



**2015 Rhythm Of Life
 September 13, 2015**

This year's annual "Rhythm of Life Run / Walk" took place on a sunny and windy Sunday morning, September 13, 2015 at Burnaby Lake Park. We had approximately 300 participants including volunteers and sponsors. It was made possible thanks to the generous "Community Grant" from the Burnaby Hospital Foundation. We had a live band, stage, MC, plenty of food, Mayor of Burnaby, and lots of other goodies.

Dedicated volunteers known as the "Run Committee" worked hard

to make this year's event a success. The Run Committee is mostly made up of Healthy Heart Participants (Doug Maruno, George Kawaguchi, Maureen Baker, Ilario Galano, Albert Tom from the FITT Cardiac Association), Healthy Heart Staff (Peter Matino and Janice Schoneville), and an Event Coordinator (Michael Campbell-Burns).



Event Sponsor: Burnaby Hospital Foundation provided the Community Grant to have the event. **THANK YOU** Burnaby Hospital Foundation!!!



Other Sponsors were all "IN-KIND" and included: Burnaby Hospital Healthy Heart Program, FITT Cardiac Association, PriceSmart Foods, Running Room, Hemlock Printers, SaveMore Plumbing and Fixtures, Burnaby Now, Happy Water, Freedom 95 (musicians), Norman Chin and United Flower Growers,



Global News, Ethical Bean Coffee, Penske, Yaletown Photography,

We are very happy with the number of participants that came out to make this event a success in promoting com-

munity awareness. We hope to continue to grow in numbers and in funds being raised. The proceeds from this event will be used to help develop and increase access to "Community Healthy Heart Exercise Programs".

Thank you again to all our Sponsors and Volunteers for making this event a success.

We hope to see you all back next year.

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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.



More Rhythm of Life Photos

Does Our Emergency Health Care System Work?.....Yes It Does!

We have all read stories complaining about the health care system and their workers. This is a story about the system working and working well, when you really need it.

“On Wednesday, July 29, I had a heart attack. Being human, I ignored the signs and carried on, with some difficulty doing the things I usually do. On Thursday I went to my exercise class but did not exercise, I reported to the nurse and sat the whole time. Later at home, I took a short nap, woke up not feeling well and decided to go to the hospital and get things checked over. My daughter took me to emergency at Burnaby Hospital arriving there about 10:25AM.

Inside, the doctor took a blood sample and told me to just sit and wait for the results. At 10:35AM he came back and said “You’ve had a heart attack, the blood test confirms this and we have already made the arrangements to transfer you to Royal Columbian Hospital for further procedures”.

Well the ambulance paramedics were right there, whisked me out to their vehicle and off to RCH. They told me that they needed to

put the sirens on because the situation was urgent and that we would be on the freeway. Off we went.

We arrived at RCH in what I thought was a very short time span, through the doors, passed the people in the emergency room, down the hall, and into the elevator to the catheterization lab.

In the lab there must have been seven or eight nurses and doctors there, all gloved, gowned and masked ready to get to work. Before I could answer the questions to confirm my identity, a nurse was already shaving the critical areas to prepare giving me an injection to freeze the areas.

They poked and probed a little; it hurt a little, similar to the injection at the dentist. I could feel them pushing things at me but could not see well from my flat on the back position. Later I was told they did an angiogram, located a blockage in one of the by-passes I had in 2001, put a stent in to open the blockage and then let things settle in. My heart rate was low, 47, so they decided to connect me to a temporary pacemaker. After a few sutures and lots of tape I was done here.

I was transferred to a room on the cardiac floor; it was 1:50PM.

From the emergency room at Burnaby Hospital to the room at Royal Columbian it took 3 hours and 20 minutes.”

Who says the System Doesn’t Work? It did for me, and thank you for making it happen this way.

By Jim Dar Woon



Jim is a participant of The Burnaby Healthy Heart exercise program. He has been exercising in

the community based maintenance program for more than 10 years after graduating from the hospital based exercise program in 2002.

He has been an active FITT Board member and avid volunteer and participant of the annual Rhythm of Life Run/Walk that takes place at Burnaby Lake.

Jim’s recent experience has led him to share the article above and help improve awareness of a heart attack, and to encourage you to come out and support the 1 km walk, 5 km run/walk or 10 km run.



2015 F.I.T.T. ANNUAL BBQ Picnic

In early August of this year, FITT held its 3rd Annual Barbecue Picnic. Once again, the event took place at Confederation Park Picnic Area #1, next to Confederation Park School.



What was unusual this year was the weather, which in the past had cooperated and provided sunshine and warmth and this year decided to suddenly become contrary and dish up a damp and windy day. Regardless, some 55 adults (members,



families, friends, and healthy heart hospital staff) and a half dozen or so children showed up to brave the elements and enjoy the amenities and good food and the camaraderie of a successful barbecue.



The inclement weather actually provided a bigger positive rather than a negative. The conditions forced people to congregate into the cooking area for protection and warmth. This in turn brought people together

and provided an opportunity to meet members and families from other classes, and open conversations on different topics which might not have been the case otherwise.



Trusty cooks (Al Mancer, George Kawaguchi, Ed Black and Lloyd Rappchuk) provided the participants with hardy appetites all the hamburgers, hot dogs and fixin's necessary to keep up their energy levels (added to this was a wide assortment of salads, desserts, appetizers and side dishes provided by attendees). As a matter of record the area where the barbecue was located proved to be the center of congregation. (perhaps because of the warmth and close proximity to the food ????)

Thanks needs to be given to Karen Purdy for once again obtaining permits for the park and her early morning work setting up of signage and designating the area for the barbecue. Kudos also must be given to Bill Rettinger who once again surpassed himself in providing the food (quality, quantity, fixings) and other amenities so necessary for a successful barbecue. (Veggie burgers and hot dogs were also available - another FITT first.)



Thanks also to Ilario Galano for arranging, picking up and returning the large barbecue to Burnaby City Hall. Thanks also to all the hearty attendees and their friends who made the event such a success in spite of the conditions. Thanks also to those who provided salads, desserts etc. to accompany the main courses of hot dogs and hamburgers.

2015 Healthy Heart Golf Tournament Report

On a beautiful fall day in October, thirteen golfers, some better than others, tried their best at Central Park Pitch and Putt. Men's and women's low score went to Bob Jones (61) and Fran Malcolm (83), respectively. The team with the lowest score went to Bob Jones, Mark Edgar, and Bryon Sinclair. Closest to the pin also went to Bob Jones who was obviously the one to beat! Closing out the round were Bill Conolly and Jeannie Felche with the high score honours!

Next was lunch at the Burnaby Firefighter's Club where we were joined by guests Maria Motta, Marianne and Norm Grosser.



Thanks for the generous donation from the Firefighters Club - each player received a prize of their choosing.

Special thanks to Doug Maruno for organizing the event.

I hope the Healthy Heart members and their guests will attend next year's event.

Submitted by Mark Edgar



Corn, Edamame and Quinoa Salad with Lemon-Dijon Vinaigrette



Recipe from the FITT BBQ Picnic submitted by Tracey Belsey

Yield: About 7-8 cups

Ingredients:

QUINOA:

- 2/3 cup water
- 1/3 cup quinoa (optionally – use 1 full cup quinoa)

SALAD:

- 3 cups frozen corn
- 1 16-ounce can black beans
- 1 1/2 cups frozen, shelled edamame
- 1 cup chopped red pepper
- 1/2 cup chopped cilantro
- 6 green onions, chopped
- 4 garlic cloves, minced

VINAIGRETTE:

- 6 tablespoons lemon juice
- 1/4 cup reduced-sodium soy sauce

- (we use Kikkoman Less Sodium Soy sauce)
- 2 tablespoons smooth Dijon mustard
- 2 tablespoons olive oil

PREPARATION:

Place water and quinoa in a small saucepan and prepare according to package directions (which will probably indicate that you will bring them to a boil and then simmer, covered, for about 10-15 minutes or until the water is absorbed). NOTE: If your quinoa is not pre-rinsed, then before you add it to the saucepan, you will need to rinse it in a sieve, swishing it with your fingers until the water runs clear.

Meanwhile, in a colander, rinse and drain the corn, black beans and edamame, just to wash away the liquid from the beans and help the edamame and corn to begin thawing. Transfer to a large mixing bowl.

Add red pepper, cilantro, green onions, garlic and prepared quinoa.

To prepare the vinaigrette, combine lemon juice, soy sauce, mustard and olive oil in a medium bowl. Whisk well to combine and then pour over vegetable mixture. Chill for an hour or two before serving to allow the flavors to combine.

More Golf Photos



Your F.I.T.T. Chronicle Committee

David Malcolm	Chairman
Bill Rettinger	Member
Lloyd Rapchuk	Member
Ilario Galano	Member
Bob Rentz	Member

NEXT F.I.T.T. EVENT

Christmas Potluck Dinner
Wednesday December 9, 2015



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