



**Ilario Galano**  
President



**Lloyd Rapchuk**  
Vice President



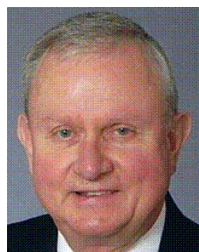
**Nizar Bharmal**  
Treasurer



**George Kawaguchi**  
Constitution/Secretary

## The New Board

For 2014–  
2015, hard at  
work for you,  
the FITT members.



**Bill Rettinger**  
Bonsor 1 Class Rep.



**Alan Blackwell**  
Champlain Class Rep.



**Karen Purdy**  
Parks and Rec. Liaison



**Wendy Hay**  
Bonsor 2 Class Rep.



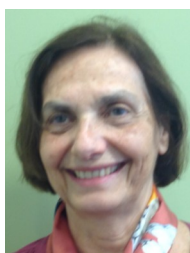
**Tom Scott**  
Director at Large



**John Petrie**  
Director at Large



**Ev Harris**  
Tbird. 2 Class Rep.



**Miriam Dattel**  
Confederation 1&2  
Class Rep.



**Dave Malcolm**  
Tbird. 1 Class Rep.

**VACANT**  
Burnaby South Class Rep.  
Volunteer Needed

**VACANT**  
Secretary  
Volunteer Needed

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

### F.I.T.T. Calendar of Events 2014

Month	Event	Location
June	Discovery Days	Burnaby Lake Park
June	Hats Off Day	Hastings Street
August	FITT BBQ	Confederation Park
September	Rhythm of Life	Burnaby Lake Park
September	FITT Golf Tournament	Central Park Pitch & Putt
December	Christmas Pot Luck	Bonsor Centre

### 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.



### Community Safety and Crime Prevention Awards - 2013

#### Anthony J. Hulme Award of Distinction – Lifetime Contribution

(from the 2013 Community Safety and Crime Prevention Awards program)

The Anthony J. Hulme Award of Distinction honours a crime prevention practitioner, volunteer, or group for their extraordinary lifetime contribution and commitment to crime prevention and community safety.

David and Mary Gates of Burnaby, B.C. (2013 recipients)

David and Mary Gates have promoted community safety in Burnaby since the early 1980's and were the first Block Watch captains in their neighbourhood in 1982. They have both served 32 years each as Block Watch captains, 15 years with the Burnaby Citizen's Crime Watch, seven years with the bait car program and two years with the Speed Watch program. In addition, they have collectively served 15 years as front-counter volunteers at the Southwest Community Policing Office and 14 years with the Southwest District Community Policing Advisory Council.

David served two years with Crime Free Multi Housing and two years

with Operation Identification. Over the years, they have participated in numerous ICBC initiatives such as distracted driver surveys, pedestrian awareness campaigns, Operation Red Nose, and helped locate stolen vehicles through the Stolen Auto Recovery System.

David and Mary have been involved in several other community safety initiatives including volunteering as "citizen models" for RCMP recruitment posters, attending numerous crime prevention volunteer training sessions, and contributing to best practices for community safety in Burnaby. David worked with the Burnaby RCMP to promote the Crime-free Multi-housing Program, which led to the formation of Managers Against Crime group in Burnaby. David and Mary value citizen engagement and attend local safety forums where residents have a chance to voice community safety concerns. They also regularly encourage neighbours to report suspicious activity and to connect with each other. Their long-term commitment to Block Watch and other volunteer efforts speak to their determination and dedication in building safer communities.

David Gates is a member of the Bonsor 1 Healthy Heart exercise group. Well done David and Mary in keeping us safe!

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### Benefits of being a FITT Member

For \$10 yearly membership fee you get many benefits.

Being a member of the FITT Cardiac Association benefits you in assisting with the payment of:

- the production of the quarterly FITT Chronicle Newsletter
- the FITT Cardiac Association operating costs for mailing, paper printing and the like
- the association to send get well, sympathy, thank you cards to members
- FITT on your behalf to provide small tokens of appreciation to staff and other deserving people for their contribution to our Healthy Heart Clinics
- the rental of Bonsor Community Centre for our Annual Christmas Pot Luck Dinner as well as the cutlery, plates, coffee etc needed for this
- AGM expenses – rental and refreshments
- the FITT brochure which is available to the general public medical community
- the production of suggested projects such as the Exercise Book
- Raising awareness in the community about heart disease, including Burnaby Discovery Days, Burnaby Hats of Days, Rhythm of Life Race, and Hearts on the Mend program
- FITT's ability to contribute where possible to the replacement of old equipment at the community exercise classes
- Facilitates collection of your monthly exercise fees and delivery to the hospital

This is a lot of benefits for your \$10 annual fee.

Please support the association in whatever way you can.



## President's Report

Hello everyone and welcome to a new year with the 2014 Board of Directors.

FITT members and participants are people dedicated to maintenance, sustaining and championing of a healthy life style through regular exercise and healthy dieting.

Our current participants, who number over 200 participate in bi-weekly exercises in 8 different classes in 5 different locations.

In the past year the FITT CARDIAC ASSOCIATION took part in many successful events- all powered by a willing group of directors and volunteers.

As the year unfolded we were met with some challenges but were able to persevere and successfully work through all of them. We are looking forward to more challenges in 2014

Our goals for the coming year are many:

- We will continue to focus and promote the expansion of maintenance classes, working closely with Healthy Heart and the Fraser Health Authority. ( although expansion of maintenance classes in Burnaby is not currently on their mandates for 2014)
- Find strategic partners to help our cause. With Minetaro Naruki-van Valzen's help we have started communications with the North Shore Cardiac Rehabilitation group to share common interests and solutions for our association.
- The Constitution Committee will review and suggest appropriate changes to our Constitution to better fit our association.

- The size of our board will be looked at as it was brought up at our AGM.
- Use our new computerized computer system to more accurately reflect our income and expenses by project.
- With the help of many volunteers we are finding ways to help the Burnaby Hospital Foundation fund Healthy Heart Initiatives.

Of course other events occurring throughout the year are also worthy of note:

- Bowling Night
- Heart and Stroke Big Bike
- Rhythm of Life
- The Summer Barbeque
- Golf Tournament
- The Christmas Pot Luck
- Many individual Class events.

On a sad note we do have one retiring director after 12 years of service - Lloyd Younker of Burnaby South. We wish him well and thank him for his years of contribution to FITT.

We are also currently looking for a representative from the Burnaby South class and a secretary for our FITT Cardiac Association board.

If you would like to get involved and experience the intricacies of a board working for you, this is the time to get involved and volunteer.

If you are interested please contact myself or any of the Board members



## Welcome ! Minetaro

Naruki-van Valzen



Min has recently become a Manager for Cardiac Services for Fraser Health, but he has been working in the area of cardiometabolic disease prevention and management since 1998.

After completing his Master's research at UBC, he worked in the healthy heart program at St. Paul's and Burnaby hospitals. He then helped to develop the Lions Gate Cardiometabolic Program, and the Vancouver Coastal Health Community Happy Hearts Program.

He has several published abstracts to his name, has lectured at UBC, SFU, BCIT and has presented at several conferences on exercise and cardiometabolic health.

In a past life he was also a professional cyclist, and has represented Canada at several major international bicycle races.

## Photos from the AGM





**Robert Kazuo Yamaoka** (Bonsor 2) April 11, 1937 - March 1, 2014



Affectionately known as the "Tomato Man" for his legendary tomato plants. He was a member of Bonsor 2 Exercise class for many years. Bob passed away at the age of 76 years following a courageous battle with cancer. Bob loved good conversations, fishing, gardening, bowling, Chrysanthemum Club, Nikkei Centre and playing slots at the casino.

**Herbert Thomas Kirk** (Confederation 2) December 28, 1932 – February 25, 2014



Due to a number of health issues, Herb passed away on February 25, at age 81. His leisure time was spent curling and golfing and cruising the BC coastline. His hobby was restoring Model A Ford vintage cars. He belonged to the Pacific Model A Club and Totem Model A & T Club. A donation to the BC Heart & Stroke Foundation or BC Cancer Society would be appreciated.

### Healthy Heart Bowling Fun Night

The FITT Healthy Heart Bowling Night on Valentine's day was well attended (24 for dinner at Earl's and 27 bowling at The Old Orchard Lanes).

The bowling committee chaired by Tom Scott and help from Ev Harris did a great organizing job and everyone enjoyed a social evening of fun and exercise.

Thanks to all of those that brought goodies to keep our energy level up for the evening. Special thanks to Tech on Site and Earl's for donating many prizes as they were greatly appreciated.

The IOC was not there to do any drug enhancing tests as Wally Kloeble bowled a 201 game for high score! Cindy Fenotti had the lady's top score. The big 50/50 winner (over \$50 ) was Vivian Ricky.



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### Your F.I.T.T. Chronicle Committee

Bill Rettinger      Chairman  
David Malcolm      Member  
Lloyd Rapchuk      Member  
Ilario Galano      Member  
George Kawaguchi      Member