

FITT Cardiac Association

F.I.T.T. CHRONICLE

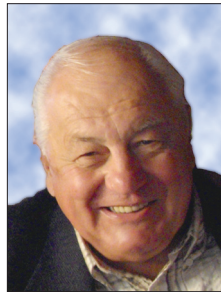
March/April 2012

Frequency, Intensity, Time & Type

volume 5, issue 1



Ilario Galano
President



Lloyd Rapchuk
Vice-President



John Titos
Treasurer



Tina Ekengren
Secretary

The New Board



for 2012 -
2013, hard at
work for you,
the FITT mem-
bers.



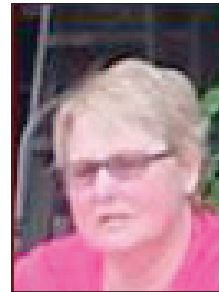
Bill Rettinger
Communications & B1



Alan Blackwell
Champlain Heights



Danica Seifert
Sunshine & Confed 1



Wendy Hay
Recognition & B2



Tom Scott
Constitution & T-Bird



John Petrie
T-Bird 2 & PP



Lloyd Younker
Burnaby South



Sharon DiSanto
Confed 2



George Kawaguchi
Director



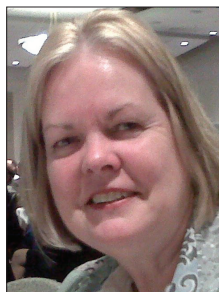
David Malcolm
Director



Karen Purdy
Director



Jim Dar Woon
Appt. Director



Margaret Meloche
Hospital Liaison



Pete Matino
Hospital Liaison



New Board Meeting

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.



HEALTHY HEART BOWLING NIGHT

This year the numbers were down but the enjoyment was up! Some 27 started the evening with dinner at Earl's Restaurant on Kingsway at 5 PM - Then on to Old Orchard

Bowling Lanes where over 30 took part in the bowling. We had two regular games of 5 pin bowling, and then we had a game with colored pins. For each colored pin you knocked down you would receive 25 cents. This seemed to interest

everyone, even Ilario got some money! People brought snacks and soft drinks. There were prizes And lucky Ed Black won the 50/50 draw. Everyone had a Good time and we will do it again next year.



Ilario Galano

Presidents Report:

In 2011 the Board of Directors engaged in many ventures to bring our association into modern times. Our Constitution and By Laws are constantly being reviewed to better serve our members and keep pace with our mission statement. Our Communication committee continues to produce a well received newsletter - the FITT Chronicle as well as our website, fittnow.com. This is an area that we will tackle for 2012 to better improve our communications to our members. Collections for the Healthy Heart Program continue to improve and are up to date.

Organization of our fund raising events and social functions throughout the year was very successful and we look forward to various new functions in 2012. Confederation Pot luck was replaced with a successful Spring Event (Dinner Italiano). In 2012 we

plan on continuing this event with a Greek theme. Our Christmas Pot Luck continues to be a successful event with record attendance; Our Bowling Night is back on track as it was a few years ago with attendance topping 35 participants this year. We added a new committee this year – our recognition Committee – to evaluate and recognize special individuals that have helped FITT throughout the year.

As many of you know the Burnaby hospital foundation took over the rhythm of life run approximately 3 years ago. The funds raised through the run are used for Burnaby hospital. As part of their commitment the Healthy Heart fund will be topped to \$30,000. Of the \$70,000 plus fund last year, the manger has spent approximately \$22,000 on healthy heart projects. We will continue to work with our manager to suggest ways to use the funds so that we may get more from Burnaby hospital foundation. – My understanding is that new equipment for our Bonsor classes

are on order.

Moving Forward:

We will continue to review our Constitution and By Laws to better meet our objectives. We will revive our pursuit to achieve “Charitable Status” as approved by the board some 2 years ago. The questionnaire approach to our members appears to have been successful and we will pursue more questionnaires in 2012 to better evaluate what is good for our members. The board will continue discussing direction of the association and input by all members is welcome. Please contact your class representatives to be heard on any issues you may wish to bring to the board’s attention. We continue to look towards increasing our classes however much of this is dependent on best practices research by Fraser Health Authority. As Fraser Health Authority investigates a best practices model, we will be there to help with a FITT component to enhance their model.

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www.fittnow.com

Your F.I.T.T. Chronicle Committee

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

The Taxi Ride

I arrived at the address where someone had requested a taxi. I honked but no one came out. I honked again, nothing. So I walked to the door and knocked. 'Just a minute' answered a frail, elderly voice. I could hear something being dragged across the floor.

After a long pause, the door opened. A small woman in her 90's stood before me. She was wearing a print dress and a pillbox hat with a veil pinned on it, like somebody out of a 1940's movie. By her side was a small nylon suitcase. The apartment looked as if no one had lived in it for years. All the furniture was covered with sheets. There were no clocks on the walls, no knickknacks or utensils on the counters. In the corner was a cardboard box filled with photos and glassware.

'Would you carry my bag out to the car?' she said. I took the suitcase to the cab, and then returned to assist the woman. She took my arm and we walked slowly toward the curb. She kept thanking me for my kindness. 'It's nothing', I told her. 'I just try to treat my passengers the way I would want my mother treated'. 'Oh, you're such a good boy', she said. When we got in the cab, she gave me an address, and then asked, 'Could you drive through downtown?' 'It's not the shortest way', I answered quickly. 'Oh, I don't mind', she said. 'I'm in no hurry. I'm on my way to a hospice'. I looked in the rear-view mirror. Her eyes were glistening. 'I don't have any family left', she continued. 'The doctor says I don't have very long'. I quietly reached



over and shut off the meter. 'What route would you like me to take?' I asked. For the next two hours, we drove through the city. She showed me the building where she had once worked as an elevator operator. We drove through the neighbourhood where she and her husband had lived when they were newlyweds. She had me pull up in front of the furniture warehouse that had once been a ballroom where she had gone dancing as a girl.

Sometimes she'd ask me to slow in front of a particular building or corner and would sit staring into the darkness, saying nothing.

As the first hint of sun was creasing the horizon, she suddenly said, 'I'm tired. Let's go now'.

We drove in silence to the address she had given me. It was a low building, like a small convalescent home, with a driveway that passed under a portico. Two orderlies came out to the cab as soon as we pulled up. They were solicitous and intent, watching her every move. They must have been expecting her.

I opened the trunk and took the small suitcase to the door. The woman was already seated in a wheelchair. 'How much do I owe you?' she asked, reaching into her purse. 'Nothing', I said. 'You have to make a living', she answered. 'There are other passengers', I responded. Almost without thinking, I bent and gave her a hug. She held onto me tightly. 'You gave an old woman a little moment of joy', she said. 'Thank-you'.

I squeezed her hand, and then walked into the dim morning light. Behind me, a door shut. It was the sound of the closing of a life.

I didn't pick up any more passengers that shift. I drove aimlessly lost in thought. For the rest of that day, I could hardly talk. What if that woman had gotten an angry driver, or one who was impatient to end his shift? What if I had refused to take the run, or had honked once, then driven away? On quick review, I don't think that I have done anything more important in my life.

We're conditioned to think that our lives revolve around great moments. But great moments often catch us unaware – beautifully wrapped in what others may consider a small one.

PEOPLE MAY NOT REMEMBER EXACTLY WHAT YOU DID, OR WHAT YOU SAID, BUT THEY WILL ALWAYS REMEMBER HOW YOU MADE THEM FEEL.

Life may not be the party we hoped for, but while we are here, we might as well dance.



Confederation 2
Accomplishes 100%
Perfect Attendance

Confederation 2
Dinner out at the
Admiral Inn
February 16th





Are you a participant, a spectator or a volunteer for the 2012 BC SENIORS GAMES being held in Burnaby from August 21-25.

Did you know that there are 26 competitive events that will make

up this year's Seniors Games with competitors from 11 zones in B.C. Some of the events are: Track & Field, Soccer, Tennis, Carpet Bowling, Ice Hockey, Curling, Golf, Wiffle Ball, and many others.

The games will need to recruit over 2000 volunteers so if you have some spare time, the Seniors Games needs you.

Register at: <https://www.bcgames.net/bby2012se>

What a great venue to showcase Active Seniors and the City of Burnaby! Less than 120 days to go

Want to learn more about these Senior Games?

<http://www.2012bcseniorgames.org>



AGM Guest Speaker Susanne Burns receiving flowers from our President Ilario Galano



Wendy Hay receives flowers at AGM for her dedication to FITT Cardiac Association

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