

# Drop Anchor in Harbour City



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# Welcome!

## Mayor Leonard Krog

On behalf of Council and the citizens of Nanaimo, it is my pleasure to welcome you to our community located on the traditional territory of the Snuneymuxw First Nation people.

I invite you to explore the natural highlights and scenic beauty of our mountains and oceanside setting which contributes to the character of our community and the unique lifestyle some call “island living”.

Nanaimo is a vibrant urban centre where an abundance of recreation and cultural opportunities exist giving residents a lifestyle second to none for living, working, and playing. Welcome to our community!

## Kevin Martin NRGH Physician Lead

Welcome, on behalf of the Nanaimo Regional General Hospital (NRGH) Department of Family Practice. You have chosen a unique and amazing community to work and live in.

Here, many community Family Practice Physicians and Locums admit and manage their in-patients within a supportive and engaging team.

We would love to involve you in our work and our passion for longitudinal primary care. The mid-island offers a bounty of activities for all, a warm, welcoming community and the charms of a small but growing city.

Please do not hesitate to reach out to discuss opportunities within Family Practice and Family Doctor of the Day.

To contact Dr. Martin, please reach out to [recruit@nanaimodivision.ca](mailto:recruit@nanaimodivision.ca)



# Who We Are

The Nanaimo Division of Family Practice, a non-profit society founded on November 22, 2011, represents Family Physicians, Locums, Hospitalists, Emergency Physicians, Nurse Practitioners, and Family Medicine Residents in Nanaimo. There is no obligation or cost to join. The Division is funded through the Ministry of Health and DoBC through the FPSC. This essential funding compensates members for their time in working groups, committees, and supports member-identified priorities and Division CME events.

## MEET THE BOARD

The Nanaimo Division of Family Practice Board of Directors work collaboratively with community partners, stakeholders, First Nations, and the Division team to foster a dedicated Family Practice community.

## Meet Our Board Members



**DIANE WALLIS, MD**  
BOARD CHAIR



**DUDA UCHMAN, MD**  
TREASURY & SECRETARY



**MICHELLE WORKUN-HILL, MD**  
DIRECTOR-AT-LARGE



**JENNY TRAM, MD**  
DIRECTOR-AT-LARGE



**CAITLIN BLEWETT, MD**  
ASSOCIATE DIRECTOR



**REBECCA WRIGHT, MD**  
ASSOCIATE DIRECTOR



**COURTNEY DEFRIEND**  
DIRECTOR-AT-LARGE



**TAYLOR SWANSON, MD**  
DIRECTOR-AT-LARGE



# JOIN US

## NANAIMO DIVISION MEMBERSHIP PERKS

✔ **FREE** access clinical decision support through **UpToDate**, plus language translation services (\$579/year value!)

✔ **FREE** continuing **medical education events**, like the recent rave reviewed Parkinsonism vs. Parkinson's Disease CME

✔ **FREE** engagement events, like our Annual Summer BBQ

★★★ Did we mention that all new members receive a ★★★  
Yeti Rambler water bottle!

[Click Here](#)  
[to Apply!](#)



Or Scan the  
QR Code!

**It takes < 5mins!**

**Questions?** Contact our team: [recruit@nanaimodivision.ca](mailto:recruit@nanaimodivision.ca)



# Our Partners



*"Inspiring Culture and Community."*



Snuneymuxw Totem structured by Joel Good. Formerly the site of Si'Litlup, the original village of the Snuneymuxw First Nation - Departure Bay Nanaimo.

**WE ACKNOWLEDGE THAT WE LIVE, LEARN AND WORK ON THE TRADITIONAL TERRITORIES OF THE COST SALISH PEOPLES- THE SNUNEYMUXW, STZ'UMINUS, AND SNAW-NAW-AS NATIONS.**



# NRGH

## NANAIMO REGIONAL GENERAL HOSPITAL (NRGH)

Nanaimo Regional General Hospital (NRGH) is a 340 bed regional hospital with an immediate population of 105,000 residents, and serving as a referral centre for Central and Northern Vancouver Island with a total catchment population of approximately 450,000.

NRGH has a total of 10 ORs in the main operating room and 2 ambulatory ORs used for ophthalmology and procedures under local anesthetic. Surgical specialties at NRGH include: General Surgery, Orthopedics, Obstetrics and Gynecology, Plastic Surgery, Urology, Otolaryngology, Oral-Maxillofacial Surgery, Pediatric Dentistry, and Ophthalmology.

The hospital has a new state-of-the-art 9-bed, level 2b NICU, providing provincial beds to infants >32 weeks gestation, including short-term ventilation and TPN.

The Nanaimo medical community offers the opportunity for teaching and is a UBC Postgraduate Family Practice Residency Program site.

### QUICK FACTS

- 345 acute beds + 20 long-term care beds
- Full scope Specialist except invasive
- Cardiology and Neurosurgery
- Subspecialist Emphasis and Services:
  - BC Cancer Clinic
  - Palliative Care Unit



# Nanaimo Clinics Map



Nanaimo Regional General Hospital



Nanaimo Division of Family Practice



Clinics



PCN North/South Boundry

**1** [\*\*Snaw-Naw-As-Health Centre\*\*](#)  
4 Physicians on rotation  
EMR: Profile  
700 Capilano Rd.  
Lantzville, BC V0R 2H0  
**P:** 250-933-6996 | **F:** n/a

**7** [\*\*Family Practice Clinic\*\*](#)  
7 Physicians  
EMR: Oscar  
PCN Allied Health  
North Nanaimo Town Centre  
195 - 4750 Rutherford  
Nanaimo, BC V9T 4K6  
**P:** 250-758-1711 | **F:** 250-758-2802

**13** [\*\*Wallace Street Medical Clinic\*\*](#)  
8 Physicians  
EMR: QHR/Accuro  
PCN Allied Health  
100 Wallace St.  
Nanaimo, BC V9R 5B1  
**P:** 250-591-9622 | **F:** 250-244-8440

**2** [\*\*Sow's Ear Medical\*\*](#)  
7 Physicians  
EMR: Oscar  
7186 Lantzville Rd.  
Nanaimo, BC V0R 2H0  
**P:** 250-390-4542 | **F:** 250-390-4561

**8** [\*\*Lexitor Medical\*\*](#)  
5 Physicians  
EMR: Intrahealth/Profile  
PCN Allied Health  
102 - 1874 Dufferin Cres.  
Nanaimo, BC V9S 0B1  
**P:** 250-753-6646 | **F:** 250-753-6174

**14** [\*\*Medical Arts Centre\*\*](#)  
15 Physicians  
EMR: Intrahealth/Profile  
Walk in Clinic/UPCC  
103 - 650 Terminal Ave.  
Nanaimo, BC V9R 5E2  
**P:** 250-753-3431 | **F:** 250-754-6897

**3** [\*\*Lantzville Medical Clinic\*\*](#)  
1 Physician  
EMR: MedAccess  
7175 Lantzville Rd.  
Lantzville, BC V0R 2H0  
**P:** 250-933-1100 | **F:** n/a

**9** [\*\*Gracemed Clinic\*\*](#)  
1 Physician  
EMR: MedAccess  
102 - 1629 Townsite Rd.  
Nanaimo, BC V9S 1N3  
**P:** 250-755-4031 | **F:** 250-755-4081

**15** [\*\*AVI Health \(Aids Vancouver Island\)\*\*](#)  
EMR: Input  
216 - 55 Victoria Rd.  
Nanaimo, BC V9R 5N9  
**P:** 250-754-9111 | **F:** 250-754-9111

**4** [\*\*Pacific Station Medical Clinic\*\*](#)  
7 Physicians  
EMR: Accuro  
104 - 5160 Dublin Way  
Nanaimo, BC V9T 0H2  
**P:** 250-585-4290 | **F:** 250-244-8442

**10** [\*\*Women's Vita Medical Clinic\*\*](#)  
1 Physician  
EMR: Accuro  
102 - 1621 Dufferin Cres.  
Nanaimo, BC V9S 5T4  
**P:** 250-591-9812 | **F:** n/a

**16** [\*\*Nexus NP Clinic\*\*](#)  
6 Nurse Practitioners  
PCN Allied Health  
3 - 1273 Island Highway  
Nanaimo, BC V9R 7A4  
**P:** 778-841-0685 | **F:** 250-755-2014


**5** [\*\*Thrive Family Health\*\*](#)  
2 Physicians  
EMR: Oscar  
102-5170 Dunster Rd.  
Nanaimo, BC V9T 2Z2  
**P:** 250-410-4505 | **F:** 250-410-1256

**11** [\*\*Wellington Medical Clinic\*\*](#)  
9 Physicians  
EMR: Accuro  
PCN Allied Health  
#84C, 3200 N Island Hwy  
Nanaimo, BC V9T 1W1  
**P:** 250-740-2100 | **F:** 250-740-2114

**17** [\*\*Snuneymuxw Hulit Lelum \(Health Centre\)\*\*](#)  
4 Physicians on rotation  
EMR: Intrahealth/Profile  
1451 MacMillan Rd  
Nanaimo, BC V9X 1M3  
**P:** 250-740-2337 | **F:** 250-753-3492

**6** [\*\*Caledonian Clinic\*\*](#)  
25 Physicians  
EMR: Intrahealth/Profile  
Virtual Walk in Clinic Sat & Sun.  
North Nanaimo Town Centre  
143 - 4750 Rutherford  
Nanaimo, BC V9T 4K6  
**P:** 250-753-3202 | **F:** 250-753-1039

**12** [\*\*Anchor Family Medicine\*\*](#)  
9 Physicians  
EMR: MedAccess  
102 - 1450 Waddington Rd.  
Nanaimo, BC V9S 4V9  
**P:** 250-754-5545 | **F:** 250-754-5954

 [\*\*Nanaimo Regional General Hospital\*\*](#)  
1200 Dufferin Cr.  
Nanaimo, BC V9S 2B7  
**P:** 250-755-7691



# Early Career Physician Resources



Early Career Physicians  
Networking Opportunity



Scan here  
to join!



## New to practice in Nanaimo?



Join the Early Career  
Physician  
WhatsApp group  
to connect with  
peers

# MD Financial Management



Kristi Plumridge  
Physician Engagement Specialist  
MD Management Limited

M: 778 215-6807  
kristi.plumridge@md.ca

## Kristi Plumridge

As a Physician Engagement Specialist for the British Columbia region, I help connect physicians and their families with the right MD Advisor\* for all their wealth management needs.

MD Financial Management (MD) is the only national wealth management firm committed solely to Canada's physicians and their families. We've worked with clients like you for more than 50 years, which is why we understand that your career is unlike most others.\*\*

MD Advisors receive ongoing training on provincial rules, regulations and benefits so that they're always aware of the important factors in a physician's financial situation. You can rely on MD to provide objective, physician-focused advice on financial planning, investments, estate and trust planning and medical practice incorporation.

I'd love the opportunity to show you the value in working with MD. I can be reached by phone, text or email and would be happy to arrange a meeting with an MD Advisor that works with your schedule.

*As a physician, your finances are complex. Your financial needs and priorities change throughout your career in a unique way – funding your education, transitioning to practice, repaying debt, deciding whether to incorporate, buying a home, saving for children's education and your retirement, and more. If you're the spouse of a physician, all of this has an impact on you, too – and can present special opportunities to plan as a household. At MD, we work exclusively with Canada's physicians and their families. We help take care of your financial health, so you're able to enjoy all life's possibilities.*

To Find out more, click one of the following:



8 Things You Need To Know About MD



MD Info Sheet



Financial Planning Overview



MD Students Residents New To Practice



Financial Management



# Wealth for Healthcare Professionals

Three primary TD Wealth Private Banking accounts are offered:

## Chequing Account

## Savings Account

## U.S. Dollar Account

### Benefits at a glance

- TD Private Access Card
- Unlimited transactions
- Free cheque certification/stop payments
- Free Small Safety Deposit Box or equivalent discount on larger box – subject to availability and applicable taxes

- Free bank drafts
- Free personalized cheques
- Branch commission discounted on wire payments sent from personal accounts
- Free to send or request money with Interac e-Transfer®

### Credit solutions

Personalized solutions for Loans, Personal Lines of Credit, TD Home Equity FlexLines, and Mortgages.

### Overdraft protection service

No monthly service fee on Monthly Plan Overdraft Protection; subject to credit approval.

### Access to your account

- Use your TD Private Access Card for purchases with Interac in store and Visa Debit online.
- Make no-fee cash withdrawals from any TD ATM or from a TD branch in Canada.
- No TD ATM fee at non-TD ATMs in Canada.

- Make Canadian bill payments from your account in a TD branch, through TD EasyLine Telephone Banking, EasyWeb Internet Banking and the TD app.
- Set up pre-authorized payments.

### Digital banking services

- 24/7 access to EasyWeb Internet Banking and the TD app. Enjoy the security of the TD Online and Mobile Security Guarantee.
- Receive notification of suspicious account activity using TD Fraud Alerts.
- Use your smartphone for in-store purchases in Canada using mobile wallet apps, such as Apple Pay.

- Receive online account statements and access to your account details and images of the cheques you've written that have been cashed.
- Use our personal expense management tool through the TD MySpend app.
- Deposit cheques using TD Mobile Deposit on your smartphone.

### Credit cards

Annual Fee for the Primary Cardholder and one Additional Cardholder waived for one of select TD Credit Cards<sup>2</sup>, including:

- TD First Class Travel® Visa Infinite Card
- TD® Aeroplan® Visa Infinite Card

- TD Platinum Travel Visa Card
- TD® Aeroplan® Visa Platinum Card
- TD Cash Back Visa Infinite Card
- TD U.S. Dollar VISA Card

# Full Service Physician Package



You have taken care of countless Canadians. Let us take care of you.

You have gone above and beyond to keep Canadians safe during the pandemic. It's time your needs are met. The CIBC Full Service Physician Package can provide you with financial peace of mind so you can focus on both meeting your needs today and ensuring a healthy future.



## Relationship management

CIBC Business Banking is here to help you find a way forward. Get advice from a team of business experts to support your short and long term goals, every step of the way.



## Chequing account

Receive an automatic rebate on your Smart™ Plus account monthly fee when you maintain a minimum daily balance of \$6,000 in your account or \$100,000 in Savings and Investment during the month<sup>2</sup>.



## Lending

Get a preferred rate of CIBC Prime<sup>1</sup> minus 0.25% for both your business and personal lending needs.



## High interest savings account

Maximize your savings with a high interest savings account. Earn a limited time bonus rate when you open your first CIBC eAdvantage<sup>9</sup> Savings Account.



## Credit cards

### Personal

Receive one premium CIBC credit card included with an ongoing annual fee rebate of up to \$139 as part of the CIBC Smart™ Plus bundle offer<sup>3</sup>.

### Business

Get an ongoing annual fee rebate<sup>4</sup> plus up to 35,000 Aventura<sup>®</sup> Points on the CIBC Aventura<sup>®</sup> Visa<sup>®</sup> Card for Business *Plus* or earn up to 25,000 Aeroplan points on the CIBC Aeroplan<sup>®</sup> Visa<sup>®</sup> Card for Business *Plus*.



## CIBC Preferred Mortgage Pricing<sup>††</sup>

Every physician and resident in Canada is eligible for our preferred mortgage rates<sup>††</sup>. No negotiation required.



## Business Operating Account for Physicians

A \$0 monthly fee operating account with unlimited monthly transactions<sup>1</sup> (including no fee on Interac e-transfers) and no minimum balance requirement.



## Investments

### Discretionary

Enjoy employee pricing on CIBC Smart Investment Solutions<sup>5</sup>: 0.5% discount off ongoing account level management fees for clients and their spouses.

### Self-directed

Receive CIBC employee flat-fee pricing of \$4.95 per trade on Investor's Edge AND opt for CIBC Premium Edge<sup>6</sup> with \$1m eligibility threshold lowered to \$500k in household assets, access to Priority Service Team, reduced margin rates and custom reporting and research.



To discuss any of our market-leading offers for physicians, please reach out to:

Contact:  
Sanjeev Kumar, SFSR  
Email: [sanjeev.kumar2@cibc.com](mailto:sanjeev.kumar2@cibc.com)



# RBC Healthcare Advantage

## VIP Bank Account

- ✓ No Minimum Balance
- ✓ Unlimited Debit Transactions Worldwide
- ✓ Low Interest Rate
- ✓ No RBC fee to use ATMs Worldwide
- ✓ FREE Interac e-transfers
- ✓ Overdraft Protection fee waived
- ✓ Up to \$120 rebate on the annual fee of an eligible premium credit card
- ✓ Choice of up to two additional Canadian and one U.S personal account with monthly fees waived
- ✓ Over 5 Credit Cards that are eligible for rebates

## Homeline Plan

Finance important goals, improve your cash flow and save money. The RBC Homeline Plan combines an RBC mortgage and Royal Credit Line into one product that allows you to access the equity you have in your home.

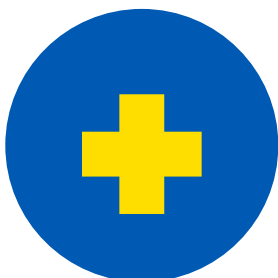
- ✓ **Low Interest Rate**
- ✓ **Apply Once, Borrow Again**
- ✓ **Credit Grows with Equity**  
Borrow up to 80% of the value of your home



### Emily Gauthier

Financial Planner  
Royal Mutual Funds Inc.  
152 South Alberni Highway  
Parksville, BC V2P2G5  
250-240-0709  
emily.gauthier@rbc.com

As your planner, I'm here to provide the advice that's right for your life. A career of 15 years in the financial services industry has prepared me for this role.



Healthcare Advantage



Healthcare Advantage Pro



Financial Planning



Journey Guide

# Housing

## Find a Realtor

- Vancouver Island Real Estate Board
- Multiple Listing Service
- Nanaimo Royal LePage
- Nanaimo Re/max

## Rental Options

- 460 Property Management
- Ardent Properties
- Pacific Edge Properties
- Widsten Property Management
- West Urban Property Management
- Gotta Rent

## Nanaimo Division Accommodation List

These hosts have agreed to offer their accommodation at a specified “Physician Rate”. Our goal is to make the process for Physicians visiting or temporarily working in Nanaimo as easy and affordable as possible.



## Member Recommended Real Estate Agents

### *Jenn Tonsi*

- (250) 758-7653
- Jenntonsi@gmail.com
- Jenntonsi.royallepage.ca

### *Kelly Whitton*

- (250) 933-5333
- Kelly@thevipropertygirl.com
- thevipropertygirl.com
- Donates 25% of Division referred sales

### *Shelly McNeil*

- (250) 713-033
- shellymcneil@royallepage.ca
- shellymcneil.royallepage.ca
- Donates 25% of Division referred sales

**\*Donations are made to the  
Nanaimo & District Hospital Foundation.**



# PLANNING ON MAKING NANAIMO HOME?

## LET'S WORK TOGETHER!

"Hello, I'm Jenn Tonsi, your trusted guide in finding the perfect home in Nanaimo, BC. As a proud resident of Nanaimo, born and raised here, I have a deep understanding of the community and its real estate market. Having raised my own family in Nanaimo, I have a personal connection to the city and its neighborhoods. With 20 years of experience in the construction industry and a strong foundation in community service, I am dedicated to helping you find a home that truly fits your needs and lifestyle."

**JENN TONSI**  
REAL ESTATE AGENT



✉ JENNTONSI@GMAIL.COM  
☎ 250.758.7653  
🌐 JENNTONSI.ROYALLEPAGE.CA  
📍 4200 ISLAND HWY. N. NANAIMO  
BC V9T1W6



# Education

**School District 68** (Nanaimo-Ladysmith) has a total of 28 Elementary Schools and 6 Secondary Schools.

Education can be either in English or French. Learn more about enrolling your children in **French Emersion**.

**BC Education System Performance Review: Nanaimo-Ladysmith School District**

## Registration Link for SD 68

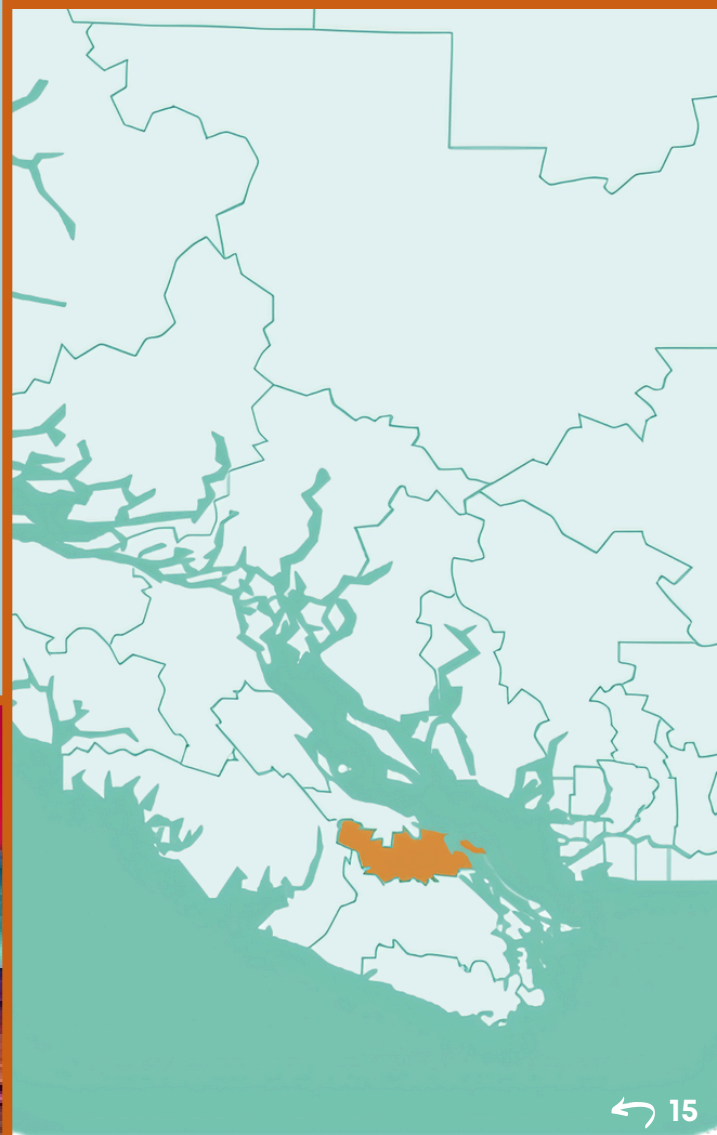
Nanaimo has private schools should you desire your children receive an alternative education.

### Private Schools

- Aspengrove School
- Nanaimo Christian School
- Discover Montessori School

Nanaimo has one University, VIU, as well as a handful of Colleges:

- Vancouver Island University
- Discovery College
- Spratt Shaw College
- Avalon Community College
- Academy of Learning







## An Unparalleled Experience

Junior Kindergarten - Grade 12 | Independent School

Whether your child is 3 or 18, Aspengrove School's outstanding teachers will provide them with the tools, resources, and care to flourish and develop into responsible, caring, and capable leaders.

Regarded as the global standard of education, the International Baccalaureate curriculum inspires our students to be creative, curious, and critical thinkers, while also discovering their passions and preparing them for a successful future.

Leadership and volunteer opportunities, exciting outdoor education experiences, 40 acres of campus space, and robust academics and co-curriculars allow students to grow into confident young adults who are prepared for success in their post-secondary journeys.

*"We are very pleased with Aspengrove School. World-class education, fantastic extracurricular activities, amazing and caring staff, and great facilities. We couldn't ask for more, and feel very blessed to be part of the Aspengrove community."*

**Sarah Russick, Aspengrove Parent**

*"The teachers at Aspengrove have been instrumental in shaping our children's learning experiences. Their dedication and care are evident in the warm greetings we receive each morning, setting a positive tone for the day ahead. It is clear that the teachers go above and beyond to ensure our children feel valued and supported."*

**Jackie Hickey, Aspengrove Parent**

**INSPIRING CREATIVITY, COURAGE, CURIOSITY**

# Resources

We are so pleased that you are considering making Nanaimo your home. While we are confident that you will love this community as much as we do, we know that there is much to do in the relocation process, and it can be stressful. To make this transition more comfortable, we have compiled a list of resources intended to help you better settle in. For a comprehensive list of resources, download the **Nanaimo Business Resource & Relocation Guide**.

## RESOURCES

**College of Physicians and Surgeons of British Columbia**

**Doctors of BC**

**Island Health**

**City of Nanaimo**

**Public Transit**

**Parks & Recreation**

**BC ID and Drivers License**

**Automobile Insurance**

**Utilities**

- Electricity—**BC Hydro**
- Natural Gas—**FortisBC**

**Telephone & Internet**

- Telus
- Rogers

**Child Care Resources**

- Nanaimo Child Development Centre
- Autism Society of Central Vancouver Island

## TRAVEL BY AIR

The **Nanaimo Airport**—YCD, is located 15 km south of the city. Daily flights are offered by **WestJet** and **Air Canada**, to Vancouver, Calgary, Victoria, and more.

The Nanaimo **Seaplane Terminal** provides daily scheduled flights to YVR South, the Sunshine Coast, and the downtown Vancouver Float Plane Terminal.

[harbourair.com](http://harbourair.com) | [sunshinecoastair.com](http://sunshinecoastair.com) | [seairseaplanes.com](http://seairseaplanes.com)

Daily **Helijet service** operates from the Port of Nanaimo Cruise Ship Terminal, (next to downtown Nanaimo) landing at their Heliport on the downtown Vancouver waterfront (next to the **SkyTrain**).

## TRAVEL BY WATER

**BC Ferries:**

- Departure Bay Nanaimo/Horseshoe Bay North Vancouver route (1 hour 40 minutes).
- Duke Point Nanaimo/Tsawwassen South Vancouver (2 hour) route.
- Downtown Nanaimo/Gabriola Island (20 minutes).

**Hullo Ferries:**

Downtown Nanaimo to Downtown Vancouver in 70 minutes.

# Eats, Treats & Recreation

**Outdoor Walks and Hikes:** Enjoy some of Vancouver Island's most beautiful scenery.

**Go out for some Food and Drink:** Endless choices for breakfast, lunch, or dinner.

**Shopping:** From large name-brand stores to quaint local shops and thrift stores.

**Swimming and Outdoor Recreation:** Lakes, rivers, or oceans—you get to choose.

**Saysutshun, Newcastle Island:** Explore an afternoon or close camping trip. Watch out for the Blond Racoons!

**Sailing, Kayaking, or even Bathtub Racing:** Nanaimo is the Ultimate boater's dream!

**Theatre and Music:** Have you ever attended a Symphony in a park?

**Dinghy Dock Pub and Restaurant:** Ever been to a floating pub? Located on Protection Island, you will arrive by **ferry**.

**Nanaimo Bar Trail:** We have all had a Nanaimo bar, but who has tried it deep-fried, in a Martini, or Cupcake?

**Golfing:** No such thing as a golf season, when you can play nearly year-round.



**“I LIKE NANAIMO BECAUSE IT IS THE GATEWAY TO OUR COASTAL PLAYGROUND WHERE ONE CAN GOLF, SKI, AND KAYAK ON THE SAME DAY, AND SAIL THE NEXT!” - DR. GERRY VAUGHAN**



# Contact Us

## **Nanaimo Division of Family Practice**

To book clinic site visits, find out more about the Family Practice community, and receive support to relocate to Nanaimo contact:

## **Physician Recruitment and Retention Team**

**[recruit@nanaimodivision.ca](mailto:recruit@nanaimodivision.ca)**

+1 (250) 591-1200

2137-A Bowen Rd

Nanaimo, BC

V9S 1H8

