



A.S.R.C.T. Ticker Talk

Issue 2 – Spring 2005

A.S.R.C.T. Web Site

All members please access this newsletter and other important information on our website at www.asrct.com Please visit our website, it's there for all members and we would really appreciate any feed back.

Annual General Meeting 2005

The next agm will be held in Calgary, on Saturday May 14, 2005. Location to be announced. Watch your mail box for registration forms. Volunteer positions up for election will be:

Vice President
Education Co-coordinator
Assistant Education Co-coordinator.

Please plan to attend and receive five continuing education credits.

Canadian Cardiology Conference 2005

This year the Canadian Cardiology Conference will be held in October 2005, in Montreal, Quebec. This is put on by the nice folks from New Brunswick. Watch your mail box for the conference package usually mailed out in August.

President's Message

Dear members,
Congratulation to all those who received certificates for all their hard work in achieving CEU's. Keep up the good work. Remember we've started a new trimester, so start collecting early. Remember that you can collect CEU's for volunteering for the elected positions on ASRCT. This year we will be looking for volunteers to start the whole legislation process with our society. This is a long term commitment, so consider carefully if you are able and interested. Plans are underway for our next AGM, hope to see y'all there!

Sincerely,

David Namur
President ASRCT

Provincial Director's Report

Season's Greetings. I cannot believe that it is December already. I was elected as the Director for Alberta at our Annual General Meeting held at the Greenwood Inn in Edmonton, May 14, 2004. I am replacing Karen Sarsfield who dedicated herself to this position for six years.

I attended my first CSCT meeting in Toronto in June, a few weeks after taking on the position.

On behalf of our membership, I addressed concerns brought forward at the AGM regarding the Certificate VS Diploma levels and how our members perceived this to affect the reclassification in our current contract with HSAA. It was stressed that Certificate is entry level and that there is a Diploma program available and it is up to individuals to realize the merit of the program.

I requested the board to consider an alternative to our current CSCT membership cards, as the annual replacement stickers, could easily be duplicated, and that we should strive to provide a professional looking card for our membership. The board has agreed to send a new card annually and is looking into recommendations to identify member credentials with designations of Advanced, Certificate, Diploma and Specialties. This process may be in place with plasticized cards by 2006.

Provincial Director's Report continued on next page...

2005 Registration Dues

Please review the information and your address on your 2005 Membership Dues Registration form. Please make any necessary address or name changes. This is the only way we have to contact you and the only way the CSCT has to contact you with the October Conference and your proxies. The deadline for dues is March 15 this year. Please submit these ASAP so they may be forwarded to CSCT on time.

The CSCT is currently revising the 2005 membership cards and they will be different from past years.

Continuing Education Units

The CEU deadline is now past. Thank you and congratulations to all members for tracking these and reporting them to Krista Bradford. This is an on going education requirement and the next deadline for another 30 CEU's is December 31, 2007. So start collecting. The tracking form and a list of units available can be found on our web site. Your new 2005 membership card should reflect your accomplishment of continuing education credits by listing you "as a member in good standing"

Legislation

Your executive council is currently reviewing the process and advantages of becoming legally legislated in Alberta. We are looking for volunteers to help research and review this type of application. More information will be presented to the membership at the 2005 Annual General Meeting. Your executive is very busy with this and several other on going issues and would appreciate any kind of help.



Provincial Director's Report (Continued From Page 1)

The Board of Directors have been working on many issues this year such as ongoing involvement with HRDC and funding for the arduous task of French translation.

Revisions to the NOCP, finalizing the merger of CTAO and OSCAP, the two boards in Ontario. The Bylaw Committee has reviewed and recommended changes, which were brought forward to the BOD in October.

A revised policy for Reinstatement, Arrears, and Lapsed Membership was completed.

A new certificate process is in place, with digitized signatures, so that certificates should be sent out quicker in future.

A reminder that the Standards of Practice are available on the CSCT Website. The hand guide is in the Student area of the CSCT Website (with changes).

We are coming to the end of the triennium for the mandatory collection of CEU's and early in 2005 the provinces will submit a list to the CSCT registrar, of members in good standing. Please remember to send notice of change of address to the provincial registrar so you will receive communication and mail from CSCT.

Send CSCT newsletter submissions or abstracts to:

Marie Roblick
2207 Morris Rd.
Airdrie AB
T4A 1W2

Please be sure to include your phone number in case there are questions regarding your submission. The next CSCT AGM and Education Seminar will be held in Montreal in conjunction with the CCC in October 2005.

Respectfully Submitted

Marie Roblick

Education Coordinator's Message

CSCT exams were written in Calgary in November 2004. Five students attended and three of these passed. The other two students will be rewriting part one in April 2005. One other student rewrote part two and passed.

The next CSCT exams will be in Calgary in April 2005. All students wishing to write April exams need to contact Wendy Wilson, the Education Coordinator in order to complete the necessary paper work before January 31st, 2005.

This exam process is becoming quite a challenge now that the exams are on line. This requires a computer room for students to write, the exam program needs to be downloaded on to each computer. After the exams are completed the information needs to be transferred to the CSCT for marking and the programs are deleted from the exam computers. We are looking for anyone who can volunteer to help out with this process; naturally computer technology would be an important asset for trouble shooting in this whole process. Please contact Wendy Wilson if you have these skills and could volunteer for the exam date.

The CSCT web site www.csct.ca contains information regarding the CSCT exam format, structure, method of scoring, with sample questions and applications, etc. There is access to the CSCT Examination hand guide and Exam Links for practice questions. Any Students taking an educational program are requested to become members of ASRCT with a registration form and dues. It is important that Cardiology Techs and students from other provinces who are new to Alberta please register with the ASRCT for membership. Transfer forms are available from the executive.

At this time there is nothing definite for the possibility of an educational facility opening in Calgary to offer the Cardiology Diploma Program. We will keep you posted of any news in this area.
Respectfully submitted,

Wendy Wilson



Favorite Recipes

Heart Smart Spaghetti Mushroom Sauce (Serves 6)

3 tablespoons acceptable margarine
1 cup sliced fresh mushrooms
1/3 cup chopped onion
1 clove garlic, minced
1 16-ounce can no-salt-added tomatoes, chopped
1 6-ounce can no-salt-added tomato paste
1/2 cup water
1 tablespoon sugar
1 bay leaf
1/4 teaspoon basil
1/4 teaspoon oregano
1/8 teaspoon freshly ground black pepper
1 8-ounce packages spaghetti

Melt margarine in large non-stick skillet over medium-high heat. Add mushrooms, onion and garlic. Sauté until onion is tender.

Stir in remaining ingredients except spaghetti. Cover and simmer over low heat 2 hours, stirring occasionally. If sauce appears too thick, add additional water.

Remove bay leaf.

Cook spaghetti according to package directions, omitting salt. Drain.

Pour sauce over spaghetti and serve.

Calories: 262 kcal
Protein: 8 gm
Carbohydrates: 44 gm
Total Fat: 7 gm
Saturated Fat: 1 gm
Polyunsaturated Fat: 2 gm
Monounsaturated Fat: 3 gm
Cholesterol: 0 mg
Sodium: 32 mg
Potassium: 581 mg
Calcium: 49 mg

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Send your recipes to:

dave.namur@calgaryhealthregion.ca