

# It's a Family Affair for Dr. Rick Binette

This June will mark 34 years at the Peterborough Clinic for family doctor, Rick Binette. Along with his wife, Judith Armstrong, who is also a family physician at the Peterborough Clinic, it's become a family affair with his son Andrew now working at his practice, and his daughter Natalie, and son-in-law Jeffrey, poised to join the team following their residency.

Growing up in Arvida, Quebec as a boy, Rick couldn't have predicted what the future would hold for him, that he would meet his future wife sitting beside him at medical school at the University of Ottawa, that his eldest son Mark, would become an aerospace engineer and his other children would follow their parents into family medicine.

"My parents tried to provide us with the best opportunities possible to make the most out of our lives," says Dr. Binette. "They both came from humble beginnings and accomplished much through hard work. They were also the most loving and caring people I have ever met. They lay the ground work for me to combine hard work and caring to see where it would lead me. It led me to medicine."

Rick and Judith began their medical careers working in New Zealand for a year in 1983-84. They joined the Peterborough Clinic in 1984, a city where Judith's grandparents lived. The couple was supported by the wonderful physicians and staff at the Peterborough Clinic as they set about their family practices which, at that time, included obstetrics, hospital work and office hours. By 1989, they had 3

young children, which made for a very busy household.

Their family has grown over the years to now include the next generation. Their eldest son Mark is married to Laurie, and they are the parents of two daughters, Sarah, age 4 and Madeleine, age 2. Andrew is married to Marie and they are the parents of William, age 9 months. Their daughter Natalie is married to Dr. Jeffrey Friesen and they will be moving to New Zealand for 1 year this September after completing their residency at McMaster's University in Hamilton.

Andrew and Jeffrey plan to take over Dr. Binette's practice in the next 2 years, while Natalie plans to take over her mother's practice in the same time frame.

"Two of our three children, Andrew and Natalie are following in our footsteps and have become family doc-

tors," says Dr. Binette. "It is truly remarkable to see this as they have been witnesses of our lifestyle and the sacrifices required to provide good patient care. Much of the credit for our children's success is attributable to Judith, who has always ensured that our family was our top priority. Our eldest child is Mark, whose intellectual credentials exceed all of us with his masters degree in aerospace engineering, remains the big brother that his younger brother and sister look up to and a source of pride to his parents."

Outside of a very busy career, Dr. Binette has found the time to volunteer in the community with the Knights of Columbus at St. Alphonsus Parish, as well as an active hockey and soccer coach over the years. A long time Peterborough Petes fan, Rick and Judith were also fortunate to billet Jordan Staal, Jamie Doornbosch and Austin

Watson during their playing time in Peterborough.

Sunday nights during hockey season Dr. Binette can also be found on the ice with the Peterborough Quacks, a team of 40 local doctors that participates provincially in Docs on Ice and has travelled internationally over the years for hockey tournaments around the world. In addition, he was also team captain for the Quacks when they played the Montreal Canadiens Alumni at the Peterborough Memorial Centre last fall, a hockey highlight for him as a Montreal Canadiens fan, sharing the experience alongside his colleagues and his son, Andrew, who also plays with the Quacks. Many patients were in the audience cheering them on and helping to raise funds for GPHSF, Your Family Health Team Foundation.

Having a practice here now for over thirty years, Dr. Binette has had the privilege of working with hundreds of patients.

"What I enjoy about family medicine is the wonderful relationship that develops over the years between a family doctor and his/her patient. As family physicians, we quickly realized that the medical aspect of a patient visit is only part of what we are dealing with. We are provided with the unique opportunity to really get to know the person sharing their concerns with us, which makes it easier to be there for them in good times and bad. It is my hope that I have been able to provide as much comfort to my patients as they have provided me with a sense of purpose over the years."

