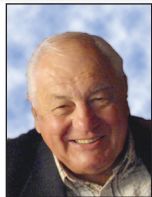


EDITORS NOTE

Seldom, if ever, does a comment or article from the Editor ever replace the critical, current board, decisions, occurrence and events that the President's Reports provide the readers in paper or newsletter like "The Chronicle". So if any of our faithful readers are expecting to hear some earth-shattering, astonishing news like the FITT Board of directors have voted unanimously that each should receive a 75% salary increase; and that the proposed Panama Cruise slated for the December annual meeting, was slimly defeated by a single vote, they are going to be deeply disappointed.



The purpose of this article is to let our readers know the effort; the detail; the creativity and the overall collective amount of work that goes into producing each Quarterly issue of the Chronicle. This product that some 200+ readers read each quarter is the collective hard work of the Communications Committee which in turn reports directly to the FITT Board of Directors. The Committee's goals are to create and produce an attractive,

professional, educational, and interesting periodical about FITT and its members; and to do so within a strict budget approved by the FITT Board of Directors.

The Committee consists of four FITT Board Members (Illario Galano-Pres; Lloyd Rapchuk – V.P.; Bill Rettinger-Class Rep. Bons.1; John Petrie-Class Rep. Thunderbird 1; and non-board members, Scott Ko, our Publisher, and George Kawaguchi).

Work begins about two months prior to the next scheduled publication date, and at this time we attempt to outline the layout, important article and notices that are required information for our readers. This allows us to evaluate the space that is left available for other notices, articles, health tips etc. Meetings continue until total outline and layout for the publication (paid advertisements, photos etc.) are completed. At this point articles, photos etc. are compiled in a rough draft and reviewed by the committee and any additions or deletions (usually due to space limitations), are incorporated. The final publication that is printed is a result of a Committee decision.

In the March issue of the Chronicle a brief survey was included, the results of which were to provide us with some feedback as to how well we were doing in reaching our goals, specifically in three areas: "General overall Satisfaction: of the paper; the "Content" and the Formatting" of the paper. The total number of completed and returned responses was 22% (an acceptable statistical sample). The results showed that 88.6% of the responses rated their overall satisfaction of the Chronicle as "satisfied" to "very satisfied." Overall responses averages to the two important

questions of rating the Chronicle "Formatting" (appearance, readability, formatting and professionalism) was an average of 88.8% and "Content" (reports, quotes, bios, health tips etc.) showed an average rating of 74.7%.



A formal report covering all of the survey findings will be presented to the FITT Board of Directors and we hope to provide an executive summary of the results on our web site for all those interested in other parts of the survey results. While the above results show that the Committee is doing a "good to excellent job", we are always looking for ways to improve our product.

The purpose of establishing this paper was to have it represent Healthy Heart and F.I.T.T. members. It is supposed to be for you and about you. To further this aim the committee would like to see more contributions from you the readers in regards to different activities and photos, that each exercise group may experience. For example, are there some members in your group that have unusual, or interesting hobbies, talents, etc. that you might think the rest of our readers would like to hear about. If so, contact your class representative, who will pass this on to the committee for consideration.



Scott Ko - Publisher

Inside this issue....

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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.



The English Language Conundrum

The English language must be one of the most confusing languages to master. So one can imagine how confused new comers to our country must feel when they see something like the following:

“The bandage was wound around the wound.”

“They were too close to the door to close it.”

In both sentences two words are spelt the same but have different meanings. Let's face it....English is a crazy language. There is no egg in eggplant, nor any ham in hamburger; neither apple or pine are in pineapple. English

muffins weren't invented in England nor French fries in France. Sweetmeats are candies while sweatbreads, which aren't sweet are meat. We take English for granted, but if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square, and a guinea pig is neither from Guinana nor is it a pig.

And why is it that writers write, but fingers don't fing, grocers don't groce, and electricians don't electricate. If a vegetarian eats vegetables, what does a humanitarian eat? Perhaps all English speakers should be committed to an asylum for the verbally insane. In what language do people recite at a play and

play at a recital? Ship by truck and send cargo by ship. Have noses that run and feet that smell?

You have to marvel at the lunacy of the language in which your house can burn up as it burns down, and an alarm goes off by going on.

English was invented by people, not computers, and it reflects the creativity of the human race, which, of course is not a race at all.

Perhaps that's why its so confusing..... one real positive is that since most of us were born in an English speaking country we didn't have to learn all these variations...HA!



LINDA MCGOWAN

I started with the City of Burnaby Health Department, Victorian Order of Nurses in 1971.

Over the next 34 years I worked as a Home Care Nurse, Home Care Nursing Supervisor, Home Care Administrator,

Special Project Consultant and then Access Manager in Parks and Recreation.

Some special projects included facilitating soundproof hearing booths in South Slope Elementary and Burnaby South High School when the students from Jericho School moved to Burnaby;

Plan for the first Youth Clinic in Burnaby, Early Childhood Educators Manual; Healthy Heart, Prevention of Falls in the Older Adult.



Get ready to get involved!

The BC Seniors Games is an annual, multi-sport event hosted by a different BC Community each year. They are one of the largest Games organized within BC with approximately 3,500 participants, aged 55 plus from all over the Province.

The 2012 BC Seniors Games will be hosted by Burnaby from August 21 to 25, and celebrating it's 25th Anniversary and we want to make these the best games ever.

The BC Senior Games Society was organized in 1987 with the assistance of the Provincial Government. Sport and recreation development for seniors has a direct bearing on the quality of life for

older British Columbians and for the province as a whole.

Link to the 2012 BC Burnaby Seniors Games organizing committee http://www.bclocalnews.com/greater_vancouver/burnabynewsleader/news/122958988.html

...more to come!

Medication Necessities

All or most of us in the Healthy Heart program regularly consume large quantities of medication to keep us healthy and stable.

These medications and dosages vary from person to person, and change periodically as our bodies grow older. In some cases, some Meds are dropped and others added. It can all become very confusing.....especially if you have trouble learning how to pronounce them and more importantly to remember them. As a user, I know that I have to take a blue and white capsule, a large white pill and an orange colored one each morning. While this helps me...as long as the pharmaceutical companies don't change

all the colors again, it doesn't help if I were to run into some difficulties and require emergency help.

It is important to keep an updated, easily accessible list of all the Meds that you take with you at all times. Today we often exercise on our own or with groups, walking, cycling, curling, jogging etc., make sure your friends know where you keep your list.

There is also the possibility that a 911 call may be required from home or from some isolated location. Again, if possible let Emergency Response team know your list or where they can find it (Bulletin Board in Kitchen, or on Fridge door etc...these are areas they usually look first).

It is also a good thing for you to note, on your list those Meds that are "preventative" (must be taken) versus those that are taken for "maintenance" purposes (and can be missed if necessary). Confirm these with your doctor.

The same care and attention is necessary if you travel outside of your province or country...a list is crucial as well as finding out from your doctor what take to steps to take if your Meds somehow become lost. Thanks to Shirley Budyinka for suggesting this review which we sometime take for granted.



DID YOU KNOW.....

THE MONOPOLY BOARD GAME AND WORLD WAR II

In 1941 the British Government was greatly concerned about the number of British Airmen that were being incarcerated as POW's in Axis Europe. To this end they decided to try to find ways and means to help facilitate their escape.

The most crucial need for escaping prisoners was an accurate map showing directions, to where streets, trains, shipping, and locations of "safe houses" where POW's could obtain food and shelter. Paper maps being used at the time had drawbacks in that they were "noisy" when being folded and unfolded, susceptible to wear and tear and destruction when wet.

Some one in MI-5 (similar to America's OSS) got the idea of printing maps on silk, which was durable, not noisy, could be scrunched up and folded into tiny packets.

At this time, only one manufacturer in Britain had perfected the technology of printing on silk, and when approached by the Government, John Waddington

Ltd. was only to happy to do its bit for the war effort.

It was by pure coincidence, that Waddington was also the U.K. Licensee for the popular American board game, "Monopoly". As it happened, "games and pastimes" was a category of item qualified for insertion into "Care Packages", dispatched by the International Red Cross to prisoners of war, and thus a possible means of distribution for Waddington's maps.

Under the strictest of secrecy, in a securely guarded and inaccessible workshop on the grounds of the factory, a group of sworn-to-secrecy employees began mass-producing escape maps, keyed to each region of Germany and Italy where Axis POW camps were located. When processed, these maps could be folded into such tiny dots that they would actually fit inside a Monopoly playing piece.

The clever workmen at Waddington's also managed to add:

1. A playing token, containing a small magnetic compass.
2. A two-part metal file that could be screwed together.
3. Useful amounts of genuine high-denomination German, Italian, and

French currency, hidden within the piles of Monopoly money.

Allied air crews were advised, before taking off on their first mission, how to identify a "rigged" Monopoly set... by means of a tiny red dot, one cleverly rigged to look like an ordinary printing glitch, located in the corner of the "Free Parking" square.

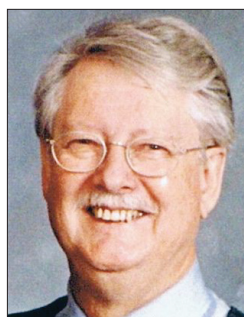
Of the estimated 35,000 Allied POWS who successfully escaped, an estimated one-third were aided in their flight by the rigged Monopoly sets. Everyone who did so was sworn to secrecy indefinitely.

The story wasn't declassified until 2007, when the surviving craftsmen from Waddington's, as well as the firm itself, were finally honored in a public ceremony.

It's always nice when you can play that "Get Out of Jail Free" card.

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



JOHN GIESBRECHT (Bonsor 1) January 25th 1935 - August 23, 2011

His family moved to Vancouver when he was 4 years old. He married Laura in 1964. Service was held at Willington church, cause of death was cancer. John was an avid reader and photographer. He enjoyed travelling along the Oregon coast. He also enjoyed doing crafts with his grandchildren. He will be sadly missed by the Bonsor 1 class.

CAN YOU IDENTIFY THESE PLANTS?



Jack in the Pulpit



Euphorbia



Starry False
Solomon's Seal

Well no one identified the above plants and we have provided the correct names under each picture. For this issue we will not replace this section. We will however likley reintroduce new picture in our year end issue.

Test your Mental and Visual Acuity

Count every "F" in the following text:

FINISHED FILES ARE THE RESULT OF YEARS OF SCIENTIFIC STUDY COMBINED WITH THE EXPERIENCE OF YEARS....
How Many ?????

answer bottom of a page

SENIOR MEN AND WOMEN: DIFFERENCES IN DRIVING CESSATION RESEARCH PROJECT

Maria Curro, UBC Graduate Student is conducting research to examine seniors' perceptions that may hinder and/or delay driving cessation, and to assess how such perceptions are influenced by one's gender. This research will help provide policy recommendations, to both policy makers and transportation authorities, which may better address the transportation needs of seniors.

This study is a part of Maria's graduate thesis requirement and she would greatly appreciate your participation. If you are 65 years and older, are currently licensed and driving, or were previously licensed but no longer driving and would like to participate in this survey, please contact Maria at:

Curro.maria@gmail.com or phone 778-855-8149 or jinhua.zhao@ubc.ca.

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