

2015 Christmas Potluck

On Dec.8, 2015 the 18th annual Xmas Potluck was staged at Bonsor Recreation Center. This event continues to be one of the most successful of FITT social events, and is well represented by members from all 8 exercise classes.

Thanks needs to be given to each of the eight exercise classes who were responsible for supplying and contributing hampers for the draws. It could not help but be noticed how much improvement and professionalism that has occurred in their contents and presentations over the past years.

The Potluck food offerings were plentiful, with an exceptional variety of diverse hot and cold dishes. YUM YUM!! As usual the dessert table was responsible for creating the longest line-ups. Strange !!! As usual it was amusing to see the number of Brown Bags that would suddenly appear on tables and just as suddenly disappear. HMMMM!!!!

The traditional 50-50 draw exceeded expectations and because of this enthusiasm, buyers were able to look forward to six one hundred dollar draws (slightly more than usual). The list of hamper, doorprize winners and 50-50 draw winners are too long to list in our limited space," but congratulations to all". (Bonsor one is investigating the circumstances as to why this over friendly group was shut out of all prizes. Regardless, they advise they will try much harder next year)

This gala event also provides a platform for other 2015 FITT and Healthy Heart annual awards.

In 2011, the FITT Board of Directors created an Award to recognize individuals for their continual long, outstanding and selfless contributions to the Healthy Heart program, FITT and the community. This year's award was presented by Ilario Galano to Bill Conolly from Bonsor 2. Congratulations Bill!!!!

Also each year, representatives from the Burnaby Hospital Healthy Heart also present 15 year achievement award plaques to FITT members who are currently involved in our successful maintenance program. Sherryl Mackaay and Pete Matino made the presentations to the recipients who were present at the event. Since all thirteen recipients were not present, and due to space limitations, next quarter's Chronicle will show all past and present recipients. (See further article for details on this award and its purpose on page 2 of this issue of the current paper)

Once again, Bryon Sinclair and his merry men of Bonsor 2 volunteers deserve accolades for the very professional and cheery manner in which they hosted the event. Thanks for a superb job; this event would not be, or ever be, the same without all of you. Perhaps we should create a "Group of the Year" award.

Thanks also needs to be given to Sam Punjani and all the other many door prize donors for unselfishly supplying items for door prizes.



NOTICE TO ALL FITT MEMBERS

Notice of Annual General Meeting

March 16, 2016

At Confederation Community Centre

6:30 PM

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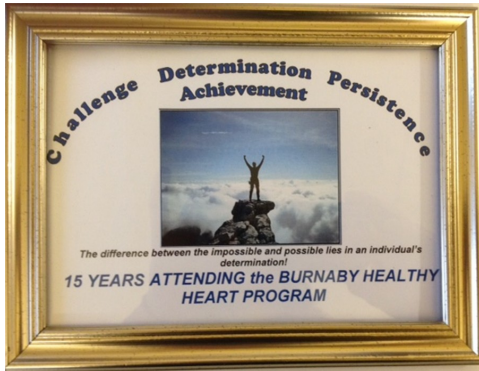
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Mission Statement

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.



Healthy Heart 15 Year Achievement Awards



Firstly, a bit of historical background, for those readers who are not sure why and how these awards originated.

A great number of years ago (too many to be remembered), a group of surviving cardiac patients decided to adopt the philosophy of the Burnaby Hospital Healthy Heart program concerning the need for exercise after primary care at the hospital and created a “maintenance” exercise model that would provide members with a program of exercise and social well-being that would benefit them in the future.

Over the years, working in conjunction with the Burnaby Hospital Healthy Heart Program, they developed a “maintenance” model administrative, and sustainable exercise and social model that has proven to be successful and has been operating for more years than competing newly developed models.

Members of the Burnaby Hospital Healthy Heart Program on review of the lengthy run of the program, felt that the dedication, commitment and persistence of the 200+ FITT members in maintaining, attending and supporting the program should be recognized.

The result was the development of the “Healthy Heart 15 Year Achievement Awards” program. These awards are presented to those FITT members who are still actively participating in the program at the Christmas Potluck each year.

To date, thirty-two FITT members have been recipients of the award. The Chronicle will include a listing of

these participants in the next edition of the paper.

In the meantime, the success of the “Awards” can provide us all with the incentive needed to make the list of award winners.

Heart AttackMissing the Signs (Stupid Human Tricks)



Jim Dar Woon

How many times have you heard “I had a heart attack and didn’t even know it”?

Well, it can happen and not many are able to write about such an event.

Last yesar (July 29, 2015) I had a heart attack, ignored the signs that my body sent out and ended up at Royal Columbian Hospital to get a stent put in place followed by a pacemaker. Three “classic signs of heart attacks occurred and I stupidly ignored all of them.

The first was tiredness or exhaustion. I can now reflect and say that for months I had not been feeling as fit as I was. The time spent on a machine at exercise was shorter than I recall before getting tired. I felt that I was tired and wanted to stop pedaling the bike and yet my heart rate was still under 85. I seldom pushed the speed past 75 rpm and the difficulty level was only 2. The day I had my attack I was attending a funeral for a friend and walking from the parking lot to the chapel I had to stop, my legs were tired, and I had to rest.

The second was chest pains or tightness. I can’t say that I had pains. What I did experience was a very heavy tightness, like the biggest case of heartburn I ever had, like a giant sized piece of food that was stuck in the middle of my chest and wouldn’t go down regardless of the water I drank to try and wash it down. There was a sensation like an elephant sitting on my chest and I couldn’t breathe.

The third was a vision thing. Following

the funeral service on a bright sunny afternoon, I was driving home when I saw the bright flashing at the bottom of my vision. I thought it was just the bright sun and I didn’t have my sunglasses on. It went away after thirty seconds but came back and disappeared again. My thoughts were ‘nothing to worry about’!

After getting home, having a nap and having my dinner I felt well enough to think “I’ll stay home, go to bed early and go to exercise class in the morning”. Getting to class was a bit of a struggle. I met a class mate on the way in and said to him that I felt tired and needed to rest a bit, ‘you go ahead’. I did not exercise but reported to the nurse that I felt tired and sat for the whole class. The nurse checked me but I said I felt okay and drove home, and had another nap. I woke feeling pressure in the chest again and decided that this needed looking into. I called my daughter to take me to Burnaby Hospital’s emergency department where they took a blood sample. The doctor came back shortly and said that I had a heart attack and that I was being transferred to Royal Columbian for further treatment.

The Moral End of this Chapter of Life is ‘**Don’t ignore the signs – When your body tells you “I NEED HELP”Get it!**’

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/participant of the annual Rhythm of Life Run/Walk that takes place at Burnaby Lake on Sunday, September 13, 2015. 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.



Bonsor 1 Sixth Annual Christmas Breakfast

The month of December heralds the start of the Christmas Holiday Celebrations season, a time for giving, receiving, celebrating and sharing our good fortune with others. To start off the season, Bonsor 1 hosted their **"Sixth Annual" Breakfast Feast.**

Some 40+ hungry exercise people from Bonsor 1, spouses and guests once again congregated at the Lions Club on Rumble St. (courtesy of David Gates, a Lions director) to satisfy their hunger pangs after their early morning workouts. The now traditional breakfast menu consisted of sausages (turkey, pork and brats), steaming hot pancakes, complemented with "fluffy scrambled eggs". Probably the best breakfast in town for \$5.00.

Thanks to David Gates and his loyal Lions Club cooks and Peter Psefteas for braving the elements to provide the tasty cuisine. Thanks also to servers Jim Dar Woon and Joe Ciresi for dishing out substantial portions and putting up with second helpers crowd, and the "fluffy egg scramblers" (Shirley Bugyinka and Faith Rapchuk and their helpers).

Following breakfast, the long anticipated 50-50 draws and door prizes were made. As normal, everyone in attendance won a door prize, thanks again to the enthusiastic efforts made by Ilario Galano in soliciting the following Donor Contributors: Canadian Tire - Ironwood; Grand Villa Casino; and Alternative Business Solutions.

The purchase of 50-50 tickets was overwhelming this year, and as a result winning draws were higher than previous. This year's winners were: Bill Rettinger (\$100), Peter Psefteas (\$75), and Klaus Streckmann(\$50). As usual everyone but the non-winners were pleased.

Thanks also to all those volunteers who helped in setting up the tables and chairs for the breakfast and in cleaning up, and taking down and storing the same. Most importantly thanks to those volunteers who helped in the washing, drying and cleanup in the kitchen (and yes, there were a number of people who do not normally perform this function) participating. *Everyone deserves thanks as all of this was completed in record time.*

WHAT A PARTY!!!!

(Whoops! Forgot to thank Ben Comin for allowing us to sample the content of little Brown Bottle!!!)



Ilario Galano, President

Farewell But Not Really!

Someone once told me that I can't be president forever. Well I couldn't agree more.

We need to pass on the reins to others that are as passionate as I have been for FITT Cardiac Association. With this in mind I will be stepping down as president at the AGM on March 16, 2016. However, I will still be involved as immediate Past President for one year and of course take the lead role in our premier "Rhythm of Life" event to be held on September 11, 2016.

I urge all of you to get involved with your association. We have made a lot of inroads for our members involved in the maintenance of Healthy Heart. There is no other association known with members still exercising in a group for over 17 years and still going strong. Don't forget to come to all our events and participate

Events

Bowling - TBA

AGM - March 16, 2016

BBQ get together - August - 2016

Rhythm of Life - September 11, 2016

Golf - TBA

Christmas Pot Luck - December 2016



In Memoriam



ALLAN ALBERT TUMMON Aug. 7/25 – Dec. 5/15

Allan was born and raised in Winnipeg, served in World War II in the Royal Canadian Navy as a DEMS gunner. He was an accomplished musician, international boxing official, and Director of Loss Prevention for both Eaton's and London Drug. His memorial service was held at Ocean View Funeral Home in Burnaby and some Healthy Heart Members were in attendance. He was a member of the Health Heart Program for over ten years, and supplied much of Crime Stoppers pens, etc. given



BILL HOMEWOOD (Jul. 17/18 - Sep. 23/15)

With great sadness, it was announced that Bill embarked on his last cruise at the age of 97. He was an avid sports enthusiast, world traveler and a real gentleman. Bill was a Healthy Heart member at Thunderbird 1.

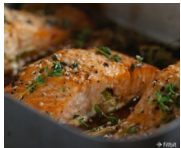
KEITH FOLEY (Feb. 25/38 - Sep. 27/15)

With great sadness, Keith's family announced his passing at the age of 77, after a hard fought battle with illness. One of Keith's skills and a passion was teaching ballroom dancing (you can ask Peter M for the story about that). Keith was a Healthy Heart member at Thunderbird 2 and also, Confed 2 for a while even after he moved to Abbotsford.

No Photo Available

Show your heart some love.

12 Heart-Healthy Foods to Add to Your Grocery Cart



- Salmon
- Oats
- Walnuts
- Black Beans
- Extra Virgin Olive Oil
- Blueberries
- Dark Greens
- Yogurt
- Avocado
- Tofu
- Coffee
- Dark Chocolate

From a FITBIT Blog Which healthy foods do you heart?



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