

FITT VOLUNTEER APPRECIATION

There have been many FITT member volunteers for Burnaby Community events over the past years. The two most recent events, "the 2012 BC Seniors Games" and "the 2013 Esso Cup", drew many volunteers, from drivers to event co-ordinators and behind the scenes administration staff.

The following are statements of appreciation.....Well done everyone!!!



"In large measure, Burnaby's success as a City has been due to the community-involvement culture of its citizens. One place that commitment to community involvement was demonstrated clearly last year was at the BC Seniors Games, which featured over 3,700 participants and 2,000 volunteers. This year, it was at the ESSO Cup. Both events were hugely successful – and all of the FITT volunteers helped to make them great!"
Burnaby Mayor Derek Corrigan



"The 2012 BC Seniors Games and the 2013 ESSO Cup were tremendously exciting events that showcased Burnaby at its best, with thousands of participants, spectators and volunteers enjoying the events and contributing to the events' success. Thank you to each and every one of the FITT volunteers who contributed their time and energy to driving participants in both events. Your contributions were invaluable!"
Councillor Sav Dhaliwal Chair, Burnaby Parks, Recreation and Culture Commission.



Ilario Galano

PRESIDENT'S REPORT

It's very rewarding to see all the heart-felt appreciation that FITT volunteers receive for all their hard

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work and contributions they make towards supporting community events.

They deserve to be appreciated.

Perhaps it's time to do the same for FITT's August 7, BBQ/Picnic at Confederation Park . The FITT board hopes to make this an annual event if it receives the support of the membership and each exercise group.

The park is booked for the day (8:00 am to late afternoon), so participants can make as big a day out of it if they desire. It's really a "Potluck BBQ/Picnic" (hamburger and hot dogs will be provided by FITT). You are responsible for your own refreshments, and other foods. You can bring games (Bocci), etc. It is really meant to be a good summer get-together.

Perhaps each class could get together to co-ordinate food equipment

(BBQ), games etc. and/or share with other groups. It's all up to you.

Volunteers will be needed for set-up and cooking. Please let your class rep know if you want to help.

Contact Karen Purdy at (604-439-7524) for clarification or further information.

Let's all have a fun time. See you all on August 7 . . . rain or shine.



Where's Wally??

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.



FEMALE HEART ATTACKS

- AS REPORTED BY A NURSE

Women rarely have the same dramatic symptoms that men have ... the sudden stabbing pain in the chest, the cold sweat, grabbing the chest & dropping to the floor. This nurse had a heart attack at about 10:30 PM with NO prior exertion, NO prior emotional trauma that one would suspect might have brought it on. She sat all snugly and warm on a cold evening, with a purring cat on her lap, reading an interesting story. Relaxing, enjoying life.

A moment later, she felt that awful sensation of indigestion, like you've swallowed a golf ball going down the esophagus in slow motion and it is most uncomfortable. This was her initial sensation—the only trouble was that she hadn't taken a bite of anything since about 5:00 p.m.

After it seemed to subside, the next sensation was like little squeezing motions that seemed to be racing up her SPINE (hind-sight, it was probably an aorta spasms), gaining speed as they continued racing up and under the sternum (breast bone).

This fascinating process continued on into her throat and branched out into both jaws.

'AHA'!! — she stopped puzzling about what was happening — we all have read and/or heard about pain in the jaws being one of the signals of an MI happening.

“Dear God, I think I'm having a heart attack!”

I pulled myself up with the arms of the chair, walked slowly into the next room and dialed the Paramedics...

I told her I thought I was having a heart attack due to the pressure building under the sternum and radiating into my jaws. I didn't feel hysterical or afraid, just stating the facts. She said she was sending the Paramedics over immediately, asked if the front door was near to me, and if so, to un-bolt the door and then lie down on the floor where they could see me when they came in. I unlocked the door and then laid down on the floor and lost consciousness. I don't remember the medics coming in, their examination, lifting me onto a gurney or getting me into their ambulance, not waking up until the Cardiologist and partner had already threaded the teeny angiogram balloon up my femoral artery into the aorta and into my heart where they installed the two side by side stents to hold open my right coronary artery. Why have I written all of this to you with so much detail?

Because I want everyone to whom life is important, (especially women) to know what you might experience “first hand”, and be aware of the danger signs:

1. NOTICE –Something very different is happening in your body—not the usual men's symptoms but inexplicable things are happening (not like until my sternum and jaws got into the act). It is said that many more women than men die of their first (and last) MI because they didn't know they were having one and commonly mistake it as indigestion; take some Maalox or other ant-acid and go to bed, hoping they'll feel better in the morning when they wake up... which doesn't happen. My female friends, your symptoms might not be exactly like mine, so I advise you to

call the Paramedics if ANYTHING is unpleasantly happening to you that you've not felt before. It is better to have a “false alarm” visitation than to risk your life guessing what it might be!

2. Note that I said ***“Call the Paramedics.”*** If you can take an aspirin immediately do so. Ladies, **TIME IS OF THE ESSENCE!**

Do NOT try to drive yourself to the ER - you are a hazard to all on the road. Do NOT have your panicked husband who will be speeding and looking anxiously at what's happening with you instead of the road.

Do NOT call your doctor – he doesn't know where you live and if it's at night you won't reach him anyway, and if it's daytime, his assistants (or answering service) will tell you to call the Paramedics. He doesn't carry the equipment in his car that you need to be saved! The Paramedics do... basically OXYGEN is what you need ASAP. Your Dr. will be notified later.

3. Don't assume it couldn't be a heart attack because you have a normal cholesterol count. Research has discovered that a cholesterol elevated reading is rarely the cause of an MI (unless it's unbelievably high and/or accompanied by high blood pressure). MIs are usually caused by long-term stress and inflammation in the body, which dumps all sorts of deadly hormones into your system to sludge things up in there. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know the better chance we could survive.

Take care and be AWARE!!!

CALENDAR OF EVENTS

2013

July	— Committee Meetings	October	— Octoberfest Anyone?
August	— FITT Barbecue Aug. 7	December	— Christmas @ Bonsor 1
September	— Rhythm of Life, Golf Tournament	December	— FITT Christmas Pot Luck



THE "BIG BIKE" CHALLENGE



In May of this year The Heart and Stroke Foundation launched its annual nation-wide charitable "Big Bike Challenge" to raise enough monies to provide enough portable "Heart De-fibrulators" to areas in Canada with the goal of reducing and controlling the number of fatalities in this area.

Two great teams from FITT and the Burnaby Hospital (The FITT Heart-beats and The Burnaby Heart Menders) raised \$11,000 (\$7,000 and \$4,000) to help achieve this goal.

Team captains, Ilario Galano (with Co-captain Bill Rettinger) and Pete Matino (with Co-captain Amanda from the Bby Hospital Foundation) challenged each other to raise as much as possible during this fun event. The total is impressive.

The Captains would like to thank our riders for their tireless efforts in raising funds and to all of our supporters for their contributions. (For those that did not ride, the most difficult part-dependending on age- was mounting the "Big Bike")

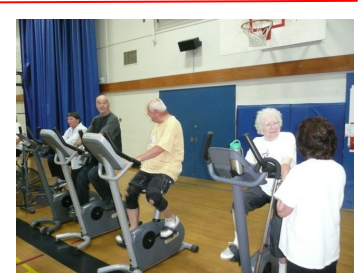
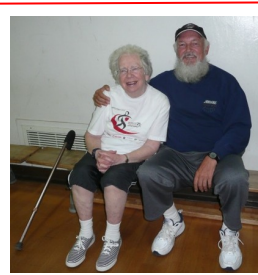
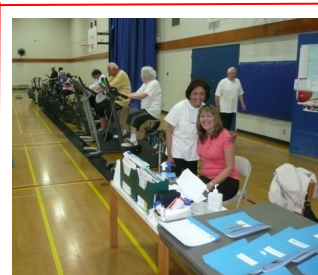
Should we do it again next year?????? You bet we will. The exuberance of the helmetless riders, with their chanting, noisy clackers, and the fantastic response from onlookers made it a fun ride for all.



FITT HEART BEATS



BURNABY HEART MENDERS



Activities at BONSOR 1 Group



Danica Seifert, (Confed 1, FITT Sunshine Committee) August 10th 1933 - June 19th 2013

Born in Vancouver, B.C. and passed away there peacefully . Danica is survived by her husband Adam, brother-in-law Ted Seifert, sister Margaret Carr, also nieces and nephews, great nieces, friends, as well as many relatives in Croatia. She was a wonderful lady helpful to all that knew her and always had a kind word. She was dearly loved and will be missed. The Mass of Christian Burial took place Monday June 24th, 10:00 am at Holy Cross Parish.

FITT Volunteers Provide the Edge...

Some FITT members just could not get enough driving during the 2012 BC Seniors Games. A few of them volunteered to drive ESSO Cup participants.

FITT volunteer drivers "Mario Andretti" Mancer, "Jackie Stewart" Poole, "Sebastian Loeb" Rettinger and "Alex Zanardi" Kawaguchi competed in this week long event by driving the circuit between Metrotown Hilton and the Bill Copeland Ice Arena while making pit stops at McDonalds, Subway, and the Holiday Inn. Not only did they transport people but also picked up and delivered food, drinks, and laundry for the hockey players, coaches, officials, VIP's, and volunteers. Fortunately, there were no traffic violations or damage to vehicles driven by the FITT volunteers.



Photo from left to right; George Kawaguchi (FITT), Al Mancer (FITT), Bill Rettinger (FITT), Al Poole (FITT), Eric Berkefeld, and Dave Lawson (missing Ron Chan).



The 2013 ESSO Cup is Canada's fifth annual national women's midget



hockey championship, and was played at the Bill Copeland Sports Centre.

The tournament started on April 21 and concluded with Quebec's LHFQ Nord taking home Gold, Ontario's North Bay Ice Boltz winning Silver, and Alberta 's Edmonton Thunder winning the Bronze. Other participating teams were the Fraser Valley Phantom (Host), Metro Boston Pizza (Halifax), and Regina Rebels. The tournament games showed fans that the skill and competitive levels of woman's hockey has significantly improved over the last years. The games were tough, fast and entertaining!

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