

June 2010

BURNABY SOUTH

Nine months of the year, our crew of 20 meets at Burnaby South Secondary School. At 4:15 pm, team members begin to climb the stairs to the fitness area where we are greeted by our class rep. Lloyd Y. We warm up on the track or on the cardio equipment in the weight room. Peter our leader, advisor, and pasta sauce chef, helps us train and deal with our health issues. Over the groans, you can hear the men's favorite topic "hockey". Our five women often talk about travel, families, and pets as they exercise. Out on the track, our star jogger John, speeds by the walkers and the slower joggers.



Burnaby South, Exercise Therapist - Peter Matino

At 5:30 pm, after using the weights, we are off to the exercise room for our cool-down. As we do our stretches and floor exercises, the topic of food arises. Since hunger has set in "What's for dinner?" is heard. Wine and non-healthy heart foods are dreamed of as we stretch our aching muscles.

When Peter is away and our routine is changed Felice is sure to point out that we don't handle change well as when we were younger. The largest change we face is returning to the hospital each summer. Long term support and friendship helps us stay healthy and active. We enjoy going to restaurants together and sharing Thanksgiving and Christmas pot luck dinners with our families and friends.



Laura and Marilyn

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Old is When....

An "all-nighter" means NOT getting up to pee!

President's Report



First and foremost I would like to thank all those members who contributed to our wish list for ways that our Healthy Heart Program can benefit from the monies raised through the Rhythm of Life over the last 11 years. The list was compiled with input from all classes and reviewed at a special meeting with the manager of the Program at Burnaby Hospital. Lori Boothby has been appointed as the new Program Manager from Fraser Health Authority to oversee our program and use of the money allocated to Healthy Heart.

Lori attended a special meeting held by FITT Cardiac Association at which she met some of our directors and members and explained how we can work together to ensure our program is alive and well as we move forward and continue the success we have enjoyed in Burnaby. It is now up to us to prioritize the list and present it to the manager. To this end I have formed a special committee made up of directors and interested members to help in prioritizing the list for the most benefit to our participants in the Healthy Heart Program. If you have any further input please see your class representative.

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.



Our directors continue to look for ways to help the Healthy Heart Program at Burnaby Hospital and input from all members of FITT Cardiac Association is always welcome.

On another note Holly Kennedy-Symonds (often known as our birth mother of the Healthy Heart Program) has accepted a position on Vancouver Island as the Director of Heart Health and Adult ICU. We wish Holly every success in the future.

Ilario Galano

Brief Bio for John Titos:

John was born in North Vancouver. He moved to Vancouver in 1950 and finally, to North Burnaby, (way

out in the boonies), in 1974. His wife Pat and he raised two girls who went to Westridge Elementary and Burnaby North High School. Pat and John are now very busy and involved with grandkids in Surrey and Mission.

John studied Accounting and Credit Management and worked for 30 years in the forest industry, latterly as Credit Manager for an exporter of forest products.

He coached and/or managed a girls soccer team for 10 years and was Treasurer for Cliff Avenue United F.C. for 7 years. He also has been Treasurer for the Whitecaps F.C. Supporters Club for the past 5 years. John had open heart surgery in October, 2001 and started in the Healthy Heart Program in April, 2002. After the hospital program, he went to Willingdon Park for Level 3. In 2003, he went to

Thunderbird Community Centre for Level 4 and became Class Rep of the “new” T-bird 2 class. (This was around the time of the integration of the Healthy Heart Helpers Association (HHHA) exercise classes with the Fraser Health/ Burnaby Hospital Phase Four classes). He became Membership Secretary of F.I.T.T Cardiac Association (formerly HHHA) in 2004. He left T-bird 2 in late 2005 and went to Confederation Seniors Centre joining the Confed 2 class. He became Treasurer of F.I.T.T. in 2006. In 2007, he dropped the Membership Secretary function. He also volunteers with F.I.T.T.’s “Hearts on the Mend” program of visiting patients on the Cardiac Ward at Burnaby Hospital.



Monika Tsia

Monika first started working at Thunderbird Community Centre as a Science Instructor when she coincidentally saw the Healthy Heart Program in action. Immediately, she knew that she wanted to be involved with the program and shortly after, became a volunteer with the program. As Monika worked on finishing her Kinesiology Degree from SFU, she continued to volunteer with the Healthy Heart Program. While volunteering, she observed how strong, positive, and motivated the participants at Healthy Heart were. The more time she spent with the program and the patients, the more it confirmed that this was the career to pursue. After graduating from

SFU, she began working at Burnaby Hospital and Peace Arch Hospital.

Monika recently got engaged and many of our Healthy Heart participants were present to witness Ronnie’s proposal. According to Monika the proposal was flawless! The happy couple has recently purchased a home and is looking forward to a life together.

Her favorite pastime includes Hot Yoga, Aerobics, scrapbooking, reading, and most of all eating! Many at the Gears and Beers cycling club have noted this as she is also an avid cyclist.

When not working at Healthy Heart, Monika commits her time as a Fitness and Wellness Association Coordinator working on a Citywide

walking program called Walk Richmond.

Monika has a strong passion for health, fitness and overall wellness. She is happy to know that she plays a part in having a positive role in a person’s health and lifestyle change. She is very happy to be a part of the Healthy Heart Program where she has met many genuine, knowledgeable, and wonderful people.



Walk Richmond participants warming up

Rhythm of Life 2010 - Another Great Success! June 6, 2010

Rhythm of Life has become Burnaby Hospital Foundation's annual community run and walk, raising much needed funds and support for Burnaby Hospital's most urgent equipment needs. The event celebrates its 12th anniversary since its inception. Whether you're young or golden, the event has something for everyone! "Events like Rhythm of Life are truly about community and the important role it plays in building a healthy future for our community," said Marcia Harrison, Acting President with Burnaby Hospital Foundation. "The \$40,000 will support this year's goal of raising \$3 million to purchase urgently-needed equipment at Burnaby Hospital. With the support of all participants – young and golden ... we really are working together to make a difference." Proceeds from Rhythm of Life will help purchase life-saving medical, surgical, and diagnostic equipment at Burnaby Hospital in addition to supporting the Healthy Heart Program, a program focused on prevention and rehabilitation of cardiac illness.

For Sale - Healthy Heart Merchandise			
Women's and Men's Golf Shirt		Older T – Shirts	
Beige / Blue	\$30.00	Black / Green	\$10.00
T – Shirts	White/Red/Blue	** Limited sizes and colors available.	
	\$15.00	** Contact: Doug Maruno	
Hats		(604) 421-9773	
Black / White	\$15.00	or email: mmaru@telus.net	




Rhythm of Life walkers start



Fred McTaggart and Madeline take dance lessons from Andy Wong


F.I.T.T. CARDIAC ASSOCIATION BOARD OF DIRECTORS 2010 – 2011 YEAR	
NAME	Position
Ilario Galano	President
Lloyd Rapchuk	Vice-President/Research and Development
John Titos	Treasurer
Wendy Hay	Secretary
John Crawford	Collections & Sponsor 2
Jim DarWoon	at large
Bill Rettinger	Sponsor 1
Danica Seifert	Confederation 1
Sharon DiSanto	Confederation 2
Tom Scott	Thunderbird 1
John Petric	Thunderbird 2
Lloyd Younker	Burnaby South
Peter Clark	Champlain Heights
Lorraine Brown	Past President
Pete Matino	Appointed Directors Staff/Liaison - Appointed



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2 for 1 Beginners Class



Andy Wong
Director



Qun Gee, wife Cathy daughters Samantha & Megan & nephew, celebrating his 40th. His procedure was 5 years ago!



First Gears & Beers BBQ



Hard nosed cyclists in the rain



Ilario and Monika are shown how to use AED during Emergency First aid Training

Your F.I.T.T. Chronicle Committee

Bill Rettinger	Chairman
Ilario Galano	Member
Lloyd Rapchuk	Member
John Petrie	Member
Scott Ko	Publisher

F.I.T.T. Calendar of Events 2010					
Month	Event	Location	Month	Event	Location
June	Hats Off Day	Hastings Day	September	FITT Chronicle	All locations
	Rhythm of Life Run	Burnaby Lake	October 13	Pot Luck Dinner	Confederation Park
July	Discovery Days	Burnaby	Dec. 15	Christmas Pot Luck	Bonsor Hall
	FITT Chronicle	All locations	December	FITT Chronicle	All Locations
August	TBD				

Hedging / Pruning / Shaping

Garry Martinick

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