

FITT CARDIAC ASSOCIATION AGM 2019

Plan on attending the 2019 the AGM

Place: Confederation Senior Centre
4585 Albert St. Burnaby

Time: 6:00 PM Registration

Date: April 3, 2019



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www.fittnow.com

In the blink of an eye, your life can change due to disease. Your goals, dreams, and priorities are forced to take different turns. You are grateful for the little things, and worry less about the big things. You leave behind the history of yesterday, and determine how you will use today's energy. This is your life, and there is no time for drama!



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.



.Wellness On-Line

Storyline—Bob Rentz

There is plenty of wellness information on-line, and although some of the information is unreliable, there are some well-researched and credible websites with information that we can rely on to help us stay healthy.

For videos that are fun to watch and that cover a range of wellness topics, see the Youtube channel of Dr. Mike Evans at www.youtube.com/user/DocMikeEvans. His video “23 1/2 Hours” provides light-hearted illustrations that highlight the value of exercise.

A set of self-help courses on anxiety, depression, stress, and other mental health issues has been put together by Dr. Chris Williams, professor of psychiatry of the University of Glasgow, Scotland, and are available for free at www.LLTTF.com. The course initials stand for Living Life To The Full.

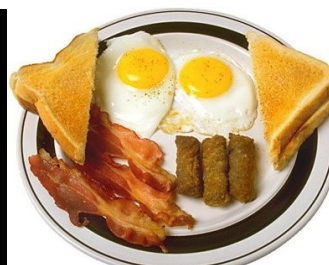
The Mayo Clinic website has detailed information on medical conditions that can be searched from its home page at www.mayoclinic.org. The Mayo Clinic also sells subscriptions to a monthly Health Letter and books, DVDs, and email reports on a wide range of wellness issues. To purchase these, go to the home page and select Contact Us, Products and Services.

The Harvard Medical School website contains detailed information on medical conditions, and on diet, exercise, and mental health, at www.health.harvard.edu. Harvard Medical School also offers a free newsletter, “Healthbeat”, and a variety of wellness-related reports that are available for sale.

The UC Berkeley School of Public Health website provides information about diet, with recipes, and about exercise, mental wellness, and healthy communities, at www.berkeleywellness.com. Their on-line Wellness Letter is available at no charge.

FITT CALENDAR OF EVENTS 2019

EVENT	DATE	PLACE
Annual General Meeting	April 3, 2019	Confederation Centre
Big Bike	June 20, 2019	Bonsor Community Centre
FITT Summer BBQ	August 14, 2019	Confederation Park
Bonsor 1 Christmas Breakfast	December 2, 2019	Neighbourhood Hall
Christmas Get Together	December 11, 2019	Bonsor Community Centre





FITT HEART BEATS AND BIG BIKE BIG EVENT JUNE 20, 2019

The FITT HEART BEATS Team started some 7 to 8 years ago when the Heart and Stroke Foundation approached the president of FITT Cardiac Association to form a team and raise funds for Heart and Stroke Research.

We have raised well over \$43,000 over the past years of our involvement.

Our biggest fund raiser, Gordon Sheppard, was honoured at the cheque presentation ceremony this past year as he alone raised over \$3,000 out of our total funds last year.

We want to fully invest ourselves in 2019 to be the biggest fund raiser and the best Big Bike Team over all. Our kick off meeting held on January 17, 2019 was a successful start. Our slotted day for the Big Bike Team is JUNE 20, 2019. We need to get the momentum going by registering 29 capable and strong riders for the bike and 29 fully vested and committed individuals to raise more funds than we have ever done before.

GET INVOLVED—Register today with FITT Heart Beats

You can register for our FITT Heart Beats team by simply going to www.bigbike.ca and follow the these instructions:

Click on “Register” - this will take you to the registration page

Click on “Join a Team” - this will take you to the find a team or captain page.

Click on “Find a Team” or “Find a Captain”. Clicking on either of these will open a text box for you to type.

Our team name is “FITT Heart Beats” our captain is “Ilario Galano”. Type the appropriate name in the box.

With your mouse hover over the Team Name or Captains name and you will be taken to the page where you can click “Join Team” or “Join Ilario’s Team”. Click here and you will be taken to your information page to register yourself as a rider.

Fund Raise Fund Raise Fund Raise—Why Fundraise?

One Day—One Big Bike—One BIG Difference

HOP on the BIG Bike that changes lives. When you support Heart & Stroke Big Bike, you’re making a difference in your own community — and communities across Canada.

Once you start fundraising, you’ll see that it doesn’t take a lot to make a difference. Our team was able to raise much needed funds. Our Goal for 2019 is \$10,000 but that’s just for the books. I know we can double that amount if we all put our minds to it.





Obituaries

Erick O'Reilly

(Burnaby South)

January 19, 2019

At 17, with 10 pounds in one pocket and boundless optimism in the other, Erick departed from his village in Ireland. He married Joan and together with their children Rod and Collette, they had a wonderful life. After he retired, he completed two degrees, including his Masters. He loved to talk and told many stories and jokes while we exercised. Burnaby South's dinners are not the same without our happy friend. We will miss him.

Valana Tracey Strandberg

(Bonsor 1) October 23, 1930 - January 20, 2019



Another of our long time Burnaby Healthy Heart Program – Bonsor 1 - members has passed away. Valana had been a very active and much respected member of the Healthy Heart Program after undergoing open heart surgery and joining the exercise program at Burnaby Hospital in 1996. She moved to the Phase III of the Healthy Heart Program, exercising at Burnaby South High School, and then on to the Bonsor Recreation Centre in 1997; and a continued graduation to the Phase IV exercise program until 2015 when, due to health issues she could no longer attend classes. During this time period Valana was an active Board Member (secretary) with the FITT Cardiac Association – her comments were always pithy and cut to the heart of the issue – she had a wicked sense of humour.

For several years Valana also took an active part on the organizing committee for the FITT annual Rhythm of Life Walk/Run, as well as working on race day. During her time with the exercise program, Valana was an active participant of the Bonsor 1 coffee group and we still miss her smile and words of wisdom.

Ernest Weddell

(Burnaby South) August 8, 1940 — February 13, 2019

It is with great sadness that we announce the passing of Ernest Weddell, retired detective from the Vancouver Police Department. Ernie is survived by his wife, Donna, daughter Sandra (Terry), sister (Rose), nieces and nephews. A celebration of life will be held at the Village Pub, 7725 Champlain Crescent, Vancouver, BC on March 23, 2019. In lieu of flowers, donations in Ernie's memory can be made to the charity of your choice.

Ev Harris

(Thunderbird)

November 20, 1938 - February 14, 2019



It is with great sadness that we announce the loss of another of our FITT members. Ev joined the Healthy Heart Program in 2013 and shortly thereafter became a director with FITT Cardiac Association as a Thunderbird class rep. She also served on various other committees and led a few committees as chair. She took an active role on the Rhythm of Life Run/Walk organizing committee, and on race day; as well as organizing and participating in many other FITT events. Ev is survived by her 2 sons Ken and Jim married to Shannon and Heidi respectively and grandchildren Kelsey, Michael and Briana. Ev's favourite past time was gardening. She was very proud of her beautiful Rose Garden. She will be missed by many.