



Bob McMillan
President



Lloyd Rapchuk
Past President



Albert Tom
Treasurer



Bob Rentz
Secretary



Dave Malcolm
Tbird. 1 Class Rep.

The New Board



For 2017 – 2018, hard at work for you, the FITT members.

VACANT . . . Volunteers Needed
Confederation 2 Class Rep.



Bill Rettinger
Bonsor 1 Rep.



Ed Black
Bonsor 2 Rep.



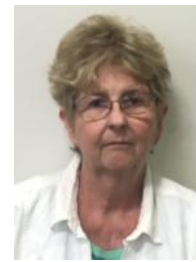
Maureen Baker
Director at Large



Ev Harris
Tbird. 2 Class Rep.
Sunshine Cards



Miriam Dattel
Confederation 1
Class Rep.



Marilyn Evans
Burnaby South Rep.

Inside This Issue

The New Board for 2017	1
2017 Rhythm of Life	1
President's report	2
AGM Report	2
Donation to BGH Foundation	2
FITT Bowling Fun Night	3
Heart Health in Hot Weather	3
2017 Barbeque Picnic	3
Upcoming 2016 Events	3
Alan Jan Mancer	4
Ione Smith	4
Albert Edward Weal	4
FITT Big Bike 2017	4

www.fittnow.com

Rhythm of Life

10km Run & 5km Family Fun Walk



Laura Mundy
Director at Large

Not Shown

Marilyn Stankovics
Burnaby South Rep.

SEPTEMBER 24, 2017 - 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.

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.



Presidents and AGM report.

June 14, 2017

President Report.

This is my first report out since becoming president. It's been a busy few months for the FITT board. Let's get into what has been happening:

- Donated \$5,000.- to the Burnaby Hospital Foundation to purchase a new Vital Sign Monitor.
- Sent 5 BOD members to the Women's Health Symposium 2017
- Raised over \$6,000 for the Big Bike ride. Congratulations to Ilario on getting last minute recruits.
- Started working on the 19th annual Rhythm of Life Run.
- Started visiting the Healthy Heart Program at Burnaby when classes are about to graduate from the class. This is to promote FITT and the programs at the recreation sites.
- Started work on updating the constitution as required by the new BC government requirements.

- Purchased an AED for Burnaby South and for FITT activities.
- Lastly, I would like to announce that Dave Malcolm has accepted the position of Vice President.

One of the biggest challenges that the board is facing is declining enrollment. We have started as indicated above to start recruiting from the classes as we are no longer the only phase IV program available.

Note: Even though a member may not be in a exercise class, you are still able to participate in FITT activities (social and otherwise) as long as your membership remains active.

F.I.T.T. AGM report

The AGM was held at Confederation on March 29th, 2017. Highlights: In the absence of then acting president Lloyd Rapchuk Ilario Galano read the following report:

- The transition from the Fraser Health program to the community Centre's program was not as painful as first imagined and that 7 of 8 programs are now Community Center programs. Burnaby South

remains under the Burnaby School Board, and is operated by FITT.

- Fortius now has its own phase 3 and phase 4 classes, sponsored by BGH and Fraser Health. FITT is exploring the possibility of a partnership with Fortius.
- Albert Tom presented the 2016 Financials. For details see AGM meeting minutes on the Website.

Committee Reports:

- Communications Committee is actively working on development of our website and producing the Chronicle. The cost of printing has risen and advertising revenue has fallen. At some point the Chronicle will only be on the website.
- Sunshine Chair Ev Harris advised that 39 cards were sent out in 2016.
- Membership Chair Ev Harris noted that at the end of 2016 there were 129 members in 8 classes. These numbers represent a significant reduction in attendance at classes and in membership in FITT in 2016 over 2015.

FITT Cardiac Association donates to Burnaby Hospital Foundation

A request went out from the Burnaby hospital Foundation to help raise funds for much needed equipment. Specifically the request was for Vital Sign Monitors.

The FITT cardiac Board decided that it was time to give back and so they

did. A \$5,000 donation was given to the Burnaby Hospital Foundation to help in purchasing the Vital Sign Monitors.

Pictured during the presentation from left to right are: Ilario Galano - Past President (FITT), Cheryl Becir -President and CEO, and Bob McMillan - President (FITT).



Today is life-the only life you are sure of. Make the most of today. Get interested in something. Shake yourself awake. Develop a hobby. Let the winds of enthusiasm sweep through you. Live today with gusto.

. . . Dale Carnegie.



FITT BOWLING FUN NIGHT

The FITT Cardiac Association bowling night was held on Saturday, February 25th, 2017 and was organized by Ev Harris and Maureen Baker. There were thirteen for a Greek dinner and eight people for bowling plus a cheering section at the Old Orchard Bowling Lanes. A social evening of fun and exercise was enjoyed by all. A special thank-you to Maria Motto for her helping hands and also a thank-you to those who brought snackies. The highest scoring male was Saverio Nigro from Confederation 2 and the highest scoring female was Serena Nigro. A 50/50 draw was won by Diana Cheng. Photos by Maureen Baker



Heart Disease and Hot Weather:

Summer is here and staying active during hotter weather can be dangerous and challenging for Heart Patients. It is very important to understand that some of the medications that heart patients take can affect how they respond to heat. When your body heats up, the heart rate would speed up to help circulate blood to the extremities and allow sweating or cooling of the blood; thermoregulation. However, patients taking Betablockers (a very common heart med) will have difficulty cooling down because their heart rate will be lower and slower to rise. Also, betablockers and blood pressure meds combined can also lead to more symptoms like light headedness and fainting from hot weather. This is because when our blood pressure is lower and we perspire, lose fluids and can easily become dehydrated. Again, with the inability of our heart to speed up quickly, symptoms of light headedness and fainting can happen quite easily. Then, there is more risk of overheating leading to even more serious conditions of Heat Exhaustion and Heat Stroke.

How to stay safe:

- Be active early in the morning or later in the evening when it's cooler. Definitely, avoid doing much activity during the hottest times in the day.
- Stay hydrated with plenty of water (unless your doctor has you on fluid restrictions for your heart).
- Wear a hat and try to spend most time in shade.
- Talk to your doctor if you are feeling symptoms of light headedness; there could be a need to make some dosage changes in your medications.

Submitted by Pete Matino, Healthy Heart Program at Burnaby Hospital.

Fourth Annual FITT BBQ PICNIC

When: AUGUST 16th, 2017

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.)

FITT CARDIAC ASSOCIATION 2017 CALENDER OF EVENTS

EVENT	DATE	PLACE
FITT Summer BBQ	August 16, 2017	Confederation Park
Fund raising dinner	TBD	TBD
Golf Tournament	September (TBD)	Central Park Golf
Rhythm of Life	September 24, 2017	Burnaby Lake Park
B1 Christmas Breakfast	December 4, 2017	Neighborhood Hall
Christmas Get Together	December 13, 2017	Bonsor Centre



In Memoriam



Alan Jan Mancer (Bonsor1) July 12, 1942 - June 8, 2017

Passed away peacefully on Thursday, June 8, 2017 at VGH Jim Pattison's Palliative Care. Alan overcame many adversities in his life and was always positive, upbeat and was a great friend to those he met. He would engage you in conversation tell you a joke and had many stories to share and was always fun to be with. Alan was an active member of the Bonsor 55+ Society and the FITT Cardiac Association in the Bonsor 1 class as well as Warner Loat Off-leash Dog group and Country Meadow's golf group. He was well liked and respected by all the friends.

Farewell Alan, you will be missed but always will hold a warm spot in our heart.



FITT Loses Lone Smith, Its Oldest Member

Bonsor 2 lost one of its brightest lights when Lone Smith passed away on April 15th in her 95th year. She was a keen bridge player, car license 6SBB6 (six sexy bridge broads-car number six) and always drove her younger friends around after they had given up driving. She was no slouch in Spanish, either. Lone loved to travel the world but stopped when all her pals found travelling had become too difficult for them. She also enjoyed the Arts Club Theatre, the Symphony Series and Tea and Trumpets. It was only in the last few months that age took its toll on her body, but never her mind. We always relished lone's sharp mind and dry wit. Duplicate bridge in Heaven just got more interesting. Lone joined the Healthy Heart Exercise Program in 2010 and was always an inspiration to others, working as hard as she could to maintain her physical health; and a joy to have coffee with at Bonsor 55+ to hear of her latest travel adventures. She will be missed.



Albert Edward Weal (Thunderbird 1) January 22, 1929 - April 24, 2017

Albert, 88, passed away on April 24, 2017 in Burnaby, B.C. He has survived on the support of his wife Bea and his sons Michael (Sandra) and Gregory (Rhonda), his two grandchildren Garrett and Megan, his sister Margret (Lorne), sister Doris, brother Donald and his nieces and nephews. Al was a great friend to all, especially in TBird 1. He mentored with his humour and positive attitude. He is dearly missed.

FITT Big Bike 2017

Well the FITT Heart Beats Team for the Big Bike Ride did it again. It was a little tougher this year to get the team going but at the end with help from friends and even getting riders from as far as Ontario we again became a VIP team – that's any team that raises over \$5,000.



Captain Ilario Galano and Co-captain Albert Tom pulled out

all the stops and challenged the Burnaby Hospital Heart Menders, but as expected the winner was of course the FITT Heart beats again this year. On May 18, 2017 with about 22 riders ready to peddle for Heart and Stroke Foundation the team of riders assembled in the south west parking

lot of Bonsor Rec. Centre. After playing several mood enhancing games we were adorned with flow-



ered leis and given 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 \$6,500.00 unofficially as our official total was not yet available. To date the FITT Heart Beats Team (after 5 years) has raised well over \$35,000 for the Heart and Stroke Foundation.

A job well done and Captain Ilario would like to thank each and every rider over the last 5 years that have contributed to this great success.