



FITT Cardiac Association

F.I.T.T. CHRONICLE Frequency, Intensity, Time & Type

September, 2013

Vol. 6 Issue 3



Champlain Heights. Commemorative Farewell

The Champlain Heights class had a good get-together to show thanks to Lauren Herndier for her enthusiasm, humour, overall help and direction that she provided during her stay as Clinical Exercise Specialist at the "Heights". She will be missed and we all wish her the best for the future.

From the left:

Back row: Smylka Jokanovich, Cindy Fenotti, Alan Blackwell, Bob Tan, Vincente Pacis, Louise Grandmount, Maria Periera, Marilyn Sztankovics, Andy Leong, Ernie Culley. In front . . .

"The Star of the Show: Lauren Herndier"

Bob "The Tomato Man"



Bob Yamaoka, shown with Pete Martino. . . grows famous Japanese grape tomatoes.

Bob gives out his grape tomato plants to everyone in his class as well as to BGH Staff.

He has several new gardening recruits. One of them being Pete. . . . So, Pete, Exercise Specialist, trains Bob. . . and helps him with his heart. . . and Bob teaches Pete about growing tomatoes.

Pete even learns about seeding tomatoes from his own garden:



Grape tomatoes from Bob—"The Tomato Man" were sold at this year's Nikkei Centre Spring Bazaar.

Over 300 plants were purchased! In 2012 they sold a total of 916 tomato plants as part of a fund raising event for the Centre.



Events This Fall Season

Rhythm of Life Run and Walk	September 8
Golf at Central Park Pitch and Putt	September 15
New Senior Centre Opening for use	September 28
Bonsor 1 Christmas Breakfast	December 9
FITT Christmas Pot Luck Dinner	December 15

Notice

Submissions of articles and pictures for the December issue are due by the deadline date:

November 30, 2013

It will be an 8 page issue.

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FITT BBQ Picnic

FITT hosted its First Annual BBQ Picnic at beautiful Confederation Park on Wednesday, August 7th, 2013 from 11am until 2pm. The weather was warm and sunny, and the picnickers had their choice of relaxing in the sun or shade.

FITT supplied hotdogs and hamburgers with "fixins", ably barbequed by Lloyd Rapchuk, Bill Rettinger, and George Kawaguchi. There were about

50 attendees who brought an assortment of delicious side dishes, nearly all of which were decidedly "heart healthy"! A box of Lapin Cherries was provided courtesy of Arnt Orchards, Kelowna B.C. We drank a variety of alcohol-free libations in compliance with Park rules. Everyone helped to clean up at the end and we "took nothing but pictures and left nothing behind but footprints".

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Special thanks to Jeannie and Ed of Bonsor 2 who arrived early to help George, and Ilario. Also Bud Yinka who brought the big barbeque.



The planners felt that this was a successful first attempt, and we are looking forward to next year's picnic, per-



haps with a few games organized for those who feel like being more active. We are open to your suggestions regarding next year's picnic.

Karen Purdy, Bonsor 2

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.



Here is an article, from the website of "Scientific American" magazine, of interest to all FITT Members:

How to Gain or Lose 30 Minutes of Life Every Day

Consequences of good and bad health habits are boiled down to 30-minute slices of your life

By Mark Fischetti

We all know that smoking is bad for our health and that eating vegetables is good for it. Yet how bad and how good are they? Without a clear notion of threat and reward, it is that much harder to avoid a cigarette or to choke down a serving of broccoli. "I hate when someone tells me that something is risky," says David Spiegelhalter, a professor of risk assessment at the University of Cambridge. "Well, compared to what?"

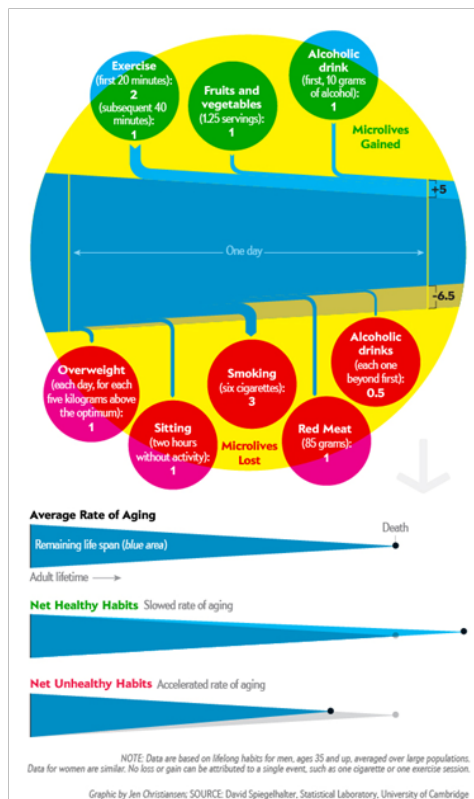
To answer his own question, Spiegelhalter converted reams of statistical risk tables into a simple metric: a **microlife** — 30 minutes.

If you smoke two cigarettes, you lose 30 minutes of your life.

Exercise for 20 minutes, and you gain two units of microlife.

Over time bad habits accelerate your aging, and good habits slow it down (as illustrated in the graphic). "That seems to resonate with people," Spiegelhalter says. "No one likes to get older faster."

Image: Jen Christiansen, Article from Scientific American website.



Garry Martinick, now "Wilderness Living"



Hey y'all out there.

Up for my early morning pee and can't get back to sleep. This is an adventure of the body and the mind. When I was up I walked outside to look at the incredibly clear and sharp night sky. The crescent moon and stars in high definition highlighted by a shooting star blew me away and there was no way I could get back to sleep. So here I am at 4 a.m. plunking away on my keyboard. I won't go into a wordy description of my thinking but it just feels right. We're not romancing the situation and it's not for everyone but for me it just feels right.

Right now I've made a fire and am having a cup of tea in absolute silence. Total silence....the only sound is my speed typing. It could be eerie but I'm finding it refreshing and don't miss the din of city sounds at all. I thought we'd hear much more noise from the woods like creaking trees and wind or coyotes but so far mainly just silence. We're down to the fundamentals here.

Power, water, wood and communication mean a lot.

A big day Saturday a.m. reading and programming the solar trace meter with the new battery's technical figures.

The barn was great to put stuff in . . . but now we have to carry it 100 yards to get back to the house. A beautiful day and We're on a roll here so we thought we'd go exploring and see if we can find the NE corner post of the property.

.....We found it and were so pleased with the potential for trails to hike, snowshoe or cross country ski. A few days work clearing overgrown skid trails will make the property way more interesting. We giggled about being able to walk all this way on our own property. We'll have days of exploring what is really here.

The day just seemed to go Poof and it was 7:30 before we had dinner. Pasta and sauce was what we could find in the box marked Kitchen so the Princess of the forest made dinner. A few people have said "what ya going to do" and we now see that there's just so much to do. Other than the "work" of cutting and splitting 4 to 5 cords of wood for winter (which I haven't started yet) it's mainly sorting out what goes where.

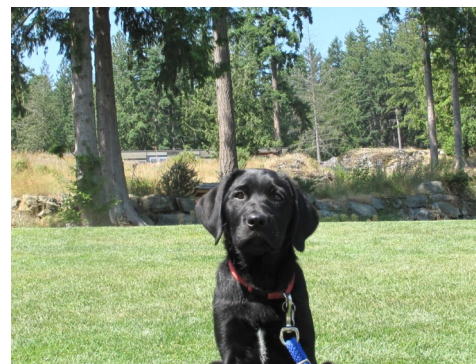
I still have the locker to clean out at the condo and it's amazing how much stuff a person accumulates. We'll have a "for kid's" bin in the barn and find good homes for the good stuff we don't use anymore.

So far the days are spent mainly outdoors and just observing the dream.

Cheers....Garry



Garry . . . "AT HOME"



Ash . . "Can I help you and . . can I be your companion?"

"I have done volunteer work over the past 45 years but when I saw an ad in the local paper to raise or sit a PADS puppy, I decided that this was a great way to make a difference in somebody's life. My wife agreed and we took delivery of "Ash" (an eight week old female, black lab) on June 1, 2013.

It's been an incredible experience. We have learned a lot in the past 3 months about the PADS organization and their volunteers. PADS dogs change lives. They are more than beautiful, healthy companions. They are specially trained to aid people."

With your help, the Pacific Assistance Dogs Society (PADS) trains assistance dogs and matches them to clients with disabilities and those who need a companion to help face the daily challenges of life.

PADS currently match three types of assistance dogs: Service dogs for people with physical disabilities; Hearing dogs for the deaf or hard of hearing; and Canine assistance intervention dogs, who work with specialized placement areas of intervention, therapy, and education in a variety of medical and educational environments.

These highly skilled dogs allow clients to experience a greater level of independence and an enhanced quality of life.

If you would like to volunteer, you can make a huge difference. There are two roles that are very important.

One option is to become a puppy raiser. This is an important and demanding role. Your job is to give a PADS puppy (about eight weeks old) a loving home. During the first one to two year training period, the puppy will be part of your family and go everywhere with you on a daily basis. This is the pup's socialization period. This is also one of the most rewarding benefits of raising a PADS pup. You will enjoy raising the puppy (and really, who doesn't love puppies), secure in the knowledge that one day, your puppy will greatly enhance another person's life.



Ash (with the red collar) along with other PADS dogs spending an afternoon at SFU downtown campus. They are helping students during a de-stressing session, as exams are pretty stressful.

When the pup matures to become an assistance dog, it will live with and accompany a disabled person throughout his or her daily life.

Another option is to volunteer as a puppy sitter. While this requires a lesser long-term commitment, it is also vitally important. PADS is always looking for volunteers to help sit our wonderful puppies.



Ash . . . (with the ROL VIP Pass) VIP here means:

Very Impressive Puppy

For more information, please contact them or visit their website: www.pads.ca

PADS is a charitable, non-profit organization located in Burnaby, B.C. and serving people in B.C., Alberta, Saskatchewan and Manitoba. PADS rely entirely on fundraising, grants and donations to finance the care and training of their amazing dogs.

Article by George Kawaguchi (and material from PADS website)

ONE . . .
"Glass of Red Wine"
EQUALS . . .
One microlife !