

## Bonsor 1

By Lloyd Rapchuk

Interestingly, Bonsor 1 was the first Healthy Heart Maintenance exercise program set up by FITT and the Burnaby Hospital Healthy Heart Program in 1993. Today it consists of 41-43 registered participants (depending on whom and when you ask). Participants range in age from a high of 85 yrs of age to a low of 59, with a median age of 72 years. The exercise program starts “promptly” at 7:00 am. Monday’s and Thursday’s weekly, excepting holidays. Currently, Pete Matino and Andre Van Rooi are our exercise leaders, and for a change of pace are spelled by Monica Tsia, and all are ably backed by nurses Sherryl MacKaay and Kim .. –

Many of the group are able to augment these exercise periods by cycling each week with the Gears and Beers cycling club on Wednesday



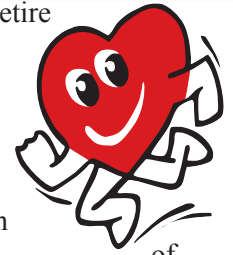
Bonsor 1 Class

mornings, weather permitting. Another group of eager participants also play a game that is somewhat similar to basketball, but includes aspects of soccer and rugby as well; and very few of the regular rules of play for any of the aforementioned sports are applied. Activity and scoring levels range between excellent and poor but provide great entertainment for those using the stationary exercise machines.

After a hard workout and cool-down

exercises, most retire to the Bonsor’s Senior’s Lounge for coffee and refreshments and lively discussions which cover a gamut of topics from religion, politics, sports, TV, financial and strangely enough health issues. On the third Thursday of each month, a special birthday celebration occurs to celebrate with those participants who were celebrating their birthdays during that month. A very healthy, decadent birthday cake is enjoyed by all.

The personalities and backgrounds of such a large group are varied and diverse. One individual who was sitting reading a paper and was asked by an instructor why he wasn’t exercising; his non-plus answer was that “he was exercising...he was



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### A Local Hero Among Us

David Gates of the Healthy Heart Bonsor 1 Class has been a Block Parent for more than 25 years, and an active member of the Burnaby Host Lions since 1985. He is also an active community policing volunteer.

His nominators for Local heroes write “David gives his time freely to enhance community well-being in Burnaby by spending long hours to enhance the lives and safety of citizens in his community”

David is also in Healthy Heart and exercises in the Bonsor 1 class. He plays basket ball most of the time and is always ready to give a helping hand during out coffee club get together – So much so that he has volunteered the Lions Club building for our Bonsor 1 Christmas Breakfast. Well done David.

“Everything that you are now living is a result of the thoughts that have been offered by you in the past “

*Elaine and Jeffrey Hicks*

### 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.



### A Year In Review

As 2010 comes to a close and a yearlong of activities wraps up, I'd like to take this opportunity to thank everyone for your continued loyalty of the Healthy Heart Program and our FITT cardiac Association.

With you our members, we have evolved over the last year to where we are today – an association that supports cardiac rehabilitation and lifestyle enhancements through intensive education and exercise sessions in a medically supervised setting.

We have come a long way to improving the efficiencies on the board but still have more to improve. More involvement by many of you will continue to help us set directions to better serve our Healthy Heart community. One of the

constant changes that the board faces is our role as F.I.T.T. Cardiac Association within our community. To this end we will be in conference with the manager of Healthy Heart Margaret Meloche and a key director Mehmud Karmali.

Your input as members is always welcome. Please do not hesitate to talk to your class representative on the board or my self about any issues that you feel we can help in. We are always interested in what our members have to say and welcome the input from our members. I'm thrilled to say that there is more to look forward to. While we are proud of our accomplishments, we remain committed to listening to our members and making on going improvements to the program.

There have been many events throughout the year and we hope that we have captured most of them in this issue of the FITT Chronicle. Events like the tour

of Christmas Forever (thanks to Sam Punjani of Bonsor 1), Cycling trips to Rhodes University (Gears and Beers), Bowling (Tom Scott), Thanksgiving Pot Luck (Shirley Randell), Christmas Pot Luck (Bryon Sinclair), Individual Class Celebrations (class reps), and many other events. Special thanks go to our prize contributors such as Sam Punjani and Al Tummon.

We have also included a section on the benefits of being a member of the F.I.T.T. cardiac Association. Please read this issue fully. I know it is packed with a lot of information for you 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 and Healthy New Year for 2011.

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



### Peter Matino

Peter Matino has been an Exercise Therapist at the Burnaby Hospital Healthy Heart Program since 1998. Growing up in

Vancouver's "Little Italy" near the PNE, he started off working at a young age, parking cars in his back lane. He says, "that's how I learned to drive a stick shift". Peter spent many years wrestling and playing High School football at Notre Dame, ending with an undefeated season and BC High School Football Championship. He was named to the BC All-Star Team. Peter soon was working for the Vancouver C Canucks selling programs, "Tonight's line ups and lucky numbers, here" and at the PNE, yelling that famous line "Win a house, win a car".

He graduated from UBC with a Bachelor's in Human Kinetics, specializing in Exercise Science. He has several post-Graduate certifications including: ACSM "Certified Clinical Exercise Specialist" and NSCA "Certified Strength and Conditioning

Specialist".

During Peter's busy week, he looks after 10 Healthy Heart Classes; 3 at Burnaby Hospital and 7 in the community. In any given week, he sees up to 180 participants, "They are like family now" he says, with many patients still in the program 10 years later.

At Burnaby Hospital, Peter is also the Employee Fitness Coordinator; giving staff orientations to the fitness room and helping them get started with the exercise program. He has fun making coffee for the Healthy Heart Staff and in return, staff sits, listens, and tries to avoid his waving arms as he tells some of his funny stories.

Peter has been a Coordinator of the Rhythm of Life Run the past 10 years and continues to sit on the run committee as consultant to the Burnaby Hospital Foundation.

He has been sitting on the FITT Cardiac Association Board since 2005 as the

Healthy Heart Consultant.

Peter really enjoys the Mentorship he provides as the Practicum Coordinator for Kinesiology and Exercise Science students placed from UBC, SFU, and Fraser Valley University. He is the current Co-Chair of the Fraser Health Exercise Therapist Professional Practice Council and continues to promote the important role of Exercise Therapists in treating all Chronic Diseases. He enjoys bringing Clinical Exercise Professionals from other Health Regions together for education and networking opportunities.

He enjoys travelling with his beautiful wife, Joy. One of his highlights was his last trip to Italy, where he toured up and down the Amalfi coast, picked many grapes and tasted some incredible wine. He definitely loves food and passionately talks about his favourite dishes; especially on Mondays, when you'll frequently find him rushing in from lunch at mama's. "I love my job, it's the best job in the world."

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exercising his eyeballs”. One very active enthusiastic basketball player who outraces everyone on the floor has a shooting average below the Mendosa Line of .200 in baseball and is a constant amazement to those doing stationary machine exercises. One individual insists that he must sit with his back against the wall to rest it during cool-down exercises. We have a former policeman who is a decorated hero; CPA’s who are currently retired and dealing in questionable border activities; lawyers who are actually lawyers; philanthropic international business owners who can’t seem to do

enough to help others; retired successful business men who insist on creating new business opportunities; successful business men who refuse to retire; a professional boxing referee who has refereed international boxing matches at a number of Olympics and ran the Atlantic blockades of WW11, and had his own orchestra. There are ladies who have the persistence and desire that make many of the men look like “pikers” when it comes to exercising; and who can out-cycle many members of the Gears and Beers Bicycle Club while never missing an outing; and who are the stabilizing factor in our

successful factor in our after-exercise coffee adventures, and who make all our social functions a glowing success. There are retired teachers who don’t teach; retired mechanics who no longer mechanic; electricians who no longer electricate; bankers who no longer bank, and handymen who are still handy. Space doesn’t allow a list to cover everyone and no slur was intended if you were not included in the above.

All in all, this diversity and expertise makes for a very happy and cohesive group that personifies what FITT and the Healthy Heart Program is supposed to accomplish. Merry Christmas to all.



## GUIDE TO SLEEP

*This submission was made by Valana Strandberg, from Bonsor 1. It was taken from the book “A Woman’s Guide to Sleep”*

*by Joyce A. Walsleben, Ph.D. published by Three Rivers Press in 2001. Due to limited space in the Chronicle it was necessary to edit and summarize the submission. If any of our readers wish to see a copy of the original submission, they can do so by contacting Valana at Bonsor 1, or you can visit your local public library to peruse the book.*

For optimal functioning, most people need between 7 and 9 hours of sleep at night. Sleep is a human necessity as it plays a role in learning, memory processing and coping with cognitive tasks. It is also a link to our immune and cardiovascular systems as well as bone strength.

Technically, sleep has its own structure consisting of distinct stages. Our brains cycle through two main states of sleep:

**REM** – dream sleep (rapid eye movement and the most important phase of sleep).

**NREM** – (non-Rem) or sleep at various depths or stages for about 75% of the night

**Stage 1** - lasts a few seconds to a

few minutes; “falling asleep stage”

**Stage 2** - more relaxed breathing, heart rate and brain activity slows; (10-20 min.)

**Stage 3** - brain activity regularizes. (Theta and Delta brain waves mix).

**Stage 4** - deep sleep that you need to feel rested; you’re difficult to wake up.

Throughout the night, REM sleep kicks in, usually only for a few minutes at a time. After each REM period, you may awaken for a second or two, then cycle back through Stages 2, 3 and 4, then ascend for more dreaming. The length of each REM period lengthens through the night, until the last one, in the early morning, which may be 20 to 40 minutes long. After this period, you typically wake up, feeling alert.

Sleep deprivation and chronic sleeplessness should be avoided as they may hasten some aspects of aging and interfere with the function and secretion of some body organs which occur during the sleep cycle. People who have difficulty sleeping should understand the causes of their problem and perhaps consider following the following “Four R’s of Sleep”

**1** - Regularize your sleep-wake patterns – get up at the same time daily; avoid naps unless they are part of your pattern.

**2** - Ritualize cues for good sleep

- ritualize bed time preparations; bedroom should be quiet, dark, cool and secure; have a hot bath; use ear plugs/ sleep masks.

**3** - Relax. – Identify sources of stress and deal with them; use relaxation exercises, yoga, meditation, Aromatherapy etc.

**4** - Resist sleep disruptors – these are stimulating foods and drugs; number one is caffeine in coffee, teas, and colas. Some medications also hamper sleep (ie : antidepressants, asthma drugs, cholesterol lowering drugs, steroids etc.). Alcohol and recreational drugs like marijuana, morphine, heroin, amphetamines, barbiturates alter and interfere with the neurochemicals for sleep and mood.

Following simple eating rules will enhance your probability of a proper sleep.

- Avoid heavy meals within four/ five hours of bedtime.

- A light snack an hour or two before retiring : a glass of milk, warm or cold, an hour before bedtime. Cheese, bananas, turkey also contain tryptophan which converts to serotonin in the brain.



## F.I.T.T. Cardiac Association Membership Benefits

Once again it is that time of the year for all exercise participants in all the Healthy Heart classes to renew their yearly \$10.00 membership fee. This membership fee provides FITT with its basic source of income and benefits you in a number of ways:

- It provides funds to cover operating costs (mailing costs, paper costs, etc.) of sending “get well/sympathy/and thank you cards” to members needing support.
- It pays for a portion of the production, distribution and operating costs of producing the quarterly newsletter “The FITT Chronicle”.

- It allows collection of your monthly exercise fee and delivery to the hospital.
- It contributes to the production of the FITT brochure and other exercise manuals such as “Exercise Prescription for a Healthy Lifestyle” which aid the membership and which are available to the general public and medical community.
- It allows FITT to help in educating the community about heart disease, by participating in community events like Burnaby Discovery Days; Burnaby Hats Off Days; Rhythm of Life Run; and the Hearts on the Mend Program.
- It provides funds to cover costs, and allows you to participate in FITT sponsored activities such as

the annual Christmas and Thanksgiving Pot Luck Dinners, the Fun Bowling Event, the Golf Tournament etc.

- It allows the FITT board to act on your behalf and liaison with the hospital in order to improve and service your needs.

If you have already renewed your membership, thank you so much for your support. If you have not, see your “Class Rep” who will provide you with the necessary forms and collect your membership fees. Our target is to have every FITT exercise participant signed as a member by the first of January 2011. Thank you all.



## HOTM Meeting

Meeting and honouring of long time volunteer Dawn Newton who has moved on to Abbotsford.



Flowers for Dawn & Maureen from FITT



F.I.T.T. CARDIAC ASSOCIATION BOARD OF DIRECTORS 2011 – 2012 YEAR	
NAME	Position
Ilario Galano	President
Lloyd Rapchuk	Vice-President/Research and Development
John Titos	Treasurer
Wendy Hay	Secretary
John Crawford	Collections & Bonsor 2
Jim DarWoon	at large
Bill Rettinger	Bonsor 1
Danica Seifert	Confederation 1
Sharon DiSanto	Confederation 2
Tom Scott	Thunderbird 1
John Petrie	Thunderbird 2
Lloyd Younker	Burnaby South
Alan Blackwell	Champlain Heights
Lorraine Brown	Past President
Pete Matino	Appointed Directors Staff/Liaison - Appointed

HOTM Participants



## Confederation Pot Luck

by Shirley Randell

The annual Thanksgiving Pot Luck Dinner was held at Confederation Seniors Centre on October 13, 2010 with approximately sixty-five in attendance. Perhaps the other twenty were watching the last of the miners exit the mine?

Thank you to Danica Seifert, Gloria Kravac, Ann Kirk, Barb Godding, Bonnie Danielisz, Bryon Sinclair, Maria Motta, Phoebe and John Petrie, Tracey Dryfhout, Tracey Belsey and Roshan Mistry for their assistance. Your help is much appreciated. Our apologies if anyone has been missed.

The 50 - 50 was split between three winners with each receiving \$50.



*Confed Pot Luck*

## T-bird 1 and 2 Birthday Celebrations

From time to time the 2 classes of T-bird 1 and T-bird 2 get together at the ABC restaurant to celebrate special occasions. Of course Tom Scott always masterminds these get togethers and usually invite someone from staff or FITT executive to join them. This



*Thunderbird 1 & 2 Birthday Celebrations*

great group of people have a great time together and usually celebrate birthdays every 3 months or so. Keep it going! – It's always terrific to see a group of Healthy Heart participants having fun together.

## Gears and Bears Celebrate Annual Christmas Party

by Lloyd Rapchuk

On December 11, upwards of forty cyclists, spouses and friends attended the Gears and Bears annual "planned" potluck party, which was hosted by Olga Nordahl and her husband Lief. All enjoyed a traditional Christmas

dinner with all the trimmings, thanks to the ladies of the organizing committee and some of the spouses. An entertainment surprise was provided by Joe Jordan from Bonsor 2, who with his flying fingers picking away on his banjo provided the musical background for the Christmas carols that were enthusiastically sung by the mixed choral choir of untrained voices. Needless to say, next year a new choir leader will have to be appointed. The evening was topped off, by the surprise presentation of some cycling awards to those who provided memorable occasions during the cycling season. Shirley Budyinka was awarded the coveted "Yellow Shirt" award for continually out-distancing everyone as

leader of the pack. Ilario Galano won the "Golden Pedal" award for managing to complete two different trips using only one pedal. Lloyd Rapchuk was awarded the "Never Changes Gears" award for his lack of ability to understand that gears can be changed.

All in all, the event was a great success and provided a great ending



*Joe Jordan & Company*

for a very memorable cycling season that featured our first overnight cycling trip and has seen our membership expand to include members from other FITT exercise groups.



*Our Host Olga*



*Confed Guests*



## FITT MEMBERS HELP WITH TOY DRIVE

Several members of F.I.T.T. Cardiac Association got up very early on November 30th to deliver toys for the Christmas Toy drive at the Pan Pacific.

After getting through the line up, they enjoyed a filling breakfast with Santa and visited with Global TV news crew. Yes they plan on doing it again next year!



Your F.I.T.T. Chronicle Committee	
Bill Rettinger	Chairman
Ilario Galano	Member
Lloyd Rapchuk	Member
John Petrie	Member
Scott Ko	Editor

### F.I.T.T. Calendar of Events 2011

Month	Event	Location	Month	Event	Location
Jan 13	Board Meeting	Bonsor	April 14	Board Meeting	Bonsor
Feb 11	Bowling Tourney	Old Orchard	May 12	Board Meeting	Bonsor
Feb 23	AGM	Confed	June 4	Hats Of Days	Burnaby
Mar 10	New Board Meeting	Bonsor	June 9	Board Meeting	Bonsor
Mar. 15	FITT Chronicle	All locations	June 14	FITT Chronicle	All locations

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Hospital Staff @ Christmas Potluck



Royal Rhodes Bike Trip



Bonsor 2 Coffee

## Year in Review



Al Poole's Boat Trip



Bowl-a-rama 2010



Bowl-a-rama 2010



Azim Punjani - Christmas Forever



Zwolle Outside Heineken House Vancouver 2010 Olympics

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## F.I.T.T. Annual Christmas Potluck

Once again the annual Christmas Potluck celebration was an outstanding success thanks again to host Bryon Sinclair, kitchen chief Bill Evans, Roy Nukina, Doug Maruno, Wendy Hay, and the rest of Bryon Sinclair's helping hands from Bonsor 2. All contributed greatly to making the evening a success. Thanks also to each of the FITT exercise



### \$100 Winners

Jim Dar Woon  
Lois Chambers  
Ev Harris  
Len Chambers  
Vaughn Hatch



groups that provided basket hampers for the draws and to Sam Punjani for his generous door prize donations as well as Al Tummon, Doug Maruno and Maria Motta. Thanks also to each attendee for supplying ample food dishes to feed the hungry mob.

This year's attendance of just under 200 again exceeded prior years, and

comments were heard that a larger hall would soon be necessary. The idea of providing separate tables for each exercise group with each group providing their own snacks and munchies was again a great hit, and provided friendly wandering snackers an opportunity to sample a



wide and varying array of tasty items.

As usual the annual 50-50 draw was a great success, thanks to the exuberant, high-powered sales performance of the convincing ticket vendors. The 50-50 prize winners were Len Chambers (Confed 1), Jim Dar Woon (Bonsor 1), Lois Chambers (confed 1), Ev Harris (Tbird 2) and Vaughn Hatch (Bonsor 2).

Winners of the basket hampers were: Jens Juhl, Bruna Marconato, Mary gates, Ilario Galano, Kath Conolly, Mildred Symonds, Wendy Hay, Kaz Lim, Wayne Randell, Janet Hayes Linda McGown, Lora Mundy, Alison Schamberger, and Saverio Nigro.



And for those who were wondering about the purpose of the brown bags that may have been spotted at various tables, they were brought to make it easier to tote all the draw prizes home.



*Christmas Potluck Attendees*

Overall the evening was a great success, thanks in large part to Bryon Sinclair's entertaining handling of the MC duties for the evening. It was also nice to see the participation of the large contingent from the Burnaby Hospital with a surprise visit from Claire. Look forward to seeing you all again next year. Have a very Happy and Merry Christmas.

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