are entitled to receive a day in lieu if they are scheduled to work Christmas Day, Boxing Day or New Years Day; Programs are encouraged to avoid scheduling residents for on-call service the day before their holiday starts.
- Call requirements are not recalculated based on the 5 days off service. Residents can still be required to service maximum call expectations in order to allow all residents to have at least five consecutive days of within one rotation (7 in-house, or 9 home call).

2. 3<sup>rd</sup> Annual **PARA** Leadership Conference – November 16<sup>th</sup> and 17<sup>th</sup>, five spots available.

The Professional Association of Residents of Alberta is excited to announce our 3<sup>rd</sup> Annual Leadership Conference, hosted by the Schumacher Research and Leadership Group. Five spots will be open for general PARA members; if you are interested, please contact the **PARA** office **no later than Wednesday, October 15.** (In the event that more than five residents express interest in attending,

PARA will require a one page submission detailing both your past experience and your interest in the opportunity; deadline for submission, if required, will be October 22<sup>nd</sup>. Final selection will be made by the PARA Executive with confirmed invitations being sent no later than Monday October 27<sup>th</sup>.)

Each year, this event gets better and better; the following testimonials from PARA Resident participants speak for themselves:

*"The experience gained from this event is invaluable; I learned important non-clinical skills for future roles in organizations dedicated to medicine; for example: resident associations, medical associations, hospital boards, branch societies, etc)."*

*"As a group we experienced many Ah-ha moments recognizing how the content is applicable to each day we are in the clinic."*

#### **Tentative Leadership Itinerary:**

Date: Saturday, November 15 & Sunday, November 16, 2008 (8:00 a.m. – 4:00 p.m. both days), with a Cocktail Reception held on the Saturday evening.

Details: Shared accommodation and travel arrangements will be provided. Lunches will be served on both days, please include any dietary needs if applicable (eg. Celiac, vegetarian, etc.)

#### **Tentative Content:**

- Public Speaking
- Governance
- Leading Volunteers
- Storytelling
- Leadership in Business
- Letters to the Editor
- Media Training
- Networking Reception

Location: Gowling Lafleur Henderson LLP  
1400 Scotia Centre  
700 - 2nd Street SW  
Calgary, AB T2P 4V5

Presenter: Dr. Albert Schumacher with the Schumacher Research and Leadership Group

### **3. News from the Canadian Association of Internes and Residents**

- **Congratulations to the AMA's Physician and Family Support Program, winner of the 2008 Dr. Derek Puddester Award for Resident Well-being.**

The Canadian Association of Internes and Residents (CAIR) have awarded the AMA's Physician and Family Support Program with the Dr. Derek Puddester Award for Resident Well-being. This award honours those who have made a significant contribution to resident well-being in Canada.

The Resident Well-being Award was named after Dr. Derek Puddester, a former member of the CAIR Board of Directors and CAIR President, who worked tirelessly to represent the interests of all residents in Canada. His efforts re-focused CAIR's role in resident well-being and the CAIR board created this award in honour of his achievements.

The Physician and Family Support Program is dedicated to providing confidential, professional assessment and access to a broad range of services for personal and family problems to both physicians and resident physicians alike.

- **New CAIR Board of Directors!**  
**CAIR Executive Committee 2008:**  
President - Dr. Roona Sinha  
Past-President - Dr. Jean-Pierre Martel  
Vice-President – Dr. Henry Conter  
Treasurer – Dr. Marc Fournier  
Secretary – Dr. Shiekh Noor Amin

Special congratulations to Dr. Henry Conter, **PARA** Board Director, and to Dr. Roona Sinha, Past President **PARA**. Congratulations are also in order to Alberta's Dr. Brock Debenham, **PARA** President, and current Chair of the CAIR Finance Committee and to Alberta's Dr. Jillian Schwartz, **PARA** Board Director and current Chair of the CAIR Member Outreach Committee.

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

- Sunday October 5: CIBC Run for the Cure – no longer accepting registration
  - Edmonton – **PARA** sponsored 12 docs on the run
  - Calgary – **PARA** sponsored 6 docs on the run
- Thursday October 16: **PARA** Movie Night
  - Edmonton @ Empire City Centre 9 Cinemas, 10200 – 102 Avenue, in front of the Elephant & Castle pub
  - Calgary @ Eau Claire Market, 200 Barclay Parade SW, Calgary
- Saturday November 1<sup>st</sup>: Halloween **PARA**lyzer
  - Calgary @ Opus on 8<sup>th</sup> – 628 8<sup>th</sup> Ave SW
  - Edmonton @ Leva – 11053 86<sup>th</sup> Ave
- Monday November 17<sup>th</sup>: **PARA** Board of Directors Meeting
  - Calgary @ Quality Inn Hotel, University
  - Edmonton – transportation costs will be reimbursed.

#### 5. **PARA**'s Spot the Stethoscope – September's winners

The second month of Spot the Stethoscope was another opportunity to win with **PARA**; we had the following first prize winners:

In Edmonton: Drs. Kerri Pandachuck, Naureen Kasamali, James Yeung, and Chieh Jack Chiu.

In Calgary: Drs. Patricia Ting, Jodie Clark, Sunshine Giesbrecht

**First Prize Winners** – two tickets to a December NHL game

**Second Prize Winners** – two tickets to the movies

For a list of Septembers second prize winners, or for more information check out

<http://www.para-ab.ca>

#### 6. **PARA** September Resident of the Month – Dr. Gregory Lutzak, Internal Medicine - Gastroenterology, PGY4, University of Alberta

*"Dr. Lutzak exemplifies the qualities that each of us strives for as a physician. He is intelligent, personable and dependable. He leads an active life outside of medicine with his interests. He is loyal to his family and an excellent role model for his sister. One experience sums up Greg as colleague: when another colleague fell ill and was not able to fulfill their duties, Greg selflessly volunteered his time to cover for that person without reservation. He truly is a well balanced individual deserving of recognition."*

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