



Ilario Galano  
President's Report

Well what a year it's been so far. Overall it's been a positive year for most of our members. The summer has been very busy for yours truly with involvement with the BC Seniors games in Burnaby. Thank goodness there were so many other volunteers with this great event from Healthy Heart (FITT) participants, especially George Kawaguchi, our Transportation Guru. Henry Meyer from Bonsor 1 continues to be an active member of Healthy Heart as

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well as Gears and Beers cycling club. With Henry's positive outlook and faith, he has survived Pancreatic Cancer and continues his exercise program.

The Gears and Beers continue to outperform themselves year after year. Rhythm of Life seems to be back on track with many participants and volunteers from our FITT Association. The usual events throughout the year have gone well. We are sorry to hear that Golf had to be cancelled this year but hope this is only a temporary setback. Our Spring-Summer event this year was delayed due to cost considerations but will be back next year with an even bigger impact – BBQ and winery anyone? There are other individuals and events that were positive experiences this year and we look forward to a great final quarter. Our Christmas Pot Luck dinner is on schedule for December 12<sup>th</sup>..

Many of the individual classes also have events this quarter as does the FITT board and Gears and Beers cycling club. The representatives of each class will let you know what is planned for you.

I would like to take this opportunity to thank all volunteers from Healthy Heart that got involved with

any and all offshoots of FITT activities, such as the BC Seniors Games. Bill Rettinger, Lloyd Rapchuk, Dave Malcolm, Alan Poole, Olga Nordahl, Shirley Bugyinka, Anna Kergan, David Gates, George Kawaguchi, Don Cascon, Joe Ciresi, Alan Mancer, Karen Purdy, Bob Rentz, John Wood – If I missed anyone, I apologize.



**Mark the following 2012 dates on your calendar ;**

- October 10 Tbird Birthday Luncheon
  - December 3 Bonsor 1 Pancakes and Sausage Christmas Breakfast
  - Dec. – Gears and Beers 5 year celebration
  - December 12 FITT Christmas Pot Luck.
- For other events not listed here see your class rep.



**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.



George Kawaguchi

As the torch for the 25<sup>th</sup> Burnaby 2012 BC Seniors Games slowly distinguishes, flashbacks of the past 15 months race through my mind. These games are different and not well known. Every FITT Chronicle over the past year had an article on the Games so that it got continuous exposure.

These games are about our seniors who enjoy competing and keeping fit. These games are also about our volunteers and the community of Burnaby coming together and welcoming athletes, spectators, coaches and others throughout the province of B.C.

As Director of Transportation and Ilario Galano as Vice Director and also Volunteer Chair, we had our work cut out for us. Building a core team to put together our transportation plan and processes started over a year ago. Shirley Bugyinka, Olga Nordahl, Anna Kergan and Lloyd Rapchuk from the Bonsor 1 class joined the group in the spring of 2012.

the games, panic set in and I needed two stents to keep the oxygen flowing through my veins. Fortunately I had a great Vice Director and team that kicked into high gear. Schedules, handbooks, maps, procedures, training and other preparatory work was being done at neck breaking speed.

**The Games:**

The day finally arrived and were we ready? Not really, we would have liked to review and walked through all of our procedures and one more time with our volunteer schedules, dispatch team, Le Mans drivers and the day to day operations of Transportation. The first day was a bit chaotic during the Accreditation of Participants. Adjustments were made and everything improved dramatically.

**Our Volunteers:**

Thank you to all the Healthy Heart people that volunteered, as we could not have pulled this off without your help. You ROCKED! Special thanks to Alan Poole and David Gates who pulled 4 – 14 hour shifts. This is not good for the HEART!

**Heart Smart...** Although we had fresh fruit, water, nutritious energy bars, the pizzas should not have been our dietary supplement! Also, stress is not a good thing for the heart! However, to balance the negatives, the positive feedback and smiles from other volunteers, participants and spectators, hopefully, made it all worthwhile for you. Take pride in a JOB WELL DONE and thank you from our “Transportation Planning Team”





Dave Malcolm

### My FITT Activities This Summer

Now that I am a member of the FITT Board I thought I would report on two activities I was involved with this summer.

I answered Ilario's request for volunteer drivers for the BC Senior Games and I had a great time. Imagine driving spanking new 2013 model year cars from the Avis Rental pool. Four days of Fun! The courtesy vehicle system was very well run and the games participants were very appreciative. Lots of accolades!

The Rhythm of Life Run and Walk was another well organized event that my wife and I enjoyed. The weather was OK, and the 5 Km route was a great stroll through the trails around Burnaby Lake. Following the run, we had hamburgers and enjoyed the entertainment . . . quite a party! All included in the entry fee.

Enjoyable events, all well run, a good summer!

### Rhythm of Life Run/Jog/Walk

440 people young and not so young participated in the event in addition to the approx. 90 volunteers.

3rd place overall for women in the 10K was Tracey Belsey at 46 minutes.

1st place for Healthy Heart members in the 10K was Qun Gee of Confed 2 at 42 minutes (4th overall).

1st place for Healthy Heart members in the 5K was Felice Ciofitto at 23 minutes 38seconds (13th overall)



Many of our FITT volunteers helped out at the Rhythm of Life event this year. We would like to thank the following people for helping and/or participating in this great event for Burnaby Hospital:

Shirley Noble, Doug Maruno, Janet White, Kath Conolly, Bill Conolly, Bryan Sinclair, Jeanie Felchle. Maureen Baker, along with hospital staff volunteers – Pete Matino, Tracey Belsey, Andre Van Rooi, Dominique Mamisao and Monika Tsia.

Also participating in the event from Healthy Heart were:

John Titos, Qun Gee, Doreen Irwin, Bob Tan, Denis Howe, Ed Black, Felice Ciofitto, Henry Hasebe, Jean Felche, Jens Juhl, John Lee, Ray Buchanan, Shirley Noble, Thomas Wanicsek, Vincente Pacis, Ev Harris and Ferdinand usena. Hopefully we didn't miss anyone. We apologize if we didn't get your name on this list of great volunteers and participants.

#### Groaners:

Why did the boy take his baseball bat to the library?

Because his teacher told him to hit the books.

#### Fun Fact:

Mid-day naps lower blood pressure, reduce the risk of heart attacks and increase your ability to learn and be alert later in the day. Why not treat yourself to a nap this weekend?

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

Bill Retinger	Chairman
Lloyd Rapchuk	Editor
Dave Malcolm	Publisher
Ilario Galano	Member
John Petrie	Member
George Kawaguchi	Member



#### A Word of Wisdom from John Petrie:

According to a report regarding the benefit of sugar for our health – “there is none”. I therefore propose porridge and haggis as the beneficial meals



Pete Matino's Father



**Nazario Matino**

November 25, 1936 – September 09, 2012

We announce, with great sadness, the sudden passing of Nazario Matino who was born in San Nazario, Salerno, Italy.

Pete Matino's father passed away on September 9, 2012. He will be dearly missed by all his family. We would like to express our sincerest condolences and prayers to our friend Pete and all his family



Bill Rettinger

As a volunteer I can report that the Burnaby B.C. Seniors Games were a very successful event due to the efforts of two Bonsor 1 class members namely George Kawaguchi and Ilario Galano. George Kawaguchi was Director of Transportation for the games and Ilario Galano was the Vice- Director of Transportation. They were instrumental in organizing the transportation of over 3,000 Athletes and V.I.P.s during the games. They are to be congratulated. They did a superb job.



Why do Golfers take 2 pairs of pants when they go golfing?

In case they get a hole-in-one

Thank you John Wood for Coffee – Bonsor 1 class – 50/50 winner



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