

FITT CHRONICLE

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Special points of interest:

- F— Frequency
- I— Intensity
- T— Time
- T—Type

Quote of the Day:

Read Carefully Anything that requires your signature.

Remember the big print giveth and the small print taketh away

Gears and Beers Cycling Club



RHYTHM OF LIFE 2009

SPECIAL FEATURE BY BRYON SINCLAIR

May 24th—A beautiful sunny day greeted everyone who came out on Sunday. A crowd of around 250 people ran and walked around Burnaby Lake. After they were finished, they were treated to all kinds of snacks, fruit and water. Holly Kennedy Symonds and Rahim Rajan were the dignitaries who attended our event. Holly is the director in care of Diabetes, Renial, and Cardiac Care. Rahim Rajan is the

C.E.O of the Hospital Foundation. Cheryl Bosley is the manager of the foundation



who started our runners and walkers off. Final results can be viewed on our website.

A very big Thank You to all volun-



teers and to Traci, Pete, and Cheryl Blondin for all their hard work. See you next May.



ONE OF THE CLASSES—CONFEDERATION 1



This Picture showcases Confed 1—11 of the 23 members and their instructor. Front: Allen Eden, Andre van Rooi, May Ishikawa Standing: John Titos, Will Morrison, Tom Wanicsek, John Brajcich, Paul King, Herb Kirk, Les Raven, Dave Chowdhury and Len Chambers

We gather before class for a chit chat (trying to solve the world's problems, etc.) and enjoy the camaraderie during our workouts.

BOARD OF DIRECTORS 2009/10



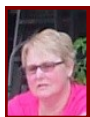
Ilario Galano



Bryon Sinclair



John Titos



Wendy Hay
Secretary



John Crawford
Collections



Lloyd Rapchuk
Research and
Development



Shirley Randall



Bill Rettinger



Roy Nukina
Bonsor 2



Tom Scott



John Petrie



Danica Seifert
Confed 1



Alex Danielisz



Lloyd Yonker



Fred McTaggart
Champlain Heights



Lorraine Brown
Past Pres



Pete Matino
Director



Linda McGown

PRESIDENT'S REPORT

ILARIO GALANO

Welcome to our first FITT Chronicle publication – a newsletter based publication for, by and about our FITT members. We encourage input and feedback by all our members about subjects of interest to all of us. A website is also being made available which we hope to have up and running by the time you read this. Look for fittnow.com.

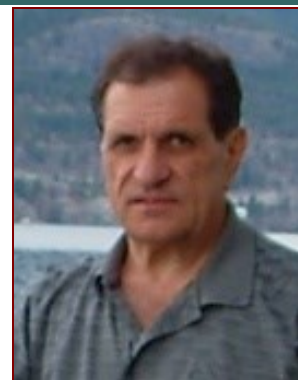
There are many events in which FITT participates in, and we encourage everyone to get involved. A list of events is covered in this addition of the FITT Chronicle. I would like to take this opportunity to let

everyone know what the association has been working on.

Currently we are looking to establish a direction better suited for what we do.

A study is underway to review the possibility of obtaining charitable status.

We have approved Lifetime Membership for our Founding Directors – Maureen Baker, Don Cascon, Bill Conolly and Hank Mantel. We have also established Associate Membership for those previously involved with Healthy Heart that share



a common interest in our Association. I would like to encourage all of you to get involved with a committee and/or other activities. Remember, this is your association. Support it for all the benefits you get and help us to make it even better.

WINE MAKING AT HOME

BY PETE MATINO



Buy Juice (5 Gallon Bucket); Take off lid, put in yeast (yeast has to be activated, follow instructions on pouch); put lid back on (loosely) and open small air lock. After 2-3 weeks, rack into 23 Litre Glass Carboy with airlock, (Do Not Put in any Sulphite yet). Wait one month, rack again into another container (throw out

the bottom sludge). Now, add some sulphite (add a little less than the package tells you to). Wait, 2 Months and rack again....Now, let your wine age until September; then you rack and bottle it... ENJOY...

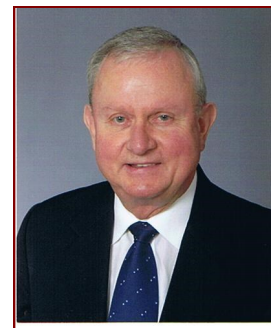
TAX TIPS—BY BILL RETTINGER

Increase to the age credit

The age credit provides a non-refundable tax credit for individuals who are 65 years of age or older. The credit is calculated by multiplying the lowest personal tax rate (currently 15%) by an amount that is indexed on an annual basis. The Budget proposes to increase the amount upon which the age credit is

calculated from \$5,408 to \$6,408 for 2009, with indexation of this amount continuing in future years.

The net income level at which the age credit begins to be phased out at a rate of 15% remains unchanged at \$32,312. With the proposed increase in the credit amount, the income level at which the



credit will be fully phased out will increase from \$68,365 to \$75,032.

ABOUT OUR CLASS EVENTS

FITT members and participants are people dedicated to the maintenance and sustaining of a healthy life style through regular exercise and healthy dieting. Our current participants, who number almost 200 in size, participate in bi-weekly exercises in conjunction with local Community Centers, the Fraser Health Authority, and Burnaby Hospital Healthy Heart program. Currently there are 8 such classes.

Bonsor 1 – at Bonsor Community Centre - 48 participants - exercise times are Monday and Thursdays at 7:00 AM - some members also participate in a strenuous game of “Socko-Bask” (a cross between soccer, rugby and basketball) Each exercise period is followed by a lively coffee session. Once a month

members birthdays are celebrated with a healthy, calorific, birthday cake! As an extra curricular activity, Bonsor 1 has established a Cycling Club (Appropriately named Gears and Beers), which meet every Wednesday (weather permitting) with the goal of cycling between 15-35 Kms each week. Each cycle run is followed by lunch with appropriate libations. The club currently consists of 10-15 regular cyclists and we actively encourage members of other exercise groups to join us.

Bonsor 2 - at Bonsor Community Centre - 48 participants - exercise sessions are Tuesday and Thursdays at 7:00 AM – some members participate in “Soccer Kill” (a special form of getting hurt) This group has also established the yearly Golf Tournament played in September

and all members are invited to participate TBird 1 and 2 – at Thunderbird Community Centre – Tbird 1 has 16 participants and Tbird 2 has 15 participants with exercise sessions on Mondays and Wednesdays – 8:30 AM to 10:00 AM for Tbird 2 and 10:15 AM to 11:30 AM for Tbird 1. Tbird 1 and 2 hold several luncheons throughout the year at the ABC restaurant.

Champlain Heights— is the youngest member of Healthy Heart Program opening in 2007. A total of 15 participants meet Tuesdays and Thursdays at 2:45 PM

Other classes had not responded in time for this printing. Look for information on other classes in the next issue or monthly updates.

HOTM—BY MAUREEN BAKER



Our Hearts on the Mend program continues to flourish thanks to our dedicated visitors, but we have reached a point where some of these visitors have had to leave the visitor program or have taken a leave of absence. This is not surprising as most of our people have been visiting since the program started; however, this does leave us with many days throughout the month when no one is visiting. So, please give some serious thought to joining our team in this very

worthwhile program – even if it is for only one day each month, five new people visiting one day each month fills up a week!

The other impact of too few visitors is that we do not visit all the patients in 3C, therefore these patients do not get on our mailing list for the HOTM Education Sessions. Our mail out for the current session is about 50% of what we would normally have, and this, of course, results in fewer people attending these very worthwhile sessions.

So, please give some serious thought to joining our visitor program, or assist in the clerical work required for both of these programs! You would be required to attend a Burnaby Hospital Volunteer Orientation, then a person interview with the Volunteer Services Manager and either Jim Dar Woon or me, and then we would train you on the ward.



The dates for the Education Sessions for this year are: September 25, October 2 and 9, 2009; and November 27, and December 4 and 11, 2009. Schedules will be available in your class prior to these sessions.

EVENTS CALENDAR 2009/2010

Month	Day	Events	Contact
March		New Board	
April			
May		Rhythm of Life	Bryon Sinclair
June	6th	Hats Off Day	Peter Dickenson-Starkey
July		Discovery Days	Joh Petrie
August			
September	13th	Golf	Roy Nukina
October		Pot Luck Confederation	Shirley Randell
November			
December		Christmas Pot Luck	Bryon Sinclair
January			
February		Annual General Meeting	Board
		Bowling Tournament	

In the future we hope to bring you articles of special interest to you. Let us know what you the reader thinks and what you would like us to focus on. Health issues will be a primary concern for this association and we will cover many topics about Heart related issues. Dr Lee’s presentation (3rd installment) will also be featured in the next issue.

Individual class events will be featured about individuals that may have achieved a special recognition. Bios on your board members is being considered for publication in the near future.

We welcome your input and encourage submission for publication.

The FITT Chronicle is produced and printed by the FITT cardiac Association for it's members and is meant to be educational and social.

Phone: Any Board Member

E-mail: info@fittnow.com

We are on the web
fittnow.com

FITT Chronicle Committee

Chairman:

Bill Rettinger

Members:

Lloyd Rapchuk

Pete Matino

Peter Dickenson-Starkey

Ilario Galano

NOTICE

We are looking for an Editor and article contributors for the FITT Chronicle.

If you have some time to help make this publication the best, we encourage you to contact your class representative or one of the Board members directly to get involved.

Your Advertising \$\$\$ Here

RECIPE CORNER

MAKING YOUR OWN CHEESE

A NOVEL IDEA: BY MARIA AUDIA

Making Cheese

Dissolve one Rennet (Junket) tablets in very small amount of water – set aside

Pour 4 L of 1% or 2% milk in a large stock pot

Heat milk until sides of pot are just warm to the touch and does not burn

Stir in dissolved Rennet tablet and set aside for one to two hours until it sets up like yogurt

Not sure about salt, but I would think at this point you could add a little salt

Stir vigorously – turn heat on stirring curds into a ball – keep doing this until a ball is formed. Put into a sieve and strain. (You can buy a cheese form for using at this point)

Ricotta

Have ready: ½ cup vinegar and ½ cup water – set aside

With the whey that is left over add 1 L of 1% or 2% milk and bring to the boil – full rolling. When it looks like it is going to boil over the side add the vinegar mixture and if you want – add salt.

Stir and take off heat

Let sit for a few minutes until curds come to the top. Skim into a strainer.

Refrigerate

Maria is a member of Bonsor 1 class and has been in the program for one year



Our Founding Directors now have Lifetime membership in FITT Cardiac Association



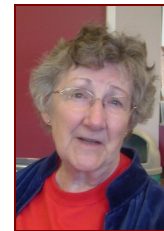
Bill Conolly



Don Cascon

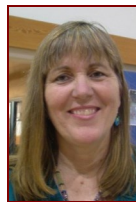


Hank Mantel



Maureen Baker

OUR MOST IMPORTANT ASSETS



Sherryl Mackaay
 Nurse Case Manager Team Leader Healthy Heart Program



Heidi Luongo
 Nurse Case Manager



Peter Matino
 Exercise Therapist



Andre van Rooi
 Exercise Therapist



Tracey Belsey
 Exercise Therapist



Monika Tsia
 Exercise Therapist



Candice Mah
 Dietician Healthy Heart Program



Kim Jung
 Exercise Therapist



Crystal Hula
 Exercise Therapist



Debbie Ru
 Exercise Therapist



April Turco
 Front Office



Roshan Mistry
 Front Office