



1. **PARA** - Know Your Contract: Seasonal Holiday and Maternity Leave
2. 2010 **PARA** Negotiation Update
3. **PARA** Survey – What you said; what we did
4. Upcoming Events
 - 2009 **PARA**'s CIBC Run for the Cure
 - 2009 **PARA** Leadership Event
 - CMA 2009 Conference on Physician Health
5. **PARA**'s Spot the Stethoscope – August winners
6. **PARA** Brings You Alberta Football
7. **PARA** 2009 August Resident of The Month
8. **PARA**phrase Correction

1. **PARA** - Know Your Contract: Seasonal Holiday and Maternity Leave

The Seasonal Holiday will be here before you know it and many of you will be traveling. Make sure you know which days you will be off-service before you book your flights or make other travel arrangements.

In terms of the Christmas Holidays (Block 7), keep in mind the following:

- You receive a Day-in-Lieu if you work any of the Named Holidays – Christmas Day, Boxing Day, and New Year's Day. Please arrange to take your Day-in-Lieu in the same rotation that it is awarded. In the event that taking the day in the same rotation is not possible, please ensure you make note of your banked Day-in-Lieu with your program. Flexibility with scheduling will make everyone's season, patients and colleagues alike, a little brighter!
- This year Boxing Day will fall on a Saturday. Any other time of the year, where a Named Holiday falls upon a Saturday or Sunday, the Named Holiday would be considered to lie on either the preceding Friday or following Monday in accordance with standard practice within the Member Facility. This practice is **NOT** the case for Christmas Day, Boxing Day, and New Year's Day (Article 13.01 (c)).
- Be advised that call requirements during Block 7 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 off within one rotation (7 in-house, or 9 home call).

Did you know that **PARA** has one of the best Maternity and Parental Packages in the country? **PARA** offers Maternity leave for 18 weeks with a top up on Employment Insurance for 17 weeks at 90% of Salary. **PARA** offers Parental Leave for two weeks, full pay and benefit. PHO's with comparable packages include PAIRO and PAIRS.

For more contract tips, visit the "Know Your Contract" Section of the PARA website.

<http://www.para-ab.ca/agreement/previous-contract-tips>

2. Negotiations Update:

PARA wants to hear from you through the 2010 Negotiation Survey, which will be sent to you later this month. Stay tuned for your opportunity to contribute to negotiating a new working contract and win prizes! **PARA** will also be offering other opportunities to 'chime in' through our 'on-line comment box,' which will be up and running upon the close of the 2010 Negotiation Survey.

Update: the 2010 **PARA** Negotiation Team will have its first meeting early this month; members include:

Negotiations Committee (PARA Staff and Executive):

Dr. Brock Debenham, University of Alberta Radiation Oncology

Dr. Jillian Schwartz, Family Medicine, PGY-1

Dr. Kenman Gan, Ophthalmology, PGY-4

Dr. Michelle Carle, Ophthalmology PGY-4

Ms. Sarah Thomas, Executive Director - third **PARA** negotiation

Dr. Ryan Wright, Consultant - third **PARA** negotiation

Negotiations Committee (Calgary):

Dr. Nina Hardcastle, Anesthesia, PGY-2

Dr. Diana Hong, Family Medicine PGY-2

Dr. Florence Obianyor, Family Medicine PGY-1

Negotiations Committee (Edmonton):

Dr. Yang Li, Emergency, PGY-2

Dr. Riley Boyle , Anesthesia, PGY-2

Dr. Mayank Singal, Family Medicine, PGY-1

Dr. Shaun Loewen, Radiology , PGY-4

Dr. Peter Kwan, Plastic Surgery, PGY-4

Dr. Elsa Fiedrich, Pediatrics, PGY-3

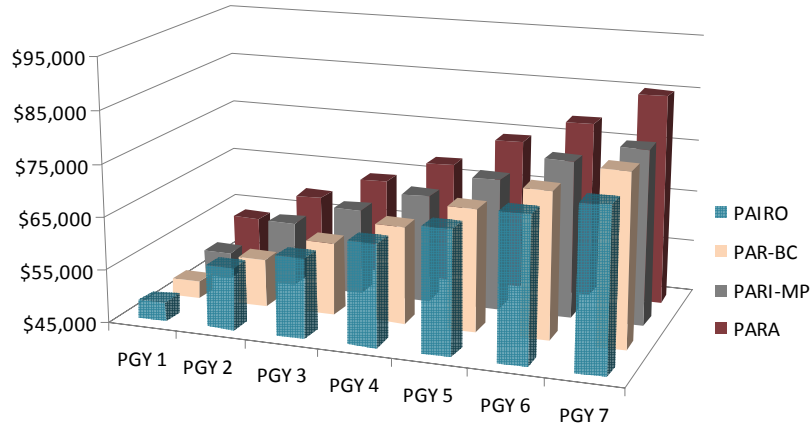
Dr. Srunjan Ganta, Cardiac Surgery, PGY-4

Dr. Henry Conter, Internal Medicine, PGY-2

Dr. Rhett Taylor, Radiology, PGY-1

PARA will be negotiating in 2010 with a strong comparative salary. The graph below shows the PGY1 – PGY7 salary levels for the top four salaried PHOs. **PARA** is committed to sustaining **PARA's** resident physicians as the best paid in the country.

2009 PGY Salary Comparison: top four PHOs



<http://www.para-ab.ca/news/news-and-events/negotiations-update>

3. PARA Survey – Report and Recommendations (attachment)

The **PARA** 2009 Communications and Strategic Planning Survey went out in March. Since then we have compiled a report of respondents' feedback, put together recommendations arising from this feedback, and begun implementing many of your excellent ideas. In response to your concerns about ease of navigation and resources on the website, we have already introduced drop-down menus, a quick search function, a "Collective Agreement" menu with html and pdf versions of your contract, frequently-used forms pages, a forgot password prompt, and a revamped calendar. Keep checking the website for more changes as they happen. To keep you informed of the negotiations process, negotiations updates are going out with each of the eblasts and will shortly be available online on the "News" page. A permanent negotiations suggestions box will also be going up online as soon as the main negotiation survey has been completed. Plans are already in motion to act on your suggestions regarding events, enhancing public awareness of resident physicians, and making more information, opportunities, and resources available to resident physicians in Alberta.

4. Upcoming Events:

- **PARA's 2009 CIBC Run for the Cure**

Sunday, October 4th - **PARA** will sponsor the first fifteen (15) residents from both Edmonton and Calgary. **RSVP** which run/walk and 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>

- **4th Annual 2009 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 4th 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 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:

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

- **CMA 2009 Conference on Physician Health**

Building Resilient Medical Communities
15-16 October 2009
Marriott Pinnacle Downtown, Vancouver, British Columbia

The CMA Centre for Physician Health and Well-being and the Physician Health Program of British Columbia, in collaboration with the Canadian Medical Foundation, are pleased to welcome you to the inaugural biennial Canadian Conference on Physician Health.

Join your colleagues from across the country to share knowledge, insights, and experience in working towards this year's conference theme, Building Resilient Medical Communities.

To register go to: http://www.cma.ca/index.cfm/ci_id/89085/la_id/1.htm

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

5. PARA's Spot the Stethoscope – August 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!!!



August First Prize – First 2 Residents in Calgary and Edmonton won two tickets to an NHL game on December 17th

Calgary: Drs. Reuben Eng and Marta Wilejto
Edmonton: Drs. John Walker and Allison Maciver

Second Prize Winners: two tickets to the movies

Dr. Chieh Jack Chiu	Dr. Michelle Teo
Dr. Diana Lee	Dr. Rahim Samji
Dr. James Yeung	Dr. Simon Ko
Dr. Joshua Wong	Dr. Stephanie Mullin
Dr. Kerri Chung	

6. **PARA** brings you Alberta Football

In Edmonton: Friday, September 11th - Edmonton Eskimos vs. Calgary Stampeders

Dr. Albert Kers	Dr. Joe Raiche	Dr. Nelson Leong
Dr. Ali Sayani	Dr. Judson Barkhurst	Dr. Rey Chaudhary
Dr. Arthur Tse	Dr. Julie Cuartero	Dr. Richdeep Gill
Dr. Brian Weber	Dr. Justin Petryk	Dr. Sheila Caddy
Dr. Charlotte Ballermann	Dr. Karharine Finlay	Dr. Sherry Fawcett
Dr. Fang Ba	Dr. Ken Evens	Dr. Simone Hasal
Dr. Francois Dominique Jacob	Dr. Lawrence Ko	Dr. Tarun Sehgal
Dr. Graham Steel	Dr. Maileen Lim	Dr. Thea Chibuk
Dr. Jason Low	Dr. Michael Bowman	Dr. Wayne Truong
Dr. Jessica Kirkwood	Dr. Michael Knash	Dr. Winston Ying

In Calgary: Friday September 25th - Calgary Stampeders vs. BC Lions

Dr. Ayesha Asher	Dr. Hughie Fraser	Dr. Matthew Furey
Dr. Ashim Verma	Dr. Ingrid McFee	Dr. Meghan Elliott
Dr. Carlos Malpica	Dr. Jamie Schachar	Dr. Meghan O'Connell
Dr. Christine Kennedy	Dr. Janet Edwards	Dr. Melissa Jack
Dr. Christopher Andrews	Dr. Janis Obal	Dr. Melissa Paquette
Dr. Conrad Maciejewski	Dr. Ka Wai Yam	Dr. Mike Vila
Dr. Dan Smyth	Dr. Kathryn Brown	Dr. Mitesh Thakrar
Dr. Daniel Crompton	Dr. Kerri Johannson	Dr. Reuben Eng
Dr. Edit Goia	Dr. Lana Castellucci	Dr. Sarah Sawyer
Dr. Hilary Baikie	Dr. Luba Kazatchenko	Dr. Scott Jarvis

7. **PARA 2009 August Resident of The Month**

Dr. Adrienne Lee
PGY3 Internal Medicine
University of Calgary

A fellow resident had this to say:

"Adrienne Lee, recruited from Edmonton a year ago, has become the corner stone of Internal Medicine (R3) in Calgary. Always smiling and ready to tease at any occasion, Adrienne is a pleasure to work with on the wards. President of the PPC (Party Planning Committee), she has planned many of the IM events and, on Sports Day, she demonstrated her very impressive soccer skills by scoring on her own team. IM wouldn't be the same without Adrienne. The residents and staff have all benefited academically and professionally from her contributions to the program."

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>

8. **PARAphrase Correction: Volume 26, Summer 2009, P. 23**

Correction to PARAprhase Volume 26, Summer 2009 on page 23 – January 2009 Resident of the Month

Dr. Rahim Samji was misquoted as January 2009 Resident of the Month; Dr. Samji was the Resident of the Month in July 2008. The picture below is of Dr. Kamal Sahi, January 2009's actual Resident of the Month.



2009 January \ Dr. Kamal Sahi

"Dr. Sahi is an excellent teacher on the wards. I worked with him for two weeks on the CCU service and found him to be very receptive to teaching requests. Along with day-to-day Cardiology teaching, he also took the time to make me comfortable with the approach to reading CXR and AXR."

PARA apologizes to both Dr. Sahi and Dr. Samji.

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