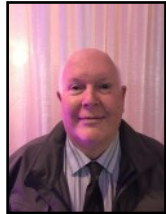




FITT
COMMUNIQUE

FITT CARDAIC ASSOCIATION BOD 2020

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FITT	
• F— Frequency	
• I— Intensity	
• T— Time	
• T—Type	



Bob McMillan
 President

President's Report.

As 2020 comes to an end it is a year that I would personally like to forget. Let us hope that 2021 is a year that gladly puts 2020 in the rear-view mirror.



The board of directors met via Zoom on October 29th, 2020 and regrettably decided that the following events / items have been postponed until there is no longer a pandemic health emergency:

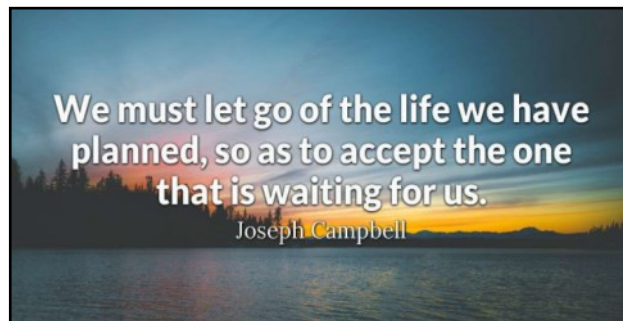
- Christmas Get-Together.
- Membership fees.
- Recognition of long-term memberships.

Other items that were discussed:

- Communique will be online until classes re-start.
- We have donated \$1,000 to end Homeless in Burnaby (<http://burnabyhomeless.org/>)

Best wishes and Happy holidays to you and your family and as Dr Bonnie says be safe, be kind, be calm and diligent.

Bob McMillan



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.



END OF LIFE AND OTHER PLANNING THOUGHTS

Our Bob Rentz (FITT Director and Secretary) has given us a lot to think about especially with Covid 19 hanging over our heads.

- **Where are we with our planning?** Questions that need to be asked:
- **What if you are hospitalized?** Are your affairs in order?
- **Even a spouse is limited** in decisions and tasks they can do on behalf of their spouse, unless a legal planning document is in place giving authority to the spouse or someone else.
- **Be pro-active** so you can stay in control of who will help you or act on your behalf

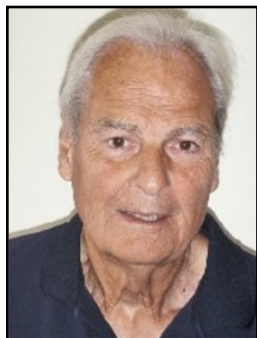
This exert is taken from this Canadian Website <https://www.nidus.ca>

Obituaries



Elizabeth Pura - Champlain Class January 5, 1933 - July 9, 2020

Elizabeth was an avid member of the Champlain class for 3 years. Elizabeth was born in Canora, Saskatchewan. She moved to Vancouver in 1958. Elizabeth worked for B.C. Tel for 25 years before retiring. In her time with FITT she attended 2 Christmas parties and 2 bowling dinners. Although a short time with FITT Elizabeth was well known by her classmates



Edward (Ed) Black—Bonsor 2 Class Passed away August 31, 2020

Born and passed in Vancouver at 84 years old. Ed was an avid sports-fisherman, spending much of his retirement catching his "hundred dollar a pound" salmon, along with his beloved wife, Jean. He also enjoyed athletics and team sports throughout his life, spending his early years as a "keep fit" instructor. He participated in the BC Senior Games in 2001. Ed was an active member of the Bonsor 2 class always volunteering to help with FITT Events and an active and long term member of HOTM volunteer visitors at Burnaby Hospital.



Ben Comin—Bonsor 1 Class April 26, 1935—August 18, 2020

Ben was born in Crocetta del Montello, Treviso, Italy in a family of 9 children. He emigrated to Canada in 1955. Ben was an active member of the Bonsor 1 class, always ready with a joke at our after exercise coffee group. Of course everyone will remember Ben's homemade concoctions that he provided for everyone at our birthday celebrations and other FITT events.