



# Oceanside Physician **WELCOME PACKAGE**

:: LIVE :: WORK :: PLAY ::

*Orientation Information for  
New Physicians to the Oceanside Area*



*Acknowledgement:*

*The orientation package concept, design and layout was developed by the Comox Valley Division of Family Practice.*



## WELCOME TO OCEANSIDE!

The following is information you may find useful as a new Family Physician (FP) in the Oceanside area. This 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 Oceanside area...

Parksville-Qualicum Beach is thoroughly equipped with modern emergency service infrastructures. The RCMP, the BC Ambulance Service and local fire departments are on call 24 hours. The area has a full complement of physicians, chiropractic, physiotherapy, acupuncture, x-ray ultrasound clinic, and holistic naturopathic specialists. Urgent care is provided by Island Health at the new Oceanside Health Centre in Parksville. The Nanaimo Regional General Hospital is a half-hour south of Parksville. In the community, as of 2019, there are 29 office-based physicians and 4 Nurse Practitioners in 9 family practice clinics in the Oceanside area.

Parksville-Qualicum Beach is one sunny spot with 2,047 hours of brilliant sunshine every year. Fact: On average, Parksville gets 95 centimeters of rain annually with the average temperature of 14C – about the same as San Francisco. July averages 23.5C and January is sweater weather at 4.7C.

### About the Oceanside Division of Family Practice

The Oceanside Division of Family Practice, formed in April 2010, 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.

Our priorities are:

- Increase family practitioner influence on health care delivery in our region
- Enhance professional satisfaction to general practitioners
- Improve patient care in our area

**All local Family Doctors working in the Oceanside area are welcome to join. Visit our website at:**

[www.divisionsbc.ca/oceanside](http://www.divisionsbc.ca/oceanside)

## BENEFITS OF MEMBERSHIP

Being a member of a division offers a number of potential benefits, including:

- Greater impact on the organization of local and regional health services around a division practice area
- Enhanced professional collegiality and access to physician health and wellness programs
- Shared efforts for recruitment, retention and locums.
- Support from colleagues in caring for complex or unattached patients
- Practice support for information technology programs and pilot projects.
- Free Up-To-Date subscription
- Pathways Specialist Software account

The following is information you may find useful as a new Family Physician (FP) in the Oceanside area. 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 Oceanside area is a collection of 12 friendly and small communities, the Parksville Qualicum Beach area stretches along the sheltered Strait of Georgia on Vancouver Island's eastern shore from Nanoose Bay in the south to Deep Bay in the north and inland to Cathedral Grove. Horne Lake, the historic town of Coombs, and the popular harbour at French Creek, among others, make up this eclectic region. The Mount Arrowsmith Biosphere Reserve, a precious, UNESCO-designated 800 square kilometre ecosystem recognizes the region's natural significance and locals' relationship with the land.

## City of Parksville

<https://www.parksville.ca/> | (250) 248-6144

## Town of Qualicum Beach

<http://www.qualicumbeach.com/> | (250) 752-6921

## Real Estate Ownership

The bottom line: the economy here is hot and booming. The business sector is dominated by tourism and retirement related industries. Retail, consumer, health and educational services are also strong in Parksville Qualicum Beach. The continuing demand for Vancouver Island real estate has created a huge demand for skilled trades people. Major developments include a slew of new resorts and condominium projects as well as the Parksville Civic and Technology Centre.

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

## Real Estate Rentals

### RE/MAX First Realty

(250) 248-1071 | <http://www.remaxparksvillequalicum.ca/>

### Royal LePage Parksville-Qualicum Beach

(250) 248-4321 | <http://www.parksvillerealestate.com/>

### The Kerr Group

(250) 586-1100 | <http://www.thekerrgroup.ca/>

## Schools

### School District 69

(250) 334-5500 | <http://www.sd69.bc.ca>

The Qualicum School District is centrally situated on east Vancouver Island and serves a student population of approximately 4000 students. There are eight elementary schools (Grades K-7), two secondary schools (Grades 8-12), an alternate school (PASS/Woodwinds) and a Distributed Learning program to support home-learning families called the Collaborative Education Alternative Program (CEAP). The district French Immersion program is available at Oceanside Elementary and Ballenas Secondary Schools.

*Important to note:* School registration starts in early February. It is important to contact schools early, particularly if you are considering French Immersion, Special Interest programmes, or you have a child with special needs.

## Arrowsmith Independent School

(250) 752-2722 | <http://www.arrowsmithindependentschool.ca/>

Arrowsmith Independent School is a new education option in District 69 for Preschool to grade 7. They offer quality Academic programs based on the BC Curriculum guidelines. Their focus is on practical life skills such as Agriculture, Cooking, Outdoor Regional Studies and Sustainability, Music, Drama, and Art. The facility is on an acreage in the country in Arrowsmith, a short stroll away from Hamilton Marsh.

## Preschools

### Sunrise Preschool

(250) 248-8552 | <http://www.sunrisepreschool.ca/>

### Little Star Children's Centre

(250) 752-4554 | <http://www.littlestardaycare.ca/>

### Dolphin Tales Preschool

(250) 951-0887 | <http://d69fra.org/dolphin-tales-preschool>

### Children's Discovery Centre

(250) 752-4343 | <http://www.childrensdiscoverycentre.ca/>

### Discover Montessori

(250) 760-0615 | <http://public.dm-school.ca/>

## Child Care

### Paradise Childcare Centres

(250) 586-8688 | <http://www.paradischildcarebc.com/>

### PacificCare

(888) 480-2273 | <http://www.pacific-care.bc.ca>

PacificCARE envisions a world where Families have access to programs and resources that nurture all aspects of healthy development for the children of the future.

## Public Services

### Cable TV: Shaw Cable

(250) 760-1999 | <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](http://www.telus.com)

### Water: Public Works

Parksville: (250) 248-5412

Qualicum Beach: 250-738-2209

### Garbage/Recycling: Nanaimo Regional District

(250) 954-3792

### Recycling Return Centre

Parksville: (250) 248-0224

Qualicum Beach: (250) 752-8884

### Recycling Hotline

1-800-667-4321

## Recreation

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

### **Ravensong Aquatic Centre**

(250) 752-5014 | <http://rdn.bc.ca/cms.asp?wpID=1054>

### **Oceanside Place (Arenas)**

(250) 248-3252 | <http://rdn.bc.ca/cms.asp?wpID=607>

### **Vancouver Island Regional Library**

<http://virl.bc.ca/>

Parksville: (250) 248-0170

Qualicum Beach: (250) 752-6121

## Transportation

### **BUS: Regional District of Nanaimo Transit System**

(250) 954-1001 | <http://bctransit.com/nanaimo/> to find maps and schedules.

### **TAXI: Oceanside Taxi Service**

(250) 954-8294 | <http://oceansidetaxi.ca/>

## Shopping

If you're looking for women's wear, sports wear, folk art, kitchen gadgets, bath accessories, cool garden art, hand made quality jewelry, pottery, its all here and easy to find.

Parksville shopping features a wide variety of retail stores, galleries, boutiques, restaurants, grocery stores, and professional centres. The town draws large crowds for the Summer by the Sea Street Market (Tuesday nights in July and August); more than 100 street vendors set up their stalls in the Craig Street area, musicians and entertainers perform and neighborhood shops stay open late.

The Qualicum Beach shopping experience shuns franchise operations and big box stores in favour of one-of-a-kind boutiques. Wander the pedestrian-friendly streets in the lovely downtown core exploring unique shops, bookstores, antique shops, restaurants, outdoor cafés, galleries and Quality Foods' flagship store with a spectacular cheese and deli selection. This quaint garden lovers village also has its share of professional centres to take care of most business needs.

The rest of the Parksville-Qualicum Beach area is also home to eclectic, original and downright fascinating emporiums. A clutch of them are located side-by-side in Coombs. Heaps of locally farmed produce sit row-upon-row in colourful seasonal splendor. Tibetan antiques and southeast Asian crafts add an air of the exotic.

## Farmers Markets

### **Qualicum Beach Farmers Market**

<http://www.qbfarmersmarket.com/> | (844) 843-7236

Better tasting and more nutritious, fresh, locally grown produce is one of the best things we can do for ourselves, our families and communities. Local production means guaranteed freshness and outstanding flavours as well as eliminating the need for of long distance transportation.

- **Saturdays, 8:30am to 12:00pm**, Memorial and Veterans Way, Qualicum Beach

### **Errington Farmers Market**

<http://www.erringtonfarmersmarket.ca/w1/> | (250) 586-0099

Errington Farmers' Market is a proud member of the BCAFM (British Columbia Association of Farmers' Markets). Our Motto is "Make It, Bake It or Grow It!". We offer fresh produce, baked goods, bedding plants and items created by local crafters as well as coffee and goodies from the coffee shop in a woodsy, friendly atmosphere. There is always music playing, activities for the kids, and lots of conversation with friends and neighbours.

- **Saturdays, May to September, 10:00am to 1:00pm**, Errington Community Park

### **Summer by the Sea Street Market**

<http://www.parkvillechamber.com/special-events/summer-by-the-sea-street-market> | (250) 586-0099

The Parksville and District Chamber of Commerce invites you to come and experience the excitement of downtown Parksville's annual Summer by the Sea Street Market being held every Tuesday night from mid June to the 1st of September, from 6:00 pm - 9:00 pm.

Over 150 exceptional artisans offer everything from wrought iron work, rock candles to wooden toys; we definitely have something for everyone. Add tasty food and food trucks and a fabulous line-up of entertainment for your enjoyment. Come out and support our local





merchants, as well as vendors traveling from all over Vancouver Island and the Gulf Islands.

## Restaurants

There are many great restaurants in the Oceanside Area. Here are some of our favorites:

### Parksville

- Lefty's Fresh Food Restaurant, <http://www.leftys.tv/>
- Kalvas Restaurant, <http://kalvastheloghouse.com/>
- Amrikko's Indian Cuisine, <http://amrikkos.ca/>
- Cedar's Restaurant and Lounge, <http://www.tigh-na-mara.com/dine/cedars-restaurant-lounge.htm>
- Cuckoo in Coombs Tattoria and Pizzeria, <http://www.oldcountry-market.com/italianrestaurant.php>
- Taste Cafe and Bistro, <http://www.tastecafeparksville.com/>
- Smoke N' Water Restaurant, <http://smokenwater.com/>
- Sushi Ichi, (250) 954-2020,
- Samurai Sushi & Teriyaki, (250) 951-0752
- Bread and Honey, <http://www.breadandhoneyfoodco.com/>

### Qualicum Beach

- Giovanni's Ristorante, <http://www.giovanisqualicum.com/>
- The Final Approach, <http://finalapproachrestaurant.ca/>
- Bailey's in the Village, 670 Primrose St, Qualicum Beach
- Lefty's Fresh Food Restaurant, <http://www.leftys.tv/>
- Qualicum Sushi, (250) 752-5199
- Sushi Hama, (250) 594-9961

- Thalassa Restaurant, <http://golfqualicum.ca/thalassa-restaurant/>
- French Press Cafe, (250) 752-0021
- Bistro 694, [www.bistro694.com/](http://www.bistro694.com/)

## Travel

BC Ferries, <http://www.bcferries.com/>  
Harbour Air, <http://www.harbourair.com/>  
KD Air, <http://www.kdair.com/>  
Tofino Air, <http://www.tofinoair.ca/index.asp>  
Greyhound Bus,  
Tofino Bus,

## Local Media

### Local FM radio stations:

88.5 The Beach | <http://www.885thebeach.com/>  
99.9 The Lounge | <http://www.thelounge999.com/>

### PQ News

Newspaper, Free Tuesdays & Thursdays  
(250) 248-4341 | <http://www.pqbnews.com/>

### What's On Digest - Parksville/Qualicum Beach (Monthly)

<http://parksvillequalicum.whatsondigest.com/>  
Community Events

## Newcomer Groups

### Qualicum Beach and Area Newcomers Club

<http://qbnewcomers.org/>

### Parksville Newcomers Club

<http://www.parksvillenewcomers.net/>

### Oceanside Volunteer

(250) 594-2637 | <http://www.oceansidevolunteer.org/>

The Oceanside Volunteer Association (O.V.A.) is a community resource assisting volunteer organizations as well as those who wish to volunteer. We promote volunteerism in the Oceanside Region!

Since May 2000 our organization has assisted over 100 non-profit organizations that depend upon volunteers to carry out their programs in Parksville, Qualicum Beach, Nanoose, Bowser, Errington, Coombs, Whiskey Creek and Qualicum Bay.



:: WORK ::

## CARE INFORMATION

### Oceanside Health Centre (Island Health)

489 Alberni Highway

Parksville, BC V9P 1J9

**Phone:** (250) 951-9550

**Website:** <https://www.islandhealth.ca/our-locations/>

[hospitals-health-centre-locations/oceanside-health-centre](https://www.islandhealth.ca/our-locations/hospitals-health-centre-locations/oceanside-health-centre)



### OHC SERVICES

#### Urgent Care

- Hours: 7:30 am to 9:30 pm, 7 days per week, 365 days per year
- Immediate assessment and treatment for conditions that require same-day treatment
- Assessment and stabilization for transfer to hospital, if needed
- The Centre cares for approximately 75% of patients who might typically visit an Emergency Department and not need to be admitted

#### Primary Care

- Services open Monday to Friday, 9:00 am to 4:30 pm
- New patients are welcome, with preference given to people who currently do not have a family doctor
- Primary Care services are linked to all other programs at the Oceanside Health Centre, to ensure patient care and follow-up is coordinated

#### Medical imaging

- Open 8:00 am to 4:30 pm Monday to Friday, and on-call during Urgent Care hours.
- Open walk-in 10:00 am to 4:00 pm Saturday/Sunday \*Closed 1:00-2:00 pm for lunch
- A physician requisition is needed for all diagnostic tests.
- Phone: (250) 951-9570

#### Outpatient Laboratory Services

- Open Monday to Friday 7:15 am to 5:30 pm and Saturdays 7:15 am to 3:00 pm
- Operated by Life Labs
- Requisition required; Appointments can be booked online
- Phone: 1-800-431-7206

#### Telehealth

- Telehealth uses videoconferencing technology to connect patients to health care services, regardless of where they live.

#### Integrated Community Care Teams (ICCT)

- Integrated community care based teams work 8 hours, 5 days per week with, evening service to 9:00 pm for home care nursing and home support.
- Care team providers deliver services in people's homes, in group settings and in office settings.

#### Specialty Services

The Oceanside Health Centre offers services Monday to Friday 8:00 am to 4:00 pm for:

- Adults with moderate to severe mental health diagnoses
- Seniors over age 65 needing specialized assessment and or treatment related to complex health conditions and illnesses
- Individuals with diabetes on insulin pumps and women with gestational diabetes
- Patients consulting a specialist outside of Oceanside using telehealth services.

#### Environmental Health

- Open Monday-Friday 8:00 am to 4:00 pm and for after hour emergencies
- Services to promote and safeguard public health, including protection from environmental and other health hazards.

#### Medical Day Care (Support Clinic)

- Open 8:00 am to 6:00 pm, 7 days per week. An appointment is required.



## COMMUNITY RESOURCES

**AMBULANCE** services. Local 911 service. 911 response fee is \$50, if transported, fee is \$80.

### AUDIOLOGY Services

- Island Health Nanaimo Hearing Program (250) 755-6269
- Connect Hearing (Parksville) (250) 248-8144
- Parksville Hearing Clinic (250) 248-6440
- Qualicum Hearing Clinic (250) 752-9250

**BCCA - British Columbia Cancer Agency** - Vancouver Island Centre (Victoria) 1-800-670-3322

**CONTINUING MEDICAL EDUCATION** locally is sponsored by VIHA and the Division.

### EVERYWOMAN'S HEALTH CENTRE

#210-2525 Commercial Drive, Vancouver, - www.ewhc.ca  
(604)322-6692

### HOME CARE

- *Home and Community Care Services (Island Health) Oceanside Health Centre*  
489 Alberni Highway, Parksville (250) 951-9550  
http://www.viha.ca/hcc  
*Includes:*
  - Home Nursing care, Long Term Care Assessments, Rehab Services, Social Work
  - Home Support assists with personal care - dressing, bathing, showering, grooming, hygiene, medication assistance. Does not cover meal preparation or housecleaning

*Private Home Care Companies*

- Nurse Next Door – Parksville – (877) 588-8609

### HOSPICE

Oceanside Hospice Society http://oceansidehospice.com/  
(250) 752-6227

- Supports individuals/families with end-of-life issues/grief.
- A Hospice and Palliative Care Unit is located at Trillium Lodge in Parksville.

### LABS

- Lifelabs (800) 431-7206  
489 Alberni Hwy, Unit 1  
Mon-Fri - 0715-1730, Sat 0715-1130

**MASSAGE THERAPY / ACUPUNCTURE** See page 14

### MEAL ASSISTANCE

- Meals on Wheels (250) 248-2093 ext. 225

### MEDICAL APPOINTMENT TRANSPORTATION SERVICE

- SOS (250) 248-2093 ext. 222

### MENTAL HEALTH AND SUBSTANCE USE

- Comox Valley Mental Health and Substance Use (Island Health)- 941C England Ave, Courtenay V9N 2N7, phone 331-8524, fax 331-8525
- *Services include:*
  - ACSS (Adult Community Support Services) for adults with severe, chronic mental illness.
  - Adult Day Therapy Program(SJGH), Changeways, Mindfulness groups
  - ASTAT Team (e.g. Short Term Acute Counselling) Can facilitate urgent psychiatry assessments
- Crisis Line (Public) 1-888-494-3888
- SAIN - Substance Abuse Intervention Nurse, SJGH. Assists with arranging Detox. Pager (250) 703-9102.

### ORTHOTICS / FOOT CARE

*includes spine / knee braces and foot orthoses*

- BD Mitchell - Comox (250) 339 2262
- SOS Orthotics - Comox (250) 339 5852.

*Foot Care*

- Feet First (250) 338 1702, (250) 335 2349.
- This Little Piggy Foot Care Services (250) 792 3885
- Happy Soles Foot and Nail Care  
Paul Kurucz, Podologist (250) 871 2279 or (250) 871 6484

**PHARMACIES** - See page 13

### PHARMACARE PHYSICIANS LINE FOR SPECIAL AUTHORITY

1-877-657-1188

**PHYSIOTHERAPY** - See page 14

**PRENATAL CLASSES (PUBLIC HEALTH NURSING)** (250) 331-8520

### PUBLIC HEALTH

- Parksville/Qualicum Health Unit ( Family Place)  
292 Bay Avenue, Parksville, BC  
Offer routine immunizations  
(250) 947-8242

**QUITNOW SERVICES** - Smoking Cessation program

http://www.quitnow.ca 1-877-455-2233

### SALVATION ARMY

192 Island Highway, Parksville (250) 248-8154

## SOCIETY OF ORGANIZED SERVICES

<http://www.sosd69.com/>

Phone: (250) 248-2532

### Programs and Services

Volunteer Service  
Better at Home  
Caring for Kids at Christmas  
Medical Appointment Transportation Service  
Homeless Prevention Program  
Meals on Wheels  
Income Tax Return Preparation  
Grad Wear  
St. John Ambulance Babysitting Course  
After School Education Assistance  
Teens in Transition  
Teen Nite  
School Nite Out  
Tic Tac (Time in comfort for tots and caregivers)  
Girl Talk  
Family Night  
Preschoolers on the Move  
Subsidized Counselling

## SLEEP APNEA - OVERNIGHT OXIMETRY/CPAP

- Pacific Sleep Care [www.pacificsleepcare.ca](http://www.pacificsleepcare.ca) | (250) 951-0788
- Sleep Tech <http://sleeptech.ca/> | (250) 594-1111

## TRAVEL MEDICINE

- Travel Medicine & Vaccination Centre  
[www.tmvc.com](http://www.tmvc.com) | (250) 244 1044
- Pharmasave - Parksville  
<http://www.parksvillepharmasave.com/> | (250) 951-0227
- Pharmasave Qualicum Beach  
<http://www.qualicumpharmasave.com/> | (250) 752-3011

## VANCOUVER ISLAND COMMUNITY CONNECTIONS

Online directory of services for people with developmental disabilities (Community Living BC, The Job Shop, Triumph Vocational Services, Community Living Resource Centre) – <http://www.vicc.cc>

## WORKSAFE BC

- Nanaimo office (250) 751-8000 <http://www.worksafebc.com>

## WOUND CARE

- Nursing clinic is available through Home and Community Care referral



## CLINICS IN THE OCEANSIDE AREA

### Family Practice

#### Parksville

**Dr. Satish Desai and Dr. Safya Elwesh** (250) 248-3133

#### Parksville Medical Clinic (250) 248-5757

- Dr. Thor Fridriksson
- Dr. Stephen Noble
- Dr. Lawrence McClure
- Dr. Carey Sulz
- Dr. Mirka Owen
- Dr. Mark Morris
- Dr. Julia Hickey-Somerville
- Dr. Viola Szachnowska
- Dr. David Owen
- Dr. Philip Bailey

#### McCarter Family Clinic (250) 954-1499

- Dr. Brad Bell
- Dr. Robert Maccari

#### Weld Street Clinic (250) 248-5677

- Dr. John Dalla Lana
- Dr. Robert Waite
- Dr. Colin Duncan

#### Qualicum Beach

#### Dr. Pieter Swart (250) 752-3284

#### Memorial Ave Medical Clinic (250) 594-2009

- Dr. K. Dawn Papo
- Dr. Jacques Simenhoff

#### Qualicum Associates Clinic (250) 750-7100

- Dr. Clair Biglow
- Dr. Ashraf ElKarsh

#### Qualicum Medical Centre (250) 752-0557 or 250-752-6731

(250) 752-6907

- Dr. Peter Haslett
- Dr. Johannes Wagenaar
- Dr. Penny Bartlett

#### Caledonian Clinic

### Walk-in Clinics

#### Caledonian Clinic

Campbell Street Location (250) 753-3202

Brickyard Road Location (250) 390-5200



CLINICS/WALK-IN CLINICS

#### Lantzville Urgent Care Clinic (250) 390-4542

#### Walmart Clinic Nanaimo (250) 244-4740

#### Medical Arts Centre Nanaimo (250) 753-3431

#### Washington Park Medical Clinic (250) 334-9241

Superstore Mall, Courtenay

- Dr. Katie Barker
- Dr. Shannon Jones

#### Comox Valley Medical Clinic (250) 898-0202

Walmart, Courtenay

- Dr. Paul Herselman
- Dr. John Fitzpatrick
- Dr. Megan Spring
- Dr. Don Fockler
- Dr. Rob Silcox
- Dr. Barb Fehlau (Pain Clinic T, W,Th)

#### Other Family Physicians / Locums

- Dr. Bob Price
- Dr. Herb Wong
- Dr. Ben Martens
- Dr. Chris Kwiatkowski

#### Palliative Medicine

Dr. Marlene Van Der Weyde (250) 738-1166

## SPECIALIST OFFICES

#### Specialist On Call List

<https://medicalaffairs.viha.ca/oncall/BrowseSchedules/>

(need a VIHA log-on)



## Local Specialists

### MEDICAL AETHITICS AND LASER

Dr. Andy Biro (Parksville)

<http://longevitymedical.ca/> | (250) 248-586-1883

### PHYSICAL MEDICINE & REHABILITATION

Dr. Kevin Letcher

Dr. Tim Lapp

Qualicum Commons

Ph: (250) 594-4904

Fax: (250) 594-4905

### ENDOCRINOLOGY

Dr. Clayton Reynolds

Protea Clinic

Fax referrals to (250) 752-3519

## Out of Town Specialists

### CARDIOLOGY (Victoria)

Western Cardiology Associates

### DERMATOLOGY (Victoria)

Dr. Gordon Telford (Eczema Clinic)

### MEDICAL GENETICS CLINIC

Victoria Gen'l Hospital (250) 727-4461 Fax (250) 727-4295

### NEPHROLOGY (Nanaimo)

- Dr. Rachel Carson
- Dr. Alison Croome
- Dr. Anthony Booth (clinics at Dr. Pieter Swart's offices)

### NEUROLOGY (Nanaimo)

Dr. Kimberley Waterman

### NEUROSURGERY (Victoria)

- Dr. Richard Reid
- Dr. Stephen Hentschell
- Dr. John Sun

### ORAL SURGERY / MAXILLOFACIAL (Nanaimo)

Dr. Robert Sorochn (250) 753-6671

### PEDIATRIC CARDIOLOGY (Nanaimo)

Dr. Marion Tipple

### PEDIATRIC ORTHOPEDIC DOCTOR (Victoria)

Dr. Brent Weatherhead

### PHYSIATRY / REHAB (Nanaimo)

- Dr. Tim Deutscher
- Dr. John Hawkeswood
- Dr. Andrew Willmott

### RHEUMATOLOGY (Nanaimo)

- Dr. Maqbool Sheriff
- Dr. Alison Kidd
- Dr. Nicole Baur

### STROKE RAPID ASSESSMENT UNIT (SRAU) (Victoria)

(250) 727-4056

Acute assessment for TIA's/ mild stroke.

Referral required.

Open M-F 08:00-18:00

### THORACIC SURGERY (Victoria)

BC Thoracic Surgery

- Dr. Gary Dewar
- Dr. John Samphire

### VASCULAR SURGERY (Victoria)

- Dr. James Dooner
- Dr. Peter Kueschler
- Dr. Shung Lee

Full contact info available on College Website  
[www.cops.bc.ca](http://www.cops.bc.ca) under "find a physician"

## OUT OF TOWN HOSPITALS

NRGH Hospital, Nanaimo, BC - (250) 947-8214

West Coast General Hospital, Tofino, BC - (250) 723-2135

St. Josephs Hospital, Comox, BC - (250) 339-2242

Victoria General Hospital, Victoria, BC - (250) 727-4212

Royal Jubilee Hospital, Victoria, BC - (250) 370-8000



## COMMUNITY PHARMACIES

### Pharmacies & Direct Lines

#### Parksville

- **Shoppers Drug Mart** (250) 248-3611 / Physician direct (250) 248-9223
- **Medicine Shoppe** – (250) 248-6695 / Physician direct (250) 248-6635
- **Parksville Pharmasave** - (250) 951-0243 / Physician direct (250) 951-3357
- **Thrifty Foods** – (250) 248-8823 / Physician direct (250) 947-2535
- **Save-On-Foods** – (250) 248-3260 / Physician direct (250) 248-2142
- **Shoppers Simply Pharmacy** (250) 248-3162 / Physician direct (250) 248-5561

#### Qualicum Beach

- **Qualicum Medicine Centre** – (250) 752-9911/ Physician Direct (250) 752-9836
- **Pharmasave** – (250) 752-6691 / Physician direct (250) 752-3014
- **Medicine Shoppe** – (250) 752-6695/ Physician direct (250) 752-6424
- **Memorial Compound** - Physician Direct (250) 752-1444

#### Other pharmacies

- **Medicine Centre, Nanoose Bay** – Physician Direct (250) 468-9921
- **Costco Pharmacy** – Physician direct (250) 390-3231





## EXTENDED HEALTH SERVICES

### Dietitians

#### Dietitians of Canada

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

### Massage Therapy

#### Parksville

- Health First Massage Therapy - (250) 586-1616
- Seaview Massage Therapy – (250) 248-5049
- Parksville Massage Therapy – (250) 954-0711
- Comox Valley Therapeutic Massage – (250) 339-9912

#### Qualicum Beach

- Healing Hands Massage Therapy Clinic- (250) 752-3009
- Qualicum Chiropractic & Massage Therapy - (250) 752-2212
- David Kasakoff – (250) 594-3770

#### NanOOSE Bay

- NanOOSE Bay Massage - (250) 468-1482
- Northwest Bay Massage Therapy - (250) 486-5844

### Physiotherapy

#### Parksville

- Parksville Physiotherapy Clinic – (250) 248-2644
- Oceanside Physiotherapy & Work Conditioning–(250) 248-9666

#### Qualicum Beach

- Qualicum Physiotherapy Clinic - (250) 752-3212
- Cumbria Physiotherapy - (250) 752-8471
- Dogwood Physiotherapy - (250) 752-3393
- Qualicum Manor - (250) 752-1262

### Residential Care Facilities

#### Parksville

- Arrowsmith Lodge - (250) 248-4331
- Stanford Place - (250) 951-0811
- Trillium Lodge– (250) 947-8230
- Cokely Manor - (250) 947-9777

#### Qualicum Beach

- The Gardens- (250) 752-2818
- Eagle Park Lodge- (250) 947-8220

### Acupuncture

#### Errington

- Oceanside Acupuncture Clinic – (250) 228-4229

### Psychologists/Counselling (Private)

- Dr. Joanne Roberts – Parksville (250) 586-3334
- Core Counselling – Parksville (250) 586-7380
- Centre of Expressive Therapy - Parksville (250) 248-1290



:: PLAY ::

## THINGS TO DO IN THE OCEANSIDE

### Hikes and Trails

- **Cathedral Grove**
- **Little Qualicum River Falls**

- **Moorecroft Regional Park**

The 34 hectare Moorecroft site includes shoreline and spectacular views across the Georgia Strait. There are approximately 32 hectares of natural forest featuring tree species such as Western Red Cedar, Douglas Fir, Arbutus, Bigleaf Maple, Red Alder and Garry Oak. Two intermittent creeks run through the property, and two eagle nesting sites have been identified. The property also contains a wetland area known as Skipsey Lake, an open field and a network of walking trails.

- **Englishman River Regional Park**

In 2005, the RDN partnered with The Nature Trust of BC, Ducks Unlimited Canada, the Nature Conservancy of Canada and the Province of BC to acquire this 207 hectare park and conservation area along the Englishman River. The regional park is home to numerous wildlife species including Roosevelt Elk and a community hatchery with extensive salmon side channel. Wander or ride the many forested park trails and admire the beauty of nature along one of BC's most important rivers. Spawning salmon return to Englishman River Regional Park every September and are celebrated annually there on BC Rivers Day. Finished your park adventure? Head off over the Top Bridge Crossing and the Top Bridge Trail to explore more of beautiful Oceanside.

- **Big Qualicum River Regional Trail**

This trail starts at the Big Qualicum Hatchery and follows the 10 km-long, gravel hatchery service road the length of the river. Amble along under the riverside tree canopy, explore the Fisheries and Oceans Canada hatchery complex and catch the action when the salmon spawn in the fall. It's a great level route for family cycling groups. Note that the trail ends before Horne Lake Caves Rd, a narrow active logging road unsuitable for walkers and cyclists.

- **Mount Cokely \*\* (5,301 ft.)**

Ascend via the "Saddle" route and scramble to the summit ridge using handholds and careful foot placement for a rewarding view including a possible glimpse of the Olympic Peninsula in Washington State. \*\*Steep terrain, consistent climb, alpine conditions.

- **Mount Moriarty \*\*\* (5,282 ft.)**

Hike from Labour Day Lake along the 'Stairmaster' - a steep forest trail leading to the summit, then along an undulating alpine ridge where it is beautiful beyond words.

- **Paradise Meadows**

Paradise Meadows at Mt Washington offer a number hiking levels. There are a number of trails ranging from easy to difficult, and from 3-4 km to 20km+.



THINGS TO DO

### Mountain Biking

Anyone that loves to ride bicycles knows that Oceanside is a lucky place to live! From technical downhill, to comfortable cross-country trails and beach cruising, there are options for everyone.

Here are some websites with more information on trails and clubs:

- **Arrowsmith Mountain Bike Club**

<http://www.arrowsmithmtbclub.com>

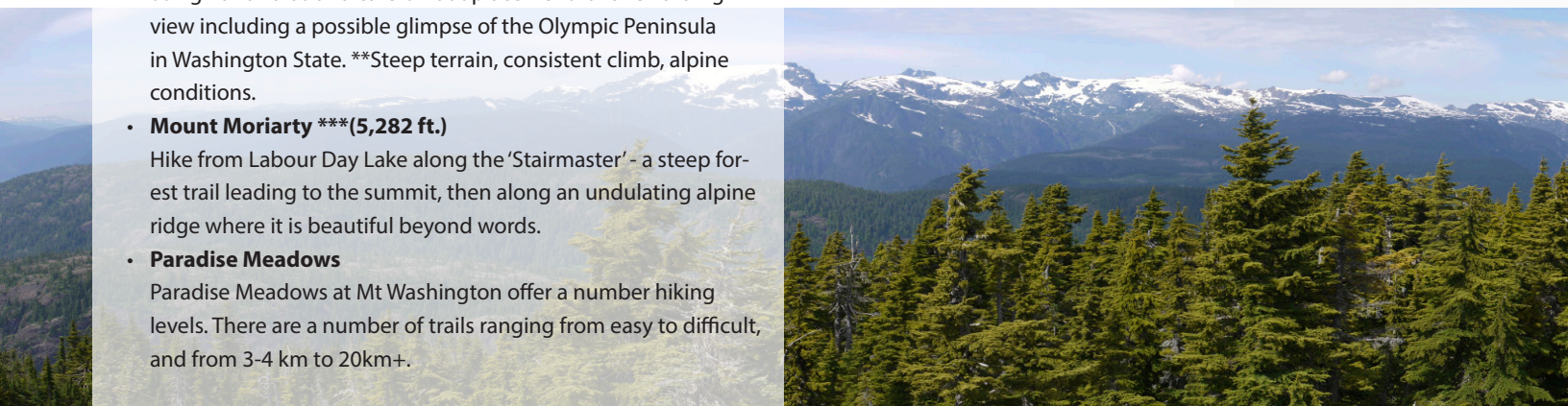
A website with all you need to know about Mountain biking in the Valley.

### Skiing

Mount Washington Alpine Resort is located an hours' drive from Oceanside. It offers world class downhill skiing and snowboarding, cross country skiing, snow shoeing, and snow tubing.

#### Mount Washington Alpine Resort

<https://www.mountwashington.ca>



## Biking-BMX

Oceanside BMX, <http://www.erikgoetzingerbmx.net> | (250) 927-4454

## Bowling

Parksville Lawn Bowling Club, (250) 954-3930

Qualicum Beach Lawn Bowling Club, (250) 752-3341

Sunset Lanes, <http://www.sunsetlanes.ca/> | (250) 248-6411

## Caving

Horne Lake Caves

Website/Phone number

## Curling

Parksville Curling Club, <http://www.parkvillecurling.com> | (250) 248-3764

Qualicum & District Curling Club, <http://qualicumcurling.ca> | (250) 752-6162

## Fishing

Mid-island Castaways, <http://www.midislandcastaways.com>

Parksville-Qualicum Fish & Game Association, <http://www.pqfg.org>

## Fitness Centres

### Parksville

Bodyworks Fitness, <http://www.bodyworksgym.net> | Co-ed (250) 248-3946 | Ladies only (250) 248-3346

Kick Start Fitness, <http://kickstartyourfitness.ca> | (250) 586-2011

Jim's Gym, <http://www.jimsgym.ca> | (250) 248-3144

Iron Warehouse, <http://www.ironwarehouse.ca> | (250) 586-1566

### Qualicum Beach

Bodysculptors Fitness, <http://www.bodysculptorsfitness.com> | (250) 752-5553

## Golf

Arrowsmith Golf Course, <http://www.golfarrowsmith.com> | (250) 752-9727

Brigadoon Golf Course, <http://www.brigadoongolfcourse.com> | (250) 954-0644

Eaglecrest Golf Course, <http://www.eaglecrestgolfclub.ca> | (250) 752-6311

Fairwinds Golf Course, <http://www.fairwinds.ca/fairwinds/index.asp> | (250) 468-7054

Morningstar Golf Course, <http://www.morningstargolf.com> | (800) 567-1320

Pheasant Glen Golf Course, <http://www.pheasantglen.com> | (250) 752-8786

Qualicum Beach Golf Course, <http://golfqualicum.ca> | (250) 752-6312

## Kayaking

Adventures Sea Kayaking, <http://adventuress.ca> | (250) 755-6702

Alberni Outpost, <http://www.albernioutpost.com> | (250) 754-6626

## Pottery

Arrowsmith Potters' Guild, <http://www.arrowsmithpottersguild.bc.ca> | (250) 954-1872

## Running

Oceanside Running Club, <http://www.orcarunning.ca>

## Skating

### Oceanside Place Area

830 West Island Highway

Parksville, BC V9P 2X4

<http://www.rdn.bc.ca/cms.asp?wpID=607> | (250) 248-3252

Oceanside Minor Hockey Association, <http://www.oceansidehockey.com>

Sandy Shores Skating Club, <http://www.sandyshores.ca>

## Swimming

### Ravensong Aquatic Centre

737 Jones Street

Qualicum Beach, BC V9K 1S4

<http://www.rdn.bc.ca/cms.asp?wpID=1054> | (250) 752-5014

Ravensong Breakers Aquatic Club, <http://www.racbreakers.ca>

Ravensong Masters Swim Club, Email: [cu.at.the.pool@gmail.com](mailto:cu.at.the.pool@gmail.com)

Ravensong Waterdancers, <http://www.ravensongsynchro.com>

## Surfing Equipment

### Qualicum Beach

Island Surf Co, <http://www.islandsurfco.ca> | (855)594-5452

### Tofino

Live to Surf, <http://livetosurf.com> | (250) 725-4464

Storm, <http://stormcanada.ca> | (250) 725-3344

Surf Sister Surf School, <http://surfsister.com> | (877) 724- 7873

### Ucluelet

Long Beach Surf Shop, <http://www.longbeachsurfshop.com> | (250) 726-2700

## Tennis

Arrowsmith Tennis Club, <http://www.arrowsmithtennis.ca> | (250) 954-1066







## Yoga

### Parksville

Penny's Yoga, <http://www.pennysyoga.com> | (250) 240-3569

Bare Roots Natural Health and Yoga Centre, <http://barerootsnatural-health.com> | (250) 954-2273

Namaskar Yoga Studio, <http://namaskaryoga.ca/> | (250) 586-9642

### Qualicum Beach

Hot N Cool Yoga Club, <http://hotncoolyogaclub.com> | (250) 594-3040

Oceanside Yoga & Wellness Centre, <http://oceansideyoga.com> | (250) 240-3075

## Performing Arts

### ECHO Players Village Theatre

Qualicum Beach, BC

250.752.3522 | [www.echoplayers.ca](http://www.echoplayers.ca)

### Chemainus Theatre

Chemainus, BC

1.800.565.7738 | <http://chemainustheatrefestival.ca/>

### The Port Theatre

Nanaimo, BC

250.754.8550 | <http://www.porttheatre.com/>

### Dance Companies

- Innovate Dance Arts  
<http://www.innovatedancearts.com>
- Qualicum Beach School of Dance  
<http://qbschoolofdance.com>
- Forever Yung Dance Studio  
<http://www.foreveryungdancestudio.com>



## Visit a local Vineyard

- Little Qualicum Cheeseworks, MooBerry Winery

<http://www.mooberrywinery.com>

Open daily year-round

9:00 a.m. to 5:00 p.m.