



Lloyd Rapchuk
Interim President



Ilario Galano
Past President



Albert Tom
Treasurer



Bob Rentz
Secretary



Bob McMillan
Vice President
Bonsor 1 Class Rep.

The New Board



For 2016 – 2017, hard at work for you, the FITT members.

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



Mark Edgar
Bonsor 2 Class Rep.



Miriam Dattel
Confederation 1 Class Rep.



Dave Malcolm
Tbird. 1 Class Rep.
Chronicle Newsletter



Ev Harris
Tbird. 2 Class Rep.
Sunshine Cards



Gordon Sheppard
Champlain Rep.

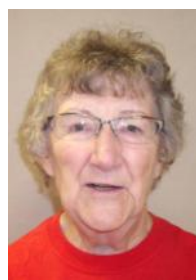


Karen Purdy
Director at Large
Parks and Rec. Liaison

Inside This Issue

The New Board for 2016	1
2016 Rhythm of Life	1
Interim President's report	2
Spotlight Lone Smith	2
2016 Barbeque Picnic	2
Kushiro Cup Award Winner	3
Upcoming 2016 Events	3
Alan William Poole	4
15 Year+ Awards	4

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Maureen Baker
Director at Large



Ed Black
Director at Large

Rhythm of Life

10km Run & 5km Family Fun Walk



SEPTEMBER 11, 2016 - MARK THIS DATE ON YOUR CALENDAR FOR THIS YEAR'S RHYTHM OF LIFE EVENT. THE MONIES RAISED WILL BE FOR BURNABY HEALTHY HEART. FITT NEEDS YOU, YOUR FAMILY AND FRIENDS TO PARTICIPATE AND/OR VOLUNTEER FOR THIS FUN AND WORTHWHILE EVENT. CHECK OUT THE WEBSITE

healthyheart.ca for information and registration.

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.



2016 F.I.T.T. CARDIAC ANNUAL GENERAL MEETING INTERIM PRESIDENTS REPORT

The Annual General Meeting was held on March 16, 2016 at the Confederation Seniors Centre, 4585 Albert St. in Burnaby. At the time of this writing F.I.T.T. still has 8 exercise classes (the same as last year), and 10 committees.

The upcoming year (until the next AGM) is going to face some unusual

problems; such as Fraser Health disassociating itself from a very successful maintenance program that has been so successful for more than 17 years; to altering our FITT constitution to meet the requirements of the new Not-for-Profit rules as outlined by the province; as well as the changes to the constitution that will be necessary for FITT to continue its current service to a deserv-

ing membership. So, if you as members can participate in any way or form make this known through your Class Representative or directly to a board member, including myself, to see if we can move forward together.

Lloyd Rapchuk, Interim President

**Ione Smith Bonsor 2
FITT's Oldest Member**



A former office worker in the pre-computer era, Ione is 94 years young, still drives her car, and recently installed her daughter in the basement suite of her house, thus enabling her to continue her world travels with friends to destinations such as China, Thailand, Singapore, Scotland and Spain, secure in the knowledge that her place would be safe from intruders during her absence.

She has been playing bridge with her friends for over 30 years and still enjoys duplicate bridge twice a week.

Ione always looks forward to working out with her Healthy Heart pals and joining them for coffee at the Seniors' Centre afterwards. Recently, after a hiatus of several years, she re-joined the "Spanish 102" class upstairs after our workout. The instructor asked if anyone remembered the Spanish word for "soul", and Ione immediately replied "alma". The instructor was amazed, but I don't know why. Anyone who knows Ione knows she has a mind like a steel trap. She and her friends regularly attend Tea and Trumpets and the Symphony Series, as well as having season tickets to the Arts Club Theatre. Ione does the driving—of course!

Fourth Annual FITT BBQ PICNIC

When: AUGUST 10th, 2016

Time: 11:00 AM – 2:00 PM

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

Bring snack to share: Salad, dessert, fruit, or . . .

Hamburgers, hotdogs, and condiments provided by FITT.

Bring non alcoholic beverages.

Starts at 11:00 am

Costs:

Adult: \$5.00 / person

Children: \$2.00 / person

PLEASE REGISTER WITH
YOUR CLASS REP BY AUGUST 3RD



BBQ Chefs happily working



**F.I.T.T. Member Named
Citizen of The Year**



George Kawaguchi, of Bonsor 1

Each year the City of Burnaby recognizes an individual that has over the years provided volunteer services and set themselves apart by selflessly participating in a number of management roles.



This year, the **Kushiro Cup Award as Burnaby's 2015 Outstanding Citizen of the Year** was presented to **George Kawaguchi, of Bonsor 1.**

PROFILE

Lived, studied and been a volunteer in Burnaby for many years. Married with two older children who were also raised and educated in Burnaby

VOLUNTEER

He started in the 70's coaching at the South Burnaby Men's Club and progressed to become the president. He was instrumental in moving the club's focus to be more inclusive of women, and changing it's name to "The South Burnaby Metro Club".

He was involved with the City of Burnaby :

- Citizens' Indemnity Committee
- Commissioner on the Parks, Recreation and Culture Commission
- Director of Transportation for the 1997 Burnaby BC Summer Games
- BC Games Society Board of Directors
- 2010 Winter Olympics and Paralympic Games
- Director of Transportation for the 2012 BC Seniors' Games
- Hart to Heart Croquet Tournament, raising funds for the Special Olympics.
- M.J. Fox Theatre and M.J. Fox Annual Golf Tournament, raising funds for Burnaby Student Scholarship and maintenance of the Theatre.

OTHER INTEREST

He is a very sport minded individual with a love for dogs, family and travel.

- Pacific Assistance Dogs Society (PADS) raising, basic training and socializing an 8-week-old black female Labrador puppy 'Ash' to become a service dog .
 - F.I.T.T. Cardiac Association Board of Directors, assisting the Annual Rhythm of Life Walk/Run fund raising event.
- Co-chair of Burnaby's Big Bike Ride group for the Heart and Stroke Foundation fundraiser, driver for the 2013 Women's Esso Cup for Hockey Canada
- Bonsor 55+ Seniors Centre Board of Directors, Snooker Club.
- Congratulations George from all your Healthy Heart colleagues.

You deserve the recognition.

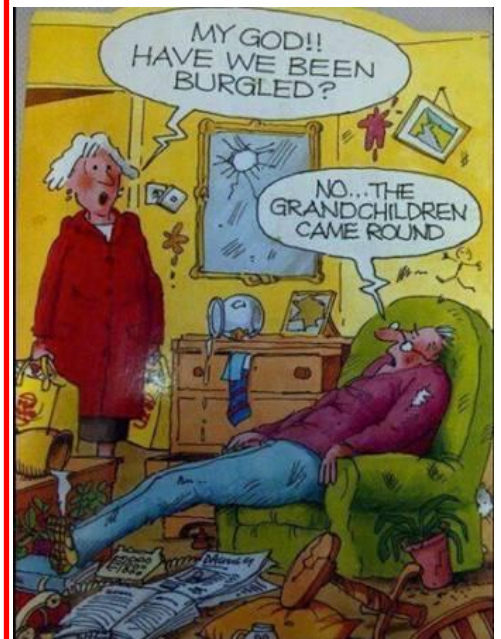
F.I.T.T. Calendar of Events 2016

August 10, 2016
F.I.T.T. BBQ PICNIC
Confederation Park

September 11, 2016
RHYTHM OF LIFE RUN AND WALK
Burnaby Lake Park

September TBD, 2016
F.I.T.T. GOLF TOURNAMENT
Central Park Pitch & Putt

December 14, 2016
CHRISTMAS POT LUCK
Bonsor Centre





Alan William Poole (Bonsor 1) September 7, 1938 – June 22, 2016
 Alan Poole passed away suddenly at the age of 77. He leaves his wife of 55 years Karen, Sons Curtis (Karen) and Ron , Grandsons Mathew and Jordan, Brothers Bob (Jennifer) and Gary (Debbie). Brother-in-law Keith (Sharon), Sister-in-law Jeannie, nephews and nieces. Alan was a great friend of many in our Healthy Heart exercise classes, the Gears and Beers cycling club and of course the Bonsor 55+ Society. He touched many lives in a positive way. He will be dearly missed by many of us at Bonsor 1.

Healthy Heart 15 Year+ Achievement Awards Participants

In the last edition of the F.I.T.T. CHRONICLE, a historical background of the success of the current “Maintenance” Exercise Program”, and the how the “Achievement Awards Program” originated was presented.

To date 32 exercise participants from F.I.T.T. have received Achievement Awards and a further 7 members from the 2001 start classes are expected to join the list in 2016.

As promised, listed below is the Name, Healthy Heart Start Date (Year), and the Exercise Class of each of these award winners to date.

(Note: the entries are arranged in order of seniority, based on the year of their start date in the program)

This list, and the dates should make a huge impression on anybody (including Fraser Health Authority, the Medical Association, and the B.C. Government) about the tenacity, perseverance , and commitment that seniors make when involved in a Healthy Heart Maintenance Program that is organized, provides an excellent exercise program, health education, as well as a social program for them.

Don Cascon	1996	Bonsor 1
Maureen Baker	1996	Bonsor 1
Valana Strandberg	1996	Bonsor 1
Shirley Randell	1997	Confed 2
John Petrie	1997	T-Bird / hosp
Bill Conolly	1997	Bonsor 2
Bruce Mason	1997	Bonsor 2
Ernie Weddell	1997	BSSS
Peter Dickinson-Starkey	1998	Confed 2
Hans Wacker	1998	Bonsor 2
Kath Conolly	1999	Bonsor 2
Bud Godding	1999	Confed 2
Doug Maruno	1999	Bonsor 2
Don Hayes	1999	Bonsor 2
Harry Mander	1999	Bonsor 2
Maria Motta	1999	Bonsor 2
Bryon Sinclair	1999	Bonsor 2
Bill Rettinger	1999	Bonsor 1
Norm Grosser	1999	Bonsor 2
Joe Singh	1999	Bonsor 2
Alex Danieliz	2000	Confed 2
Jimmy Muscany	2000	Confed 1
John Wood	2000	Bonsor 1
Henry Hasebe	2000	Bonsor 2
Karim Rehmat	2000	BSSS
Bill Evans	2000	Bonsor 2
Tom Scott	2000	T-Bird 1
Tom Needes	2000	T- Bird 1
Olga Nordahl	2000	Bonsor 1
Shirley Bugyinka	2000	Bonsor 1
Albert Raffan	2000	T-Bird 2
Lloyd Campbell	2000	Bonsor 2