

## **SITE PROFILE - NEW HARBOUR**

### **Information about the Clinic**

The New Harbour Medical Clinic is a sole practice ran by Dr. Paul Bonisteel and located in the Country Pride Building, New Harbour, Highway 80, 16 km from the Trans-Canada Highway. There is signage at roadside. There is also a pharmacy and florist-gift-shop-café in the building. You can either bring a packed lunch or get one in the café.

The clinic has operated since 1988, first by Dr. Keith White and Dr. Mary Wall, then Dr. Prem Sequiera, and since 1997 by Dr. Paul Bonisteel. Dr. Bonisteel is a graduate of the University of Ottawa Medical School and the MUN Family Practice program. He is both a Certificant and Fellow of the College of Family Practice in Canada. Currently there are 2,200 active files.

The two closest emergency rooms are: Newhook Community Health Centre in Whitbourne (20 minutes away) and Carbonear General Hospital (30 minutes away). Carbonear General Hospital is the local referral site and is a 75 bed general hospital staffed by internists, general surgeons, obstetricians/gynecologists, psychiatrist, radiologists, anesthetists, hospitalists and ER casualty officers. Allied Health includes occupational therapy, physiotherapy, respiratory therapy, speech language pathology, dieticians, social workers, mental health counselors and diabetes educators. The proximity of these health care facilities to New Harbour offers the option of including in-patient care, ER work and surgical assisting in one's practice.

### **Community Information**

New Harbour is located approximately 100 kms from St. John's / less than an hour's drive. The community is in the district known as Trinity South and has approximately 1,000 people. It is one of several communities of comparable size up and down the shore.

The economic base is the fishery, with a groundfish plant, crab plant, shrimp processing facility and seal plant operating almost year round. There are numerous small manufacturing companies, construction companies, and poultry farms operating in the district. The community is home to a number of skilled tradesmen – plumbers, electricians, iron workers, and carpenters. Tourism is a growing industry with whale watching, historic and archeological tours.

The district has long been known for its good weather compared to other parts of the Avalon Peninsula recording more sunny days than even nearby adjacent districts.

General information about New Harbour can be found at:

- 1) [http://www.staynewfoundland.ca/newharbour\\_3860.php](http://www.staynewfoundland.ca/newharbour_3860.php)

Grocery stores include: Foodland in Whitbourne and Freshmart in Dildo. Needs Convenience Store in South Dildo has a liquor outlet. Restaurants include: Pitcher's Bakery and Café in New Harbour, Fran's in Dildo, Dildo Dory Café (right on the harbour, summer only), and Mudder's Takeout in South Dildo. Located on the Trans-Canada Highway at the turnoff to Whitbourne are Monty's Restaurant, Irving Restaurant, Mary Browns and Robbin's Donuts.

There is a Scotiabank in Whitbourne and many local stores have their own ATM's.

New Harbour is 20 minutes across the Tilton Barrens to Bay Roberts and 30 minutes to Carbonear. These are larger communities of approximately 4,000 to 6,000 people. Both communities have shopping malls, Walmart, Tim Horton's, and Canadian Tire. There is a pool in Carbonear that is open year round. There is a skating arena in Whitbourne and many great hiking trails in Norman's Cove, Spreadeagle, Dildo, Whiteway and Heart's Content.

### **Transportation, Accommodations, Orientation and Other Relevant Information**

There is no public transit in New Harbour. The number to the local taxi is: 709-582-2444.

The accommodation is rented by the New Harbour Medical Clinic to the Faculty of Medicine. Call ahead to arrange with Dr. Bonisteel your arrival time. He will arrange to meet with you, give you a key to the accommodation, and orient you to the same.

The accommodation is a 3 bedroom bungalow that has all the basic cooking items including pots and pans, kettle, toaster, utensils, dishes etc. There is a washer and dryer, TV, and phone. There is an internet connection. There is no food or condiments in the accommodation. There are grocery / convenience stores in the community. None are open 24 hours. You are responsible for keeping the accommodation clean while staying there. Damages or items missing from the accommodation will be your responsibility. No scents, no smoking and no pets allowed. If you require additional cleaning, please let Dr. Bonisteel know. Garbage day is Wednesday.

Wear your name tag at all times while in the clinic. No aftershave, perfume or scented deodorants are permitted.

As a medical student / resident you have already received an Eastern Health orientation in St. John's. As a result, medical students and residents are not required to redo the orientation while training elsewhere in the rural Eastern Region.

Directly contact your preceptor to discuss the time you should arrive at the clinic on your first day and what time you will meet him. He or his staff will orient you to the clinic. Your St. John's Meditech passcode will work in the clinic.

### **Contact Information**

Dr. Stephen Paul Bonisteel  
New Harbour Medical Clinic  
P.O. Box 119  
New Harbour, NL A0B 2P0  
Telephone: 709-582-2244 (clinic) / 709-582-3452 (home)  
Fax: 709-582-2333  
Email: paul@newharbourmedicalclinic.ca

### **Directions to New Harbour**

Drive from St. John's on the Trans-Canada Highway about 85 km to Exit 28. Take Highway 80 for 15 to 16 km to New Harbour.

**Office of Student Affairs** – Toll Free Number: 1-877-794-9740

The toll free number with the Office of Student Affairs, MUN is specifically for people studying / doing rotations anywhere in Canada.

## **Rural Medical Education Network**

The information contained in this fact sheet has been sent to you from Cassandra Ingram, Academic Program Administrator, Rural Eastern Region. MUN. If you have further questions / concerns, please contact her by email at [Cassandra.ingram@med.mun.ca](mailto:Cassandra.ingram@med.mun.ca) or telephone at 709-466-7560.

The Rural Medical Education Network is a division of the Faculty of Medicine. The website is: <http://www.med.mun.ca/RMEN/Home.aspx>.