



Bob McMillan
President



David Malcolm
Vice President



Albert Tom
Treasurer



Bob Rentz
Secretary

The Board of Directors

2019 -- 2020

Hard at work for you
the FITT members



Ilario Galano
Past President and
Director at large



Maureen Baker
Founder and
Director at Large



Peter Andercheck
Bonsor 2
Representative



Miriam Dattel
Confederation
Representative



Marilyn Evans
Burnaby South
Representative



Marilyn Sztankovics
Champlain
Representative

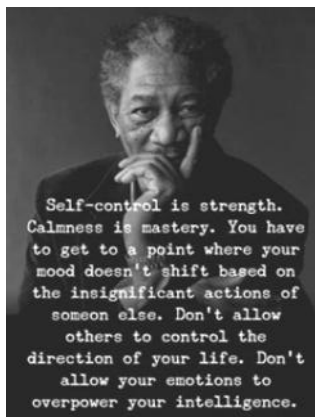
COMING EVENTS

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www.fittnow.com

EVENT	DATE	PLACE
FITT Summer BBQ	August 7, 2019	Confederation Park
B1 Christmas Breakfast	December 2, 2019	Neighborhood Hall
Christmas Get Together	December 11, 2019	Bonsor Centre



Fifth Annual FITT BBQ PICNIC

Wednesday
AUGUST 7th, 2019
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 26th, 2019

1) One of the major things we did last year was to do a class survey and it revealed the following:

- The XMAS get together was still very important.
- The bowling and golf events were not so important and were not well attended.
- About 70% of the members did not know about the FITT website.
- The Chronicle and liaison to BBY hospital are important (not as important as the previous survey done in 2014).

2) Although not as busy as the previous year the following items were accomplished:

- Donated a bike to Burnaby South
- Implemented a 5/10/15/20 year recognition program
- Discounts available at Running Room (certain times during the year)
- Constitution review was completed.

3) Declining membership is still an issue and as a result we had to cancel the Thunderbird class. However the dropout rate is declining.

4) The following initiatives are planned for the following year:

- Another education session with Burnaby Hospital and Bonsor 55+ with the goal of better material and promotion.
- Determine if ROL can be held again. Looking for sponsors.
- Determine funding rules for charities that we wish to support.

Again I want to thank all the volunteers on keeping FITT viable and if you wish to volunteer your time just ask your class representative.

Bob McMillan



Retiring Director Ed Black with President Bob McMillan

Burnaby Firefighters Gala Ball April 2019

Several of our directors and partners attended the Burnaby Firefighter's Gala Ball on April 13, 2019.

A great event and opportunity for FITT Cardiac Association to network with our supporters – Burnaby Firefighters Association.

Look for them to help us with our Summer BBQ and please support them with a generous donation during our upcoming BBQ on August 7, 2019



Retiring Director Bill Rettinger with President Bob McMillan



Left to right: Bill Rettinger, Marilyn Evans, Marilyn Sztankovics, Miriam Datell, Ilario Galano and Bob McMillan



The FITT group with partners



Left to right: Paul Rushton from Burnaby Firefighters, Ilario Galano and Bill Rettinger

Visit the FITT website:

www.fittnow.com



Confederation 1 Photo Artist

An acclaimed ship photo artist has joined the FITT Cardiac Association class at Confederation 1. **Rod Logan** loves ships. He has created a treasure trove of photos of ships visiting Vancouver harbour over the last 25 years.



Recently the Polygon Gallery in North Vancouver displayed an exhibition of his work, photos of 10,000 ships. He is shown explaining a photo to exhibit visitors.

By: Dave Malcolm
From: Burnaby NOW newspaper

Thunderbird Farewell Luncheon and Class Reunion

Due to declining enrolment, the exercise classes at Thunderbird Community Centre were cancelled. Medical issues and aging joints had taken their toll.

We decided to hold a farewell reunion luncheon to commemorate the successes of the program.

We had celebrated birthday lunches in the past at the old ABC restaurant, now rebranded "Rickey's", so we returned to that venue.

Phone calls were made to as many people involved in the program as we could find.

Invites were also extended to BGH

Healthy Heart staff, and to members of the FITT BOD.

The BOD generously contributed a



huge tasty cake and covered the tabs for the organizer / first instructor Pete Matino, and the BGH Healthy Heart Staff.

It was a great time for all the class participants and guests.

submitted by: Dave Malcolm
photos: Ilario Galano



F.I.T.T. Tee Shirt Blowout Sale

F.I.T.T. Cardiac Association Tee Shirts from various functions held by F.I.T.T. We are pleased to introduce our Apparel Clearance sale:



All Cotton Tee Shirts on sale for \$2.00 each or more if you wish to donate to the F.I.T.T. Cardiac Association.



All Tech Tee Shirts are on sale for \$3.00 per Tee Shirt (or more if you wish to donate to the F.I.T.T. Cardiac Association).

Just tell your class representative which T-Shirt you would like and the size you prefer.



“Aren’t you glad we had this meeting to resolve our conflict?”