



# Heart@Facts

Coronary Artery Rehabilitation Group Inc.

Oct 3rd/2005

Saskatoon Field House 2020 College Drive Saskatoon SK S7N 2W4

Web: [www.carg.ca](http://www.carg.ca) Email: [cargvp@sasktel.net](mailto:cargvp@sasktel.net) Snail mail: 218 Avenue X North Saskatoon SK S7L 3J5



## Welcome Back From The Staff:

With many people coming back for fall, we would like to remind everyone of a few **rules of the track:**

- ❶ Look both ways before going on to or coming off the track
- ❷ Slower walkers use the innermost lanes (1&2) , faster walkers use the middle lanes (3&4), and runners use the outermost lanes (5&6)
- ❸ If you have been away for the summer months or longer, please check in with a staff member to do an update.
- ❹ Always start with a slow lap to warm up and finish with a slow lap to cool down.

## Description of Classes:

**Please cool down (walk a slow lap) before you attend a class.**

- 7; 8, 9, 10 AM Warm-ups (grad level)
- 830, 930, 1030 Warm-ups (beginners)
- 740, 840, 940, 1040 20 min strength & stretch (grad level – mat or chair)
- 920, 1020 10 minute upper body strength (beginners)
- 8, 830, 11 Tai Chi (please identify yourself to the instructor if you are new)

## **Fall Weight Loss Class:**

There will be another weight loss class offered Thursday Nov 3<sup>rd</sup>. Watch the bulletin board for details and sign-up.



## **Tuesday/Thursday Cardiac Classes:**

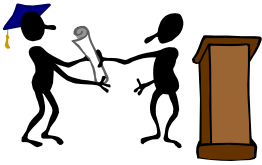
Beginning Oct 4<sup>th</sup>, we will run cardiac exercise sessions 5 days/week for graduates: 8-9, 9-10, or 10-11 AM. Please see Jill

if you have any questions

## **Evening Program:**

The cardiac evening program resumed in September. The days of exercise have changed to Mondays, Wednesdays, and Thursdays 7-830PM.





## **We Welcome The Grads Of August !**

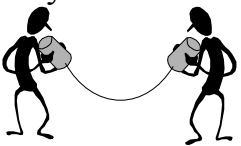
Owing to the date on which we schedule the

“graduation” of cardiac rehab patients (usually the last Friday of the month), it’s hard to get their names into the newsletter in time for issue in the first week of the next month. So we’re always 1 month behind.

Anyhow, here’s the list of lucky people who may be turning over a new leaf and mending their sinful dietary ways to follow the paths of cardiological rectitude forevermore:

*Glenn Ash, Gary Beavan, Barry Bodnar, Bert Brown, Don Clifford, Sylvia Gryba, Lloyd Hamilton, Melva Hnida, Jean Huck, Lucy Hughes, Lawrence Kramchynski, Annette Laidlaw, Stuart McTavish, Jack Ostoforoff, Joanne Remillard, Mae Schulz*

Often there are last minute additions to the list of “graduates” which we get and sometimes we miss mentioning them because they’re not on the original list. That’s what happened to *Rudy Hummel*, who actually graduated in a previous month. We apologize for any inconvenience this may have caused.



**From Dianne Gosselin:**

**Caregiver Support Group:** This is a group for informal (unpaid) caregivers who are providing emotional or practical support to a chronically ill person. The group is led by a social worker from the Saskatoon Regional Community Services. They discuss emotions, self-care, communication, coping skills, and relationship issues. The group meets several times a year.

Call **Karen 655-1468** or **Jeanne at 655-1475**.

## **The Road To Well Being:**

This project is a new initiative in the promotion of health and well-being. The goal is to provide information and strategies that will reduce stress, promote healthy relationships, and increase overall well-being. The program focuses on psychological factors which improve physical and mental health. The topics covered demonstrate the benefits to well-being, including optimism, hope, supportive relationships, forgiveness, and spirituality. The program is led by a psychologist from the Royal University Hospital. Contact the web site: [www.roadtowellbeing.ca](http://www.roadtowellbeing.ca) and click on the map to open up a number of areas.

Contributed by Dianne Gosselin



**Eugene George Hearn**  
**1929 – 2005**

Canadian speed skating has lost one of its most dedicated contributors. Eugene began competing in 1942 when Clarence Downey was Saskatoon’s premier skating coach.

His early team mates were Craig

Mackay and Johnny Sands who both skated for Canada at the Winter Olympics. Eugene was coach of the Saskatchewan team at the Canada Winter Games in 1967. He also served as Secretary-Treasurer and President for the Saskatchewan association in the 1950s and was Vice-President of officials in 1988. Among his other achievements, he was recognized as SaskSport Volunteer of the Year, has an honorary Life Membership in the Saskatoon Lions Speed Skating Club, and a place in the Saskatoon and Saskatchewan Sports Halls of Fame. He also served as an umpire for Saskatchewan softball for 25 years. Look for his picture on the wall of the Field House as you go from the top floor to the mezzanine.

StarPhoenix Sep 20/2005



As we start a new fiscal year, our Board of Directors felt a brief overview of how our organization works would assist new members and be a review for members in general.

The purpose of our organization is to encourage persons with heart related events to continue their rehabilitation programs. CARG offers its member support and fellowship; an opportunity to participate in a supervised exercise program and continuing education and social events.

What do your walking fees pay for? Walking fees are structured to cover the operational costs of running the program and the fees are used for these purposes only. Our year-end financial statements outline the operating expenses to run the program. A budget is prepared each year and the Executive follow monthly operations closely to ensure we are as close to budget as possible. Our greatest expenses are Field House track rental and salaries for the exercise therapists.

Social and educational functions that occur during the course of a year are funded in the following manner: corporate donations, designated donations from members, and donations from friends and family of CARG. Whenever a social function is planned, we usually charge a fee for each function and these funds are used to pay the costs of the function. Volunteers, many working for hours on end, help to plan them.

Many hands make light work. If you're interested in getting involved, we'd be happy to include you. If you have already signed up, we thank you sincerely.

*Ruth Redden*



**20th Anniversary  
Monday Oct 17th  
8:40 AM**

Meet on the track at 8:40 AM for a ceremonial walk around the oval with past and present CARG members, dignitaries, past CARG Presidents, and original CARG members.

Then come to the Fitness and Dance Room upstairs at 9:00 AM for the Official Recognition of CARG's 20th Anniversary.

Dr Horlick will be the guest speaker.

All past CARG members are invited, so pass the word on.

**Watch the bulletin board for details.**

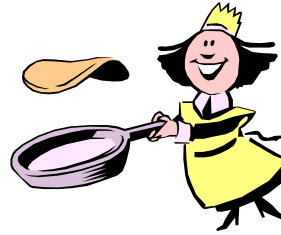
**C A R G  
A N N U A L  
G E N E R A L  
M E E T I N G  
10 A M O C T  
17 T H**



## CHOCOLATE OATMEAL CRANBERRY HERMITS

(Back by popular demand)

We often bake heart smart cookies to serve at yellow shirt “graduations” and have the recipes available for anyone who wants one. This one was a real hit.



- ¼ cup non-hydrogenated margarine
- 1 cup packed brown sugar
- 2 large egg whites (4 tbsp.)
- 2 tbsp. corn syrup
- 1 tsp. vanilla
- ¾ cup flour
- ¼ cup cocoa
- 1 ½ cups oatmeal
- ½ tsp. baking soda
- ¼ tsp. salt
- ½ cup dried cranberries

In a large bowl, beat margarine and brown sugar until well blended. (It will have the consistency of wet sand.) Add egg whites, corn syrup and vanilla and beat until smooth.

In a medium bowl, combine flour, cocoa, oatmeal, baking soda and salt. Add to sugar mixture and stir by hand until almost combined; add cranberries and stir just until blended.

Drop dough by tbsp (or small ice cream scoop) about 2” apart on a cookie sheet that has been sprayed with nonstick spray. Bake at 350 degrees for 10 – 12 min., until set around the edges but still a little soft in the middle. They will seem a little undercooked but will firm up as they cool. Cool on a wire rack.

Makes about 2 ½ dozen.

### Nutritional Information: (per cookie)

124 calories, 2.9 g fat (0.5 g saturated, 1.7 g monounsaturated, 0.4 g polyunsaturated), 20.8 g carbohydrates, 0 g cholesterol, 101.1 g sodium, 1.5 g fiber. (22% calories from fat)

# 20<sup>th</sup> Anniversary Pancake Breakfast 8:30-10:30 Wed October 19<sup>th</sup>

at Willy's in the Field House



### Would Have Been Nice

Cam Tetrault,  
Gordon Wilson, and  
Marion Wilson,

CARG members all, were lucky enough to get a flight on the B25 Mitchell bomber at the “Canada Remembers” airshow in August. Marion flew in the tail gunner’s position. Gordon used to fly Spitfires in North Africa and the Middle East during World War II.

### Make Your Life More Difficult:

- ❶ Park far away and walk
- ❷ Lug each purchase separately
- ❸ Shop early and during the week
- ❹ Take the stairs
- ❺ Walk briskly; slalom around people who get in your way