



**FITT**   
**Cardiac Association**



November 2022

**Fittnow.com**

# **F.I.T.T. CHRISTMAS GET-TOGETHER**

**Wednesday December 7<sup>th</sup>, 2022**

**6:30 to 8:30 PM**

**Bonsor Recreation Complex  
6550 Bonsor Avenue, Burnaby BC  
Upstairs (In Active Studio)**

Join us for the annual F.I.T.T. XMAS get-together. As usual we ask you to bring finger food (i.e., nothing that needs to be reheated), enough to serve yourself and others (guide is enough to feed 4). We will have music, the 50/50 draw and door prizes.

**RSVP by Dec 1<sup>st</sup> to [rsvp@fittnow.com](mailto:rsvp@fittnow.com)**



### **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.



## OBITUARIES

### **Fred CULLINGWORTH (18 June 1942-9 August 2022)**

Born in northeast England, in Leeds, always smiling, Fred came to Canada in 1962 and was a heavy-duty mechanic, becoming a Head Foreman, after marrying his Irish wife, Grace, in May of 1973. His children are Steven, David and Lesley, and they all lived in the home, he built, not like any other...at a right angle to the street. He had a very green thumb and loved his garden, growing vegetables and flowers, which surrounded his friendly patio, where he held parties for our Gears and Beers gang from the Healthy Heart Program, at Bonsor. He wrote and published an illustrated story book for his three precious grandsons, about exploring the woods in North Van's Lynn Valley. Did a monster live in those caves? Most impressively, he turned 80 this year, along with three more of us from 'Gears and Beers'. He was cared for by his wife, (Nurse) Grace, and his family, until his last two weeks, when he went to Hospice, in Burnaby, where he received wonderful "comfort care". A Celebration of Life will be held in early spring.

### **Jean McLEAN (22 Feb 1939-13 May 2022)**

Jean was raised on a farm, in Hafford, Saskatchewan, but escaped to Europe and California with her girlfriend, Louise. She returned home when her Dad became ill and later moved to Hudson's Bay, (SK), married and came to Vancouver, where her daughter, Sidney was born. At the same time, she worked as a Lab Technician and supervisor for BC Bio (now Life Labs). It was as a single mother, at a dance, that she met the love of her life, Joe Jordan, and they married in 1994. They loved dancing through all the years and Joe, the musician, sang to her and to us, at Healthy Heart Seniors' Centre. Jean volunteered for Hospice and was inspirational in how she lived her life head on. She was careful with what she ate and insisted Joe learn how to cook, in her last years. She had two granddaughters who she was always in contact with, who lived in Waterloo: Stella and Juno, who we met at Jean's Celebration of Life. During the Celebration they played a fun video that said it all. It showed Joe and Jean sitting down, in their robes over breakfast when the song, "Old Time Rock & Roll" came on, and they threw off their robes, and oh! how they danced, right up to the end.

### **Pat STAMNES (Sept 14, 1929 - March 25, 2022)**

Emigrated from Ireland with her family when she was a girl. She married Harold, a firefighter, and had three children. She had been a member of Healthy Heart for over twenty years, and enjoyed the camaraderie of the gym as well as the coffee after class at Bonsor's Senior Centre. Pat was a gentle, somewhat shy person, but very friendly in her quiet way. As her health failed she went to live with her daughter, Carrie, where she died in quiet safety.

Her family wanted to express their gratefulness for the friendships she enjoyed at Healthy Heart.

### **Marilyn EVANS (July 8th, 1946 -August 17th, 2022 )**

Due to an unforeseeable accident Marilyn died on August 17th.

Marilyn was the class rep for Burnaby South until 2019 until it was no longer feasible to hold classes there but continued to be a director at large for F.I.T.T. She will be missed by her classmates and the board of directors of F.I.T.T.



## The Mediterranean Diet

For supper tonight, try a filet of wild-caught salmon in a curry sauce over a pilaf of brown rice and lentils, along with a baby spinach salad lightly dressed in olive oil and topped with slivered almonds, a glass of red wine, and orange slices and blueberries for dessert. The Harvard Health Letter suggests this menu as an example of the heart-healthy Mediterranean diet.

The Mediterranean diet is a cuisine that is traditional in Spain, Italy, Greece and Israel, and includes fish, fruits and vegetables, beans and lentils, nuts, whole grains, olive oil, and moderate quantities of red wine.

The menu below is an example of the health benefits of the Mediterranean diet. The salmon has heart-healthy Omega-3 fats. Brown rice still has the bran and the germ, and so retains its nutritional value. Lentils are rich in fibre. The baby spinach has B vitamins and vitamins C and K as well as magnesium and iron. The nuts have unsaturated fats and B vitamins, although they are also high in calories.

MUFAs, or Mono Unsaturated Fatty Acids, are a central part of the Mediterranean diet. MUFAs are healthy fats. The Mayo Clinic advises that MUFAs may lower your total and LDL cholesterol level while maintain HDL or good cholesterol level. However, MUFAs are high in calories, so should be used in moderation, and should be consumed instead of rather than in addition to other fats. MUFAs are found in:

Nuts such as almonds, cashews, pecans and macadamias

Olive oil

Canola oil

Avocados

Nut butters

Olives

Peanut oil

Happy cooking, and happy eating!



## Spiced up Pumpkin Recipe

### INGREDIENTS

1/4 cup (60ml) olive oil

1/2 tsp ground  
cinnamon (we used  
Woolworths Select)

1.5kg Jap pumpkin, cut  
into wedges

Coconut yoghurt, lime  
wedges & coriander  
leaves, to serve

### MAPLE AND CINNAMON DRESSING

1 tbs tamarind puree

2 tbs maple syrup

1 tbs light soy sauce

1 tsp ground cinnamon  
(we used Woolworths  
Select)

Juice of 1/2 lime

1/4 cup (60ml) olive oil

1. Preheat oven to 220 degrees C. Grease and line a large baking tray with parchment paper.
2. Whisk oil and cinnamon in a small bowl. Season, then rub all over the pumpkin to coat. Place pumpkin wedges upright on tray so skin is in contact with tray.
3. Roast for 40 minutes or until tender and edges are slightly charred.
4. Meanwhile, for the dressing, combine tamarind, maple syrup, soy, cinnamon and lime juice in a small bowl. Gradually whisk in the oil until well combined.
5. Place the pumpkin on a large platter, drizzle over dressing and serve with yoghurt, lime and coriander.

