

...proudly announces the Physician, Midwife or Nurse Practitioner of the month for

July 2024:

Dr. Willem Jacobus “Cobus” Bester Pain Management & Research, Vernon Jubilee Hospital



The VJHPS is pleased to announce **Dr. Cobus Bester as July 2024’s Medical Staff Member of the Month**. We salute Dr. Bester for exemplifying the qualities of an excellent physician, and we are pleased to have him as a respected member of our medical staff.

Background and Training:

- Undergraduate and Medical School: Stellenbosch University, South Africa
- Internship: Port Elizabeth Hospitals

Nominator's Comments (Edward Hardy, Oncology):

It is my pleasure to nominate Dr. Willem Jacobus “Cobus” Bester as the Vernon Physician of the month. I have known him for several years, as our children went to school together, but I still learned many new things about him in our chat today. I have a great deal of respect for him; I always appreciate his willingness to see our patients with pain issues on an expedited basis, and have yet to meet a patient from his clinic who does not speak highly of him.

Dr. Bester came to us via a rather circuitous route. He grew up in Uniondale in Western Cape Province, South Africa. It was a small community with all 200 students attending Grades 1-12 in a single school. After graduating from Medicine in 1996, he moved with his family to Swift Current SK, staying there for 4 years before moving to Wetaskiwin AB for another 6 years. The Besters then migrated further West, and fortunately for us moved to Vernon in 2009, where they have remained since.

He has always had an interest in chronic pain and palliation, and 11 years ago added a pain clinic to his family practice, deciding 10 years ago to concentrate solely on pain and symptom management. His clinic is currently housed in Vernon Jubilee Hospital

Cobus and his wife Trudi have three daughters, Lore, Annika, and Anya. Lore is completing her Education degree, Annika has completed her Nursing degree and is shortly to be married, and Anya is entering Grade 12, so the Besters are getting close to being empty nesters. Judging by the two dogs in the background barking at everything which moved, they will still be busy “parenting”.

In his spare time Cobus is a passionate cyclist; he tells me because of injuries he has been banned (presumably by Trudi) from mountain biking, so now alternates between road and gravel biking. He also builds furniture, and makes custom knives, which is an interesting hobby for a pain specialist. He uses carbon steel for his knives at present, lacking the time and space to have the necessary forge for Damascus, but that might yet be in his future.

Cobus, on behalf of the community and the medical staff, thank you your support, dedication and kindness to your patients, and for adding to the richness of our area.