



Welcome to the New Year 2015

Firstly, to let you all know the reason for the delay in the publication of this edition of the Chronicle is that the dates of many of the holiday functions occurred late in the month of December.

We accomplished many things for our members in 2014. We have also had some changes in our directors which added a bit of a learning curve for our board.

A recap of our year follows:

* We continued the 50/50 draw

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in Bonsor 1 and 2 which provides an interest for our members and helps to raise money for FITT activities and to meet our operational needs - special thanks goes to our coordinators of the 50/50 draw in our 2 big classes.

- Christmas Pot Luck continues to be a successful event – thanks go out to Bryon Sinclair and his team from Bonsor 2.
- The second BBQ event at Confederation Park saw 100 plus people in attendance who enjoyed the summer activities. This popular event will be repeated in 2015. Lots of food was available from FITT Cardiac Association with participants bringing salads and appetizers. The minimal charge of \$2.00 for members and \$3.00 for non-members was exceptional pricing.
- Our bowling event in February was a big success. Plans are already underway to repeat the event in 2015. This will be the 6th year that the tournament has been organized by Tom Scott.
- The FITT Chronicle is doing well with regular publication. New members have joined the committee to ensure we continue to pro-

duce a top-notch newsletter. It would be helpful if input could be provided by all classes.

- The Golf Tournament was well received this past year with many classes participating in this annual event organized by the Bonsor 2 class – Doug Maruno and Bryon Sinclair.
- The Bonsor 1 Christmas breakfast was a big success again this year with a full house at the Lions Club. Special Thanks goes out to David Gates for his procurement of use of the club and of course the fresh food.
- Other class events are also doing well, and it would be great to read about them!
- Christmas Breakfast at the Hilton sponsored by the Burnaby Firefighters was attended by many of our members who helped collect Toys for the Burnaby Christmas Bureau.
- Many Healthy Heart members participated in the Heart and Stroke Big Bike Ride. In spite of Captain Ilario's absence in Europe, assistant Co-Captains



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.



George Kawaguchi and Bill Rettinger of the FITT Heart Beats along with Captain Pete Matino of the Heart Menders from the hospital raised over \$10,000 for the Heart and Stroke Foundation. It is hoped that this amount will be bettered in 2015.

- The SPC committee was formed with the announcement of Fraser Health's plans to alter the model of our current maintenance program in the coming years. Our Strategic Planning Committee is continuing to look at and evaluate ways that the program can be strengthened in the future. Our mission is to see that the program will exist as it currently stands or better by ensuring our standards are not compromised.

- The organization of the Rhythm of Life event in 2014 was transitioned from Burnaby Hospital Foundation to the FITT Cardiac Association. The Healthy Heart Program hopes to benefit from some of the money raised. FITT members provided volunteers to support this great event, which was appreciated by all.

- Many of our members were not sure what the board did or decisions that were made. To this end we created a BOD COMMUNIQUE which summarizes the board discussions for our representatives to read and post in each class.

Last but not least I would like to extend special wishes to our unsung heroes – our volunteers

(often behind the scenes) that make our events – small or big – as successful as they have been in 2014. If you have not volunteered before think about it for the coming year – participation is what makes your Association a success for everyone.

You'll find all the news that's fit to print in the FITT Chronicle.

Ilario Galano

Doug Maruno, Person of the Year, receiving his award from the President Ilario Galano



Alan Blackwell receiving the Long Service Award as Director on the FITT Cardiac Association Board

Peggy Yue receiving the Long Service Award for helping the board.



Left to right: Andre Van Rooi, Peggy Yue, Ilario Galano and Miriam Datell

2014 CHRISTMAS POTLUCK

2014 marked the celebration of the 15th Anniversary of this established “sustainable” annual event. This is a really amazing accomplishment and in some ways is comparable (in a smaller way of course) to the record setting Agatha Christy's play, “The Mousetrap”, which has become the longest running play in theatrical history – 63yrs. (which must be reasonably close to 15 colonial years???)

It is really more amazing when you consider the people who support Potluck dinners and draws. People who have no compunction about bringing their own food to share with others, buying raffle tickets to vie to win gift basket hampers donated by each exercise class, (which they contributed to for their class purchase), and to win part of the annual 50-50 draw, and to support the FITT/Healthy Heart organizations. These are charitable people who have fun, participate and are greatly appreciated.

It should also be pointed out that the continued leadership of Bryon Sinclair, and his experienced Bon-sor 2 crew that make time and effort for set-up, organization and clean-up to make the Potluck an experience to be remembered by all attendees. Kudos and thanks.

The dinner also provides the opportunity to honor individual and group awards to those FITT members for reaching certain



milestones. Ilario Galano presented the annual FITT BOD's award for "Person of the Year" to Doug Maruno. Doug has long been involved in putting together the annual golf tournament, chairing the Rhythm of Life Run (especially this year when FITT and Healthy Heart took over the operation of the run).
 Congratulations

The Hospital Healthy Heart group annually presents plaques to those FITT members who reach 15 years of participation in the program.



This years presentations were made to the following ten individuals: Kath Conolly, Bill Rettinger, Bud Godding, Doug Maruno, Don Hayes, Harry Mander, Maria Motto, Bryon Sinclair, Norm Grosser, and Joe Singh.



Thank you all for participating in this most successful venture and making the event into an "Annual Institution"

Winners of the gift baskets and door prizes are too numerous to mention here, and seemed to have been distributed fairly

equally among exercise classes. (although it seemed that a lot of husbands would be receiving Dremel or other mechanical items for Christmas!!!!)

This year's \$100 winners of the



50-50 draws were: Gordon Sheppard, Vivian Rickey, Wally Kloeble, Kath Conolly, and Ervine Ciccone. Congratulations!



Thanks need also to be given to the those donors who supply items for prizes, now and in the future, such as Sam and Roshan Punjani , Al Tummon, and Sally Sheppard, whom we missed thanking last year.



Lowering Blood Pressure by Reducing Stress

To prevent and to treat high blood pressure, the Harvard Health Beat recommends that we adopt strategies that will reduce our level of stress, and suggests seven such strategies:

Get enough sleep. A good night's sleep will help our mental alertness, our energy level, and our physical health.

Learn relaxation techniques. Reduce stress with meditation, deep breathing exercises, or yoga.

Strengthen your social network. Come to Healthy Heart, and enjoy friends and coffee afterwards!

Resolve stressful situations if you can. Negotiation skills can help to resolve difficult issues in a positive way.

Nurture yourself. Treat yourself to a massage, go for a walk, or listen to favorite music.

Ask for help. Spouse, friends and neighbors can help in solving difficult problems.

Lowering stress, along with maintaining a healthy diet and getting regular exercise, can contribute to lowering our blood pressure as well as adding to our enjoyment of life.

From the Harvard Health Beat, submitted by Maureen Baker and Bob Rentz



WOW !!! Gears and Beers Is Still Alive

2014 marks the 7th anniversary of a group of diverse, current and previous Healthy Heart Members, spouses and friends enjoying the benefits of healthy exercise, exploration, dining and good companionship. We still meet once a week (weather permitting) on Wednesday's and target to cycle 20-40 Km per outing, and topping off the ride with food and beverages at a pub not too far off our route or a Barbie at someone's home.



The opening of new bike lanes and routes, and the use of phone GPS has greatly increased the scope of possible trips and keeping us from getting lost in offbeat areas.

Our core membership has stayed constant at 10-12 riders each trip. And yes, we are getting older (average age is now in the low 70's), and as age increases the possibility of accidents increases as well, and while we have had some horrific spills on some of our rides, enthusiasm and the adventuresome spirit remains very high. (recovery however seems to take forever)

The club also organizes one or two cycling trips outside the lower mainland area each year. In the past year, we did a 3 day cycling tour in Kelowna on the Kettle Valley Train Trestle Trail in the spring,



and then a 5 day tour of Niagara-on-the-Lake and the Niagara Peninsula in Ontario in the fall. Both trips were awesome, and as we rented bikes on both trips, the



burden of carrying and storing them allowed us to save money by using fewer vehicles. On both trips we were able to take advan-



tage of some very interesting wine tours as well as being educated about the regions and its history by some well-informed guides.

Thanks must go out to Shirley Bugyinka and her husband Frank for all the effort they put into arranging bike rentals, accommodations, and transportation during the above trips. Shirley also coordinates our local outings and varies our routes through the year to keep us enthusiastic. (she even provides free "air" on our local trips with her car's portable air pump.....so none of us can even use low tires as an excuse for not riding!!!) Without Shirley chaos would probably rule, so thanks again.

Cycling is great fun, healthy, and something everyone should experience. Lots of "interesting"



thing to see. . .

If you are intrigued at all in riding please feel free to join us as a guest or potential new member. (we have only one hard and firm dress code rule "NO LYCRA APPAREL" is allowed)

You will have fun and become much healthier in the process !



The Year in Pictures



FITT Maintenance Program Excels
 When FITT and the Healthy Heart Program at the hospital amalgamated to form our current maintenance program, few thought it would perpetuate and sustain itself into what it is now, a life line for seniors who care about each other, and themselves. We currently have approximately 20-25 participants in our current maintenance program that are over 80 years of age, and approximately more than 100 or so that

are in their early to mid-to-late 70's that are active participants. In the current over 80 group we have an active participant that is 92 years of age and a frequent world traveler. Awesome!!!! The fact that so many older seniors commit to remaining in the program is in itself a real compliment and tribute to the SUCCESS and SUSTAINABILITY of the "MAINTENANCE PROGRAM" as it currently exists. The program has developed a kind of philosophical

approach that says "I belong to the team". Over the next few issues of the Chronicle we hope to be including comments from participants as to "why" they continue in the program, and "what benefits" the program has provided. We would appreciate any comments from readers. Let's hear from you....contact your Reps by email or letter, it is important to be heard.



HOTM: Maureen Baker

HOTM celebrated its 10th anniversary at our annual lunch meeting on November 28th – eighteen people were in attendance which included a number of Fraser Health staff. I find it hard to be-



lieve we have been running this program for so long, but it is entirely due to such a great group of dedicated patient visitors and other helpful HOTM people. I ran some statistics on the pa-



tient visitors who have been with the program since “day one” and from the current list, six of us are still active, two joined in 2005, and two in 2007.

As always, if anyone is interested in joining our dynamic group – please contact me through your class



rep., or talk to a member who is



already a patient visitor. The requirements are that you go through Burnaby Hospital Volunteer Orientation, and then a training session on the cardiac care ward.



One of the testimonials.



Jim Dar Woon with Maureen.

Folder for New Members

When I started in the program in August of 1999 (15 years ago), each new member was given a folder which included a copy of the Certificate of Incorporation for the FITT Cardiac Association. Also, it focused attention on annual events such as bowling night, Hats-Off Days, the golf tournament, pot luck dinner and other relevant times for the FITT mem-

bers. There were also information folders on the FITT Cardiac Association and Fraser Health risk reduction information.

In the past several years, the folder was overlooked and not distributed to new members.

The Board of Directors has undertaken to refresh the information in the folder and update it. This is now being done and we should have this ready for delivery sometime in the New Year to new members. Anyone who wishes to give input to the design or information please let Bill Rettinger or Ilario Galano know as soon as possible.

Bill Rettinger, Chairman,
Communications Committee

HAPPY 90th BIRTHDAY

Bill Cumming

On Thursday Dec. 19th, 2014 a group of 14 members gathered to celebrate Bill Cumming's 90th Birthday at the Champlain Heights Community Centre. Bill's wife Kay



was there to take part in the celebration. At Bill's age he is an inspiration to all of us that attend this exercise group. Bill's involvement with the exercise program goes back approx 20 years. Congratulations Bill and continued good health.



Gordon Sheppard, Champlain Heights Exercise Group Rep.



Bonsor 1 Fifth Annual Christmas Breakfast

On a bright December morning, 40 some hungry exercise people from Bonsor 1 and their guests congregated at the Lions Club on Rumble St. (courtesy of David Gates a Lions director) to partake of the classes "Fifth" annual breakfast feast.

This years breakfast normal menu consisted of the usual pancakes, sausages (turkey, pork, and brats), and was complemented with "fluffy scrambled eggs".

Best breakfast in town for \$3.00



Following breakfast, draws were made. As usual, everyone in attendance won a door prize, thanks to the diligence of Ilario

Galano for soliciting the following Donor Contributors:

Canadian Tire – Ironwood; Canadian Tire – Service (Ironwood); grand Villa Casino; TD Canada Trust – Landsdowne; Can Am Auto Glass; McBurney’s Insurance – Richmond; Nissan Canada Ltd; and Alternative Business Solutions.



Major Prize winners were:

50-50 Draw: Peter Psefteas (\$200); Supplement 50-50 Draw: Lloyd Rapchuk (\$30)

Six \$50 draws were won by Bonsor 1 exercise members.

Thanks needs to be expressed to all the volunteers who helped in setting up the facility, in washing

and drying clean up, taking down and storing tables and chairs.

Most important thanks to the hardy cooks that prepared the



food which was so ravenously consumed. (and for the special treat provided by Ben Comin, again).



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Henry J. Meyer (Bonsor 1) October 19, 1929 – November 21, 2014

Henry J. Meyer passed away Friday, November 21 at the age of 85. Thirteen months prior, the doctors had given him 6 months to live, but Henry was determined to live. Right until the last week, he kept busy coming to his Bonsor 1 Exercise class. Henry was an avid participant in his exercise class, playing basketball and doing stretch exercises. He was also an avid cyclist and often joined the Gears and Beers cycling club on their outings – in town and out of town.

He will be missed by many.

A Tribute to Henry Jacob Meyer by Jim Dar Woon..

About a year ago a new chap came into out exercise group at Bonsor Recreation Centre.

This group is the rehab extension of Burnaby Hospital's Healthy Heart program. Most of the participants have had a heart related incident of some type; a heart attack, heart surgery or placement of stents to open clogged arteries or treatments for atrial fibrillations.

As the group began the usual warm up exercises, the new guy struggled with following the steps or instructions of the exercise leader because these seemed to be unfamiliar actions to him. It struck me as I watched from the back row that this guy has probably never done any thing close to exercises before. "This guy is a total klutz."

The usual routine following the warm-ups is that some of us would migrate to the next gym and start a game of half-court basketball. Now understand that none of us, except maybe one or two, are proficient players and we simply try to dribble and shoot the ball the best we can. No one is ever chided for how badly we play and when by some fluke the ball should go in the basket "Nice shot" would ring out to encourage the shooter. Henry

came out to try and play this game. It became obvious, at least to me that he had never or seldom played this game before. He had difficulty dribbling the ball, sometimes carrying the ball for several steps. His attempts to shoot the ball toward the basket were often weak as the ball seldom reached the basket and fell short. On the few occasion that the ball did reach the basket it often skipped over the rim and fell to the floor. A few times it went in and "Good shot, Henry" was the yell.

Part of the preliminary prior to playing was to get the key that operated the mechanism that lowered the basketball hoop from the rafters of the gym. Henry's enthusiasm led him to get the key and start lowering the hoop before anyone else did and he would get the ball from the storage room and be the first to practice his shooting.

During the play, Henry's attempts to be a better player were evident in the way he tried valiantly to block the person with the ball or to chase the passes across the floor and prevent the shooter from scoring. Nothing stopped him!

Can't you just see the picture!
A tall, somewhat uncoordinated scarecrow of a man, lunging towards you,

arms flailing away, yelling, eyes glaring as you try to find a way around him or to find someone to pass the ball, just to get away from his attack.

For the weeks that followed, Henry tried his best at something that I perceived as an activity he had never done before.

For a few weeks Henry did not come to exercise class and we heard that he was in hospital being treated for cancer. We in the class did not probe deeply into the ails of our new friends but shared the concerns of being a patient because most of us have been in the same or similar situation. When he returned to class we greeted him, welcomed him back and expressed our concerns and good wishes to him.

Little did we know how short the time would be. . . .

In Henry, at least in my eyes, was a man who knew how short his life would be, yet did something that was new. His attempts at being a basketball player may have been futile in achievement but very successful in the chase for fulfillment in life.

Henry, you are to be admired for your enthusiasm and willingness to try something different.



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