



Bob McMillan
President



Dave Malcolm
Vice President



Albert Tom
Treasurer



Bob Rentz
Secretary

The Board of Directors
2018 – 2019
Hard at work for you
the FITT members



Bill Rettinger
Bonsor 1 Rep.



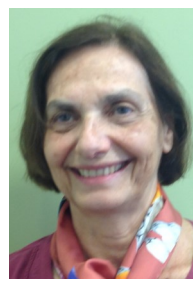
Ed Black
Bonsor 2 Rep.



Maureen Baker
Director at Large



Ev Harris
Tbird. 2 Class Rep.
Sunshine Cards



Miriam Dattel
Confederation 1
Class Rep.



Marilyn Evans
Burnaby South Rep.

Marilyn Sztankovics
Champlain Rep.
(picture unavailable)



EVENT	DATE	PLACE
FITT Summer BBQ	August 8, 2018	Confederation Park
Fund raising dinner	TBD	TBD
Golf Tournament	September (TBD)	Central Park Golf
B1 Christmas Breakfast	December 3, 2018	Neighborhood Hall
Christmas Get Together	December 12, 2018	Bonsor Centre

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www.fittnow.com

“Peace is the result of retraining your mind to process life as it is, rather than as you think it should be.”
-Wayne W. Dyer

Fourth Annual FITT BBQ PICNIC

WEDNESDAY
AUGUST 8th, 2018
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.)

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.



President's and AGM Report.

May 29th, 2018

During my first year and 2nd year we had 2 milestone events occur, the 20th Christmas get together and the 20th annual Rhythm of Life and both events had very large turnouts. These and other events would not be possible without volunteers. I want to thank all the contributions that they have made. Also, if you would like to volunteer talk to your class reps. In the next few months we will be handing out a survey, its main purpose is to find out if FITT is still a viable organization.

Listed below are the highlights/ challenges of 2017, 2018 and 2019.

Highlights

- The 20th Annual 2018 ROL had the highest participation since 2013.
- The 20th annual Christmas party was a great success with over 200 people.
- Bowling and Golf tournaments were well attended.
- FITT is now running two exercise programs. Burnaby South and Thunderbird.
- Work on the constitution is progressing, it needs to be completed by end of November of this year.

Challenges

- Memberships numbers are still in decline, however the rate of people dropping out is less than the previous year.
- We continue to promote FITT in the healthy heart program at Burnaby Hospital, with limited success. We are however, getting inquiries about our program from other hospital regions and will be exploring this further.
- Burnaby Hospital Foundation did not provide us with a grant for this year and this puts the ROL in jeopardy. Ilario will be providing the board with options in the next few months.

HEARTS ON THE MEND

It has been a while since I last wrote an article on HOTM for the Chronicle, so time to correct that with a special plea! HOTM continues to flourish, and we celebrate our 15th year this year, and like a lot of other projects we need some new blood! As a reminder, HOTM is a peer support group of former heart patients who visit in the Cardiac Unit at Burnaby Hospital, offering support and comfort to those people who are experiencing some form of heart-related problems. Hopefully, this plea will bring forward some interest in volunteering for this very worthwhile project. It is not an onerous commitment,

some of our visitors visit just once each month, others visit twice. In order to become a volunteer one needs to go through the Burnaby Hospital Volunteer Resources training, which consists of an interview with the volunteer resources manager, and then orientation of around two to three (2-3) hours; you would then be ready for actual on the ward training which would be with me or Jim Dar Woon. You would then have the option of buddying up with a current visitor, or if you feel ready – go it alone.

I look forward to getting some positive results from this plea
Maureen Baker
604-438-7716



Time to see RED



Heart-Healthy Recipe Websites

Looking for heart-healthy recipes? Here are a few websites.

Recipes that are sodium-reduced, fat-reduced, and prep-time reduced can be found on the Heart and Stroke Foundation website at www.heartandstroke.ca/recipes. For dietary ideas that will assist in lowering high blood pressure, go to www.heartandstroke.ca/dash. The Heart and Stroke Foundation has also partnered with www.CanolaInfo.org on their “Cook Once, Eat Twice” recipe collection.

Dietitians of Canada has created a great website with heart-healthy recipes suitable for a wide variety of situations at www.Cookspiration. Dietitians of Canada advises that you will “be inspired to cook any time of day or night with Cookspiration.”

Recipes that have been designed for people with diabetes but are healthy for everyone can be found on the Diabetes Canada website at www.diabetes.ca/diabetes-and-you/recipes.

More recipes that are healthy for everyone are on the Canadian Cancer Society website, at

www.cancer.ca/en/support-and-services/resources/recipes/during-treatment.

For ideas on how to modify your current recipes to make them more heart-healthy, see the HealthyLink BC website at www.healthlinkbc.ca/health-topics/ue4723abc.

Two American websites with recipes for meatless alternatives are Veggie.num.num and Meatless Mondays.

Happy and healthy eating!

Bob Rentz

FITT Cardiac Association's Big Bike 2018 Event

On a somewhat doubtful day on May 17th, 2018 Captain Ilario Galano and Co-captain Albert Tom pulled out all the stops to get a successful Big Bike Ride going for Heart and stroke Foundation. For those who are unaware the FITT Cardiac Association joined the ranks of fund raising for the Heart and Stroke Foundation (as many other companies/Associations do) starting in 2012. We had a very successful ride that year raising well over \$7,000 by our FITT Heart Beats team. Since that fateful day we have, as an association team helped raise well over \$44,000 for Heart and Stroke Foundation through the Big Bike Ride. We have had some riders come and go over the years – some even came in from Ontario and the Island to ride our big bike . This year we raised well over \$6,000

and still counting! Unfortunately, this year we could have used more riders with pedaling power as one of our riders didn't pedal and the ride was harder than usual but still a lot of fun. Next year promises to be bigger and better with younger riders being supported by their parents and grandparents.

With only 18 riders ready to pedal for Heart and Stroke Foundation the FITT HEART BEATS team of riders assembled in the south west parking lot of Bonsor Rec. Centre. After playing several mood enhancing games we were adorned with flowered leis and given noise makers, 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 Blvd, 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 to raise \$5000.00 this year seems to have been a success with official pledges over \$6,000.00. A job well done and Captain Ilario would like to thank each rider over the last 6 years who have contributed to this great success.





2018 Rhythm Of Life Run Walk for Everyone 20th Anniversary

This year's annual "Rhythm of Life Run/Walk" took place on a rather dreary Sunday morning, April 29, 2018 at Burnaby Lake Park. The participation was an all-time high for the last 5 years with a total of 190 participants on top of the many volunteers, sponsors and spectators. Without a grant from the Burnaby Hospital Foundation this year we were still able to hold a very successful 20th anniversary celebration. The funds raised of course were still directed mainly to the Burnaby Hospital Foundation along with some participation to Heart and Stroke Foundation through their promotion of the Big Bike event (see article in this edition of the Chronicle). John Parsons with his musical repertoire kept everyone hopping and entertained during the event. This year we were again fortunate to have Amber Belzer from Global TV as our MC as well as pre-run coverage from the Global 1 helicopter.

Our dedicated organizing committee that helped make this year's run walk event successful were, Ilario Galano, Albert Tom, Pablo Japke and Bob McMillan from the FITT Cardiac Association, along with special help from Maureen Baker and Ev Harris.

This year was indeed special with a Health Awareness Display from Burnaby Hospital Healthy Heart program, some new sponsors, a special Sword Fighting demonstration from Blood and Iron Marshal Arts and many other event activities.

We would especially like to thank our sponsors for all their help in continu-



ing to make this event possible. The Burnaby Fire Fighters barbequed the hamburgers and hot dogs provided by PriceSmart Foods who also provided bottled water for the water stations, condiments and fruit. Special bottled water was provided by Waves Coffee House at the event. One of our new sponsors this year provided a sword fighting demonstration – talk about a heavy workout!

Many of our sponsors were "IN-KIND" and included: Burnaby Hospital Healthy Heart Program, FITT Cardiac Association, Running Room, Hemlock Printers, Global TV, United Flower Growers, SaveMore Plumbing and Fixtures who provided gifts for the top Gold, Silver and Bronze winners in all categories, . Our Federal MP Terry Beech again participated in the 5 KM run and brought us a message from Prime Minister Justin Trudeau. Other politicians who supported our event with their participation were Pietro Calendino and Sav Dhaliwal both councilors for the City of Burnaby. With our event changing to April this year we were delighted with the turnout for our event and happy to see many of the returning participants who came out to support our 20th Anniversary Rhythm of Life to promote health and community awareness. We hope to continue to grow this community for Health awareness in Burnaby. The proceeds from this event will be used to help develop and increase access to "Community Healthy Heart Exercise Programs" and Burnaby Hospital Healthy Heart

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

See you all next year!