

### Christmas Get Together 2016

With all the hoopla of changes in 2016 for FITT Cardiac Association members, it looked like we would have to abandon some of our social activities. However, we have a very strong dedicated group of individuals in this association and everyone has come through with flying colours. Our newly named "Christmas Get Together" was a great success with Ev Harris at the helm and shipmates Maureen Baker and Ilario Galano helping steer the event in a new direction. The success of the event was spurred on with entertainment provided by our DJ Robert Rentz giving us a musical interlude of oldies and a little dancing to boot. A special shout out goes to Luana Bittante for putting our centre pieces together. Everyone got a chance to take the centre pieces home. Other volunteers also helped the event be a success with Bill Rettinger and Jim DarWoon selling 50/50 tickets to help defer our

expenses for this fun filled Christmas Get Together. There were 3 winners of the 50/50 draw each taking home \$100 each – Ed



Black, Bill Rettinger and Marilyn Evans.

Our Acting President Lloyd Rappchuk presented Ilario Galano with the prestigious Person of the Year



Award for his dedication and hard work with the FITT Cardiac Association for the last 12 years.

This is the 5<sup>th</sup> year this award has been given out.

Of course, our traditional prizes were also drawn throughout the evening



with all classes providing the usual baskets.

These prizes were won by Wally Kloeble, Bill Rettinger, Anna Kergan, Shirley Noble, Otto Schmid, Vaughn Hatch, Jo Holt, Bob Rentz, Lisa James, May Ishikawa, Sally Sheppard, April Turco, Mike Daykin, Don Hatch, Jean McClean, Alex Danielisz, Barb Kloeble, Linda Andrecheck, Shirley Noble and others. The Burnaby Hospital 15-year awards were also presented by hospital staff to those that were actually there, during the evening. Our set up crew included Maria Motta, Ed Black and Jeannie Felchle, Mike Theriault, Peter and Linda An-

drecheck, Kathie Griffen, Albert Tom, Miriam Dattel and many other volunteers.

We would like to thank all the many volunteers that came out to help. It would seem that everyone enjoyed the upbeat change, and it is likely it will be repeated for December 13, 2017.



### FITT Cardiac Association Website Update

The following changes have been made to our website: **fittnow.com** You can view the Constitution and meeting minutes now.

However, it does require a password to access. Please email **bob.mcmillan@fittnow.com** to get access.

The style of the website has changed to be a bit more professional. As always, we are looking to improve the website. So, if you have any ideas let your class rep know.

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[www.fittnow.com](http://www.fittnow.com)

**NOTICE TO ALL FITT MEMBERS**  
**Notice of Annual General Meeting**  
**March 29, 2017**  
**At Confederation Community Centre**  
**6:30 PM**

### 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.



## FITT's PAST PRESIDENT RECEIVES THE 2016 PERSON OF THE YEAR AWARD

Well it has been long time coming and finally all the hard work paid off. ILARIO GALANO received this prestigious award for the year 2016 during our Christmas Get Together event.



Just in case you didn't know his story, Ilario has been a big proponent for FITT Cardiac Association since he joined the Healthy Heart Program in 2005. He joined the FITT Cardiac Association shortly after as Vice President at the urging of John Petrie, a director and past president of the association. After a couple of years as Vice president and getting his feet wet he was elected as President of the association and has been the president until last year when he stepped down as president and became the immediate past president. He continues to be involved with the association taking on several projects and advisor to the board. This year will be the 2nd year that he has taken on full responsibility of the Rhythm of Life event as the Run Manager.

Although his professional life was in the automotive business Mr. Galano

has a Professional Engineering designation from McMaster University to his credentials as well as 3 years of CGA studies and a Sales and Marketing Executive Diploma from the University of British Columbia.

Ever since his early retirement (he was 53 when he retired) he has devoted a lot of his time in volunteering with many associations. This is a list of what other volunteering he has done - some of which he is still involved with:

Vice President - Big Brothers Association of Greater Vancouver

Founder - Gears and Beers Cycling Club

Chair - Bonsor Seniors Bus Committee

Vice Director - Transportation, B. C. Seniors Games, 2012

Chair - Transportation, World Taekwondo Junior Championship, 2016

Co-Chair - Richmond Fitness and Wellness Association

Walk Richmond Volunteer

Director - Minoru Park Vision Planning Committee

Participant - Strategic Planning Committee for Richmond Community Wellness Strategy

And many more, too numerous to mention.

Congratulations ILARIO on your dedication to FITT and receiving the person of the year award.

Bob McMillan,  
Vice President

## GEARS AND BEERS CYCLING CLUB CELEBRATE 10 YEARS

The "Gears & Beers" bicycle club was founded 10 years ago, for the express purpose of supplying an alternate source of exercise to supplement our weekly Healthy Heart Exercise Program, and also as a vehicle for social interaction and activities.



To this end, the club continues to meet every Wednesday of the week (weather permitting), with the goal to cycle 20-30 KMs and then adjourn to a mutually chosen establishment (pubs or member hosted BBQ parties) to partake of food and refreshments. The concept of a cycle club was the idea of four founding members (Ilario Galano then president of FITT Cardiac Association, Alan Poole, Olga Nordahl and Don Cascon) and has quickly grown to include 15-20 active cyclists per week. Current membership consists of all ages (with a median age of 74.3) and is open to everyone, including Non-Healthy Heart members. Our motto is: "stay healthy and have fun - the more the merrier".

Our Cycling tours are not restricted and various routes in greater Vancouver, Richmond, Surrey, Burnaby, and the Valley and are chosen each week



(by consensus) in order to accommodate the abilities of all members. The cycling club has also become active in other activities throughout the last 10 years including a couple of blueberry picking outings; canoe racing; cycling



tours on Saltspring; the Kettle Valley; the regional Cycling trails of Victoria and Vancouver Island; US cycling trails in the Seattle area; and recently cycling holidays (for some) in balmy Palm Springs, Niagara on the Lake (wine tours and cycling trip), the populated City of London England, and the recent 10 day barge and bike tour in the Loire Valley in France (twelve hearty souls) where we learned new cycling techniques, rules and position terms like “sweep, corner, and lead” for handling large



groups, and cycled 55 KM per day.

As a group, the club has also had

group tours of the new Vancouver Convention Center, and the new Richmond Olympic Speed Skating Oval. How can we forget the Heineken bikes that we were able to secure for a couple of hours during the Winter Olympics at the Oval – what a treat that was!

“On one of our anniversaries (I think it was our 2nd) we celebrated with a dinner at “The Cannery”, and it was strictly a “dress-up” occasion. Most of those present conducted themselves in a “most acceptable manner”, and proper “kudos” were given



to our “leader” for organizing this never to be repeated event as The Cannery closed it’s doors shortly after. (Free wine was expected but our leader left them on the table at home – so he says), the consensus of the



party goes was that Dapper Don Cascon won the best dressed gent. Don received a free subscription to



he Chronicle Newsletter for life. All in all, most of us have had a great 10 years; made a lot of new friends; seen some spectacular scenery; had some spectacular spills; kept ourselves fit, and enjoyed some very pleasant “Apre-Cycle” activities. 2017 is the club’s 10-year celebration! The celebration, yet to be planned, but promises to be as spectacular an event as that memorable day at The Cannery and maybe even bigger. STAY TUNED!

If you would like more information



about joining our cycling activities year and what to expect please contact our current organizer (for the last five years) Shirley Bugyinka



## FITT CARDIAC ASSOCIATION 2017 CALENDAR OF EVENTS

EVENT	DATE	PLACE
Annual Dinner and Bowling Tournament	February 25, 2017	Dinner TBD and Old Orchard Shopping Centre
Annual General Meeting	March 29, 2017	Confederation Centre
FITT Summer BBQ	August 16, 2017	Confederation Park
Fund raising Dinner Event	TBD	TBD
Golf Tournament	September (TBD)	Central Park Golf
Rhythm of Life	September 23, 2017	Burnaby Lake Park
Bonsor 1 Christmas Breakfast	December 4, 2017	Neighborhood Hall
Christmas Get Together	December 13, 2017	Bonsor Community Centre



## In Memoriam



**Enrico Franzon** (Confederation 1) February 8, 1947 – December 21, 2016

It is with great sadness that we at Confed 1 class announce the passing of Enrico, whose friendly good hearted nature had charmed everyone. He loved sharing his many stories and knowledge about Italy, history, wine making and his love for gardening. Which all of us were able to sample . . . Basil . . . tomatoes . . . and the most incredible figs.

Enrico is survived by his loving wife Rosa, son David, daughter Sonya and his adoring grandchildren. He is missed by all of us at Confed 1



**Guisepppe (Joe) Ciresi** (Bonsor 1) January 11, 1950 – February 18, 2017

It is with great sadness that we announce the passing of Joe Ciresi. He leaves his wife, the love of his life, and two daughters. Joe joined the Healthy Heart Program in November 2007 and graduated to the Bonsor 1 class in December 2009 He was such a delight to be around, lots of laughter and always a joke or two after coffee. Joe started experiencing health problems a year or so ago, but would often come for coffee and never leave without his parting joke. Joe was a delightful person so have around and he will be dearly missed by all who knew him.



**Salvatore (Sam) Zumpano** (Thunderbird 1 & 2) February 14, 1943 – November 22, 2016

A pleasant and reserved man well liked at Thunderbird. His tribute: **Penso che un sogno così non ritorni mai pi'** ... A great man who filled our hearts with love and our lives with his music, laughter and dancing has passed away. Sammino appreciated more than anything time spent together with his family and friends. He was passionate for coffee and cribbage, pasta e fagioli, horses and westerns, tango and la tarantella. He will be missed by many.



**Allen Mak** (Burnaby South) September 4, 1961 – January 21, 2017

His booming laughter and hope in each day is a fond memory for those he encountered. His friends were precious to Allen and he appreciated the continuous contact during the ups and downs of life. He will be missed dearly by all.

In lieu of flowers donations may be made to The Kidney Foundation or the SPCA.

## More Photos from The Christmas Get Together 2016

