

## 16th Annual Rhythm of Life Walk/Run

The Rhythm of Life (ROL) is more than just a walking/running event, but an event that brings awareness to Heart Disease and celebrates cardiac exercise.

16 years ago, a group of Healthy Heart patients (F.I.T.T.) and instructors from Burnaby Hospital organized and ran the ROL event in Burnaby. The Burnaby Hospital Foundation, took it over, but decided to drop this event. It did allocate seed money to F.I.T.T. to host the event for 2014. Fortunately, we hired Michael Campbell Burns as our event coordinator. The Steering committee (Michael Campbell Burns, Minetaro Naruki-van Velzen, Peter Matino, Doug Maruno, and George Kawaguchi) worked with



our Healthy Heart volunteers, FITT Board, the Running Room, and corporate sponsors to keep the ROL event alive.

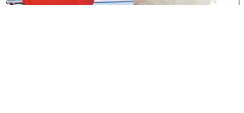
The event was attended by over 250 registered participants and we want to thank all of them for

their contribution and support. The event was kicked off by Mayor Corrigan and MC'ed by Minetaro and our very own Global news anchor weather person, Yvonne Schalle. She also delivered our day of

sunshine to keep us all smiling, happy and dry. Music was provided by Freedom 95 (none



other than one of our Bonsor 55+ Senior centre staff, Don Doyle).



Thanks to our Local sponsors: Running Room, Cardiac Health, Burnaby Hospital Foundation, Price Smart Foods, Burnaby Now, Milani, Happy Water, Burnaby Firefighters, Savemore, Ethical Bean Coffee, Saucony, King Island, Hemlock Printers, Global News, Freedom 95 Band, F.I.T.T.



membership, United Flower Growers, Norman Chin, Burnaby Hospital Cardiac Rehab. Unit, and the City of Burnaby. Special thanks to Doug Maruno and the volunteers from Bonsor 2 Exercise class, Peter Matino, George Kawaguchi and Minetaro Naruki-van Velzen for all the work during run day, for without their help and commitment, we could not have pulled this off. The profit raised from this event will go towards the FITT Healthy Heart Maintenance program and for staging the ROL in 2015.

Submitted by George Kawaguchi

### Inside This Issue

ROL walk/walk	1
ROL Photo Collage	2
FITT Golf Tournament	2&3
FITT BBQ Picnic	3
From Ash . . .	3
Lloyd Younker Tribute	4
FITT Survey Results	4

[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.



# Rhythm of Life Photos



Healthy Heart Golf Tournament Report – Sept 14th, 2014  
Central Park Pitch and Putt Golf Course hosted twelve bright and eager HH golfers. The weather did not disappoint as the sun's



rays beat through the beautiful wooded park setting.



We had repeat winners as Fran Malcolm and Doug Maruno won the Ladies and Mens competition.



The lunch and awards reception was held at the Metrotown Firefighters' Club.





Thanks again to all the attendees and to the following for donating the prizes:



Bryon Sinclair, Joe Singh, Al Tumon / Crime Stoppers,

Doug Maruno, and Kelly at the Firefighters' Club.



Submitted by Golf Committee:  
(Bryon and Doug)

## 2014 Summer BBQ Picnic Report

FITT held its 2nd Annual BBQ Picnic on August 6 at Confederation Park. The weather was perfect as was the location. The site was



ideal as it provided both shade and sunny areas. Our thanks to Real Canadian Superstore for the donation of a \$75.00 credit towards

the purchase of great burgers and



the purchase of great burgers and



hot dogs. Based on all the positive



feedback, everyone enjoyed the food.

The potluck side dishes brought by the attendees were especially diverse and tasty! Bill Rettinger had to do another quick grocery shop to replenish our burgers and hot dogs as our confirmed attendees of 65 was exceeded by an additional 25 members, their family and friends. Once again, our chefs, George Kawaguchi, Lloyd Rapchuk, Al Mancer and Ed Black,



cooked up delicious burgers and dogs. Thanks to Ed and Jeannie for coming early to help set

up. Thanks to Ilario Galano, we



were very fortunate to have two large BBQ's delivered to keep up with the big appetites of our group. It turned out to be an en-

joyable event for all attendees and we look forward to next year's event.



Please let your class representative know if you have any suggestions for your annual FITT BBQ Picnic. Thanks to all that attended and supported this year's

FITT BBQ Picnic.



## From Ash...



Thank you for letting me join in on your Healthy Heart Classes and events. I will miss all of you and

hope to see you in the near future. Follow me on the pads.ca website as to my progress.



## Lloyd Younker Tribute

Thanks go to Lloyd Younker for his service with our FITT Organization. Lloyd was "appointed" as Burnaby South representative at the AGM in January 2005 and attended his first Board Meeting on February 10, 2005. Lloyd retired from the FITT Board of Directors in 2013 after serving 8 years representing the needs and concerns of his Burnaby South exercise class.



Lloyd on a machine at BSSS.

Lloyd has been volunteering in the community for the past 50 years working with youth in the SBMC organization's soccer and baseball program as well as serving on their committees and Board.

Thank you for your many years of community service and commitment to the Healthy Heart program.

## FITT Survey/Questionnaire - 2014

Thanks to all of you that participated in the FITT survey that was conducted in May of this year. The response rate was better than the turnout to Federal political elections!

The winners of a \$15 Tim Horton gift certificate (Available through your class representative) are:

T. Needes -Thunderbird 1

D. Cascon -Bonsor 1

G Sheppard -Champlain

L Bittante -Thunderbird 2

J. White -Bonsor 2

M. Dattel -Confederation

The following is an interpretation and analysis of the survey:

**FITT EVENTS:** The response for ranking the five major FITT events was evenly distributed on how you viewed the importance of these to you. Although the Christmas Potluck was ranked the highest overall, the proportion response between the low and high categories was not really significant. Class initiated events were usually ranked higher by the event that the class was sponsoring and usually a higher attendance rate by those members.

**FITT BOARD OF DIRECTORS (B.O.D.):** Rating of the B.O.D. was somewhat favourable for meeting expectations but a somewhat high

response of 25% that they didn't meet expectation signifies there is still work to be done. More communications from the B.O.D. to the general membership needs improvement.

**IMPORTANCE OF FITT ACTIVITIES:** The feedback from the membership ranked the following FITT activities as important to them (in this order); class collecting of fees, then liaison with Burnaby Hospital and finally the quarterly FITT Chronicle.

**VOLUNTEERING:** A small percentage of the respondents showed little interest in knowing more about volunteering and a majority responded with "NO" when asked if they would volunteer.

The overall impression is that the membership is satisfied with FITT's role in the Healthy Heart program. However with changes to the Healthy Heart maintenance program and the absence of Fraser Health and Burnaby Hospital's role in the future, more volunteer effort will be required by the FITT membership in order to sustain the current model.

Our hope is that we can partner with the City of Burnaby to provide the same level of service that the members receive today.



**JENS MARTINICK**

**778 888 5073**

**jens@redfoxroofing.com**

**633 EAST 4<sup>TH</sup> STREET, NORTH VANCOUVER, BC V7I 1J9**

### METAL STRUCTURES

Garages — Carports — Boat Covers — Custom

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

Phone # 604-230-2635 Fax # 604-593-7638



Ken Harris