

Thunderbird 1 Exercise Class

Thunderbird is located at 8th Avenue and Cassiar in East Vancouver, next door to Thunderbird Elementary School.

The class was first held here in late 2001 and most of us came over from the Willingdon Heights Community Center. Thunderbird 1 goes from 10:15 A.M. to 11:30 A.M., Mondays and Wednesdays. The majority of us are not early risers and we love these hours!

Peter Matino is our regular exercise therapist, but occasionally we get Monika Tsia or Kim Jung. We all like Peter but Monika and



Front row L-R Otto Schmid ,David Malcolm, Tom Scott, Ron Borrow, Peter Matino ,
Back row L-R Peter Yau, Tom Needes, Vicki Gibbons, Morley Chang, Ervine Ciccone,
Members missing Lars Bach, Lorraine Brown, Tina Ekengren, Amin Jamal, Bruna Marconato, Jim Merritt, Albert Weal

Kim are a nice change. In the Healthy Heart Program, we are fortunate to have such a great

group of exercise therapists.

We have excellent facilities here at Thunderbird 1.

Like the other classes, we know everyone and it is like we are a social club. About every three months or so, we have a luncheon at the ABC restaurant on Boundary Road. We always have a big birthday cake in honor of the member's who have had birthdays since the last luncheon.



by Tom Scott

Spotlight on Tom Scott:

Tom was born in the small Saskatchewan town of Scott, a wheat farming district about 125 miles north-west of Saskatoon. His parents and



grandparents were among the first settlers in that area in the early 1900's.

He decided at an early age that farming was not to his liking, and when he reached his teenage years moved to Vancouver where he worked at a number of jobs, including running gas service stations. He also completed a diesel mechanics course and became a marine engineer on various large coastal towboats towing log barges for the forest industry.

During his time off, he attended courses at Vancouver Vocational Institute in the marine engineering department and obtained his First Class Engineering Certificate, which enabled him to sail on the ocean going deep sea tug, "Sudbury II" out of Victoria. His

leisure time was spent sailing up and down BC's great coast.

Tom then married and obtained a position at Vancouver Vocational Institute teaching in their diesel mechanics program (after completing his Vocational Instructor's Certificate with classes from UBC)

Tom worked at the college for 25 years until his retirement, and in his latter years was Department Head for his program. "The greatest satisfaction of the job was seeing so many of the young students enter the workforce and achieve success in their jobs."

Tom attends the Healthy Heart Program at Thunderbird I and is their Class Rep. He is also sits as a member of the F.I.T.T. board of directors

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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.



President's Report

This past summer has been enjoyed by all. Most directors even took extra time off to do more with their families.

Even so we continue to move forward with FITT Cardiac Association. Each member's contribution to our priority list of desires has not fallen on deaf years – indeed we are encouraged to find ways to use the funds available for all Healthy Heart participants. The Manager of Healthy Heart Program for Fraser Health Authority, Lori Boothby has accepted a temporary project assignment to find best practices for Healthy Heart clinics for Fraser Health Authority. While we will have a temporary new manager Lori Boothby



will continue to keep in touch with us as we recommend ways to use Funds available in Healthy heart.

New guidelines for participants and staff are being developed. This will help everyone in the program to maintain a regular exercise program. FITT is committed to making these guidelines work for everyone.

We are pleased to report that Bryon Sinclair and his merry band are stepping back into the fray and will continue with our Christmas Potluck as we have in previous years. This year the event will be held on December 15th. Of course with help from Danica and Shirley our October potluck will also continue as in the past.

Some of you know that we have also had some turmoil in our Champlain class with no representative director



FITT Board with new director Alan Blackwell

for FITT for some time now. We are pleased to invite Alan Blackwell as the new representative on the board for Champlain Heights.

As usual when you have a concern or ideas please do not hesitate to give us feedback through your representative on the FITT Cardiac Association board.

Andre Van Rooi

Andre immigrated to Canada in 1987 from his native country of South Africa. He completed his B.Sc. in kinesiology in 2002 at Simon Fraser University. His passion for cardiac rehabilitation started at SFU while completing his course work in cardiac rehabilitation @ SFU. After his completion of his practicum placement at Eagle Ridge hospital he worked for YMCA healthy heart and soon after was hired on with Healthy Heart Helper Program (FITT Association) & Burnaby Healthy Heart Program.



For leisure, Andre keeps himself busy coaching and playing soccer for a mens team in the winter. He also runs a South Africa summer soccer team SAFC Pirates. As well he also helps coach his 10 yr old son, Isaac's soccer team in the fall. He recently attended the FIFA world cup held in South Africa which according to him was a once in a life time experience. "Walking into Cape Town stadium for my first game Italy versus Paraguay, I remember the over whelming feeling as I moved through the crowds into the stadium and then directly in front of me there it was, the soccer pitch. It was like watching clouds disperse and seeing nothing but clear blue sky. The buzzing sounds of the vuvuzela's, the chanting of the country supporters and Shakiras waka waka lyrics echoing through out the entire stadium created such a euphoria that I could not contain my emotions. I stood there over looking the entire field with my eyes glancing up into the stands shifting from one direction to the next over the 65000 supporters in attendance, marvelled by the magnitude of soccer on its biggest stage, the world cup. I ended up attending 8

games in total, travelling through three cities (Cape Town, Johannesburg and Pretoria) with close friends from Vancouver. The most exciting games were, Portugal vs. Korea (7 goals), Mexico vs. Argentina (great soccer) and Ghana vs. Uruguay (the African spirit). The soccer may not have been the best by world cup standards but the overall experience is something I will cherish for the rest of my life."



"A POSITIVE ATTITUDE MAY NOT SOLVE ALL YOUR PROBLEMS, BUT IT WILL ANNOY ENOUGH PEOPLE TO MAKE IT WORTH THE EFFORT."

Herm Albright

From the **EX** Files

Women have more to gain and lose from resistance-training (working out with weights) than men. Of all of the calories burned in the body, 50 to 90% are burned in your muscles. This gives men an advantage. Since they naturally have more muscle than women, they burn more calories...even while sleeping! But strength-training puts women on a level playing field as far as metabolism goes. The more muscle a woman has, the more calories she can burn, and the better she can wage war against fat. Resistance-training also keeps bones dense and strong, so it's a good weapon against osteoporosis.

Tea for Tooth

Let's talk tea; the world's other caffeine drink. Tea has the same mood-elevating effects as coffee, thanks to caffeine, and like chocolate, it has the muscle stimulant theobromine. But that's only the beginning of tea's greatness. It seems to lower blood pressure and cholesterol levels, stabilize blood sugar levels, and lower the risk of heart disease and cancer. Most of this good stuff is because of antioxidants that occur naturally in both green and black teas. But did you know that some of the compounds in tea actually kill the bacteria that get a cavity rolling? The tea chemicals prevent acid-generating bacteria from sticking to your teeth and gnawing at the surface. No sticking. No cavities.

F.I.T.T. CARDIAC ASSOCIATION BOARD OF DIRECTORS 2010 - 2011 YEAR

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Tom Scott	<i>Thunderbird 1</i>
John Petric	<i>Thunderbird 2</i>
Lloyd Younker	<i>Burnaby South</i>
Alan Blackwell	<i>Champlain Heights</i>
Lorraine Brown	<i>Past President</i>
Pete Matino	<i>Appointed Directors Staff/Liaison - Appointed</i>

Annual Golf Tourney

The 8th annual golf tourney went on Sun. 19 at BBY Central Pitch & Putt. Despite rainy weather 15 faithful golfers set out to tear up the course. As it turned out the rain stopped in time to get in our game. The ladies low score was Mae Iskikawa -Confederation; the men's low score Bryon Sinclair -Bonsor 2; closest to the pin was Alex Danielx- Confederation. After the game we all went back to the firefighters club for a nice lunch and the handing out of the prizes. Thanks to Roy, Doug for helping out.

The Bicycle Trails of Victoria and Vancouver Island.

Victoria has created two famous Regional Cycling Trails; The Lochside Trail and the older, more rustic and famous counterpart, The Galloping Goose. Both trails well marked with directional signs transit former railway lines and both essentially begin in downtown Victoria.

The newer 29 km. Lochside Trail was established in 2001 and runs northeast from the city center beside suburban backyards, down country lanes, past farmlands and wetlands, and beaches to Swartz Bay ferry terminal. The trail originally hosted a daily 74-passenger General Electric gas-powered train that transported passengers and freight between Victoria and a steamship dock at Patricia Bay.

The 55km. Galloping Goose Trail was established in 1987, and was named after the gas-powered train that carried mail and 30 passengers twice daily from Victoria to Sooke during the 1920's. The trail starts in the Victoria Harbor and proceeds north to Switch Bridge (where it meets the Lochside Trail) and turns west past Royal Roads University and then finally northwest past the Sooke Potholes Provincial and Regional Parks to trail end.

In mid August, a group of 13 cyclists

from the Healthy Heart cycling club, Gears and Beers, embarked on an attempt to complete as much of the two trails as possible in three days.

The group gathered at a central meeting point in Vancouver, where our bikes, panniers (baggage), and riders were loaded into two trucks and driven to the Tsawwassen ferry terminal where we unloaded and parked in time to catch the 9:00 am ferry to Swartz Bay. Our goal for the first day was to bike from Swartz Bay on the Lochside Trail to the junction where it intercepts the Galloping Goose Trail and on to our rented accommodations at Royal Roads University campus. (approximately 44 km.). Our timing was as usual, impeccable, and we managed to cycle most of the distance during the hottest part of the hottest day Victoria experienced that week. Even though we experienced some flat tire problems along the way, the bedraggled, fatigued and tired group of "uncomplaining" cyclists finally arrived at Royal Roads in late afternoon



ready for refreshments and food. After a few pints of refreshment and a fine dinner, bedtime beckoned, but not before we decided to hit the trail early the next morning to beat the heat. After a much needed refreshing sleep we congregated for breakfast at 7:45 am ready to take on the Galloping Goose Trail. Most of us cycled about 30 km (return trip) from Royal Roads, which we completed before noon in the cool of the day, leaving the rest of the day free. A group decision was made to take local transportation into Victoria for the afternoon and diner. We all



congregated, at a pub located at the top of Royal Roads hill, later in the evening to make our plan of attack for the next morning for our 44 km. trip back to the ferry terminal at Swartz bay. The evening did drag on a bit, when one of our members bought a round for the table (one chocolate martini which was shared /tasted by all at the table).

A good night's sleep found the group breakfasting at 7:00 am and all packed and ready for the trip home by 8:30 am. Much to the surprise of all, the trip home from Royal Roads via the Galloping Goose and Lochside Trails was completed in almost half the time that initial trip took at the outset of our tour.

Overall, the tour was completed without any major injuries or delays (excluding the unexpected flat tire delays experienced during the opening day). It also provided the opportunity to see some fantastic scenery on the excellently maintained Trails and the opportunity to get to know our fellow cyclists better and created a sense of camaraderie we hadn't experienced previously (not to mention the unforgettable laughter we all enjoyed). Overall, the trip was a huge success, so much so that the club is planning

on making this an annual or bi-annual event that will hopefully draw a larger turnout next time.

Thanks should be extended to Shirley Bugyinka, Faith & Lloyd Rapchuk, Eunice & Jim French for their efforts in co-ordinating and arranging accommodations and transportation logistics and to everyone who participated to make the trip a success.

Christmas Forever Showroom

WOW!!!! A lot of adults and most children feel that Christmas and the Christmas spirit should exist throughout the whole year. Well, on Friday Sept. 10th, 2010 it really almost happened. A visit to one of /or perhaps largest Xmas decoration suppliers in Canada provided the opportunity for a large group of Healthy Heart members (20 people) to view what consumers could purchase to make Xmas real.

To say it was awesome is under-describing the outstanding display of Xmas supplies available. The 10,000 square foot showroom is undoubtedly one of the most remarkable marketing experiences that has been created, taking advantage of every square foot of space available to comfortably

provide buyers with a staggering variety of standard, original, and creative Xmas decoration choices. It is divided into segments and areas, each isolating various buying items such as, decorations, ornaments, figurines, trees, etc, which buyers can choose from. For those who attended the tour, the experience and purchase of unusual Xmas decoration was exhilarating, and over-whelming. Some truly unusual items that were purchased will make this Xmas very memorable for some.

Attendees would like to thank Azim Punjani and his staff for taking time out of an extremely busy schedule at this time of the year to make the event a truly rewarding experience. Thanks also to Ilario Galano for all his time and efforts in arranging the tour and making it a success.



Azim Punjani at Christmas Forever Showroom

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

Month	Event	Location
October 13	Pot Luck Dinner	Confederation Park
Dec. 15	Christmas Pot Luck	Bonsor Hall
December	FITT Chronicle	All Locations

Your F.I.T.T. Chronicle Committee

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