

### The 2014 Big Bike Ride

On the morning of May 15, 2014, twenty five stalwarts assembled at the south parking lot at Bonsor Rec Center to form the team "FITT Heart Beats" to embark on the bike ride for the Heart and Stroke Foundation charitable 2014 ride.



It was noted by our driver that one of our riders: John Petrie was the oldest person

he had ever had on the bike.



Also noted was a visiting rider Ron Poole, here from Nanaimo.

After competing in a puzzle contest we loaded up our machine to commence our ride in the heavy traffic.

We left Bonsor center by turning



south on Bonsor St. and proceeded to Central Blvd where we hit our first RED light. Turning right on Central Blvd proceeding on about half a block to our next Red Light, from there we made about 200ft of headway to be stopped by a flag person for construction.

From there we managed about 300ft more before guess what? Another red light. From there we hit two more reds before tuning north on McKay Ave proceeding to Kingsway.

We got lucky only to hit two more reds (that's all there was) on our journey to Kingsway.

Turned right on Kingsway heading for Nelson Ave. (anyone know how many lights in this stretch) we hit all of them Red. Turning right on

Nelson, our first obstacle was of course more construction. We had to stop before proceeding to Bennett Ave where we hit our last red light, there weren't any more on the route.

You may wonder why all these stops are mentioned. The bike weighs 2500lbs unloaded, add another 3750lbs (estimated passenger weight 150 lbs each), totals 6250 lbs with no engine and most stops on grade.

At this point we had finished our ride, reassembled at the start, and advised that our total raised was \$5411. We found out later this turned out to be the highest for that day.

All told, between the FITT and the hospital team, almost \$10,000 was raised.



Burnaby Hospital Heart Menders

Congratulations to all, and lets aim for a \$15000 total next year.



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

### 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.



**Hear Ye! Hear Ye!**  
**Set aside this date!**  
**Wednesday, August 6<sup>th</sup>, 2014**  
 for the second Annual . . .  
**FITT BBQ and Picnic!**



Don and Janet Hayes  
 Sampling the great food

At Confederation Park Picnic Area  
 #1, next to Confederation Park  
 School. (Near the intersection of  
 Pandora St. and Beta Ave.)  
 \$2.00 / person with



Chefs . . . Ed Black and  
 George Kawaguchi at work

hamburgers, hotdogs, and fixin's  
 provided.  
 Begins at 11:00 am —  
 ends at 2:00 pm . . .  
 area is booked until 8:00 pm

**UNRECOGNIZED VOLUNTEERS**

All of our readers are aware that we have 200+/- members who participate in eight exercise classes in Burnaby and neighboring locations. Members are also aware that a large percentage of our members are very active volunteers for the many of the worthy international and local causes that require help and support for their activities to be a success. There are also a great number of members who volunteer and are not recognized for the great work that they do to contribute to the social and camaraderie success that exists in each exercise class (and are not recognized by the wearing of a "volunteer" exercise shirt in class).

It is the feeling of the FITT Board of Directors and The Chronicle that these individuals should be recognized for the tremendous effort that they expend on a daily, weekly, monthly and yearly basis to ensure that the social efforts of each group are a success, without a lot of fanfare.

Examples of these activities include: making coffee and filling in for those who miss a session; setting up and storing exercise equipment in the early A.M.; selling 50/50 tickets; buying or providing coffee sweets; ensuring class birthday cards and cake are there; aiding instructors in storing exercise equipment; making sure batteries are up to snuff in exercise Equipment; getting baskets

for Xmas draws; arranging group lunches and outings; assisting in arranging bowling and golf and Xmas Potluck functions; are just a few of all of those seeming little things that need to happen for things to work. These members deserve mention:

Franco Colavecchio, Joe Ciresi, Klaus Streckmann, Maria Audi, Anna Kergan, Olga Nordahl, Shirely Bugyinka, Eunice French, David Gates, Harold Juby, Allan Poole, Sam/Roshan Punjani, Don Routley, Riad Abdelmalik, Jim Dar Woon, John Wood

Bryon Sinclair, Bill Evans, Don Hayes, Doug Maruno, Al Crowe, Ed Black, Norm/Marianne Grosser, Wendy/Ted Hay, Jeannie Felche, Bob Yamaoka, Bill/Kath Conolly, Don/Vaugh Hatch, Del Peterson, Jean McLean, Harry Mander, Maria Motta, Sheila Druet

Tom Scott, Ev Harris, David Malcolm, Peggy Yue, Al Blackwell, John Titos

**NOTE:**

If for we have inadvertently missed some function, person or mention of an activity that is being performed in any of your classes, please advise you Group Rep and we will correct this in the next issue of the Chronicle.

FITT Summer / Fall Events	
Month	Event
August	FITT Barbeque
September	Rhythm of Life
September	Golf Tournament
December	Christmas Pot Luck



**Trouble at BGH HHP gym**

From: Naruki-van Velzen,  
Minetaro

Subject: Two new troublesome  
participants at BH HHP gym.

On Friday, we had two participants in the gym that refused to leave. Security and housekeeping came to assess the situation, but were not able to resolve the issue. After some negotiating with a mat and a bed sheet, Peter and Min were able to escort the troublesome pair out of the gym. No one was hurt.

They were not willing to give us their names, please see picture to see if you recognize them.

Min



Attached Photo: IMG\_20140509

**Bonsor 2 Birthdays Celebration**



Check out the cake !!



**Thunderbird 1 & 2 Birthdays**



**SEPTEMBER 21, 2014 - MARK THIS DATE ON YOUR CALENDAR FOR THIS YEAR'S RHYTHM OF LIFE EVENT.**

**THE MONIES RAISED WILL BE FOR BURNABY HEALTHY HEART.**

**FITT NEEDS YOU, YOUR FAMILY AND FRIENDS TO PARTICIPATE AND/OR VOLUNTEER FOR THIS FUN AND WORTH WHILE EVENT.**

**CHECK OUT THE WEBSITE:  
[healthyheart.ca](http://healthyheart.ca)**

**for information and registration.**

**FITT Board Announcement:**

It is with great pleasure the Board announces that Al Mancer has accepted the position of Secretary



He started last month and has been doing a great job. Thank you Al, for volunteering your time and expertise.

**HELP — PLEASE**

**LOOKING FOR:  
UPDATES ON YOUR CLASS  
WITH OR WITHOUT PHOTOS  
FOR FUTURE NEWSLETTERS**

**VACANT**

**Looking for:  
Class Representative  
For Burnaby South Class  
Volunteer Needed**



## Chronicle Spotlight: Confederation 1 and Confederation 2 Classes



Check out the good looking bunch sporting their shirts in these two group photos.



In the past two years we have unfortunately had multiple members of these two classes pass away primarily due to illness not related to heart disease. The loss of our members have been difficult for others in the class as some of the relationships that are built in the classes extend beyond a peer relationship.

Our Confed. group participates in many outings outside of the regular class which are all peer lead activities. These folk join up for dinners, shows, sporting events on a regular basis and have become close friends.

With that said it has been especially hard to deal with the losses of members over the last two years. Related to this is the unwanted idea about thinking about “end of life” which inevitably occurs.

The social support system developed by the healthy heart program and FITT association can help members get through these difficult times of grieving. As a way to maintain the solidarity of the confed. members I thought it would be a good idea to have custom T-shirts made for the Confederation 1 and Confederation 2 classes.

Andre Van Rooi



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Ken Harris

