

# CRESTON VALLEY

British Columbia

EXCEPTIONAL PRACTICE OPPORTUNITIES AWAIT!

[health@creston.ca](mailto:health@creston.ca)

LIFE THE WAY YOU WANT IT

# WELCOME...

The Creston Valley is a great place to practice medicine. Centrally located within the Kootenays, Creston has a unique combination of favourable factors that make it special. The physicians, and other health professionals who live here love the relaxed pace of life, the beauty of the agricultural landscape, the friendly people, the temperate climate, and the limitless opportunities for outdoor recreation.

As the elected officials for the Regional District of Central Kootenay, the Town of Creston and the Chief & Council of the Lower Kootenay Band (Yaqaṅ Nukiy), we welcome you to consider the Creston Valley. We recognize that health care is an integral part of a strong and thriving community. We are committed to doing what we can to support stable access to health care for our citizens. In the past few years, we have established an award winning, community-based physician recruitment program in the Creston Valley.

If you are a family physician, considering relocation to rural British Columbia, please contact our Physician Recruitment Specialist (contact details on back cover). It is our sincere hope that you will give the Creston Valley a closer look in your search for a place to call home.

Sincerely,

Town and Creston Mayor and Council  
Regional District of Central Kootenay Directors B & C  
Chief and Council, Lower Kootenay Band



"The community-based recruitment program was pivotal to our relocation to Creston. We were quickly convinced of the community's dedication to supporting health care for its citizens, as well as for those providing the care; so much so that we moved to Creston sight unseen, and have never regretted it" ~ Local Family Physician



FEEL THE SMALL TOWN DIFFERENCE



# WHAT WOULD YOU LIKE TO DO?

Statistics Canada estimates that the average Canadian living in an urban area spends 63 minutes a day commuting to and from work. That's about 12 full days, a year. In the Creston Valley, you get to leave the traffic jams behind. So, what do you want to do with the extra time?

Row of the Kootenay River or kayak on Kootenay Lake? Golf 18, try a challenging mountain bike trail or road bike through the rolling hills of the agricultural valley? Perhaps you'd like to try your hand at farming a few acres or you've dreamed of building a log cabin or a tree house? All of this and much more are possible in the Creston Valley.

Located in south eastern British Columbia, the Creston Valley is home to over 15,000 residents. While the Town of Creston's population is 5,500, Creston serves as the main commercial centre for an additional 10,000 people that live in the vibrant communities of Lister,



Canyon, Wynndel, Kitchener as well as the east shore of Kootenay Lake. Tourism, fruit, wine and dairy production, logging and light industry are the main drivers of the economy. The temperate climate, and reasonable cost of living make the Creston Valley a popular choice for relocation among young families and retirees.

Creston is a rich agricultural valley. While the fertile fields are home to large scale farming operations, many

residents enjoy small hobby farms, backyard gardening or planting raised beds in the community garden. With a long growing season, garden and orchards are filled to bursting with local produce.

You can grow your own vegetables and fruit, buy from one of the many local farmer-owned fruit stands, or support the Creston Farmers' Market!



~ Local family physician enjoying fly-fishing on the Goat River  
"We moved to Creston as a family from London, England, and were made to feel unbelievably welcome. It must be one of the best places in the world to raise kids. Other highlights are the opportunities for an active church life, socializing with friends and fly-fishing!"

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## FAMILY FIRST

Do you remember, as a child, that the world was a safe place to explore? Do you remember playing street hockey until dinner time and then wolfing down your meal so you could get back outside? We remember these things because our children live them every day.

The Creston Valley is a wonderful playground for children and families. In the ever-growing network of friends and neighbours that exists here, children are cherished. Not to worry if you don't have grandparents close by. It is likely that before too long you will have adopted a whole new set of surrogate family members.

Education is a strong focus in Creston. There are four elementary schools serving the area, including a French Immersion option. Creston also has a large support network for parents who choose to home-school their children as well as popular outdoor program for high school students called Yeti. Kootenay River Secondary School

(KRSS) offers a full range of pre-university courses, several innovative apprenticeship programs and extra-curricular programs including competitive basketball, soccer & volleyball teams and a strong drama and fine arts program. KRSS graduates have gone on to attend and excel at universities, colleges, technical schools as well as athletics at an international & Olympic level.

The Creston and District Community Complex offers programs for all ages and skill levels in a variety of sports including swim club, soccer, baseball, hockey, figure skating, curling, skate boarding, pickle ball and so much more! In the Creston Valley, there are music lessons, dance lessons, an active community theatre, and summer naturalist programs. Guides and Scouts are both active in the community as is the 4-H club for young farmers.

There is an abundance of things to do in and around the Creston Valley. Your kids will love it here, and so will you!



## GO OUT AND PLAY

Blessed with a temperate climate, Creston is a year-round playground for people who love the outdoors. While much of Canada is still buried in snow, Creston Residents are on the golf course and out in the garden in force. And even when winter makes her appearance in the valley, it is in a gentle way, with average winter temperatures around -5 degrees Celsius.

As a physician, you care about your own health as well as that of your patients. Fresh air and exercise are easy prescriptions in the Creston Valley. In summer you will see people out enjoying all manner of activities including hiking, biking, kayaking, swimming, horse-back riding, rowing, roller-skiing, hunting, camping, golfing, and much more. Birdwatching at our 17,000 acre Wildlife Centre, a RAMSAR, site, is a great place to take the whole family.

While the winter weather is mild in the Creston Valley, the mountains are only moments away. There you will find abundant snow and every type of winter sport imaginable. Within less than a two-hour drive in any direction, you will find your choice of world class alpine ski resorts. Closer to home you will find tobogganing, snowshoeing, cross country skiing, ice fishing, back country skiing and sledding.

Perhaps one of the greatest outdoor assets in the Creston Valley in the Kootenay Lake. This massive lake is a recreational paradise... boating, fishing, water skiing, canoeing, kayaking and swimming at one of the many public beaches or hidden coves along the lakeshore. This scenic beauty of this lake is stunning and just a 30 minute drive from Creston.



"After 10 years in Vancouver, we were ready to move to a community with a more relaxed pace of life. Creston has the best BC has to offer – unlimited outdoor activities and wonderful weather – without the fast paced lifestyle and expensive standard of living of most of the communities on the coast. We needed to settle in a community where we would be able to fulfill our career goals, yet still have quality time to raise our kids."

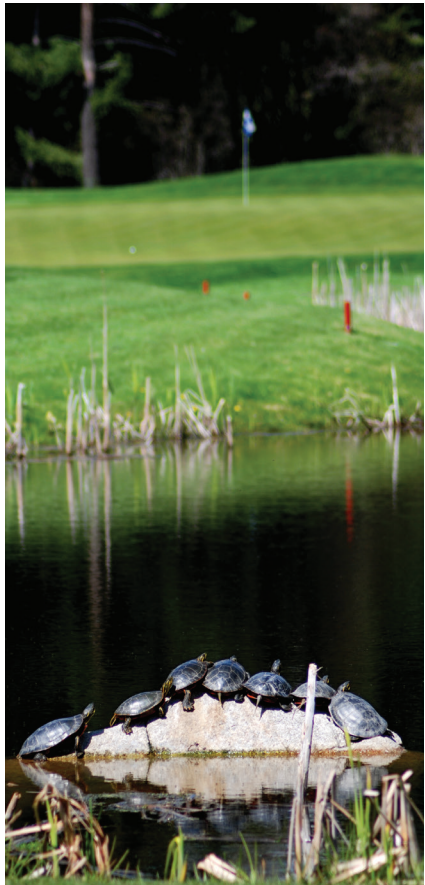
~ Dr. Karen Persad

"Why did we choose Creston? It was just a feeling that we had – we felt comfortable here. It's about location and access. We like the small town community feel and a place that is safe for our children, but close enough to access cities and airports when we want them"

~ Dr. Atma Persad

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## PLAN YOUR ADVENTURE

The Creston Valley offers amazing lifestyle opportunities for physicians and their families. However, everyone needs to get away sometimes. Due to the central location within the Kootenay Mountains, it's easy to explore everything this region has to offer, from your home base in the Creston Valley.

### About 1 hour by car:

- Cranbrook, BC
- Canadian Rockies International Airport (Daily flights to Vancouver & Calgary)
- Sandpoint, Idaho
- Schweitzer Mountain Resort, Idaho
- World-class backcountry skiing on Kootenay Pass
- Recreation on Kootenay Lake
- Artisans of Crawford Bay, BC
- Kootenay Lake Ferry

### Within 2 hours by car:

- Nelson, BC
- Ainsworth Hot Springs
- Fernie Alpine Ski Resort
- White Water Resort
- Kimberly Alpine Resort
- Red Mountain Resort
- Coeur D'Alene, Idaho

### Within 3 hours by car:

- Spokane, Washington
- Spokane International Airport
- Whitefish Resort, Montana
- Fairmont Hot Springs
- Radium Hot Springs
- Kootenay National Park
- Panorama Resort

### Within 5 hours by car:

- Calgary, Alberta
- Lethbridge, Alberta
- Kelowna, BC
- Banff National Park
- Lake Louise
- Glacier National Park
- Waterton National Park

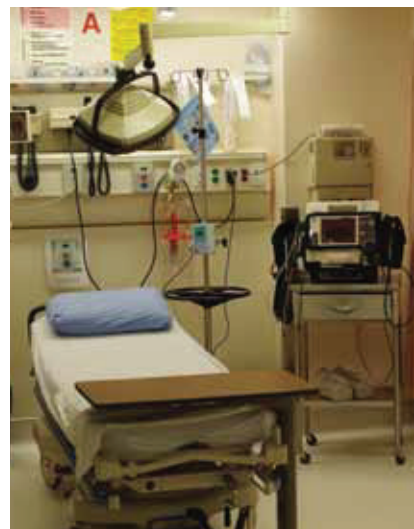


## HEALTH SERVICES

The Creston Valley Hospital, managed by Interior Health Authority is the local full-service hospital. It has 20 beds including 24 hour Emergency, an intensive care room, pediatric room and maternity wing. The hospital also offers a full service lab, x-ray and ultrasound services. Full public health services, home care nursing, community programs, as well as adult and child mental health services are located at the hospital. Specialist physicians visit CVH site for local referrals and follow up on a rotational basis.

Emergency Department call is mandatory for local doctors (approximately 1 in 11), with obstetrics, surgery and anesthesia GP specialties available. Physicians in Creston practice in a variety of settings. These included solo practice, small group practice as well as a Family Practice Clinic. Two of the Clinics are teaching facilities within the UBC residency program.

"Why do we stay in Creston? Because of the challenging Clinical cases and a supportive work environment, the short commute between home, hospital and clinic, our upright colleagues and innovative doctors, the flexibility in our on call roster and a community that draws you in and lets you feel a part of it."  
~ Dr. Kriegler le Roux



### Regional Hospitals

Two regional hospitals, each within 90 minutes of Creston, offer the next level of care. These locations have MRI and CT services, as well as specialists, including:

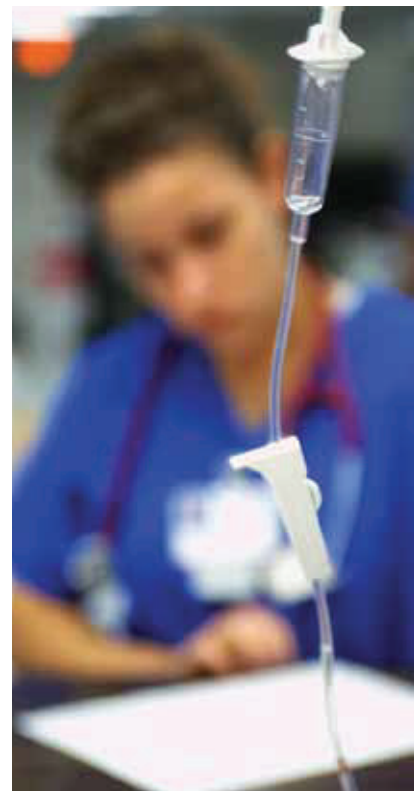
- Internal Medicine
- Orthopedics
- General Surgery
- Obstetrics/Gynecology
- Ear, Nose, Throat
- Oncology
- Urology
- Psychiatry
- Pediatrics

### Incentives

Through the support of Interior Health, Creston physicians are potentially eligible for Rural Recruitment and Retention benefits, including:

- One-time Rural Incentive Payment
- Retention Fee premium paid in addition to billings
- Rural Retention Premium paid quarterly
- Rural Continuing Medical Education reimbursements

\*Benefits are subject to approved rules as identified by Interior Health



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## Exceptional Indoor Aquatic & Event facility!

The Creston & District state-of-the-art recreational complex offer opportunities for all ages. A fabulous swimming facility with lazy river, exercise gym, ice arena, curling rink, and many other venues. Here you can keep fit, as well as enjoy sports, dance, art, private and community events... Experience it!

## Family Fun

The Creston Valley Wildlife Management Area offers fun and adventure for kids of all ages. Enjoy a quiet morning of bird-watching at this internationally recognized site, or join in one of the many programs. Options include day camps for young naturalists, canoe tours, guest lectures, or night-time guided walks with a staff naturalist.

To find out more about locum or permanent opportunities for Physicians in the Creston Valley, please contact:

**Cathy Chapman**  
Physician Recruitment  
Specialist

[health@creston.ca](mailto:health@creston.ca)

## Friendly Competition

Creston's Fall Fair is the annual celebration of the harvest. Held each September, the fair is where kids of all ages display their best in everything from canning to poultry raising. You may be tempted to enter the salsa or homemade jam contest, but be warned – the competition is stiff! However, it's all in good fun, and a great annual event!

## Creston Public Library

Creston residents are very proud of their family friendly public library which is home to an audio-visual room, local art exhibits, scrabble tournaments, and a community meeting room. The library is a great place to get recommendations for the latest bestsellers, access the internet, volunteer as a tutor or just relax in the comfortable reading area.

## Museum

The award winning Creston & District Historical Museum Society is the primary caretaker of the human history of the area surrounding Creston. In that capacity the Society collects and preserves evidence of history, and displays its collections of artifacts for the public to enjoy now and for years to come.

## Places of Worship

There are more than 20 places of worship in the Creston Valley. Please contact the Physician Recruitment Specialist for a complete list, or to be put in touch with a congregation that will suit you and your family.

## Come Downtown

The Town of Creston is in the midst of an ambitious downtown revitalization project, including trees, landscaping, benches, and a multitude of public art, gorgeous murals, new light standards, upgrades to downtown parking lots, and the Spirit of Creston Square.



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