



Ilario Galano
President



Lloyd Rapchuk
Vice President



Bill Rettinger
Bonsor 1 Class Rep.



Tom Scott
Director at Large



Ev Harris
Tbird. 2 Class Rep.
Sunshine Cards

The New Board



For 2015 -- 2016, hard at work for you, the FITT members.

VACANT . . . Volunteers Needed
Burnaby South Class Rep.
Confederation 2 Class Rep.



Dave Malcolm
Tbird. 1 Class Rep.
Chronicle Newsletter



Karen Purdy
Director at Large
Parks and Rec. Liaison



Gordon Sheppard
Champlain Rep.



Mark Edgar
Bonsor 2 Rep.



Bob Rentz
Secretary
Treasurer



Miriam Dattel
Confederation 1
Class Rep.

Inside This Issue

Board of Directors	1
Annual General Meeting	2
FITT Maintenance Program	2
FITT Community Classes	2
IS IT SUSTANABLE ?	3
FITT BBQ Picnic	3
Sunshine Cards	3
Emma Matino!!	3
George McLean	4
Riad Abdelmalik	4
Big Bike 2015	4

www.fittnow.com

16th Annual
Rhythm of Life



RUN WALK

FITT FUNDRAISER

SUPPORT YOUR PROGRAMS

SEPTEMBER 13, 2015

BURNABY LAKE PARK

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.



Annual General Meeting

This year we had a record attendance at our AGM held on April 29, 2015.

A total of 49 members were in attendance. This was a crucial meeting and members saw the importance of attending to make sure their voices were heard and get a complete update on the future of our maintenance program. With our guest speaker Paul McDonnell and other guests in attendance we reached well over 55 people at the meeting.

We also felt that it was important to have representation from all classes and levels of interested parties.

In attendance were the following:

- Bonsor 1 class – 16
- Bonsor 2 class – 14
- Burnaby South – 3
- Champlain – 2
- Confederation 1 – 8
- Confederation 2 – 0
- Thunderbird 1 – 3
- Thunderbird 2 – 3

Obviously we could have had 100% representation. None the less we had record attendance and more members are now aware of the importance of maintaining our classes.

On a very important issue, this year is our continued commitment to administer and run the Rhythm of Life Event in the community.

Please pay special attention to this very worthwhile event happening on September 13, 2015.

THE CURRENT FITT/HEALTHY HEART MAINTENANCE PROGRAM

The following testimonial from one of our senior members personifies the success and feeling about our current program:

“In June 2000, I suffered through two major heart attacks and survived. A few months after the heart attacks, one Doctor from the Burnaby Hospital told me that my heart would not improve and that I would not get into the Exercise Program because of space.

In 2001, I finally got into the program and have been in it ever since. Off and on, I had to drop out for a while when I got a pacemaker and recently when I suffered a broken hip and had a hernia operation. Right now I am back in the program. I strongly feel that I would not be here today if it were not for this program. This summer, I am looking forward to my 89th birthday. One great plus about this program is the wonderful fellowship and exercise regimen we have with our

classmates through- out the program.” Tom Scott, Thunderbird 1

It’s nice to hear from our members about the what they think and how they rate the success of our current maintenance program, as well as the concerns about the direction the program will take if Fraser Health decides to rid itself of this sustainable and successful program. Seniors need to be heard from!!!!

THE CURRENT FITT/HEALTHY HEART MAINTENANCE PROGRAM COMMUNITY CLASSES

Day	Time	Location	Address
Monday/Thursday	7:00 - 8:15 am	Bonsor Recreation Centre	6550 Bonsor Ave., Bby.
Tuesday/Friday	7:00 - 8:15 am	Bonsor Recreation Centre	6550 Bonsor Ave., Bby.
Monday/Wednesday	4:30 - 6:00 pm	Burnaby South Sec. School	5455 Rumble St., Bby.
Monday/Wednesday	9:00 - 10:20 am	Thunderbird Community Centre	2311 Cassiar St., Van.
Monday/Wednesday	10:30 - 11:50 am	Thunderbird Community Centre	2311 Cassiar St., Van.
Tuesday/Thursday	2:15 - 3:45 pm	Confederation Senior’s Centre	4585 Albert St., Bby
Tuesday/Thursday	4:15 - 5:45 pm	Confederation Senior’s Centre	4585 Albert St., Bby
Tuesday/Thursday	2:45 - 4:15 pm	Champlain Heights Rec. Centre	3350 Maqinna Dr., Van.



Our Healthy Heart Maintenance Program . . . IS IT SUSTAINABLE?

The FITT board and its membership recognize:

- The program provides a common goal to maintain an exercise, support system and social environment for people who have completed Burnaby's cardiac program.

- The hospital staff provides a valuable resource in leading the exercise program and providing on-going monitoring and education.

- The program provides continued incentive to keep attending to maintain good health

However,

There are changes being planned by Fraser Health, Burnaby General Hospital and Healthy Heart. Fraser Health constraints and cardiac priorities will define where our program will fit in their long term plans.

The Board of Directors has taken a proactive step by setting up a Strategic Planning Committee to explore the options available to our Community Maintenance Program,

To date the Strategic Planning Committee has been at work, and currently is preparing a Business Plan of the two models that were presented at the AGM:

1. To manage and run the maintenance program.
2. To run the program in conjunction with the community centers'.

In the fall, we will be asking for a personal commitment to the proposed programs.

Any suggestion and ideas are welcome through your Class Rep. Strategic Planning Committee members:

Miriam Dattel – Chairperson
Ev Harris
Lloyd Rapchuk
Maureen Baker
George Kawaguchi
Ilario Galano

**Here ye! Here ye!
Set aside this date!**

Wednesday, August 5th, 2015

for the Third Annual . . .

FITT BBQ and Picnic!

At Confederation Park Picnic Area #1, next to Confederation Park School. (Near the intersection of Pandora St. and Beta Ave.)



Cost: \$5 for adults, \$2 for kids, please prepay your class rep. Bring snack to share: Salad, dessert, fruit, or . . .



Hamburgers, hotdogs, and fixin's provided.

Bring non alcoholic beverages
Begins at 11:00 am ---
ends at 4:00 pm . . .

SUNSHINE CARDS

FITT's mandate is to service its members by keeping up to date with current happenings in all exercise classes. . . If you know of a FITT member who should receive a card (either a "Get Well", or a "Thinking of You", or a "Sympathy" card), please phone the details to Ev Harris at: (604) 294-4227 And also let your exercise class rep. know. Thanks

Welcome Emma Grace Matino!



Born to Peter and Joy Matino at BC Women's Hospital on April 22, 2015 7lbs 15oz





George Henry Foster McLean (Bonsor 1) September 8, 1925 - May 7, 2015
 Awarded the title "Freeman of Burnaby" for his 30 years of community service, awarded the "Golden Jubilee for Queen Elizabeth" medal in 2003. "George McLean Park" in Burnaby was named to honour him in 2010. He served his country in World War II. He was a Rotary member in Burnaby, also served the Royal Canadian Legion, and the Burnaby Hospital Society. He will be deeply missed by everyone.



Riad Abdelmalik (Bonsor 1) July 9, 1926 - June 30, 2015
 He was born in El Hamoul, Egypt, and His funeral service was held at St. George's Coptic Orthodox Church. He was a member of the Healthy Heart program for over 10 years. He was a pleasant and reserved man well- liked by the class. He will be missed by friends and family and by the members of the Bonsor 1 class.

FITT Big Bike 2015

On the somewhat cloudy day of May 14 2015 Captain Ilario Galano's stalwart team of 20 riders assembled in the south west parking lot of Bonsor Rec. Centre. We had banded together to ride The Big Bike to raise funds for the Heart and Stroke Foundation. After playing several mood enhancing



games we were adorned with flow-

ered leis and given noise makers, noise makers issued to warn traffic as well as attract attention (as if we needed to). After many cheers and pictures we mounted up to depart at 10:00 am. we managed the first incline without too much problem only to be stopped by our safety person for traffic (Oh god, we got to get this thing moving again). After about 100 metres our first traffic light was encountered: RED of course. Right turn onto Central Boulevard and away we go . . . oops another RED light. After getting going again, we traveled along Central, then right onto McKay to Kingsway, then along Kingsway to Nelson. Next, right onto Nelson, and, right

onto Bennett and we had made it back to our start with all intact.

Our goal was to raise \$2000.00 at



counting at end of ride we had raised a total of \$6,700.00 unofficially as our official total was not available.

Next year we aim to double this total and recruit more riders that *#+% thing is heavy 2500 lbs before riders.



RED FOX ROOFING

JENS MARTINICK
778 888 5073
jens@redfoxroofing.com
633 EAST 4TH STREET, NORTH VANCOUVER, BC V7I 1J9

METAL STRUCTURES
Garages — Carports — Boat Covers — Custom
www.protecmetalstructures.com
Phone # 604-230-2635 Fax # 604-593-7638



Ken Harris
PRO-TEC SHEET METAL INC.