



President's Report

February 2013

This year rather than telling you (our members) what we have done at FITT for the past year, I thought we would move forward and let you know what the Board is up to for the next 12 months.

Our overall Goal: We are committed to finding ways to improve and expand our classes as well as engaging more of our members in activities beneficial to all of us.

Expansion Committee – newly formed this past year, will look at ways to expand our classes with coordination from Fraser Health Authority

Constitution and Bylaws – Improve the constitution to reflect the way we elect and/or appoint directors. As well restart the process to obtain charitable status for FITT Cardiac Association.

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Communications Committee – Find alternate ways to ensure our members are fully informed of all FITT activities and events

Recognition Committee – begin canvassing all classes for nominations for the person of the year in August and finalize by end of November. Award to be given to a worthy member during our Christmas Pot Luck Dinner.

Finance Committee – will streamline financing procedures for budgets and expenses

Finance Liaison Committee – will be reviewing collections process for more efficient operation and coordination with Burnaby Hospital.

Nominations Committee – will continue to look for qualified candidates to be directors on our Board

Sunshine Committee – will continue to give well wishes from FITT to those members in need

Policy and Procedures Committee – will create a set of policy and procedures as agreed by the board and make changes from time to time as required

Membership Committee – Find ways to process and inform Associate Membership guidelines and look into FITT Wear Apparel

Events and Affiliations:

- Bowling night in February
- Heart and Stroke Big Bike Ride in May
- Hearts On The Mend (HOTM)
- Summer Barbeque in July or August
- Golf Tournament in September

Rhythm of Life Run in September
Christmas Pot Luck Dinner

Individual Class Events:

- Bonsor 1 Christmas Breakfast
- Thunderbird Quarterly Birthday Luncheons
- Confederation Monthly Pub nights

We would like to take this opportunity to thank our special Guest Speaker at the AGM Mr Andrew Southard from Rackets and Runners who spoke on Athletic Equipment related to Cardiac Rehab and General Fitness

O - U - C - H !!!!!



These photos are the result of a spill that happened to one of our FITT members during a recent cycling outing, and that while resulting in some painful injuries could have been much worse. Conclusion: Don't Fall!!!! Seriously, keep exercising, but make sure you use the proper, recommended safety gear associated with the type of exercises chosen. As we get older our reaction and decision making times slow and disastrous results could occur.

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.



HEATHY HEART BOWLING NIGHT

This year the numbers were back up! Some 34 started the evening with dinner at Earl's Restaurant on Kingsway at 5 PM - Then on to Old Orchard Bowling Lanes where over 50 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 motivate everyone, as they all got some money! After snacks and soft drinks, there were prizes and the 50/50 draw. Everyone had a Good time and we will do it again next year. Unfortunately Tom Scott had a bad stumble at the end of the prizes and is now recovering from surgery to fix his broken hip. We wish him a speedy

rehabilitation and return to exercises.



Participants at the Old Orchard Lanes

2012 CHRISTMAS POTLUCK

Note: Due to publication deadlines the following article on the December Potluck Party, missed inclusion in the last edition of the Chronicle.

The 15th annual celebration was once again a huge success, highlighted by an exception choice of good food, companionship, the ever expectant basket hamper and 50-50 draw, and award presentations.

Once again Byron Sinclair and his many Bonsor 2 volunteers deserve accolades for the profession manner in which they hosted the party. **MANY THANKS** for a job well done.

For the sake of brevity and space, the winners of the basket and 50-50 draws are too numerous to list and will not be included in the article.

John Petrie of Thunderbird 2 was presented with the second 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.

Congratulations John !

Pete Matino, on behalf of the Burnaby Healthy Heart program presented awards to FITT members who have had 15+ yrs. of participation in the programs, and include the following: Maureen Baker (Bons1); Don Gascon (Bons1); Valana Strandberg (Bons1); Bruce Mason (Bons1); Bill Conolly (Bons2); Shirley Randell (Confed2); John Petrie (Thunderbird 2).

Thanks to all who attended and participated in this outstanding and ongoing event (which is close to becoming an icon like Agatha Christies play "The Mousetrap" for continuous successful runs)

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FITT HEART BEATS

Your BIG ride can help save lives! Our Goal \$3,000.00

Celebrate our 20th year by supporting our FITT Heart Beats Team.

The FITT Heart Beats team will be riding the **BIG BIKE** on May 16th from Bonsor Community Centre at 10 AM.

We are also challenging the Burnaby Hospital Heart Menders who ride on May 22nd from Home Depot in Burnaby at 11:30 AM to raise as much as or more than us. If you can't ride one day please consider riding for our challenging team and vice versa to help on this very worthy cause.

Anyone interested in riding with The Heart Beats should contact Captain Ilario. And contact Captain Pete for The Burnaby Hospital Heart Menders. We would like to raise as much as possible for the Heart and Stroke Foundation. The Heart and Stroke Foundation of Canada is celebrating 60 years of leading the way to better cardiovascular health for Canadians through research, health promotion, and advocacy. Hundreds of thousands of Canadians help us make a difference every year by fundraising, volunteering and donating to our cause. The Foundation, in turn, gives back to Canadians in countless ways. Visit www.heartandstroke.ca to read the latest information on heart disease, stroke, resuscitation, and healthy living!



FITT Chronicle Team
At work at Bonsor Centre



Mary Horton
At Bonsor 55+ Centre



George Kawaguchi
Biking in the "Big Bend"



Nicholas (Nick) Kravac (Confed-2) November 5, 1926 – February 25, 2013

Nick was a well-liked and respected member of Confederation 2 for many years. He leaves behind Gloria, his wife of 64 years, children Nicki, Barry (Jan) and Nancy (David), 8 grandchildren, and 2 great grandchildren. He will be remembered always for his love of family and loyalty to friends. We all miss him dearly.

A Story of Wealth

WHO IS THIS MAN??

Gerald Grosvenor: 6th Duke of Westminster

Born in Omagh, Northern Ireland
December 22, 1951

WHY IS HE SMILING?? You would be as well.

According to the **Sunday Times Rich List 2012** the Duke is worth 7.35 billion pounds placing him seventh on the British list and 78th on **Forbes World Rich List 2012**, also making him Britain's most wealthy British-born billionaire. The Duke in fact has a history of appearing on Rich Lists for sometime.

History

The Duke is associated with the Grosvenor Estates and as such he is the richest property developer in the UK and one of the country's largest landowners, with vast estates in Oxford, Cheshire and Scotland, as well as large areas of Mayfair and Belgravia in central London. The Duke also owns estates in Italy, France and Russia. The Duke was the Heir Apparent of Robert Grosvenor, 5th Duke



and as such inherited control of the Grosvenor Estate.

The Estate came to be in 1677 when Sir Thomas Grosvenor married Mary Davies. Mary had inherited the manor of Ebury, 500 acres of land north of the Thames to the west of the city of London, and brought this as her dowry to marriage. This inheritance and dowry became what we now know as Mayfair, around Grosvenor Square & Belgravia and thus provided the founding of an empire.

The Grosvenors developed these areas-Mayfair, Belgravia, Grosvenor Square, Pimlico, Chester Square and other famous addresses between the 1720's and 1953.

After his inheritance the current Duke set to amalgamating and solidifying his empire. For example:

1999 – it was reported that his personal fortune was 1,500 million pounds – which some wise person calculated amounted to 18,000 pounds/hr/day.

2004 – the Duke was the 3rd richest man in the country with estimated worth of 4.63 Billion pounds. He owned an art

collection worth around 225 million pounds which included a 30 million pound Van Dyck and a 25 million pound Stubbs.

2012 – Wealth increased from 4.63 Billion pound to 7.35 Billion pound (an incredible increase to say the least) but in spite of this fell to 7th place.

The Sunday Times publishes "The UK RICH LIST" once each year and is compiled by Philip Beresford, the leading authority on British wealth. The List reveals the 1,000 wealthiest people in the country, based on identifiable wealth, land, property, other assets such as art, racehorses, or significant shares in publicly quoted companies, and does not include the cash in their bank accounts (meaning true level of wealth could be higher.)

The 2012 List revealed that the 1000 wealthiest people in the country (Britain) were worth 414.260 Billion pounds, equivalent to more than a third of the nations national debt.

The Sunday Times Rich List is based on close to the same criteria as the Forbes Rich List.

Perhaps this story has a moral:

Check the dowry before marriage!

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