



Heart & Facts

Coronary Artery Rehabilitation Group Inc.

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March 2009 Issue

CARG Volunteers of the Year



Top: **Lottie Kear.** Vic Zapf stated: *Lottie has been a participant of this exercise group for more than 25 years, first as a member of a group that walked the halls of Ellis Hall, then as a member of the original group which formed the group that we now know as CARG. Lottie served on the first phoning committee and over the past years has always been the first to volunteer for events in many capacities where ever needed.*



Bottom: **Shirley Patola.** Cathy Matlock stated: *I feel very privileged to be presenting the 'Volunteer Award' to Shirley Patola. Shirley has added so many dimensions to our program...The Pancake Breakfasts...The Spring BBQ...The Volunteer BBQ...The Volunteer Pins...Heading up the Social Committee to organize the 20th Anniversary of C.A.R.G. and her forward thinking to the 25th Anniversary...adding her voice and skills to the many social meetings and other meetings she attended while serving as President of C.A.R.G. ...representing C.A.R.G. by speaking at a City of Saskatoon Council Meeting with regard to getting a walking track at the Shaw Centre...the careful and watchful eye with regard to C.A.R.G. funds...these are just a few things we thank you for. I personally learned so much from Shirley, being the Secretary of C.A.R.G. while she was President. Thank you for that opportunity. I am so proud to call you my friend.*

The CARG Executive would also like to add its thanks and congratulations to Lottie and Shirley

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Membership Chair, Curt Weberbauer writes: Every so often we are reminded that the success and growth of our CARG organisation is dependent on our volunteers. A case in point was our latest phone survey! Usually in Fall, especially in October and November, a lot of CARG patients come back to walk at the Field House after staying away all summer. But some people do not return! This happens every year. So we looked at our present and past membership list and decided to phone those people who were CARG members at one time but stopped walking going back five or more years. Three of our volunteer ladies, **Helen Wallace, Audrey Purdie, and Cecile Walker**, went to work and made 156 phonecalls! We think a special thank you is in order! It gave us some insight as to why people stayed away but it also brought many back into the program. Well done Helen, Audrey, and Cecile! Many thanks again from the CARG executive



CARG Executive 2008-2009

Top left to right: President: **Larry Mullen**; Secretary: **Ann Marie Smith**; Treasurer: **Mohindar Sachdev**; Membership Chair: **Curt Weberbauer**; Ist Vice President: **Terry York**



Bottom left to right: 2nd Vice President: **Dan Danaher**; 3rd Vice President: **Dennis Johnson**; Members at large: **Blake Adamson**; **Howard Hrehirchuk**, **Peter Scott**

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Dianne Gosselin writes: "It was brought to my attention, after many, many years of faithful service, our dear friend Ethelyene would like to retire from her duties. For more years than I can remember, she has been co-ordinating the CARG Volunteer Visitors (those trained volunteers who have opened up a little time slot on a Tuesday or a Thursday morning to visit people in the hospital, after a cardiac event). She feels her role has been very rewarding, and it helps her keep in touch with the Rehab Program. She feels 1 or 2 persons could share co-ordinating the visitors. If you are interested or know someone who enjoys talking to people, pass along their name(s) to **Dianne Gosselin** at 655-2148. We plan a training session on or before the Volunteer Visitors Meeting Wednesday March 18th"

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CARG Social Committee

Gail Sinnett writes: What does the Social Committee of CARG do?? The Social Committee is a small group of volunteers who have agreed to organize the social events that occur every couple of months or so at the Field House.

The events that have been held in the past are:

- September - Welcome Back BBQ or Pancake Breakfast
- October - Pancake Breakfast (Halloween or Fall theme)
- December - Christmas Party-this is our largest function
- February - Valentine's Party & Volunteer Appreciation Day
- March - St. Patrick's Day Breakfast
- May - Family BBQ

June - Cathy & Paul Matlock host a Volunteer Appreciation BBQ at their place. **It pays to be a VOLUNTEER.**

These events are open to all members of the CARG program and their support persons. We charge a minimal fee, to cover the costs, and if there is any surplus we donate to other organizations such as Ronald McDonald House, Denny Carr "Secret Santa", or the Saskatoon Council on Aging "Care Giver Group."

We like to have a list of volunteers who are willing to help out on these occasions (the tasks are not very difficult). The more people we have to call on, the less often we need to call on any one person. You will notice that there is often a sheet on the CARG board at the side of the track asking for people to put their names down to volunteer. We try to do this each fall to encourage new people to participate. We have a lot of fun and you will get to meet so many new people. Part of being a member of CARG is meeting people and socializing to make the whole experience a healthy and fun way to spend your time at the Field House.

Watch for announcement posters on the Bulletin Board as the time for such events approaches.

The next one will be a **Pancake Breakfast on March 16** in Willy's Café from 8:30-10:30am. Come join in the fun.



Big Bike for Stroke driver vacancy

The **Heart and Stroke Foundation** has a summer vacancy - driving the 30-seat **Big Bike** around Saskatchewan! *The successful applicant(s) should have strong public speaking skills, be outgoing and have excellent attention to detail. This job will take you away from Saskatoon for up to a week at a time, so be prepared to spend some time away from home. Flexibility is a*

*priority as the schedule can change unexpectedly from time to time. You will be responsible for securing money & paperwork, working with field staff and volunteers, handing out incentives to teams, maintaining the 30-seat bike and tow vehicle and bringing the fun factor to this traveling event! We are seeking one driver for the summer. Dates are April 30 to late August 2009. **Deadline for applications: March 13, 2009.***

Please submit your application and cover letter, quoting reference #WBD09 to:

Program Specialist, Big Bike

Heart and Stroke Foundation of Saskatchewan

279 - 3rd Avenue, Saskatoon, SK S7K 2H8

or via email to heart.stroke@hsf.sk.ca, or via fax 306-664-4016

Full details are at <http://carg.ca/bike>

The **Heart and Stroke Foundation** is also seeking 29 *Survivors* to participate in this unique fundraising event and showcase their commitment to heart health & stroke prevention. This invitation is open to anyone who has had to overcome the struggles of heart disease or stroke. The event will take place on Friday May 8, 2009 at the Confederation Mall parking lot. Call **Tamille at 306-244-6822 ext 228**, for full details, (mentioning that you are with CARG) about how you can be one of the bike riders. Yours truly has already signed up! Full details are at <http://carg.ca/bike2>

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Bridge City Boogie 2009

The mission of the Bridge City Boogie 2009 is to promote and foster a culture of wellness in Saskatchewan through the ongoing development of Saskatoon's premier run / walk event. This year's event takes place June 14, 2009. More details at <http://carg.ca/boogie>



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Drinking tea can reduce strokes



A new study in the United States has found out that drinking three or more cups of tea per day can reduce the risk of stroke. "By drinking three cups of tea a day, the risk of a stroke was reduced 21%," said Lenore Arab, professor of medicine at the David Geffen School of Medicine. The professor also said that the more you drink, the better your odds of staving off a stroke. Drinking three more cups can drop another 21%. More details at <http://carg.ca/tea>

More potassium, less salt better combination to prevent heart disease



"We know that a low salt diet is important to control high blood pressure that leads to heart disease. According to new research from Loyola University, it seems equally as important to increase our potassium intake if we really want to reduce our risk of heart disease. According to study author Dr. Paul Whelton, president and CEO of Loyola University Health System, "There isn't as much focus on potassium, but potassium seems to be effective in lowering blood pressure and the combination of a higher intake of potassium and lower consumption of sodium seems to be more effective than either on its own in reducing the risk of cardiovascular disease." More details at <http://carg.ca/potassium>

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Why do some people never seem to get fat?



"The UK is a country obsessed by the threat of obesity. As the average person's weight has grown, so has coverage of the subject. The chief medical officer for England, Sir Liam Donaldson, has said we are facing an "obesity timebomb". Culinary celebrities like Jamie Oliver have launched campaigns, in homes and school kitchens, to fight the fat war. Yet the science of weight gain is less straightforward than the headlines sometimes suggest. Why, for example, do some people seem to eat what they like and not put on weight, while others limit their diet yet struggle to shed their bulk?" More details at <http://carg.ca/fat>

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Regular eggs 'no harm to health'

Limiting egg consumption has little effect on cholesterol levels, research has confirmed. A University of Surrey team said their work suggested most people could eat as many eggs as they wanted without damaging their health. The researchers, who analysed several studies of egg nutrition, said the idea that eating more than three eggs a week was bad for you was still widespread. But they said that was a misconception based on out-of-date evidence. Writing in the British Nutrition Foundation's **Nutrition Bulletin**, they said eating saturated fats was far more likely to cause health problems. Researcher Professor Bruce Griffin said eggs were actually a key part of a healthy diet, as they were particularly packed full of nutrients. More details at <http://carg.ca/eggs>



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The **American Diabetes Alert Day** is a one-day, "wake-up" call to inform the American public about the seriousness of diabetes. The American Diabetes Association encourages people to take the Diabetes Risk Test and find out if they, or their loved ones, are at risk for developing type 2 diabetes. Observed on the fourth Tuesday of every March, the 21st annual American Diabetes Alert Day is Tuesday, March 24, 2009. More details at <http://carg.ca/21>