



Comox Valley Physician **WELCOME PACKAGE**

:: LIVE :: WORK :: PLAY

*Orientation Information for
New Physicians to the Comox Valley*

Dec 2019





Table of Contents

LIVE pg. 4

WORK pg. 8

PLAY pg. 18



WELCOME TO THE COMOX VALLEY!

The following is information you may find useful as a new Family Physician (FP) in the Comox Valley. The information in this guide is divided into three sections: Live, Work, Play. Information in this handout was compiled with the help of local GPs for GPs.

A little bit about the Valley...

The Comox Valley includes Courtenay, Comox (including a military base), Cumberland, the islands of Denman and Hornby, and a First Nations community. The population is estimated to grow from the current 63,895 to 87,185 (29%) by 2033, while the 75+ year old part of the population is estimated to grow at a much higher rate to 11,000 (94%) by 2033.

The Comox Valley is a destination community with one of the mildest climates in Canada offering year-round adventure from alpine skiing to deep sea diving, mountain biking to kilometers of shoreline for paddlers to explore. For more laid back activities, the Valley has year round festivals, a plethora of community events and plenty of live music.

Our Medical Community

In the community, as of 2019, there are 83 family physicians in 20 family practice clinics in the Comox Valley, including one clinic on the military base (which serves only military members), one on Denman Island, one on Hornby Island, and two full time walk-in clinics.



Our Hospital

Acute care is provided at the Comox Valley Hospital operated by Island Health. The hospital houses 153 acute care beds, including:

- 105 In-Patient beds
- 8 Intensive Care beds
- 10 Telemetry beds
- 9 labor, delivery, recovery, & postpartum (LDRP), and Aboriginal maternal health beds
- 6 Pediatric beds
- 11 Psychiatry and 4 Pediatric Intensive Care Unit beds
- Additional rooms/bays/procedural spaces include:
 - 6 Operating Rooms
 - 18 Surgical Daycare bays
 - 13 Post-Anesthetic Recovery Rooms (PARR)
 - 5 procedure rooms
 - 7 Chemo bays
 - 7 Medical Daycare bays
 - 31 Emergency bays/rooms
- University of British Columbia (UBC) academic teaching space

About the Comox Valley Division of Family Practice

The Comox Valley Division of Family Practice, formed in April 2011, is a local non-profit society of community-based primary care physicians.

The Division gives local physicians an opportunity to work collaboratively with Island Health, the GPSC, and the Ministry of Health to identify health care needs in the local community and develop solutions to meet those needs.

The Division's goals are:

- To promote innovation and excellence in primary care
- To build and sustain effective inter-professional relationships
- To focus on the local community needs
- To focus on sustaining a healthy physician community

All local Family Doctors working in the Comox Valley, Denman Island, and Hornby Islands are welcome to join.

Visit our website to join and find out more:

www.divisionsbc.ca/comox-valley.

Benefits of Membership

Division membership includes the following:

- Free access to UptoDate - evidence-based clinical decision support tool
- Access to telephone interpretation services
- Pathways—a province-wide on-line tool for referring to other specialists
- Clinical Resource links relevant in our community
- Greater impact on the organization of local and regional health services
- Shared efforts for recruitment, retention and locums
- Enhanced professional collegiality
- Improved access to health authority and specialist services
- Discounted medical supplies from vendors

The following is information you may find useful as a new Family Physician (FP) in the Comox Valley. This information is provided "by local GP's for GP's". It is not meant to be comprehensive, but will help you get started working in our community. We have included some local health resource information and community information for your convenience.

:: LIVE ::



The Comox Valley is a vibrant seaside region on the eastern coast of Vancouver Island and it may be one of the Island's best-kept secrets. Each community in the Comox Valley has its own unique personality. From the seaside tranquility of Comox to the growing City of Courtenay, from the quaint former boomtown of Cumberland to the idyllic rural areas that meander from Fanny Bay in the South to Black Creek in the North, every community has different strengths to offer.

Real Estate

The Comox Valley is growing every year and has a strong local economy. The housing market includes family homes and summer cottages, to acreages and waterfront estates. Comox Valley has an abundance of affordable real estate choices.

<http://www.realtor.ca/>

Rental Information

Comox Valley Division Short & Medium-Term Rentals

Listings for short-term and medium-term rentals in the Comox Valley are provided on the Division website

<http://divisionsbc.ca/comox-valley/live-work-play/accommodation-list>

Craigslist - Comox Valley Apartment and House Rentals

<https://comoxvalley.craigslist.ca/search/apa>

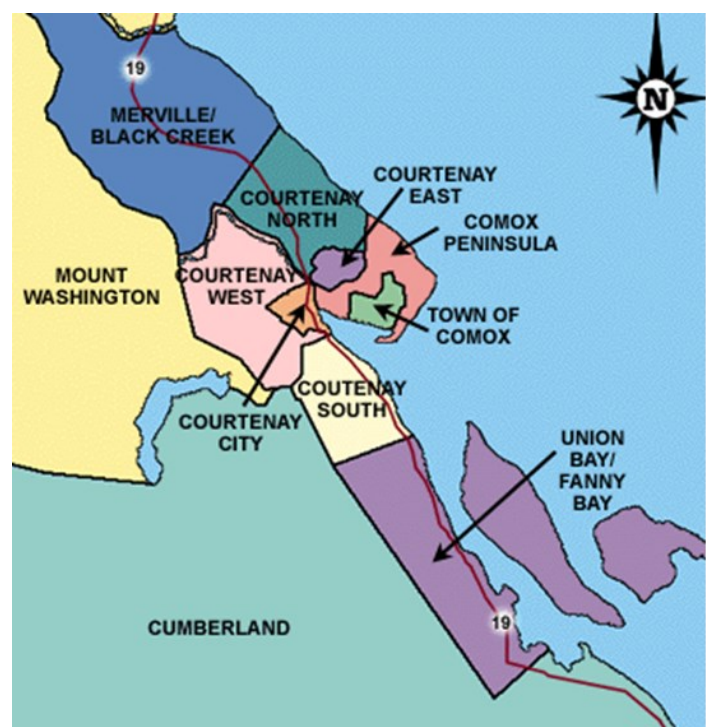
Kijiji - Comox Valley Rentals

<http://www.kijiji.ca/b-house-rental/comox-valley-area/c4311700298>

Used Courtenay Comox - Comox Valley Rentals

<http://www.usedcourtenaycomox.com/classifieds/real-estate-rentals>

Helpful hint: When looking for accommodation mention you are a physician housing... it can help to secure the rental!



CVRenters Facebook Group

Questions about renting, leasing, the roles and responsibilities of a tenancy agreement; posted wanted ads and available houses/shares; useful information and relevant topic discussions.

<https://www.facebook.com/groups/CVRenters/>

Schools

School District 71 (SD71) is the main public school board offering English education, French Immersion, and Distance Learning. There is also a Francophone-only school board, CSV (SD93), for children/youth ages 5-18 years. SD71 operates 15 elementary schools, 2 junior secondary schools, 3 secondary schools, 1 secondary alternate program, and other district facilities.

There are a small number of private schools in the Comox Valley.

School District 71— (250) 334-5500 <http://www.sd71.bc.ca>

School District 71 oversees all English public schools from kindergarten to grade 12, including Montessori Education, throughout the Comox Valley. French Immersion programs are available through some schools. Their website includes a listing of local schools and a district map. Go to their website to find a school near you.

Conseil scolaire francophone de la Colombie-Britannique (CSF) - School District 93

(604) 214-2600 or toll-free 1-888-715-2200 <http://www.csf.bc.ca>

Conseil scolaire francophone de la Colombie-Britannique oversees all French schools from kindergarten to grade 12 throughout the Province of British Columbia. They have one school located in Comox called Au-coeur-de-l'île.

Au Cœur de l'île Comox—(250) 339-1848 <http://aucoeurdelile.csf.bc.ca>

This is the only pure Francophone school in Comox. It offers education opportunities for children from kindergarten to grade 12. Their website is only available in French. Go to the local yellow pages for a listing of private schools in the area www.yellowpages.ca and search the keyword schools.

Waldorf Education: Saltwater School—(250) 871-7777 <http://www.saltwaterschool.com/>

An independent school that has provided Waldorf inspired education since 2011. Saltwater school are proud members of the Association of Waldorf Schools of North America (AWSNA) and the Waldorf Early Childhood Association of North America (WECAN).

Beachcombers Community School—<http://www.beachcombersschool.ca>

Beachcombers is a BC independent school that offers preschool to grade 8. It's regionally-inspired curriculum includes Coastal/BC children's literature, coastal ecology and sciences, water safety and coastal sports.

North Island Distance Education School (NIDES)—<http://www.navigatenides.com/>

Navigate (powered by NIDES) is a fully funded and accredited BC school operating within the Comox Valley School District No.71 that offers distributed learning opportunities throughout BC.

Important!

School registration starts in early February. Contact schools early, particularly if you are considering French Immersion, a Sports Academy, or you have a child with special needs.

Child Care

Child Development Association

(250) 338-4288 <http://www.cvcda.ca>

Has many programs and can help you find childcare and services for children, including children with special needs.

Public Services

Cable TV: ShawCable

(250) 334-0888 <http://www.shaw.ca>

Hydro: B.C. Hydro

1-800-224-9376 <http://www.bchydro.com>

Gas: FortisBC

1-888-224-2710 <http://www.fortisbc.com>

Telephone: Telus (within BC)

(250) 310-2255 www.telus.com

Water: PublicWorks

(250) 339-5410

Garbage/Recycling: Comox Valley Regional District

(250) 334-6000

Collection Inquiries-Emterra

(250) 336-8066

Recycling Return Centre

(250) 339-0059

Recycling Hotline

1-800-667-4321

Vancouver Island Regional Library—Comox Branch Library

(250) 339-2971 <http://virl.bc.ca/>



Transportation

BUS: Comox Valley Transit System

(250) 339-5453 <http://bctransit.com/comox-valley/> to find maps and schedules.

TAXI:

Comox Valley TaxiService (250) 339-7955 <http://www.comoxtaxi.com>

Joe's Taxi- 250-792-JOES <https://www.facebook.com/JustCallJoes/>

Recreation

For information about facilities, clubs and sports leagues in your area, please contact:

Comox Valley Regional District

<https://www.comoxvalleyrd.ca/parks-recreation>

250-334-6000 (main) | 1-800-331-6007 (toll-free)

City of Courtenay

<https://www.courtenay.ca/EN/main/community/recreation.html>

Lewis Centre:

250-338-5371

Florence Filberg Centre:

250-338-1000

Village of Cumberland

<https://cumberland.ca/topics/recreation/>

250-336-2291



Shopping

Downtown Courtenay offers a boutique shopping district located on 5th Street with pedestrian friendly shops and specialty stores. You will find home décor, fashion, grocery stores, toys and games, sporting gear, artisan bakeries or any type of professional service. Also try the downtown businesses on Comox Avenue or head to Dunsmuir Avenue to shop the historic main street of Cumberland.

Big box stores are in Courtenay including Staples, Costco, Best Buy, Walmart, Winners, Home Depot, Home Hardware, Superstore, and Thrifty's.

Community Events

Downtown Courtenay Market Day

18 July 2015 <http://courtenaymarketday.com/>

You'll find handmade, one-of-a-kind products along with some of the best deals from favourite downtown shops. The streets will be brimful with over 100 vendors; some of the Comox Valley's very best. There is something for everyone to do and enjoy!



Farmers' Markets—(250) 218-0321 <https://cvfm.ca/>

Food is local and fresh. It is a great place to meet people and to bring your children. It is free to go. There is usually entertainment.

Open April to October at 2 locations:

⇒ **Saturdays, 9:00am—1:00pm** Comox Valley Exhibition Grounds

⇒ **Wednesdays, 9:00am—12:30pm** Downtown Courtenay, 5th Street

For more community events and activities go to:

www.whatsondigest.com

www.comoxvalleyarts.org

www.discovercomoxvalley.com



Restaurants

There are many great restaurants in the Comox Valley. Here are some of our favorites:

- Atlas Cafe—international, vegetarian
Courtenay | 250-338-9838 | <http://atlascafe.ca/>
- Locals Restaurant—international, seafood, vegetarian
Courtenay | 250-338-6493 | <http://www.localscomoxvalley.com/>
- Black Finn Pub—international, seafood
Comox | 250 339 1199 | <http://www.blackfinpub.com/>
- Martine's Bistro—international, seafood
Comox | 250-339-1199 | <http://martinesbistro.com/>
- Sehmi Japanese Restaurant—Japanese
Courtenay | <https://www.sehmicourtenay.com/>
- Maple Pho Noodle House—Chinese, Vietnamese
Courtenay | 250-338-8868 | <https://sites.google.com/site/phomaple/home>
- Delicado's—international, Mexican, vegetarian
Courtenay | <http://delicados-deli.com/> | 250-338-8885
- Bisque—seafood, steakhouse
Courtenay | <http://www.bisquerestaurant.ca/> | 250-334-8564
- White Whale Restaurant & Pub—international, seafood
Courtenay | <http://whitewhalecourtenay.ca> | 250-338-1468
- Il Falcone—Italian
Courtenay | <https://www.ilfalcone.ca/> | 250-871-7770
- The Prime Chophouse & Wine Bar—Turf-n-Surf
Courtenay | <http://theprimechophouse.com/> (250) 871-7292

Weather

The Comox Valley enjoys temperate weather year round: summer temperatures average 22C (72F) and rarely reach 30C (86F), while winter temperatures rarely fall below freezing. Although annual precipitation averages 1,179mm (46.42 in), almost 80% of this falls between October and March, mainly as rain rather than snow. The result is dry, sunny summers, and mild, wet winters.

Local Media

Local FM radio stations: CKLR 97.3 | CFCP 98.9

Comox Valley Record

(250) 338-5811 <http://www.comoxvalleyrecord.com/>

My Comox Valley Now—The Goat

<https://www.mycomoxvalleynow.com/news/>

Community News, Arts and Culture

CV Collective

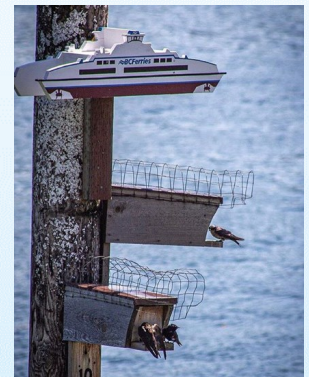
www.cvcollective.ca | <https://www.facebook.com/CVCollectiveMag>

Free lifestyle magazine covering arts, culture, sport and recreation focused in and around the Comox Valley

Comox Valley Art Gallery

<https://www.comoxvalleyartgallery.com/>

A public art gallery featuring contemporary, experimental and applied art by regional, national and international artists presenting contemporary art issues and practices.



Newcomer Groups

Comox Valley Newcomers Club

<http://www.cvnewcomers.net>
<https://www.facebook.com/groups/comoxvalleynewcomers/>

A social club open to women who have resided in the Comox Valley for less than two years. Monthly meetings offer interesting topics and speakers as well as opportunities to sign up for activities and meet other women new to the area. A Newcomers' Alumnae Association has formed: <http://www.cvnewcomersalumnae.com/>

Volunteer Comox Valley

(250) 334-8063 <http://www.volunteercomoxvalley.ca/>

Helps connect people of all ages with volunteer opportunities in the area. Their website also includes a volunteer directory where you can search for current volunteer opportunities available in the local area. You can also register as a volunteer on the website.



::: CONTACT US :::

For Division administration, committee involvement or general enquiries:

- ◆ Janet Brydon, Executive Director
jbrydon@divisionsbc.ca
- ◆ Judy Darby, Executive Assistant
jdarby@divisionsbc.ca

For recruitment, retention or community support:

- ◆ Lyndsey Jennings, Recruitment Coordinator
comoxvalleyrecruitment@divisionsbc.ca

If you are a member of the Comox Valley Division of Family Practice visit the Members section for more information and resources.

To find out more about our initiatives and resources, visit the Comox Valley Division of Family Practice website at: <http://www.divisionsbc.ca/comox-valley/>

