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**Bonsor 2
Exercise Class**

What sounds like the cawing of crows in a HHP class, is it:
 1 - the chatter of the 30 tough old birds in the back rows,
 2 - The 14 hens picking through the stories of the day,
 3 - Andre doing chicken wings,
 4 - The signal that Allen Crowe has finally arrived, or
 5 - all of the above. You could say that Bonsor 2 is for the birds and we are proud to crow about it.



For warm up, Jean our dance machine is front and centre flanked by Marianne and Norm to the left and Kath to the right as 'book ends' on the flanks. Vaughn (if she and Don are not late Hatch'ing something), Wendy, Shirley, Maria (the smile)#2, Karen, Marg and Gay are central to the action while the 5 'grand dames' guard the right rear. Wounded warriors on the bikes and the manly rabble to the left rear. Oh yes, snowWHITE will be late but not as late as the CROWemagnam man. How is it that teachers don't bring notes from home ?

After warm up, the goals are placed and the curtain is lowered in the 1st gym to shield the soccer action from eyes that may question the sanity of the sides. We marvel at their pain tolerance as they await replacement joints and rejoice at the stamina of these cardiac survivors. The Goat and the Quill, Mr. B.S., the Toe and Joe, Storm'n Norman and Wacker, Scotty and John and John and then the pigeons soon to be initiated into pain.

Meanwhile, Ed, Del, Azim, Bill, Doug, Wendy and Co. are on bikes to the left and, rowers to the rear - if we had generators installed, we could light the world. Aerobics and steps, then weights, bands and mats fill the 2nd gym. Karen and Karim work the backs. Yes, Pete has the music and Andre has the variety but the girls have the right moves. When you can talk-up Sherryl, why sweat the exercise, eh, Allen?

Soon Sheila and Maria #1 (Cookie) off to set up coffee in the lounge. The aroma of coffee, toast and homemade jams greets over half the class and soon we have solved the world's problems and set goals. The topic at this time - which charity, in Burnaby, to donate \$500 to for Christmas from our coffee fund. By the way, our coffee club generates over \$2500 per year for Bonsor's Seniors.

The golf tournament and lunch, the Christmas Pot Luck and lots of fun while enjoying exercising together is our hallmark, as is humour. Sure we're for the birds, but who cares.

- submitted by Bill Conolly

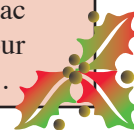


Bonsor 2, Exercise Therapist - Monica Tsai

Bonsor 2, the best 44 in FITT, are a unique crew who celebrate our diversity. Firstly the unsung heros; who set up the equipment. Then; the 'boys of spring', Doug and Harry, warming up with baseball, Roy beavering away with with the 'books', Bryon husbanding our 'investments' and calling out defaulters (By the way, isn't Dr. S. in arrears?), Dawn scheduling HOTM for the hospital, Maria #1 worrying if there is enough Jam left and will the bagels and bread arrive. Sheryl, Pete and his cute apprentices are here and will Andre make it on time is the question.?

Mission Statement

F.I.T.T. Cardiac Association's purpose is to facilitate a Healthy Heart Maintenance Program (after Hospital Cardiac Rehabilitation); to support the continuing Health, Welfare, Exercise, Knowledge, Medical and Social benefit of our members. Participation in this program will reduce hospital visits and improve the overall health of participants.





Tracey Belsey

Tracey first became interested in cardiac rehab while taking a practicum at the St. Pauls Hospital Healthy Heart Program back in 1997. After graduating with a degree in Human Kinetics from UBC she began volunteering and then working with the Healthy Heart Program at Burnaby Hospital. Many Healthy Heart Participants have been with Tracey through her wedding planning days and have seen her carrying her 2 children while teaching exercise to music. This past October she and husband Scott celebrated 10 wonderful years of married life. They have two beautiful daughters, Hannah 7 and Amelia 4. On long weekends she can be found at home with the girls which gives her the opportunity to help out at the school and be involved with their many activities like soccer, dancing, and swimming. In her free time you will usually see Tracey with a coffee in hand or heading out the door for a run in the neighborhood or to a yoga class. Though she enjoys leading group exercise, educating people about heart disease, and helping people to make lifestyle changes to improve their health, it's working with and learning from the patients that Tracey finds most rewarding.

A Weekend at the Metrotown Hilton

by Fred McTaggart

Madeleine and I decided to use our Rhythm of Life gift certificate for a weekend get away to celebrate our 45th wedding anniversary on September 25th. Before our arrival our daughter and her family had arranged for a bottle of champagne to be sent to our room, the hotel surprised us by upgrading our room to a suite, which was north facing overlooking the northshore mountains, our weekend was off to a great start.



Friday evening we used our gift certificate for dinner at the hotel, they have an excellent dinner menu and a great wine list, the food is well prepared and the service is very good.

Although we were close to home it was wonderful to just relax, do some shopping, take in a movie and not feel guilty about the yard work not being done.

Sunday, along with two of our children, we used our Sunday brunch gift certificate at the Hilton,

what a delicious Sunday brunch, plenty of variety, well prepared and the service was excellent.

Madeleine and I would like to thank the organizers of the Rhythm of Life, Cheryl Bosley and Cheryl Blondine from the Burnaby Hospital foundation and all the staff at the Burnaby Hilton Hotel for making this a very special 45th wedding anniversary celebration.

Confederation 1 & 2 Pot Luck Dinner.

by Shirley Randell

A successful Pot Luck Dinner was held at Confederation Seniors Centre on October 14th. An incredible array of food was enjoyed by about ninety attendees. A beautiful basket donated by the Bonsor 2 group was won by Mrs. Bruce Mason.



Thank you to Roy Nukina, Pat Titos, Bill Rettinger and Maria Motta for selling the 50-50 tickets. That draw was won by Steven Simonyi-Gindele who donated his winnings back to FITT. Thank you Steven.

And thank you to Danica Seifert, Ann Kirk, Barb Godding, Gloria Kravac and everyone else who helped with set up and clean up.

Annual Golf Tournament

by Roy Nukina

Sunday September 13, 2009, a fabulous day of sunshine and golfing at Central Park Pitch & Putt for our annual Healthy Heart golf tournament. Although a great day, not such a great turn out, only 15 golfers.

Oh well, the 15 that did show up all said they had a great day. After golf we all went to the Firefighters club for lunch and to hand out the prizes. Ladies low score was Kath Conolly, the mens low score was Bryon Sinclair, both from Bonsor 2. Closest to the pin winner was Alex Danielisz from Confederation 2. Ladies highest score went to Kath Conolly because she was the only lady golfer to show up and we appreciated her joining us!

Mens highest score was Bill Conolly also of Bonsor 2. Thanks to all the folks who donated prizes and who helped with the day. This is your tournament run by a few people in the programme. Hopefully next year we will get a bigger turn out.

F.I.T.T. CARDIAC ASSOCIATION BOARD OF DIRECTORS 2009 - 2010 YEAR

NAME	Position
Ilario Galano	President
Bryon Sinclair	Interim Vice-President/Fundraising
John Titos	Treasurer
Wendy Hay	Secretary
John Crawford	Collections
Lloyd Rapchuk	Research and Development
Shirley Randell	Membership
Bill Rettinger	Bonsor 1
Roy Nukina	Bonsor 2
Danica Seifert	Confederation 1
Alex Danielisz	Confederation 2
Tom Scott	Thunderbird 1
John Petrie	Thunderbird 2
Lloyd Younker	Burnaby South
Fred McTaggart	Champlain Heights
Lorraine Brown	Past President
Pete Matino	Staff/Liaison - Appointed
Linda McGowan	Staff/Liaison - Appointed



A History of the Formation of F.I.T.T.

by Maureen Baker

The Burnaby Hospital Healthy Heart Program commenced in December 1995 (first class in January 1996 – so I am told).

I had my intake clinic with Dr. Schamberger, late October 1996, and went into the phase III level community class at Bonsor in November 1996, which, at that time was supposedly for a three month period.

In late 1997 Holly Kennedy-Symonds called a meeting of all Phase III program participants to see if there was an interest in starting up a Phase IV - maintenance program, which would be self-sustaining, and run by the program participants. There was a great deal of interest shown and thus the community class phase IV concept was born, under the name of Healthy Heart Helpers Association – Burnaby Branch, a registered British Columbia society. (The Healthy Heart Helpers Association was the forerunner of the Cardiac Society of B.C., which is run by volunteers of St. Paul's).

The original Phase IV class started at Bonsor in the dance studio in February 1998 with five people (three of whom are still in the program), and Bonnie McCoy as our very able and popular leader. While fees were charged to each program participant and the idea was that the program is self-sustaining, in the first few months the program was supported by the Hospital who paid the staff salaries, Bonsor Community Centre who gave us free rent, and a grant from the Healthy Heart Program (St. Paul's) under whose guidance we operated.

A short time later we were invited to share the downstairs gym with the Phase III program participants, and the class was combined to run as one, with the Phase III and Phase IV instructors sharing the instruction of the exercise program. The Phase III program had its own nurse; Bonnie did the case reviews for Phase IV.

Both phases of the program continued to grow, and more classes were soon needed. Confederation started in March 1999, and Bonsor 2 in December 1999. And the program continued to grow!!! Burnaby South opened in February 2001; Thunderbird 1 October 2001; Thunderbird 2 January

2003. (Confederation 2 started up after the return to the hospital administering the program)

All the community programs continued to be run by the committee of the HSHA - BB, with that committee administering all the funds, collecting fees, paying staff, rent, etc., and making it a profitable proposition while keeping the fees at a reasonable level. In order to make the program work certain rules were put in place to ensure that the needed income met all the expenses, i.e. participants would pay fees monthly, even if they were away on vacation, or took some time off; serious medical problems were the only condition under which fees would be waived. (The theory behind this was that we were running a business, and using golf clubs as an example, annual fees are payable even if you don't play golf (and if you do play golf – you then pay for the privilege of doing so!) By implementing these rules we were able to keep the fees at a reasonable level and still make a profit!

In April of 2003 the community programs went back under the umbrella of the Hospital program, with the thought that the community programs fees would assist in maintaining the hospital program, it being the source of all the community program participants.

At this point, the F.I.T.T. Cardiac Association was formed to continue to liaise with the hospital, to help ease the transition of the change-over, and to continue to organize and run the social functions and the annual Rhythm of Life Race, all of which are a very vital part of our over-all enjoyment of the program.

The Hearts on the Mend visitor program was launched in October 2004 (the process of applying for the grant, etc. was done earlier in the year); the Education Sessions (again with the help of a FHA grant, started up in October 2005; and both of these programs continue very successfully to date. The funding for these programs now comes from the pledges from the Annual Rhythm of Life Run.

My involvement with the original committee, as treasurer, and HOTM, has given me a great deal of self-satisfaction and feeling of accomplishing something very worthwhile. I enjoyed my term on the board, but it was time to move on, other than to retain my status as HOTM Project Coordinator.





President's Report A Year In Review

2009 has been a very busy year for F.I.T.T. Cardiac Association. Many accomplishments and progress to further improve F.I.T.T.'s role with our Healthy Heart Group has moved forward. The F.I.T.T. Cardiac Association supports cardiac rehabilitation and lifestyle enhancement through intensive education and exercise sessions in a medically supervised setting. Our purpose is to strive to enhance and maintain cardiovascular health in our communities; to sponsor and support education and lifestyle management programs and to help establish and support exercise therapy and cardiac risk reduction programs.

The question is often asked what do I receive for the \$10 yearly fee? The list is long and can be viewed on our website; however, in short the fee pays for the operation of the association, the quarterly FITT Chronicle, rental of venues for socials, publications of interest to members (Exercise Booklet) collection and coordination of Healthy Heart fees for members, assists in educating the community about heart disease through community events and many more.

This past year we set up committees to deal with and improve efficiencies within the Board. By all accounts this decision appears to have made inroads to increased efficiencies and at the same time created more projects. Luckily we had more FITT members getting involved and joined committees which improved our communication to our classes.

Our newsletter committee members increased from 2 to 6 in a short time and the results should be obvious from reading this issue. Special thanks go to the committee chair Bill Rettinger and our editor and printer Scott Ko along with the other committee members. Our website is also up and many thanks go to David Rapchuk who volunteered his time as our web master.

Tom Scott not only provided the impetus for the exercise booklet but continues to chair the Constitution and Bylaws committee in its ever increasing roll of determining how the association will function in the future. Fortunately this committee also increased from 2 to 7 members and will be a tremendous help to the association as we move forward

towards a professional constitution.

After several attempts at identifying a mission statement for FITT,

Your F.I.T.T. Chronicle Committee

Bill Rettinger	Chairman
Ilario Galano	Member
Lloyd Rapchuk	Member
Peter Dickinson-Starkey	Member
Scott Ko	Editor

the Board approved the statement found on page 1 of this publication as proposed by Lloyd Rapchuk, our Research and Development committee Chair.

One of our biggest accomplishments this year has been the commissioning and distribution of the "Exercise Prescription for a Healthy Lifestyle" booklet. This booklet was first proposed by Tom Scott and compiled by Monika Tsia. It has been distributed to all our FITT members and has been made available to Burnaby Hospital Healthy Heart Program. Credit for the booklet goes to FITT Cardiac Association, Burnaby Healthy Heart and Fraser Health Authority.

The Board continues with brainstorming sessions to determine our future direction. If you as a FITT member have any thoughts you would like to express, please call on your class representative (director) or any board director. We are always interested in what our members have to say and welcome the input from our members.

In closing let me wish all our members and their families the very best of the season. I wish you all a Merry Christmas and Happy New Year.



Ilario Galano,
President F.I.T.T. Cardiac Association

Burnaby Hospital Volunteers

This photograph was taken in September 2009 at the Burnaby Hospital Volunteers picnic, featuring some of the Healthy Heart Program/FITT - "Hearts on the Mend" visitors, spouses, and friends; but does not, unfortunately, include all of our visitors who attended the picnic. A good time was had by all.

For those of you who have not experienced or do not know what we do, we are a group of former cardiac in-patients that visit current cardiac in-patients to comfort those who at this time in their lives have just gone through a very frightening ordeal and don't know what is on the horizon or at the very least "what next?" For this reason we visit them after their event, to talk to them about all the programs available and to assure them that their lives can return to normal.

This and the picnic is another reason why you should consider becoming a Hearts on the Mend visitor - then you too could come out and enjoy the fun, so please give some serious consideration to joining this very worthwhile program - contact me, Maureen, at 604-438-7716.



Work Out for Heart Health

The following excerpts are from an article "Work Out for Heart Health" which appeared in Sept/2009 Reader's Digest. It helps illustrate the benefits of a Healthy Heart Maintenance program which is the central goal and mandate of F.I.T.T.

These programs teach cardiac patients ways to healthy lifestyle changes and improving diet, exercise plans and work/life balance.

When cardiac-rehab programs were first developed, in the 1960s, the aim was to restore patient's health after a heart attack or heart-bypass operation. Now they are also used to prevent health problems.

Dr. Neville Suskin, past president of the Canadian Association of Cardiac Rehabilitation, says the benefits of these programs after a heart attack are well-established: Patients are 25-percent less likely to be readmitted to hospital or to have a fatal heart attack. Unfortunately only 15 to 30 percent of patients who have already had a heart attack take part in these programs.

Cardiac-rehab experts are always making improvements to rehab programs. They are even becoming more successful at helping people to quit smoking, a notoriously difficult addiction to beat. Dr. Andrew Pipe, medical director of the Minto Prevention and Rehabilitation Centre at the University of Ottawa Heart Institute, says "Quitting smoking is the most important thing you can do for your heart." Forty-four percent of patients who take part in the institute's smoking-cessation program no longer light up six months after they are discharged.

Pipe says the institute's methods work so well because "we are using pharmacological therapy for smoking cessation much more intelligently than in the past, systematically

identifying smokers and ensuring that they are offered assistance."

Dr. Andrew Ignaszewski, medical director of the Healthy Heart Program at St. Paul's Hospital, can hardly believe the progress he's been seeing in cardiac survival rates. "The death rate is now half of what it was when I was finishing cardiology training 15 years ago. And the hospital admission rates for heart disease are lower. For the first time, there are no long waiting lists for heart surgery or angioplasty-because of preventive cardiology, use of medications, declining rates of smoking and improvement in fitness. I never thought I would see that." Ignaszewski thinks even more improvements are possible. "If we could boost the participation rate in cardiac-rehab programs up from the current 30 percent", he says, "the incidence of second heart attacks would be decreased. A second heart attack is often more serious than the first because your poor heart can take only so much."

"If you have cardiovascular disease, cerebral vascular disease or peripheral arterial disease and you have not gone to cardiac rehab, you should consider it" he says. "Talk to your doctor."



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A Spotlight on John Petrie



John was born in Blair Gowrie Perth Shire, Scotland where he lived until the age of 7, when his family moved to Fort-William Inverness Shire. At the age of 18 he was called into the army and was trained in hand to hand combat in anticipation of posting to Japan. On completion of training John was given leave prior to posting and while at home was run over by a truck and required several months of hospitalization. By the time he was discharged, Japan had surrendered and John was sent to Gibraltar where he completed his army service in 1956.

After discharge John returned home where he continued his work as a projectionist and electrician, until his employer, Caledonian Associated Cinemas decided to send him to the small fishing village of Mallaig, located on the West highland coast of Scotland, to run their mobile cinema business. When profit margins became too small for the company, John purchased the equipment and continued to operate the business. During this time he met and married his good wife Phoebe. When his clientele fell off with the introduction of television to the West Highland, John and Phoebe decided to immigrate to Canada.

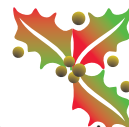
After coming to Canada, John held various positions as a projectionist, truck driver, maintenance mechanic and electrician. He also worked for Silverwood Dairies and Lucerne for 18+ years until his retirement at age 65.

In 1997 his doctor recommended he join Healthy Heart, and he has been a member ever since, as well as a class rep and Board Member of FITT for the past 10+ years.

In 1970 he became an avid cyclist and today he leads the Gears and Beers Cycling club regularly to pub luncheons.



Gears & Beers



by Lloyd Rapchuk

2009 has been a banner year for the Cycling Club.

- the number of regular riders increased to 10-12 per outing with members reaching as high as 17 for particular trips.
- Our goal of 20-30 kilometers per trip was attained, and a few trips were in the range of 30-35 K's, (for the hearty ones-not many).
- Our riders include current Healthy Heart members and friends, ex-Healthy Heart members and friends, and the younger segment of our group- those Healthy Heart Exercise leaders from the Hospital.
- The number of non-cycling supporters has increased as well.
- Our bike routes reflect member's desires and are generally more flat than hilly. We traveled more than 15 different biking trails this year; cycling some of the more enjoyable routes more than once. (We even crossed the border to Point Roberts).
- The age of our club is approximately 69 (being kind to some members of our club), with the youngest from the hospital, to the oldest at 80 yrs +.
- The other goal of the club is to provide a friendly social environment (Apre Cycling) as well as the physical part.
- We celebrated our 3rd year anniversary with a gala successful outing at the Cannery in Sept. with proper dress required for males and females.
- We arranged and participated in a blueberry picking outing that was sponsored by an exercise member.
- The highlights of course are our "Apre Cyling" lunches at the various pubs and eating establishments that populate our bike routes (the names are too numerous to list).
- On Dec 2 we celebrated the Gears & Beers annual Christmas Party which was hosted by Olga Nordahl, one of our founding members.

Olga provided the place, attendees provided the food and liquid refreshments. Olga's birthday was celebrated with a fantastic cake, and a clever birthday wish sign, which incorporated various chocolate bars, thanks to Eunice. A super time was had by all (about 25 people) and was topped by a visit of an Italian Santa Claus who handed out safety



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vests to regular cyclists, and chocolate treats to all the supporting guests. The clear odorless home-made liquid refreshment, compliments of Gary provided a real bang for some of the attendees. Our thanks for the success of the year would not be complete without thanks to our peerless leader (and Italian Santa Claus) for his never ending efforts and hard work..

“Falling off the Wagon”

By George Kawaguchi

One would think that 5 years after a heart attack, you would be immune to heart attacks?

Think again, as the first heart attack was a wake up call to make adjustments to your lifestyle. The change is not for a one time fix but an on-going maintenance program of exercise and eating smart.

No, I am not the exception to the rule where by being good for a period of time is a remedy for a long-term cure. I was about to find out the hard way.

I should have paid attention to the lessons learned at the

Healthy Heart Program and taken corrective action to avoid a second blocked artery.



The eating habits that got me into trouble the first time contributed to my second heart attack. After 4 years I started falling of the wagon and getting into my bad eating habits, convincing myself that eating poorly in moderation would be okay but my definition of moderation went beyond reasonable.

The signs were there but I guess I was in self-denial, as how can this be happening a second time, especially as I was exercising a lot more (but not working as hard).

As I reflect on this second artery blockage, I hope that the lessons learned this time will ensure that I don't fall off the wagon again

While in the cardio ward at Burnaby Hospital, I was surprised at some of the meals being served to the heart patients (that is another column in a future newsletter).



The Year in Photos





ATTENTION F.I.T.T. MEMBERS AND OTHER HEALTHY HEART PEOPLE.



The F.I.T.T. Chronicle was created to fill an information gap about ourselves and to keep us updated with old and new initiatives to keep us healthy and well. While our paper regularly highlights one exercise group and bio's there is a need to share with our readers some of the backgrounds, experiences, expertise, hobbies, crafts, travels, etc. of some of our almost 200 members. If you would like to share some of your experiences, hobbies, thoughts, other group activities, etc., in a written format, with other F.I.T.T. members, please contact your Class Reps, who will make your arrangements for this to be possible. We want to hear from you - this is your paper!

F.I.T.T. Calendar of Events 2010

Month	Event	Location	Month	Event	Location
January	TBD		July	Discovery Days	Burnaby
February	Annual General Meeting Bowling Tournament	Confederation TBD	August	TBD	
March	New Board FITT Chronicle	Bonsor All locations	September	FITT Chronicle Golf	All locations Burnaby Central Park
April	TBD		October	Pot Luck	Confederation
May	TBD - Rhythm of Life Run	Burnaby Lake Park	November	TBD	
June	FITT Chronicle Hats Off Day June 5, 2010	All locations Hastings St. Burnaby	December	FITT Chronicle Christmas Pot Luck	All locations Bonsor

Class Reps

Location	Day/s	Times	Representatives
Bonsor 1	Mon/Thurs	7 - 8:15 am	Bill Rettinger
Bonsor 2	Tues/Fri	7 - 8:15 am	Roy Nukina
Thunderbird 2	Mon/Wed	8:30 - 10 am	John Petrie
Thunderbird 1	Mon/Wed	10:15 - 11:30 am	Tom Scott
Burnaby South	Mon /Wed	4 - 5:30 pm	Lloyd Younker
Champlain	Tues /Thurs	2:45 - 4:15 pm	Fred Mc Taggart
Confederation 1	Tues/Thurs	2:45 - 4:15 pm	Danica Seifert
Confederation 2	Tues/Thurs	4:30 - 6 pm	Alex Danielisz

Hedging / Pruning / Shaping

Garry Martinick

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