



Professional Paramedic Association of Ottawa
300 March Road (4th Floor)
Ottawa, ON K2K2E2
emergency: 9-1-1
phone: 613-244-0333
e-mail: mail@OttawaParamedics.ca

OttawaParamedics.ca

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By Suzanne Noël, BSc(Kin), ACP
Director of Print Media

It's hard to believe that spring is just around the corner but I'm sure we're all ready to see the snow come to an end. This year, the PPAO has already started some very early planning for National Paramedic Week and we will be looking for a lot of help from our members.

By the time you get this, all members will have received their 2008 annual receipts along with their 2009 membership packages. Everyone on the pre-authorized debit program is automatically renewed. For the few members who still make annual payments to the PPAO, if you have not done so yet, you can pay your dues online at OttawaParamedics.ca.

HELP Fund update

Just over a year after its inception, the Helping Every Local Paramedic (HELP) Fund has surpassed the five-digit mark, with over \$10,000 in trust. The HELP Fund was initiated by ACP Steve Hallam and has been quite successful thanks to member donations and other fundraising efforts coordinated by Bruno Gendron and Kane Newell such as the PPAO hockey and golf tournaments. This year's main recipient of HELP Fund donations was Renee (Moose) Stocks, daughter of PCP Andrew Stocks. Renee has been battling Glutaric Acidemia and Leukodystrophy, and the funds have been used to purchase medication costing over \$70,000 a year and not covered by health insurance. Andrew recently informed us that Renee received good news during her last medical assessment. Thanks to the new medication, her MRI revealed that her brain actually appears to be rebuilding itself, and she has not had any further brain matter demyelination in the past year. In 2009, we hope

to increase the awareness of the HELP Fund through several more projects designed to strengthen this great initiative.

Christmas elves bake cookies for Renée Stocks

The PPAO would like to extend our appreciation to ACP Logan Martin and PCP Renée Deault. These two bubbly medics wanted to bring a little extra Christmas cheer to their fellow co-workers and the Stocks family.

Spending a couple of their days off in the kitchen, Logan and Renée baked over 200 sugar cookies and wrapped them in little plastic Christmas bags. They brought the bags into work where they sold them to their colleagues, ED staff and even a few firefighters who got hungry between meals. These cookies sold so well that popular demand sent Renée and Logan back into the kitchen—this time coming out with three baking days worth of brownies and Kellogg's Rice Krispie squares. It only took five shifts for all of the baked goods to disappear!

I have no doubt that if Logan hadn't left on Christmas vacation, her and Renée would have been back in the kitchen for several more rounds. MMMMMMMMMMM cookies!

In total, Logan and Renée raised \$611.42, all of which they donated to Renée Stocks; their generosity was very much appreciated by the entire Stocks family. For anyone who didn't get a chance to sample the great baking, Logan and Renée assured me that next year they would be doing it all over again.

Christmas updates

Ottawa Paramedics celebrated Christmas with two more annual Christmas parties, multiple parades and an enormous toy drive. This year, the recipients of all money raised were the HELP fund and Toy Mountain. Esther Crawley organized the A/C platoon party at Pier 21 Bar & Grill and thanks to the fantastic

50/50 ticket-selling abilities of Julie Belanger and Candace Brandeur, the party raised \$1,000. Ryan Soucy took on the B/D platoon party and helped raise \$700 at a little watering hole known as the Great Canadian Cabin. Special thanks go out to Eric Robert and an unknown staff member from the Cabin who both won the 50/50 draw and donated all winnings back to the HELP Fund. Sarah Kazaniwsky was the coordinator of the Toy Mountain donation drive, which was our final Christmas fundraiser. Sarah and her husband, Alex, set up the beautiful display unit they built a few years ago as a collection place for donated toys. Sarah also coordinated all advertising and donation collections. In total, \$1,000 was raised for Toy Mountain—\$600 in cash and \$400 in toy donations. Thanks to Director of Corporate Development Bruno Gendron, who secured a great discount at Playvalue Toys on Carling Avenue, Sarah was able to get excellent value for our money when she purchased the toys. Sarah, Alex and Lynea Finn were welcomed with huge smiles when they loaded all the toys into an ambulance and delivered them to the main collection site. Thank you to all of our fundraising coordinators, the staff at the Cabin and Pier 21, all of our parade volunteers and everyone who supported these initiatives.

Merchandise feature

This month, the PPAO would like to feature our collectible 1:32 scale Ottawa Paramedic Unit die-cast model which is locally manufactured by Custom Diecast Cruisers and costs \$59 plus shipping.

Each unit can be customized with your own numbers on it and comes with a "Limited Edition" certificate of authenticity. All products are available in the merchandise area at OttawaParamedics.ca.





Years of Service

The PPAO would like to congratulate the following paramedic members who all have more than 20 years of service. We continue to track years of service for all members and make annual submissions to Ottawa Paramedic Service for awards and other considerations.

Ryan	Doug	1971-04
Gignac	André	1974-01
Bennett	William	1974-12
Kazaniwsky	Alex	1976-06
Hallam	Steve	1978-01
Séguin	Paul	1978-01
Ouston	Ed	1978-05
Davidson	Robert	1978-06
Massender	Heather	1978-09
Brunet	Robert	1979-01
Radford	Hilton	1980-03
McGregor	Frank	1980-06
Henry	Michael	1981-05
Duff	Donna	1981-08
Strelbisky	Wayne	1981-09
Ashfield	Robert	1982-05
Lauzon	Jean	1982-05
Palma	John	1982-05
Verdon	Michel	1982-05
Greenley	Jeff	1982-06
Cross	Mike	1982-10
Tourangeau	Garth	1983-01
Rankin	Blake	1983-03
Fowke	Kenneth	1983-05
Pagé	Robert	1983-05
Dupuis	Mario	1984-04
Snider	Dale	1984-04
McNeil	Jeff	1984-05
Capello	Peter	1984-08
McMahon	Steve	1984-08
Bowen	Michael	1984-10
Buchanan	Keith	1985-04
Newell	Kevin	1985-04
Calkins	Stephen	1985-05
Cross	Sandra	1985-05
Runge	Ferdinand	1985-05
Désjardins	Lynne	1985-06
Leu	Steve	1986-05
Orchard	Andrew	1986-06
Robillard	Normand	1986-06
Bousquet	Chris	1986-07
Chamberlain	Gary	1986-12
Gauthier	Robert	1987-05
Hamel	Jean	1987-05
O'Neill	Tim	1987-05
Weedmark	James	1987-05
Lalonde	Brigitte	1987-06
McGregor	Joanne	1987-06
Allard	Patrick	1987-09
Fry	Kathleen	1988-05
Martin	Neil	1988-05
Blackman	Linda	1988-06
Kazaniwsky	Sarah	1988-06
Martins	Michael	1988-09
Harrison	Mary-Ellen	1989-01
Nicol	Bill	1989-04
Stocks	Andrew	1989-04
Drew	Darrell	1989-05
Morneau	Paul	1989-05
Ouellette	Michel	1989-05
Palazzo	Joe	1989-05
Perras	David	1989-05
Noyes	Vincent	1989-07

St Patty's Day Parade

The PPAO is currently looking for volunteers for the 27th Annual St. Patrick's Day Parade that will take place on March 14 from 11 a.m. to 1 p.m.

During February and March we sent out emails and pager messages requesting help. At the time this article was written (early January) we could only hope you would receive and read this magazine before the parade takes place.

If you are interested in participating and if the date is before March 14 when you are reading this, please contact the PPAO at mail@ottawaparamedics.ca.

Anaphylaxis event

The PPAO is currently looking for more volunteers for an weekend Anaphylaxis event that will take place in April (exact dates TBA).

In coordination with the Ottawa Anaphylaxis Support Group and Anaphylaxis Canada, we are inviting dozens of children with severe anaphylaxis to the paramedics headquarters to familiarize themselves with paramedics for an activity day.

Paramedics Chantale Dumas, Amanda Hagmann and Jill deBoer will be in charge of multiple activity stations the kids will rotate through.

We will even have CBRNE and Tactical Paramedic outfits for the children to try on and Jill is currently working on an incredible city-wide paramedic banner competition for students

(more to come in the next edition of CEN).

Meanwhile, parents and teachers will receive some adult education sessions along with a tour of the facility.

We expect over 100 people to be in attendance along with many media outlets as we highlight Sabrina's Law, an Act to Protect Anaphylactic Pupils which was passed on May 16, 2005 and came into force on Jan. 1, 2006.

Paramedic Week 2009

Paramedic Week 2009 is just around the corner: May 17 to 23. This year, the PPAO is planning to have our biggest week yet, flooding all areas of the City of Ottawa with paramedic events.

Our theme this year will continue to be Accidents Don't Exist, educating the public on the importance of safe driving and risk-reducing behaviours.

Thanks to our continuous educational messaging to the media, we have already witnessed sweeping change with the majority of news agencies using preferred words such as "crash", "collision", "incident" and "event".

During the last quarter of 2008, fewer than five per cent of newscasters slipped up by using the word "accident".

We are looking for a significant number of volunteers who would like to get out in the community and promote the profession.

If you have any ideas for Paramedic Week, or want to be a volunteer, please contact the PPAO at (mail@ottawaparamedics.ca).



PCP ERIC LECLAIR is a virtual mentor to high school students through a new federal government program.



Paramedic becomes Virtual Mentor

Do you remember what it was like back in high school, trying to decide on a career but not really sure where to turn to obtain information on various career paths?

A new partnership between Industry Canada, Réseau de développement économique et d'employabilité de l'Ontario (RDDE) and Television Francophone de l'Ontario (TFO) has come up with a website idea that may help current high school students find the information they are looking for.

Making use of a great tool a lot of us never had when we were in school—the Internet—RDDE was looking to establish an online, virtual mentor system to link adolescents with real people in real careers.

This new website, <http://destination-carrieres.on.ca>, launched in 2008, and currently in French only, presents students with information on a wide variety of careers, as told by the men and women who actually work in each specific line of work.

Students can browse information on education requirements, skills needed, job responsibilities, photos and first-hand accounts of what it's really like to work in that career.

One of our own, PCP Eric Leclair, was chosen to be the online mentor for a career as a Paramedic. A link to his mentor page reveals his experience, his education, his job demands and other information that might help a young student decide if he or she is right for a career in paramedicine.

The photographer was able to get some fantastic photos of Eric in action and different paramedic equipment. Congratulations to Eric!

Uniform Drive

PTL Tim O'Neill is once again organizing an international uniform drive with the assistance of PCP Micah Rietschlin along with dozens of paramedic students from Algonquin College and La Cité Collégiale.

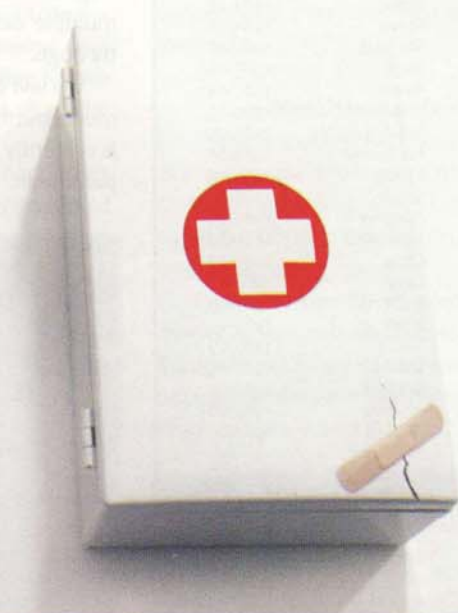
Old uniforms (no longer fit for duty) are being collected, cleaned, having the patches removed and then distributed to third world nations all over the globe.

We will have more pictures and information to follow in the next edition of CEN.

www.OttawaParamedics.ca

SOMETIMES THOSE WHO **SAVE LIVES** NEED TO HEAL.

Emergency service personnel are two to three times more likely to suffer from post-traumatic stress than the general population. That's why the Tema Conter Memorial Trust is conducting a major research study to find the best way to support EMS personnel on the job.



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