

## FITT Spring Dinner

The FITT board of directors felt it would be a good idea to introduce a Spring Event to augment the regular entertainment calendar of FITT members, and a lot of hard work by Tom Scott and Ilario Galano produced a Spring Fete or outing to compliment our fall and Christmas potlucks.

On Thursday June 9/11 some 90+ FITT members attended the first spring event, held at Domenico's in Burnaby. Diners paid \$35 per head (all inclusive) to enjoy a scrumptious three course Italian dinner, complete with a printed ticket, a list of attendees, and a program of scheduled events for the evening. A no-host bar was available for those who wished to participate. Major prizes were donated by the following sponsors:

Domenico's Restaurant, Canadian Tire Ironwood, Apollo Photography, ABS Marketing and Consulting, Great Bear Pub, Summit Tools and Walk Richmond – a total of 11 door prizes. The winner of the major prize, a \$200 SATNAV donated by Canadian Tire Ironwood,

was won by Pete Matino, from the staff at Burnaby Hospital.



Monica Tsai from

the Burnaby Hospital exercise staff was presented with a \$60 Gift Certificate from Lulu Lemon by the F.I.T.T. Cardiac Association in appreciation of all the good work and friendship she has provided all for us. She has been hired as a permanent Clinical Exercise Specialist



at the new Jim Pattison



All in all, the inaugural event proved to be a smashing success. Ilario Galano, Tom Scott, and their many helpers deserve a lot of credit for a job well done. Thanks.



Outpatient Care and Surgery Centre in Surrey.

The raffle was also a success with the winner netting \$227 and the balance benefiting F.I.T.T. The raffle 1<sup>st</sup> prize was the GPS system from Canadian Tire.



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[www.fittnow.com](http://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.



### President's Report

So far this past year we have seen several changes as well as new ventures for the F.I.T.T. Cardiac Association.

Two changes on the Board have occurred. John Crawford did not wish to stand for another term due to a busy work schedule while Linda McGowan's appointed directorship (Burnaby Parks and Recreation and Cultural services)

was not ratified. However, Linda will continue to serve FITT as a member of our Constitution and By-Laws committee. We thank John and Linda for their past commitment to F.I.T.T.

"Dinner Italiano", our new Spring Event was well received. Members and guests filled Domenico's restaurant to capacity. A big thanks to the supporters of the event and those that provided a variety of prizes, Three members of

Healthy Heart were also recognized at the dinner. Congratulations and a small token our appreciation was extended to Monica Tsia. She leaves H.H. for her new position with the Fraser Health Authority – Surrey. The Healthy Heart Staff took this opportunity to honour Monica as well with a short speech and presentation.

We look forward to further progress with the Burnaby Hospital and the Healthy Heart Program.



### OUTSTANDING BURNABY CITIZEN WINS AWARD

Seniors advocate, Gloria Kravac, 82, of Burnaby has been awarded the Burnaby's Kushiro Cup Award as the

"Citizen of the Year" in recognition of her years of volunteer work with

the Citizen Support Services and Voices of Burnaby Seniors Task Force. Volunteering in Burnaby is part of the Kravac's family heritage, she says. Her mother was a volunteer and now her grand daughters are volunteers. "I'm very excited and very honored" to be selected. Gloria is also a member of Bunaby's Healthy Heart group, and a member of F.I.T.T. and a part of the Confederation 2 exercise group. Congratulations!



### KAREN PURDY (Bonsor 2)

Karen has recently been appointed to the Burnaby Parks,

Recreation and Culture Commission. Previously she served for six years on the Board of Burnaby

Public Library. She finds being on the Commission very interesting because of its broad scope. Now that she has retired, after 35 years of service as a Burnaby teacher, she has the time and energy to contribute to the community in new ways. She recommends getting involved because it is an interesting way to

become better acquainted with one's community.

Purdy also enjoys her Healthy heart workouts, her Seniors' Ski team at Whistler/Blackcombe and an occasional bike ride with the Gears and Beers gang.

### Thunderbird 1 & 2 Classes Celebrate Birthdays



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

Month	Event	Location
Sept	Rythm of Life	Burnaby Lake
Sept	Golf	Central Park
Oct	Pot Luck Diner	Confederation

## The World of Hockey Fans

Fans in different countries watch and cheer their teams on in different ways. In Canada, and the teams in the northern part of the US, we paint our faces, wear replica (and sometime actual) jerseys of our favorite teams; sit and cheer and jump up and yell and scream when our favorites score or win a punch-up; watch replays and big green men abuse visiting players on the jumbo-thron. In between periods we exit to pickup our favorite dietary hot dog, fries, nachos, sushi, poutine, and an obligatory \$8.50 half pint of beer.

In Europe, fans still dress-up featuring their favorite teams, wearing scarves, touques, replica or real team jerseys and carrying banners and city and country flags on poles which they wave and sing...Olay...Olay....Olay...Olay, regardless if they are sitting or standing. (The biggest complaint of Canadians to the ushers at the Olympic hockey games in Vancouver last year was to have these visitors sit down and quit waving their flags so they could watch the game).

### ***What was watching a hockey game in the 1950's like?***

In North America people didn't paint their faces, couldn't afford to wear replicas or real jerseys, (probably because they weren't for sale), still jumped up and cheered for goals and fights, didn't wave white towels (because towels were considered a bathroom accessory), had no green men to taunt opposition teams, and their in- between periods consisted only of dietary hot dogs and chips, popcorn and any type of pop available...sorry no beer. Europeans by all reports seldomly watched hockey, and if they did their chant...Olay...Olay....Olay... Olay was the same.

### ***What was watching a hockey game in the English National League like in 1951 ?????***

In 1951, a small-town Canadian newspaper editor attended an English

National League game at the Wembley Ice Palace. He wrote an article entitled, "You've Got To See This To Believe". Hear are the key parts of the article:

"The game is fast. The quality of the hockey is finer, and the speed of the game faster than that, say, of the senior Northern Ontario Hockey League". Diner is served.

"A few rows below the press box is a long wide opening, where dinner tables are set, overlooking the ice". (Could this be where the NHL got the idea of corporate suites????)

"Gleaming white tablecloths; glistening silver; long-stemmed glasses and a bouquet of roses embellish each table. Immaculate gentlemen and ladies in sleek fur coats sip wine from tall glasses as a waiter bends low with a bowl of steaming vegetables."

The game meanwhile continues, and an argument with the referee occurs.

"Meanwhile the diners dine. Not the French, nor the Americans or Canadians could do this. Only the English are of such serene temper as to enable them to dine while watching the fastest most exciting game in the world. Perhaps that is what, more than anything else, that sustains them in battles of all kinds..."

Oh!, Oh!, a penalty is called. Number 8 goes to the box. His name is not announced over the loud speaker.... instead on a screen high on the north wall; illuminated handwriting is projected; "McIntosh---two minutes for tripping! Naughty boy!"

"During intermission a dance orchestra....each member in white tails....appears on a dais in the north end of the rink. The lights are extinguished. The orchestra plays. Four spotlights concentrate on a young girl fancy skater...of professional quality".

Meanwhile the players make themselves available for interviews and after the

break the game continues. (Source: Ice Hockey World May12,1951)

Hockey fans are hockey fans all over the world regardless of the time frame in which they occur; if you are a sports fan you are a sports fan. It doesn't really matter what sport draws your attention, supporting a team or a sport (or for that matter a cause) provides you with an outlet to rid you of inhibitions (and that includes those that jump on the bang wagon). It's Fun! Enjoy!

Picture of Lloyd in Uniform

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

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

Corrections from Last Issue

Page 1 - spelling of Joe Cireasi

Page 1 - spelling of Enrico Franzon



MARIO DELAVEGA, (Bonsor 1) May 13, 1953 - April 16, 2011

Mario was a very active Healthy Heart participant in Bonsor 1 and he will be missed. He is survived by his loving wife Lillian Fernandez, children Maggie, Rosa Marie, son-in-law Danny and grandchildren Jordano, Giuliano, Justin and Staphine. At age 57 Mario had pancreatic cancer.



SYMONDS, Edward (Ted) John May 11, 1928 - June 13, 2011

Ted passed away peacefully after a lengthy battle with Alzheimer's disease. Ted is survived by Mildred, his loving wife of 58 years, three children, eight grandchildren, one great-grandson and his sister Barbara Lowndes. Ted Symonds was a Bonsor 1 class participant of Healthy Heart and will be missed by his fellow exercise classmates. Since 1959 Ted lived in Burnaby.

## CAN YOU IDENTIFY THESE PLANTS?



The first to correctly identify all 3 plant species will win a lunch gift certificate at Red Robin.

Get your answers to your class rep and ensure the executive hear about it on a timely basis.

Please note - the president and Communications committee members do not qualify for this trivia contest

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