



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

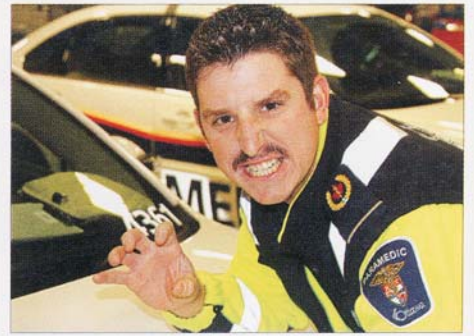
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By: Suzanne Noël, BSc(Kin), ACP
 Director of Print Media

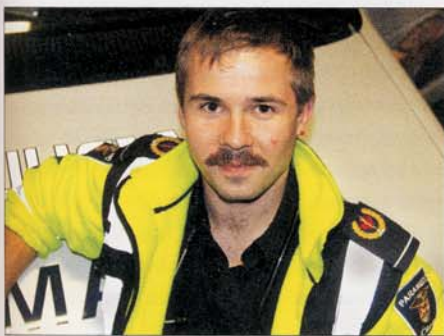
It may be March already but the end of 2010 was so busy here in Ottawa we've needed this long to get everything finalized. Here is the final wrap-up from last year.

Moustaches raise money for cancer

This past "Movember" we had 99 Ottawa paramedics give up their smooth-shaven faces in order to grow moustaches to raise awareness and money for prostate cancer. These medics enjoyed an entire month of compliments and adoring looks from their friends and families for this great cause!



The added body hair gets Kristoper Prince in touch with his animal side.



Alex Blaga won a new razor for having the overall nastiest moustache.

Christmas parades

Ottawa paramedics were able to participate in three Santa Claus parades throughout the city.

Thank you to parades organizers Paul Morneau (Barrhaven Santa Claus Parade), Mike Janczyszyn (Stittsville Santa Claus Parade), François Côté (Orleans Santa Claus Parade), and Stéphane Perras (Orleans Santa Claus Parade), and to all our volunteers who participated.

Toy Mountain campaign

Sarah and Alex Kazaniwsky organized another successful Toy Mountain campaign this past December, raising \$845 and collecting hundreds of toys.

Thanks to your generosity the campaign achieved the following:

- A total of 292 new toys to Toy Mountain
- An additional 28 used toys to Neighbourhood Services
- \$37.75 to Sally Ann's Kettle Drive
- 10 items to the Ottawa Food Bank
- \$383.78 raised with the BD Xmas Party Designated Driver Program
- \$326.61 raised at the AC Christmas breakfast

We could not have achieved this goal without the assistance of paramedic



students at Algonquin College and La Cité
Top: A gigantic collection of toys. **Below:** Ben Jolicoeur helps unload a truck full of toys.

Collégiale as well as the RCMP and Samadhi Wellness Yoga and Massage Therapy.

Check out www.OttawaParamedics.ca or the OttawaParamedics Facebook page to see our Toy Mountain photos.

Videos on paramedictv.com

The Professional Paramedic Association of Ottawa has set up an account with www.ParamedicTV.com. You will now be able to find over a dozen of our features and newscasts online.

The easiest way to find our videos on ParamedicTV.com is to visit www.OttawaParamedics.ca and click the homepage link that says "See our videos at ParamedicTV.com."

Volunteers needed!

We are always looking for paramedics to earn Public Relations hours at volunteer events. Our events are posted in the Think Tank (member area of www.OttawaParamedics.ca) and each event is listed by City of Ottawa ward to facilitate student, paramedic and PRU involvement.

If you don't know the ward you live in, just log into your member account at www.OttawaParamedics.ca and we already have your ward listed in your profile.

For more information please contact Andrew Whyte, Director of Public Events events@OttawaParamedics.ca.

2011 Platoon calendars

The 2011 Ottawa Paramedic Platoon Calendar is posted in the Members area of www.OttawaParamedics.ca in the Shift Exchanger. Download your full-size PDF copy today at www.OttawaParamedics.ca.

The mini pocket-size platoon calendars are included with the PPAO annual packages.

Website member accounts

If you are a PPAO member and you do not yet have a website member account, please visit www.OttawaParamedics.ca and create an account as soon as possible.

This spring, we will be contacting the few members who do not yet have web accounts to show them how to set one up and all of the amazing freebies we have in the Members area.

EMS Week

The PPAO is looking for volunteers to help promote Paramedicine during 2011 EMS Week. This great opportunity to promote paramedics takes place during the full third week of May from the 15th to the 21st.

If you want to volunteer for EMS Week, please contact Andrew Whyte, Director of Public Events at: events@OttawaParamedics.ca.

www.OttawaParamedics.ca