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**Champlain Heights**

Champlain is the youngest member of the Healthy Heart Program, opening in 2007.



The classes are held Tuesday and Thursday afternoons at 2:45, at Champlain Heights Community Centre. Members who range in age from 48 to 84, enjoy the dual training, both Cardio and resistance training. In addition to their Healthy Heart program the members



*Champlain Heights, Exercise Therapist - Monica Tsai*

have varied interests and hobbies. Two members who enjoy a special interest are Peter Clark and Bill Cummings who are both members of the Vancouver Mens Welsh Choir.

On June 10<sup>th</sup> Peter and Bill with 66 members of the V.W.M.C rendezvoused in Berlin for the start of a twelve day, three country concert tour.

After a day of recovery from jet lag the choir headed to Hoochmeisterkirche for a joint concert with Berliner Singegemeinschaft – a local mixed choir. The next day they travelled to Dresden arriving in Annenkirche where they sang with the Bergsteiger choir – a cappella male choir.

On June 16<sup>th</sup> they performed a concert in the concert hall of Saints Simon and Juda at Prague. June 19<sup>th</sup> in Salzburg, their concert was in the Salzburg Cathedral. That evening they travelled to Abtenau, south of Salzburg for a concert in the local Parish Church.

June 20<sup>th</sup> they left for Vienna for their last concert stopping enroute at YBBS on the Danube where they performed for the “Children of Chernobyl” a fundraising for the victims of the Chernobyl Explosion. This was the completion of a very successful tour, receiving a standing ovation at every concert. They returned to Vancouver on June 23<sup>rd</sup>



*– submitted by Fred McTaggart*

**Gears and Beers Bicycle Club Celebrates Its Three Year Anniversary**

The “Gears & Beers” bicycle club was founded for the express purpose of supplying an alternate source of exercise to supplement our weekly Healthy Heart program. It was also intended as a vehicle for social interaction and activities. To this end, the club meets each Wednesday of the week (weather permitting), with the goal to cycle 20-30 KMs and then adjourn to a mutually chosen establishment (pubs or member hosted Barbie parties) to partake of food and refreshments.

The concept of cycle club was the idea of four founding members (Ilario Galano our president, Alan Poole, Olga Nordahl and Don Cascon), and has quickly grown to include anywhere from 10-15 active cyclists per week. (excluding





a number of inner circle non-active members who enjoy the social activities of the club). Members consist of all ages and sex (we have an 80 and a couple of 70 year olds in the group, which consists of more females than males) and is also open to everyone, including Non-Healthy Heart members. Our motto is: “stay healthy and have fun-the more the merrier”.

Our cycling tours are not restricted and various routes in greater Vancouver, Richmond, Surrey, Burnaby, and the Valley are chosen each week in order to accommodate the abilities of all members.

Non- cycling activities have included a couple of blueberry picking outings, canoe racing, cycling tours on Saltspring and cycling holidays (for some) in balmy Palm Springs, and a strenuous cycling and tour of Austria and the Czech Republic ( a few hearty souls). We have also supplied a number of extra bicycles to needy centers like the Sally Ann. We have also had group tours of the new Vancouver Convention Center, and the new Richmond Olympic Speed Skating Oval. A weekend holiday with wine tours and cycling trip is planned for the Kettle Valley this fall.

Our Anniversary was celebrated with a dinner at “the Cannery”, and was strictly a “dress-up” occasion. Most of those present conducted themselves in a “most acceptable manner”, and proper “cudos” were given to our “leader”, Ilario Galano for all the hard work he has put into making the club a success with his constant bombardment of emails and follow-up phone calls and insuring that the cycle routes chosen met with our abilities. (Free wine was expected but our leader left them on table at home –so he says), the general consensus of the party goers was that Dapper Don Cascon won the best dressed gent. Don will receive a free subscription to the Chronicle Newsletter.



All in all, we have had a great few years, made some new friends, seen some spectacular scenery and some spectacular spills, kept ourselves fit, and enjoyed some very pleasant “Apre-Cycle” activities. So please plan to join us in the future if you are into some of the mundane activities mentioned above.

- submitted by Lloyd Rapchuk

## President’s Report

Welcome all again to our 2<sup>nd</sup> FITT Chronicle with our new format. Our first edition of the FITT Chronicle was extremely well received and gave me the opportunity to meet many members of our Healthy Heart Classes. The next editions will get bigger and better with input from you – our members. The Chronicle committee has grown in size and we have our new editor Scott Ko. Scott comes to us with a background in pre-press and will be a welcome edition to making our publication very professional.

From the board perspective, many of us have taken some time off during the summer with no board meeting in August. Many of the committees however continued their work towards their end goal or continued progress towards planned FITT activities. The Chronicle committee met weekly to meet deadlines set for this publication. The Constitution and bylaws committee continued to meet often toward revamping the constitution.

Our cooperative publication of the “Exercise Prescription for a Healthy Lifestyle” booklet will be printed and available for distribution in the month of September. As you read this remember this publication is for you. Any suggestion you have for this publication is welcome. Just let your class representative know so that he/she can bring it to the board’s attention. There are many events yet to come sponsored by FITT such as Golf Tournament, Pot Luck dinner, Christmas Pot Luck etc. Look for them in this publication and come and participate in as many as you can. You will find them all very beneficial to you.

### Your F.I.T.T. Chronicle Committee

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

Where possible we will include a bio for class representatives in the coming months. For board bios please visit [fittnow.com](http://fittnow.com). The board will once again actively meet starting in September towards making our association the best possible. I would like to encourage all of you to participate by joining one of the committees.



by Ilario Galano

### Sneaker Hygiene

Personally, I am always wanting my gym sneakers to appear clean [soles and uppers] and consequently have tried many products to accomplish same. Some, like bleach were a disaster !

Recently, I sprayed some Safeway pre-wash solution on the sneakers/laces etc and placed them in a nylon bag, fastened the bag end securely and into the washing machine they went..... Voila... near perfection, and a big smile on my face with the result. As they used to say, "try it you will like it".

I sincerely hope you get excellent results, like me.

*by Peter Dickinson-Starkey.*

## Annual Blueberry Picking Fest

This year's fantastic blueberry crop, great weather and a benevolent benefactor, made Bonsor 1's second annual berry picking in Richmond, on August the 5th, a great success. This year's group involved family and friends from Bonsor 1 and 2 as well as a number of FITT board members and friends. The outing was such a success that it was repeated again on Friday the 7th. The berries were ripe and plentiful and each picking was followed by lunch and refreshments at a local pub. It was a very rewarding couple of days for those who participated.

None of this would have been possible without the generosity of Mr. Val Sperling (father-in-law of Mr. Garry Martinick of Bonsor 1's Healthy Heart program). This is the second year in a row that Mr. Sperling has allowed us free use of his orchard, and it is greatly appreciated. On behalf of all the successful berry pickers who enjoyed the fine hospitality of our gracious host, Valentino, Thank You!



*Ilario Galano with Mr. Sperling*

## Blueberry Buckle

### Cake:

2 cups blueberries (fresh or frozen and thawed)  
1 teaspoon lemon juice  
1/3 cup milk  
1/4 cup butter, chilled cut in four pieces  
3/4 cup sugar

1 egg  
4 1-inch square pieces of lemon rind  
1 1/2 cups all-purpose flour  
2 teaspoons baking powder  
1/2 teaspoon salt



### Glaze:

2 tablespoons soft butter  
1/4 cup sugar  
1 tablespoon lemon juice

Wash and drain blueberries. Set aside on paper towels to dry. Stir lemon juice into milk and set aside. Preheat oven to 350 degrees F.

Position Knife Blade in Bowl. Add butter, sugar, egg and lemon rind. Process to chop rind and mix ingredients, about 20 seconds. Pour milk mixture through chute with processor running. Turn off.

Add flour, baking powder and salt. Pulse quickly 3 or 4 times to mix ingredients. Do not overprocess. Remove Knife Blade from Bowl. Add blueberries. Gently stir by hand to mix. Spread batter in greased 8-inch square baking pan. Bake until cake tests done, 40-45 minutes.

Just before cake is done, combine butter, sugar, and lemon juice (Glaze). Cook over low heat until smooth. Remove from heat.

When cake is done, spread glaze over top. Return to oven. Broil until glaze bubbles. Watch to avoid over-browning.

Makes 16 (1 1/2 inch) squares.

### Note:

1. This is a food processor recipe, but can be using a blender.
2. To adapt this recipe to be more Healthy Heart friendly, substitute Becel for butter and cut back on amount used, use just a pinch of salt. For glaze, cut back butter to 1/4 tablespoon of butter, and double the amount of lemon used.



*courtesy of Faith Rapchuk*



## Microwaving Water

A man took a cup of water and put it in the microwave to heat it up, he wanted to bring the water to boil. When the timer shut the oven off, he removed the cup from the oven. As he looked into the cup, he noted that the water was not boiling, but suddenly the water in the cup “blew up” into his face. The cup remained intact, but all water had flown out into his face due to the build up of energy. He has 1st and 2nd degree burns to his face which may leave scarring. While at the hospital, the doctor stated that this is a fairly common occurrence and water (alone) should never be heated in a microwave oven. If water is heated in this manner, something should be placed in the cup to diffuse the energy such as a wooden stir stick, tea bag etc.. (nothing metal)

Micro-waved water and other liquids do not always bubble when they reach the boiling point. They can actually get superheated and not bubble up out of the cup when it is moved or when something like a spoon or tea bag is put into

it. To prevent this from happening and causing injury, do not heat any liquid for more than **TWO** minutes per cup. After heating, let the cup stand in the microwave for thirty seconds before moving it or adding anything into it.

Here is what a local science teacher had to say on the matter: “Thanks for the microwave warning. I have seen this happen before. It is caused by a phenomenon known as super heating. It can occur anytime water is heated and will particularly occur if the vessel that the water is heated in is new, or when heating a small amount of water (less than a cup)”.

What happens is that the water heats faster than the vapor bubbles can form. If the cup is very new then it is unlikely to have small surface scratches inside it that provide a place for the bubbles to form. As the bubbles cannot form and release, some of the heat has built up, the liquid does not boil, and the liquid continues to heat up well past its boiling point.

*re-printed from St. Paul's Healthy Heart Newsletter*

### Upcoming Events

Event: Golf Tournament Sept 13th @ 8.45am  
Location: Central Park “pitch and putt” Start 9am.  
Contact: Bryon Sinclair  
Lunch: Firemens Club / Restaurant at Noon

Event: Christmas Pot Luck Dec 9th @ 6pm  
Location: Bonsor Community Centre [upstairs]  
Contact: Bryon Sinclair [M.C.]

Event: Thanksgiving Pot Luck Oct 14th @ 6pm  
Location: Confederation House Seniors Centre  
Contact: Shirley Randell / Danica Seifert

### Class Reps

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

**Hedging / Pruning / Shaping**

**Garry Martinick**

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