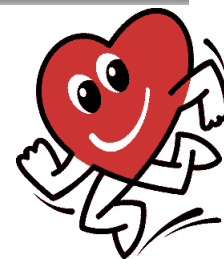


### 2013 Xmas Potluck

They say a good wine improves with age, and the 16th annual Xmas Potluck seemed to follow this old adage. Once again it was highlighted by an exceptional choice of good food, companionship, the ever expectant basket hamper and 50-50 draws, and growing award presentations.

Byron Sinclair and his many Bonsor 2 volunteers once again deserve acco-

lades for the professional manner in which they hosted the party. Thanks very much for a job well done.



Maureen of Bonsor 1 was presented with the "third" ever FITT award (Person of the Year), created to recognize individuals for their continual long, outstanding and selfless contribution to the Healthy Heart program, FITT and the community.



Overall, the evening was a great success, which was evident from all the smiling faces. Thanks to all for participating and making this a truly enjoyable event.

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Thanks also to each of the exercise groups for providing an interesting array of basket hampers for the draw. The winners of the basket hampers are too numerous to list, however, distribution by exercise group were:

Bonsor 1 (4) Bonsor 2 (16) Bby South (2) Confed 1&2 (5) Hosp. Staff (1) TBird 1&2 (2) Champlain (5)  
The traditional 50-50 draw was once again a huge success, and the \$100 draw winners are shown below:



Thanks also to all the other door prize donors for providing items for door prize winners.

Coming in 2014 . . .

AGM February 26

BOWLNG February 14

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

**SEE YOU ALL NEXT YEAR !!!!!!!!!**

#### 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.



## Burnaby Grown Cranberries . . . Better than sauce for your turkey?



Cranberry Farm on Byrne Road near  
Foreshore Fraser Park



### Make 2 servings of Holiday Cheer!

- 1 (1.5 fluid ounce) jigger vodka
- 1/2 fluid ounce orange liqueur
- 1/2 fluid ounce dry vermouth
- 2 (1.5 fluid ounce) jiggers cranberry juice
- 1 cup ice
- cranberries

## Rhythm of Life Fundraiser



Burnaby Hospital Foundation celebrated the 15th anniversary of Rhythm of Life: The Run and Walk for Everyone on Sunday, September 8, 2013 at Burnaby Lake Park.

The day was full of great company, a buzz in the air, and good family fun for a cause that helps so many in our community.

The funds raised ensure the Healthy Heart Program and Burnaby Hospital are in the best position to care for patients. The support shown by the community and the patients of the Healthy Heart Program mean so much to the doctors, nurses, and medical staff at the hospital.

Thank you so much for celebrating 15 years strong with Rhythm of Life!  
Stephanie Leung  
Communications Specialist  
Burnaby Hospital Foundation



F.I.T.T. Healthy Heart Members



“Hearts on the Mend” and BGH Staff

## 2013 F.I.T.T. Golf Tournament by Doug Maruno and Bryon Sinclair

The host Committee welcomed fifteen golfers to a grey and slightly damp day at Central Park Golf Course on September 15th. The weather did not deter the competitors, however, we did lose a golfer prior to the first tee off...hmmm?



With a total purse of 5M up for grabs the Ladies winner was Fran Malcolm and Men’s winner Doug Maruno. Winners each took home 2M and the 1M remaining was spent over the bar at the Firefighters’ Club.



The Ladies’ competition was fierce with Kath and Jean giving chase. The Men’s was undecided until the 19th hole over a beer; George was a close second. All had a good time. Thanks to all the attendees and to the following for donating the prizes: FITT Committee, Bryon Sinclair, Sam (Summit Tools), Doug Maruno, Kelly at Firefighters’ Club.



## “Merry Christmas and a Happy New Year”

2013 - The best of times and the worst of times. I am sorry to report that we lost our director Danica Seifert during the year, a few directors had medical issues and accidents which prevented them from being as active as they have been previously on the board.

On a brighter note and for the best of times we accomplished many things for our members and the FITT Cardiac Association with the Burnaby Hospital.

- A change in our executive – a new executive Secretary and Treasurer – added to our learning curve.
- We re-introduced our 50/50 draw in Bonsor 1 - a special thanks goes to our biggest fundraiser – Franco Colavecchio who took on the 50/50 class draws and raised an average of \$105 per month for FITT. This goes a long way to helping FITT activities become a reality for our members as well as helping to meet our operational needs.
- Christmas Pot Luck continues to be a successful event – thanks go out to Bryon Sinclair and his team.
- This year’s first FITT BBQ event – new for this year - at Confederation Park saw 60 people come out and enjoy the summer activities. Lots of food was available from FITT Cardiac Association with participants bringing salads and appetizers. An event we will likely repeat in 2014.

- Our bowling event in February was a big success. Sadly Tom Scott had an accident while handing out prizes and has been unable to attend our board meetings.
- The FITT Chronicle is doing well with regular quarterly publication. Keep in mind that this publication is for you our FITT members and articles of interest to our members are always welcome.
- The Golf Tournament was well received this year with many classes participating in this yearly event organized by the Bonsor 2 class.
- The Bonsor 1 Christmas breakfast was a big success this year with a full house at the Lions Club.
- Other individual class events are also doing well.
- Many Healthy Heart members participated in the Heart and Stroke Big Bike Ride. Between Captain Pete Matino of the Heart Menders and Captain Ilario Galano of the FITT Heart Beats we raised over \$10,000 for the Heart and Stroke Foundation. We have been asked to do it again in May of 2014.
- The Expansion Committee and the Constitution and Bylaws Committee continue to find ways to improve our association and are continually attempting to find ways to help our members as we move forward.
- The Rhythm of Life event hosted by the Burnaby Hospital Foundation had another successful year

and the Healthy Heart Program hopes to benefit from some of the money raised. FITT members provided volunteers to support this great event, which was appreciated by all.

Last but not least I would like to extend special wishes for a great holiday season to our unsung heroes – our volunteers (often behind the scenes) that make our events – small or big – as successful as they have been in 2013.

If you have not volunteered before think about it for the coming year – participation is what makes your Association a success for everyone.

Ilario Galano  
President

---

### Metro Theatre Dinner and Show

A big group of FITT members attended the Metro Theatre presentation of Agatha Christie’s mystery “the Hollows” on October 21st.

Most of the group met at “Cravings” restaurant prior to the show.





## Off the grid:

by Gary Martinick

### Incredibly Dark and Silence

2:56 a.m and up for a prostate induced pee and looking out the window. At what?

Black -- can't see a darn thing. Incredible blackness. I cannot see anything. Nothing. Wow!

No Sounds -- none of those night sounds either. Double Wow!!

It could be eerie but I find it intriguing. Where the hell is that flashlight? Ah there it is.

Back in bed I'm thinking about where we are and what we are doing. This is the experience of a lifetime and we are living it in full Panavision with Technicolor and Dolby sound.



I've been building a bridge over the creek about a 1/4 mile away and it's still on my own property. There's no one to tell me where to build it or what I can do or not do. I've never built a bridge before?? And damn, now it's snowing and I'm not finished yet. I still have 30 poles to cut from my inventory of beetle killed Lodge pole pine. Once finished it completes a 4 km snowshoe or cross-country ski trail loop.

Next day ... still snowing and bridge now on back burner while I think of attaching the new snowplow to the Gator. I've never done this before. Well the snowplow is incredible and sort of Garry time fun. The serious part is "Yes" it will plow UP the hill and I don't need chains on it and it works just fine, much quicker than I

thought. There was that nagging doubt about keeping the road open.

Another observation was the number of fresh animal tracks while plowing. We haven't seen any game however there must have been a dozen fresh tracks I plowed over between the house and the top gate.

Tomorrow's project/s -- Put the bird feeder up, cut 30 poles to finish bridge.

Corduroy bridge over Shrimpton Creek. Will it hold the "Gator"?



For those who wondered what we were going to do up here by ourselves...while walking the dog along a snow-covered trail Valerie says "I just never thought this could be sooooo good".

It certainly is not for everybody but so far it's better than anticipated.

The only thing I really miss is coffee with the Healthy Heart people.

---

## Tall Ships in Boston Harbour

My wife Fran and I did "grandparent work" in Boston last June. Or new granddaughter "Eliana" had arrived and we went for two weeks in the family tradition, to pamper the new Mom and to launch the expanded family. This went very well and near the end we had a fun trip in Boston harbour. We went aboard the tall ship "Liberty" and went on a pleasant 3 hour sail on the Boston waterfront. First we all got in a row and hauled on the mainsail halyard to raise the

sail. Next came the mizzen sail. The crew then set the two jibs and turned off the auxillary engine.

Quiet . . .quiet . . . time for beer and basking.



We tacked up the channel between Logan Airport Island and the Boston docks, then came back downwind on a far reach. I switched to Pinot Noir



wine as the light began to fade . . .

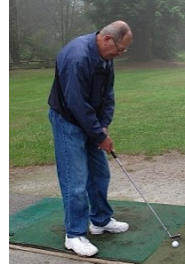
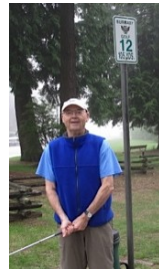


What a marvelous, magical, fun experience!

Dave Malcolm, Thunderbird 1



# Photo Highlights of 2013



## 2013 F.I.T.T. Champion Golf Team





## Thunderbird 1 and 2 Birthday Luncheon

The tradition was continued, we met



at the ABC restaurant to celebrate the Birthdays since the last event.



Almost two dozen members enjoyed



and devoured lunch and the huge decorated cake!

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## 2013 Bonsor 1 Xmas Breakfast

The 4th annual Christmas breakfast was held on December 9th at the Lions Club in Burnaby and attended by approximately 50 FITT members, spouses and guests. It was once again hosted by David Gates associates of the Lion's Club.

Plenty of hot pancakes, sausages, coffee and accoutrements were available and were supplemented by desserts and snacks supplied by various attendees.

Door prizes which were plentiful were donated by Sam Punjani of Summit Tools, Canadian Tire, ABS Marketing & Consulting, Langs Auto Glass, River Rock Casino, Grand Villa Casino, and Can Am Autoglass.

The FITT winners of the extra coffee fund money were:

Lloyd Rapchuk, David Wing, Eunice

French, Riad Abdelmalik, and Joe Ciresi.

Thanks again to our hosts David Gates, Ilario Galano, and to all those volunteers who helped set up and clear tables at the start and conclusion of the breakfast.

---

## Quality Family Time

by Kathryn Rowe, daughter of Henry Meyer, Bonsor 1.



Dad has always been very fond of getting the family together, so paying for the family to have a week long cruise to Alaska was a pretty good plan to ensure some quantity time as well as quality time with mom and dad. Naturally, the 4 of us kids along with spouses & grandkids were happy to oblige even with the thought of lawn chairs on the deck surrounded by the blue rinse crowd.

Well, it was a far cry from boring. With on board activities happening every hour during the day, gourmet meals every night in the dining lounge and nightly shows in the theatre, only the youngest ones of us were able to keep up.

There were 3 on shore stops, Skagway, Ketchikan and Juneau to explore the sights and sounds of real Alaska, and a fabulous train ride up into the mountains beyond Skagway to the very border of Canada. Our

photos show the river bottom miles below the train track.

Without TV, internet or cell phone reception on board, our days were spent in each other's company enjoying the immense variety of food offerings laid out by the kitchen. My favorite mental photo is of my big (younger) brother striding toward me with an ice cream cone in each hand from the ice cream bar.

I'd go again in a minute and take the family with me, of course. Cruising was the best way to relax and have fun and enjoy 5 star service without any of the hassles of finding a hotel and a place to eat. The crew were super friendly. They really seemed to enjoy our company as much as we did theirs.

Thank you Holland American and the crew of the Amsterdam. We hope to see you all again.

---

## A Romantic Danube River Cruise

by Lloyd Rapchuk

In September of this year, my wife and I took a once in a life time, romantic river cruise on the Danube River. It was suggested that the readers of the Chronicle perhaps would be interested in a brief summary of our trip. So here goes.

The trip was 10 days in duration, and visited major cities in the five different counties that border the Danube. The trip started in Hungary in the twin cities of Buda (situated on the south side of the Danube), and Pest (located on the north side)= Budapest; then on to Bratislava, the capital of Slovakia; next to Vienna and on to the medieval town of Durnstein, Melk,(with a side trip to Cesky Krumlov in the Czech Republic) then Linz,



Passau, and Vilshofen in Austria ; then onto Regensberg, one of Germany's best preserved medieval cities; and finally on to historic Prague (the city of a hundred spires).

The cruise was everything that was promised; luxury staterooms, swimming pool, saunas, fitness centers and spas, chef prepared gourmet meals, complimentary wine and beer, complimentary bicycles, etc.,etc, (as you can see all the amenities provided by an Ocean cruise, to a lot less people-maximum tourists around 145-165 depending on the size of the vessel).

What impressed us most was the culinary meal preparations. Each breakfast, lunch, and dinner menu featured cuisine of those countries we were visiting along with wines and beers customary of the region (for those who preferred North American food-this was also available). This provided you with an expectation of what to expect and order if you decided to visit restaurants or pubs off the ship. The foods of Hungary, Slovakia, and the Czech Republic were

excellent and provided good value since all of these countries are still using their old currencies (Forint and Koruna, but accept the Euro as well). The other impressive aspect was cruising the river itself.

It's so much more interesting, slowly wafting by impressive scenery, passing by small villages and large castles and churches perched high on passing hills, and passing through some very impressive locks ( there were 12 locks that we passed through on our journey ranging from 8.00 to 18.0 meters in depth). The river is a working river and as such has something active occurring all the time. The other interesting fact that we discovered was that the Danube was not "blue" and we were in fact advised that it never was, and was in all certainty a lot less blue in medieval times. (another myth shattered)

Would we go again????  
Even after seeing every famous church, castle, statue, monastery, and bridges in most of these famous cities???? YES, but we would have to come into some seri-

ous money first as an all inclusive trip is excessively expensive (hence once in a lifetime).



Lunch ??



Formal ??



Casual ??



**3905 1st Ave  
Burnaby, BC  
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Fax: (604) 294-1707**

**3170-2850 Shaughnessy St  
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## Merry Christmas & Happy New Year

**Punjani Group of Companies**



Limited stock



\$34.97

REG. \$59.99

**15 Oz Framing Hammer**

- 15 oz weight for faster swing and minimized fatigue
- All steel design for durability and long life
- Magnetic nail started for easy one handed nail placement
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\$15 Value



\$189.97

REG. \$229.99

**Compressor/ 2" Brad Nailer Kit**

- Includes 6 gal, 150 psi compressor, 18 gauge, 2" brad nailer, 25' of 1/4" air hose with a coupler/ plug & 100 brad nails of 1-1/4" length

**PORTER CABLE**

Limited stock



\$199.97

REG. \$299.99

**20V Max Li-Ion Cordless Combo Kit**

- Includes 1/2" drill/driver, 1/4" impact driver, two 20-volt max Li-Ion 1.5Ah battery packs, fast charger, 2 belt hooks, bit holder and kit bag

**DEWALT**

**DEWALT** **BOSCH** **HITACHI** **SAMONA** **BRICO** **Makita** **PORTER CABLE** **ROK** *Milwaukee*

**STORE HOURS: Mon - Fri 8am - 5:30pm / Sat 9am - 5pm / Sun Closed**



### Thunderbird 1 Thanks Pete Matino

Due to scheduling issues, Peter Matino no longer leads the Thunderbird classes. To show appreciation and thanks for the many things he does for the Healthy Heart classes, the group got together and presented Pete with gifts and a commemorative card. His enthusiasm, humour, clear communication, and mentoring will be missed. He promised to come back as often as his new schedule allows.

**Back row from the left:** Otto Schmid, Amin Jamal, Albert Weal, Dave Malcolm, Tom Needses, Ron Borrow, Ervine Ciccone, Morley Chang

**In front:** Pete in the centre, flanked by Peter Yau and Bruna Marconato on his right, and Bo Yan and Mary Iannacone on his left.

### Bonsor 55+ Centre Open

Services for seniors have expanded in Burnaby! Our new Bonsor 55+ Centre is an 8,400 square foot space that is completely dedicated to 55+ members. We are located at 6533 Nelson Avenue, Burnaby, across the parking lot from Bonsor Complex. The two storey building has a lounge and coffee bar, snooker room, two meeting rooms, multi-purpose space and staff offices. With our devotion to Senior Services, our staff at the Bonsor 55+ Centre are committed to hosting programs, events and classes that cater to our members every needs. We want to create a

space that's welcoming and supportive of our diverse community. Come visit any of our friendly staff:



- Cassie Gibeau - Program Coordinator
- Alyx Walsh and Don Doyle - Recreation Leader 2
- Sandy, Linda, Monica & Gillian - Clerical
- Bob - Building Services
- Mary Horton - Bonsor 55+ Society President

For more information and hours of operation, please visit the Burnaby Parks & Recreation web page at [www.burnaby.ca/active](http://www.burnaby.ca/active) and visit the "Community Centre's - Seniors" page.



### Burnaby Firefighter's Angel Breakfast

Annual pancake breakfast fundraiser for the Burnaby Christmas Bureau was supported by a number of Healthy Heart members along with over 600 people and \$20,000 in donations of toys and cash.

Looking forward to a high turnout next year from Healthy Heart classes for this worth while cause.

These seniors still believe in Santa and asked for a happy and healthy new year.

**Red Fox Roofing**  
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