

FITT COMMUNIQUE

INSIDE THIS ISSUE:

BOD	1
Member Update	1
Events Calendar	2
Obituaries	2
Best Recipe	2&3
BBQ Picnic	3

FITT

- F— Frequency
- I— Intensity
- T— Time
- T—Type

2023 AGM RESULTS

OUR CURRENT BOARD OF DIRECTORS

Introducing your FITT Directors for 2023



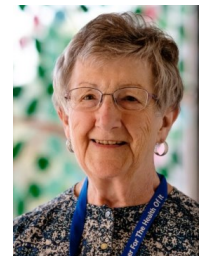
Ilario Galano
President



Bob McMillan
Vice President
and Treasurer



April Turco
Secretary



Maureen Baker
Director

Quote of the Day

The secret of getting ahead is getting started.

Mark Twain



David Malcolm
Director



Bill Rettinger
Director



Pablo Japke
Advisor to the board



2023 Membership Update

The FITT Cardiac Association Board gave away complimentary membership for the year 2021 to all members in good standing as of 2020 membership. This year 2023 is proving to be a recovery year with the pandemic technically over. Our start was slow but we are now over 40 members and counting. For those that have not renewed their membership in 2023, we encourage you to do so as soon as possible so that our association continues into the future,

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.



CALENDAR OF EVENTS

Date	Event	Time	Comments
August 9, 2023	FITT Picnic BBQ	11:00 AM	All invited—must confirm attendance
TBD in December	Christmas Get Together	6:00 PM	Pot Luck Memembers Get Together
TBD	Christmas Board Meeting	Noon	Special Board Meeting



OBITUARY

Shirley Noble December 30, 1930—June 2, 2023

Shirley was a lovely member of the Bonsor 55+ Society and the FITT Cardiac Association. For more than 20 years, Shirley organized a group of volunteers and counted and rolled all the coins from the coffee bar, tallied always correctly and ready to go to the bank. Always a willing volunteer for many events at Bonsor. Through her volunteer group, Shirley formed a group of friends that travelled to her condo in Whistler, for according to them, many had hilarious weekends with lots of escapades.

Shirley was also a faithful friend of the healthy Heart Program and the FITT Cardiac Association.

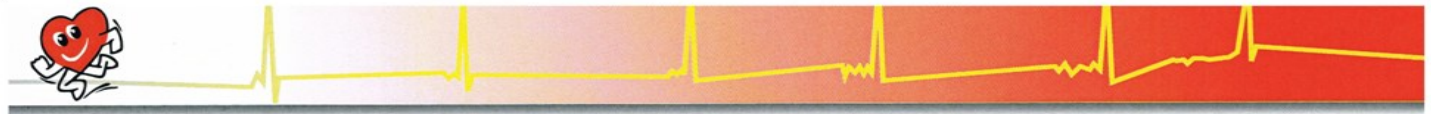
On a Separate note John Wood a long time participant with the healthy Heart program and FITT Cardiac Association passed away in the first week of June of this year. He was 92 years old

BEST CHILI RECIPE

A hearty vegetarian chili packed with beans and vegetables

Ingredients:

- 2 tablespoons vegetable oil
- 1 cup onion, chopped
- 3 garlic cloves, minced or pressed
- 1 cup carrots, diced
- 2 cups red bell peppers, seeded and chopped
- 1 fresh hot pepper, seeded and minced
- 1 ½ tablespoons cumin seeds, ground
- 1 tablespoon coriander seeds, ground
- 1 teaspoon dried oregano
- 1 cup fresh or frozen corn kernels
- 1 28-ounce can fire-roasted diced tomatoes
- 1 15-ounce can red kidney beans, rinsed and drained
- 1 15-ounce can black beans, rinsed and drained



Directions:

Warm the oil in a covered soup pot on low heat.

Add the onions, garlic and salt and cook until soft, about 10 minutes. Add the carrots and bell peppers, increase the heat to medium-high and cook for 5 minutes, stirring often. Stir in the hot peppers, cumin, coriander and oregano and cook for 5 minutes more, stirring occasionally so the spices won't stick.

Add the corn, tomatoes, kidney beans and black beans. Bring the chili to a boil; reduce heat, cover, and simmer, stirring often, for at least 30 minutes.



F.I.T.T. BBQ *F.I.T.T. BBQ* **WEDNESDAY AUGUST 09th 2023**



CONFEDERATION PARK
NORTH PARK
11:00 AM – 2:00 PM
PICNIC AREA 2
WIENERS, HAMBURGERS & BUNS
ALONG WITH KETCHUP, MUSTARD
& RELISH SUPPLIED BY F.I.T.T.
CARDIAC ASSOCIATION

YOU BRING YOUR OWN DRINK AND ANY SHARES YOU LIKE.

DOOR PRIZE!

IMPORTANT: RSVP ON HOW MANY and WHO is coming
PLEASE REGISTER BY JULY 26TH
TO RSVP@FITNOW.COM

