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1. **PARA - Know Your Contract: Annual Practice Stipend**

Check your August 21 (Calgary) or September 4 (Edmonton) paystub to make sure you received your practice stipend.

As a dues paying PARA member, [Article 23.05 \(b\)](#) in your Collective Agreement entitles you to an annual practice stipend. If you did not receive your stipend, contact Payroll:

- Payroll, Calgary (403)699-0505
- Payroll, Edmonton (780)735-0340

23.05 (b) Practice Stipend

In addition to these Pay Levels, all Residents shall receive an annual Practice Stipend to be paid on September 1st of each year, in the amount of \$1,587.

Effective July 1, 2008, the Practice Stipend shall increase to \$1,740.

Effective July 1, 2009, the Practice Stipend shall increase to \$1,845.

2. **PARA 2010 Negotiation Update**

- **PARA Negotiation Survey**

The PARA negotiation survey should have made it into your inbox on Monday, September 28th. The survey will remain open until Monday, October 9th. **PARA** needs your thoughts and opinions

to ensure the negotiation committee can adequately represent your interests. Residents who respond will be eligible for six \$100 gift certificates to Best Buy.

If you or anyone you know did not receive the survey link please contact the PARA office para-ab@shawbiz.ca

▪ **PARA Negotiation Update**

The PARA Negotiation Committee held its first meeting early this month. Meeting outcomes included the creation of subcommittees and a guiding work-plan for each.

PARA Negotiation Subcommittees:

Subcommittee #1: Compensation - Salary and Stipends
Chair: Dr. Rhett Taylor

Subcommittee #2: PARA Benefits
Chair: Dr. Mayank Singal

Subcommittee #3: Economic Environment
Chair: Dr. Henry Conter

Subcommittee #4: Work hours
Chair: Dr. Jillian Schwartz

Members of the negotiating committee are residents just like you. They are passionate resident advocates and volunteer their time on both the **PARA** negotiating committee and the **PARA** Board of Directors in addition to keeping up with a demanding residency and their personal lives. These residents deserve your thanks and appreciation for all energy and dedication they bring to negotiating your 2010 working contract.

PARA Negotiation Committee:

Dr. Brock Debenham, University of Alberta, Radiation Oncology, PGY-3
Dr. Diana Hong, University of Calgary, Family Medicine PGY-2
Dr. Henry Conter, University of Alberta, Internal Medicine, PGY-2
Dr. Jillian Schwartz, University of Calgary, Family Medicine, PGY-1
Dr. Kenman Gan, University of Alberta, Ophthalmology, PGY-4
Dr. Mayank Singal, University of Alberta, Family Medicine, PGY-1
Dr. Michelle Carle, University of Alberta, Ophthalmology PGY-4
Dr. Nina Hardcastle, University of Calgary, Anesthesia, PGY-2
Dr. Rhett Taylor, University of Alberta, Radiology, PGY-1
Dr. Riley Boyle, University of Alberta, Anesthesia, PGY-2
Dr. Shaun Loewen, University of Alberta, Radiology, PGY-4
Dr. Srunjan Ganta, University of Alberta, Cardiac Surgery, PGY-4
Dr. Yang Li, University of Alberta, Emergency, PGY-2
Ms. Sarah Thomas, Executive Director - third PARA negotiation
Dr. Ryan Wright, Consultant - third PARA negotiation

3. PARA Pandemic and Disaster Recommendations – draft attached

With the flu season fast approaching and the experience of health organizations in the southern hemisphere this past season, most health organizations in Alberta are establishing pandemic and disaster plans that can be called upon in the event of a crisis. PARA has been cooperating with the University of Alberta's Pandemic Steering Committee in their planning endeavours and has been in touch with the University of Calgary, Alberta Health Services, Alberta Health and Wellness, the Alberta Medical Association, and the College of Physicians and Surgeons regarding

their pandemic preparation. With these preparations in mind, PARA has compiled a list of concerns and recommendations that we feel should be considered in the crisis preparations currently in development.

Resident physicians are on the front lines of healthcare in Alberta and are often one of the first healthcare providers Albertans see after experiencing unexpected illness—as such, they would be pivotal players in any healthcare crisis; however, they are also learners who are training for certification in their medical specialties. This dual role as learner and health-care provider ensures that, while they share many concerns with other health-care workers, they have several significant and unique concerns that must be addressed by crisis plans in which they will play a role.

With these thoughts in mind, the attached document was sent to Alberta Health Services.

4. Upcoming Events:

- **Fourth Annual PARA Leadership Conference – Saturday, November 14th and Sunday, November 15th: five spots available.**

The Professional Association of Residents of Alberta is excited to announce our Fourth Annual Leadership Conference, hosted by the Schumacher Research and Leadership Group. Five spots will be open for general PARA members; interested candidates are to contact the PARA office no later than Thursday, 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 Thursday, October 22nd. Final selection will be made by the PARA Executive with confirmed invitations being sent no later than Monday, October 26th).

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 14 & Sunday, November 15, 2009 (8:00 a.m. – 4:00 p.m. both days), with a Cocktail Reception held on the Saturday evening.

Venue: **Gowling Lafleur Henderson LLP**
Barristers & Solicitors | Patent & Trade Mark Agents
Suite 1400, 700 - 2nd Street SW, Calgary, AB

Details: Shared accommodation and travel arrangements will be provided. Lunches will be served on both days; let us know about any special dietary needs you may have (eg. Celiac, vegetarian, etc.).

Tentative Content:

- Negotiation – a skill for every occasion.
- Economics 101 – what’s going on and what does it mean?
- The value of public opinion.

- **PARA Board of Directors Meeting & Annual General Meeting**

Date: Monday, November 16th

Location: Calgary – The Westin Hotel (320 – 4th Avenue SW)

Board Mtg: 1200 Noon – 1630 Hrs (Lunch will be provided)

AGM: 1630 – 1730 Hrs

- **RSVP** to para-ab@shawbiz.ca by Thursday, November 5th
- Residents will be responsible for their own transportation, but PARA will cover travel expenses.

- **Halloween PARALyzer – Saturday, October 31st**

- Calgary: The BLVD Lounge (1800 – 4th Street SW)

- Edmonton: The Fluid Lounge (10888 Jasper Avenue NW)

- HOSPITAL ID REQUIRED

- RSVP to para-ab@shawbiz.ca by Thursday, October 29th to add your name and those of your guests without hospital ID to the guest list.

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

5. News from RCPSC – attachment

6. CaRMS 2nd Annual IMG Information Symposium

The Canadian Resident Matching Service (CaRMS) will host the Second Annual International Medical Graduate Information Symposium at the Metro Toronto Convention Centre on October 24, 2009. Open to internationally-trained medical students and physicians, this one-day event will help you better understand the postgraduate training landscape in Canada.

The online registration will be available on September 12th at <http://www.carms.ca/symposium/>. The cost to attend this symposium is \$60 + applicable taxes. A maximum of 600 participants will be registered, all on a first come, first served basis. The conference will be conducted in English only.

7. Canadian Doctors for Medicare – Essay Contest

Canadian Doctors for Medicare, in partnership with three peer-reviewed journals, *Canadian Journal of Public Health*, *Canadian Family Physician*, and *Healthcare Policy*, invites medical students and residents across Canada to enter an essay contest that asks the question:

“How should Canada improve its health-care system?”

How would like to see our sometimes-criticized, sometimes-applauded health-care system improved? This contest is a great chance to get involved in the great debate and publish your work in a respected peer-reviewed, Canadian medical journal. **The grand prize winner will receive an all-expenses paid trip to the 2010 August Meeting of Canadian Doctors for Medicare**, which coincides with the Canadian Medical Association annual meeting. In addition, each of the journals *Canadian Journal of Public Health*, *Canadian Family Physician*, and *Healthcare Policy* will independently publish one essay in their journal.

For more details, go to <http://www.para-ab.ca/news.aspx?nID=326>

8. PARA's Spot the Stethoscope – September winners

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!!! Residents cannot win two months in a row.



August First Prize – First 2 Residents in Calgary and Edmonton won two tickets to an NHL game on December 17th. Residents can only win one pair of hockey tickets per academic year.

Drs. Alex Wong and Fang Ba - Edmonton
Drs. Megham Elliott and Suresh Subramaniam - Calgary

Second Prize Winners: two tickets to the movies

Dr. Angel Chu	Dr. Bil Noppers
Dr. Charissa Pockett	Dr. Chris Gee
Dr. Christine Chang	Dr. Cristina Garcea
Dr. Dan Weibe	Dr. Elizabeth Condliffe
Dr. Jamil Hirji	Dr. Justin Hsu
Dr. Lawrence Lou	Dr. Luba Kazatchenko
Dr. Ni Lam	

For more information on the Spot the Stethoscope Contest, visit PARA online at <http://www.para-ab.ca/news/contests>.

9. PARA's 2009 September Resident of the Month

Dr. Natalie Forbes
Pediatrics PGY2
University of Alberta

A fellow resident had this to say:

"Natalie is amazing in her ability to balance the demands of single motherhood with those of residency and medicine. Despite starting out without much support (financially or otherwise), she has managed to make it through medical school and now her first year of residency all while ensuring that her two school-aged children continue to participate in extracurricular activities and just generally live a normal life. At the same time, she excels academically in a demanding residency program and is greatly respected by her peers. I will never understand how she manages to fit in running and yoga into all of this. In comparison to most residents, she gets up earlier, goes to bed later and is fifty times busier. Her level of responsibility in her personal life also exceeds us all. She is truly inspiring and I am happy to nominate her for resident of the month!"

To read up on previous Residents of the Month or to nominate someone you know, visit <http://www.para-ab.ca/news/news-and-events/resident-of-the-month>

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