

2011 XMAS POTLUCK

The 14th annual Xmas potluck was once again highlighted by excellent food, camaraderie, excitement, record attendance, historic awards and the superb hosting of Bryon Sinclair and his trusty band of helping hands from Bonsor 2. (the only negative comment overheard was the lack of dancing girls) Thanks also to each of the FITT exercise groups that provided basket hampers for the draws, and to Sam Punjani for his always generous door prize donations.

Thanks also to each attendee for supplying ample food dishes to feed the hungry mob.

The 50-50 draw was again a great success, due to the high-powered sales technique of the threatening ticket vendors. The five individual one hundred dollar 50-50 winners were: Cat Conolly (Bon.2) Carmin Zenone

(Bby. South) Jean & Ed Black (Bon.2)-(3 wins)

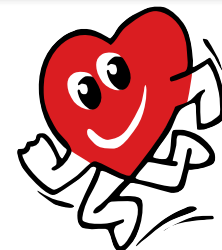
The winners of the basket hampers and door prizes are too numerous to list individually, however the distribution of prizes won by groups were:

Bons.1(2) Bons.2(8) Bby So.(5)
Confed 1&2(4) Hosp Staff(5)

The highlight of the evening was the presentation of the first ever FITT award created to recognize individuals for their continual outstanding and selfless contribution to the Healthy Heart program, FITT and the community. A plaque was presented to Bryon Sinclair who has cheerfully and humbly embodied all of those traits that make an individual worthy of this award. Congratulations!!!!

Overall, the evening was a huge success.

SEE YOU ALL NEXT YEAR!!!!!!



Inside this issue....

<i>Feature Story (Potluck)</i>	1
<i>Condolences</i>	2
<i>Benefits of Retirement</i>	2
<i>Sympathy Cards</i>	2
<i>President's Report</i>	3
<i>F.I.T.T. Board</i>	3
<i>Class</i>	4/5
<i>Bonsor 1 Xmas Breaky</i>	6
<i>Exercise Humour</i>	6
<i>Fact or Fiction</i>	6
<i>Contest</i>	7
<i>CACR Conference</i>	8
<i>BC Seniors Games</i>	8

www.fittnow.com

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.



CONDOLENCES



Nukina, Roy Masami (Vancouver, 1938 – December 5, 2011)

Roy passed away peacefully, with his family by his side, after a brief illness with cancer. He is survived by Takako, his loving wife of 44 years, sons Lorne and Kevin, his brother Stan, Niece Sandra, nephews Dennis, Derek, and Cary, and Cousin Sumi. Roy was a Bonsor 2 Healthy Heart exercise participant and past Class Rep., and as such sat on the FITT Board of Directors for 12 years. He loved fishing, golf, and curling and was an active participant in the FITT annual Christmas Potluck. He will be missed by all Bonsor Healthy Heart participants and the many friends he acquired in all his sport and community activities.



BACH, Lars Ph.D., P.Eng., May 19, 1934 - November 10, 2011 It is with great sadness that we announce the peaceful passing of our T-Bird Healthy Heart participant. He leaves behind his wife Doreen of 43 years, son John, daughter Jennifer (Martin), sisters Mette (Finn) and Grete of Denmark, and Lene of Finland, many nieces and nephews and very good friends.



BENEFITS OF RETIREMENT

Retirement offers the opportunity for an individual to explore many different avenues. Healthy Heart and FITT member, Will Morrison (Confederation exercise group) took the opportunity to write a book about, the experiences he encountered in his early years, growing up, and as a working teen seeking better education himself.

Will was born in Belfast, Northern Ireland, in 1933. As a youth, he apprenticed as a “joiner” at the Belfast Shipyards. Working and studying evenings, he completed his university matriculation and went to the university in Londonderry and Dublin, where he graduated as an ordained minister in 1960; at which time he married and immigrated to Canada. He spent 13 years in the ministry at various postings in Canada, and found time to obtain another degree at McGill university which allowed him to embark on a new career of teaching. He retired from

teaching literature and philosophy at the College of the Rockies, in Cranbrook, BC in 1997.

The book, is a series of stories, mostly humorous, about growing up in wartime Belfast and working in the Belfast shipyard. Beneath the stories and their humor lies a boy’s growing awareness of growing up quickly amid the harsh realities and social imbalances of life.

The book *Between the Mountains and the Gantries* is not available in Canadian bookstores. It can be obtained through Abebooks.com, and Amazon.com , the Burnaby Public Library, (McGill Branch) and the Vancouver Central Library, for those who would like to read these adventures. The book was published by Appletree Press, Belfast, in 2006.

If you would like to read a more detailed account of the above, please see our web site.

Sympathy and Get Well Cards

FITT, has for a number of years, sent sympathy and get well cards to members when events occur. Danica Serfert (Class Rep for Confederation 1) co-ordinates this function with the help of information supplied by other Class Reps during our monthly Board Meetings.

The number of sympathy and get well cards sent to FITT members and their families in the past three years is as follows:

2009	2010	2011
15	24	26

The increase is obvious, as a result of aging as our bodies become more fragile.





A Year In Review

As 2011 comes to a close, we look at the activities that this association has completed throughout the year. I'd like to take

this opportunity to thank everyone for your continued loyalty to 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. Our yearly events changed somewhat from the previous years as many wanted to try different venues and different activities. Our Thanksgiving pot luck dinner was replaced with a Spring Event – Dinner Italiano. This event was extremely popular and sold out for the evening. We will continue with a spring event but with a different theme each year. We may have to bring the Thanksgiving pot luck back as an additional event.

Each class has been encouraged to plan their own class event to further the social activities of the group.

This year we created a special committee to recognize outstanding service in FITT. This year's recipient is Bryon Sinclair for his tireless efforts throughout the years and has been given the award during the Christmas pot luck event.

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. As part of our role F.I.T.T. Cardiac Association has met with the manager of Healthy Heart, Margaret Meloche to find ways that we can help our community. This year alone a sum of over \$22,000 was spend from monies raised over the years with the Rhythm of Life run for education and equipment. More is to be spent on exercise equipment within our classes.

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 with. 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), Dinner Italiano (the Board), 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 2012.

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



The F.I.T.T. Board

- President - Ilario Galano
- Vice President - Lloyd Rapchuk
- Treasury - John Titos
- Secretary - Tina Ekengren
- Bonsor 1 - Bill Retinger
- Bonsor 2 - Wendy Hay
- T-Bird 1 - Tom Scott
- T-Bird 2 - John Petrie
- Confed 1 - Danica Seifert
- Confed 2 - Sharon DiSanto
- Burnaby S. - Lloyd Yonker
- Champlain - Alan Blackwell
- Director - Jim Dar Woon
- Hosp Rep - Pete Matino
- Hosp Mgr - Margaret Meloche
- Past Pres. - Laraine Brown

F.I.T.T. Calendar of Events 2012

Month	Event	Location
February	Bowling Tourney	Old Orchard
	AGM	Confed
March	New Board Meeting	Bonsor
May	Spring Event	TBA
June	Hats Of Days	Burnaby
July	Discovery Days	Burnaby
August	BC Seniors Games	Burnaby
September	Golf	Central Park
	Rythm of Life	Burnaby
December	Christmas Pot Luck	Bonsor



Bonsor 1 Class Class Rep—Bill Rettinger

- Exercise times are Monday and Thursdays at Bonsor Community Centre. 7 AM to 8:30 AM
- Founders of Gears and Beers Cycling Club
- Birthday celebrations every month
- Coffee Club every exercise day
- Christmas Breakfast in December at Lyons Club
- Lottery Participants

Bonsor 2 Class Class Rep—Wendy Hay

- Coffee Club after Exercise class
- Exercise times Tuesday and Fridays at Bonsor 7 AM to 8:30 AM
- Organizing class for Christmas Pot Luck
- Lottery Participants
- Birthday celebrations every 2 months
- Organizers for annual Golf Tournament



Thunderbird 1 Class Rep—Tom Scott

- Exercises Mondays and Wednesdays at Tbird from 10:15 AM to 11:45 AM
- Founders of Spring Event
- Celebrates Birthdays Quarterly with Thunderbird 2

Thunderbird 2 Class Rep—John Petrie

- Exercises every Monday and Wednesdays at T bird from 8:30 AM to 10:00 AM
- Celebrates Birthdays Quarterly with Thunderbird 1 class





Confederation 1 Class Rep—Danica Seifert

- Exercises at Confederation Community Centre every Tuesday and Thursday from 2:30 PM to 4:00 PM
- Pub night on Last of each month
- Extra exercise on Saturday of each week with Confed 2

Confederation 2 Class Rep—Sharon DiSanto

- Exercises every Tuesday and Thursday from 4:30 PM to 6:00 PM
- Pub night on last Thursday of each month
- Extra exercise on Saturday of each week with Confed 1



Burnaby South Class Rep—Lloyd Younker

- Exercises at Burnaby South School every Monday and Wednesday from 4:00 PM to 5:30 PM
- Planning trip to Italy
- Planning trip to local farms for proper goat milking tips



Champlain Heights Class Rep—Alan Blackwell

- Exercises every Tuesday and Thursday at Champlain Heights from 2:45 PM to 4:15 PM
- Tracey Belsey, Bob Tan, Andy Leong, Cindy Fenotti, Edgar Rosario, Smylka Jokanovich. Back row Ken McDonald and Ernie Culley.





Bonsor 1 Xmas Breakfast

The second annual Bonsor 1 Xmas Breakfast was held on Dec. 11 at the Lion's Club and attended by 35 ravenous guests who craved sustenance after their grueling 7:00 am exercise class. It was once again hosted by Dave Gates and his wife Mary. Food was plentiful, the bulk of which was supplied by the Gates family, and supplemented by desserts from various attendees. The winsome serving

wenches (Bev & Mildred) were coffee regulars and added to the overall flavor of the festivities, as did Ben Comin's little brown jug.

Door prizes were donated by Sam Punjani of Summit Tools and ABS Marketing & Consulting. Draw winners were Bill Rettinger, Ilario Galano, Beverly Huggins and Maria Audia and Joe Ciresi.

The four winners of the extra coffee fund money were: Don Cascon, Ben

Comin, Alan Menser and James Partridge. Shirley Bugyinka was the lucky winner of the class 50-50 draw (surely Shirley, will be buying coffee for some time).

Overall the breakfast was a smashing success and kudos need to be given to Dave and Mary Gates for all the hard work they put into supplying the food and the hall. Ilario Galano also needs thanks for the hard work he put into garnering the door prizes and keeping the annual breakfast annual.

Exercise Humor

Healthy Heart and FITT members are aware (and if not we are constantly reminded of it) of the benefits of regular exercise and awareness of what you eat on a daily basis. Unfortunately (or fortunately...depending on your philosophy) not everyone believes in this dictum. There are some individuals that believe in exactly the opposite. Listed below are some health questions and some of the answers of those non-believers.

Q. I've heard that cardiovascular exercise can prolong life; is this true?

A: Your heart is only good for so many beats, and that's it...don't waste them on exercise. Everything wears out eventually. Speeding up your heart will not make you live longer, that's like saying you can extend the life of your car by driving it faster. Want to live longer? Take a nap.

Q. Should I cut down on meat and eat more fruits and vegetables?

A: You must grasp logistical efficiencies. What does a cow eat? Hay and corn. And what are these? Vegetables. So a steak is nothing more than an efficient mechanism of delivering vegetables to your system. Need grain? Eat chicken, Beef is also a good source of feed grass (green leafy vegetable). And a pork chop can give you 100% of your recommended daily allowance of vegetable products.

Q. Should I reduce my alcohol intake?

A: No, not at all. Wine is made from fruit. Brandy is distilled wine; that means they take the water out of the fruity bit so you get even more of the goodness that way. Beer is also made out of grain. Bottoms up!

Q. How can I calculate my body/fat ratio?

A: Well, if you have a body and you have fat, your ratio is one to one. If you have two bodies, your ratio is two to one, etc.

Q. What are some of the advantages of participating in a regular exercise program?

A: Can't think of a single one, sorry. My philosophy is : No Pain...Good!

Q. Are fried foods bad for you?

A: YOU'RE NOT LISTENING!!!! Foods are fried these days in vegetable oil.

Well, questions, answers and philosophies differ, but humor adds resilience to our lives...so enjoy laughter and see humor in other people's approaches to life.

FACT or Fiction

(If you're trying to speed up weight loss, then fasting is the ticket!)

Fasting is not the answer to controlling weight. Not only does it deprive your body of the nutrients and energy it needs for normal functioning, but also most of the weight you lose during a

fast is actually water. This occurs as your body rids itself of ketones, the substances that your body turns to energy when its number-one source of fuel- carbohydrates- isn't available. This process of metabolizing ketones can also lead to dehydration. Other side effects include dizziness, loss of muscle mass, irregular heartbeat, dangerously

low blood pressure, and even bad breath. Fasting causes your body to slam on the brakes on its metabolic rate to prevent what it thinks is imminent starvation. So, when you start to eat again, that sluggish metabolism will make it easier to gain weight, even if you eating less.



Recognition Contest

The first to recognize all of the buildings will win a lunch gift certificate at Red Robin. Get your answers to your class rep and ensure the executive hears about it on a timely basis. Please note President and Cumminications committee are not eligible.

Red Fox Roofing
Jens Martinick
778-888-5073
redfoxroofing@yahoo.com

Hedging / Pruning / Shaping
Garry Martinick
Home: 604 - 437 - 5454
Cell: 604 - 290 - 1441
garrymartinick@me.com

PATAGON CONTRACTORS

- Siding
- Framing
- Finishing
- Roofing
- Flooring
- Fencing
- Decks
- Windows and Doors

Todd Euverman 24 hour emergency service
604-816-6147 New construction and renovations

Toddeuverman@patagoncontracting.com Other trades available

ncomath

ROB MATULA, B.A.

SPECIALIZES IN ELEMENTARY AND
HIGH SCHOOL LEVEL
ARITHMETIC & ALGEBRA

-IN-HOME SESSIONS

-GARANTEED ONE LETTER GRADE-

FREE SAMPLE SESSION



CALL FOR INFO
(604) 781-7253



"Why Buy Tools Anywhere Else"

**Punjani Group
Of Companies**

**24+4 LED Multi
Purpose
Work Light**
\$4⁹⁷
BR1002556

**25 Pc Oscillating
Multi Tool Kit**
Variable Speed
\$49⁹⁷
80550

**7-Fin Oil
Filled Heater**
With Thermostat
\$59⁹⁷
BRH005136



3905 1st Ave Burnaby, BC Tel: 604-294-1799 Fax: 604-294-1707

STORE HOURS: Mon - Fri 8am - 5:30pm Sat 9am - 5pm

www.summittools.com

Coupon Expire: January 31st, 2012



CACR Hospital Conference

1. Network with other Cardiac Rehab Staff from other programs
2. Keep up to date on latest research and guidelines in Cardiac Rehabilitation
3. Have a chance to unwind and have some fun with our great team at Burnaby Hospital Healthy Heart.



Your F.I.T.T. Chronicle Committee

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



Communications #2

Over 3000 volunteers needed for the 2012 Burnaby BC Seniors Games

The registration site is at <https://www.bcgames.net/bby2012se/DesktopDefault.aspx>

Do you have a valid driver's

license, know the City of Burnaby, love meeting people and providing them with a positive feeling about you and our community? Would you like to work as part of a Dispatch Centre team arranging transportation to our guests during the Games? Sign up for the Transportation Team and drive one of the BC Seniors Games vehicles.

There are many volunteer positions that these games require as stated on the website and the citizens of Burnaby have always given freely of their valuable time.

Although the games are over 7 months away (August 21 – 25), please put your name forward and volunteer early.

More to come...