



Photo by Pixabay

*Supporting the
cardiac
rehabilitation
program
under the
medical
direction of
Dr. John P.
Schaman since
1980*

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FROM THE PRESIDENT'S DESK - MIKE WHITMORE

Sensitive BUT Important Topic



Fund-raising continues to challenge the Cardiac Fitness Association (CFA), that's why I'm pleased to announce the formation of a Fund-Raising Committee headed up by Director David Cain. Hopefully there are others who are willing to help in this exceptionally important endeavour. If so, please reach out to Dave at cfaheart1980@gmail.com

It might be useful to review the history of the Cardiac Fitness Association, why it was chartered, and why it is involved in fundraising.

The first patients of the Cardiac Rehabilitation Clinic, in 1978-79, were very impressed by the young doctor's ideas, however they expressed concern that his comprehension regarding clinic type financial requirements, appeared pretty much "non-existent." The doctor agreed and stated that after 10 years of training, there had not been even one hour of financial instruction! This practice was going to be extremely different from that of a general practitioner or a cardiologist. It was going to require an outdoor track with both diagnostics and therapeutics with the ability to monitor ECG's, exercise equipment, and with multiple lecture areas/rooms.

The early patients ultimately chartered the CFA in 1980, to allow patients (if they were financially able) to make donations and general fundraising, so that all could attend without financial concerns. Tax receipts were and still are issued. The CFA does not pay for medical services and Dr. Schaman, and his staff are not paid for such. The CFA pays for costs of administering the cardiac rehab program for its members.

Before COVID, we partnered with the Walk of Life in Toronto. Many of you attended this event and we received funds from your attendance. That event is no longer, in fact we can't even use the name Walk of Life anymore as it's a registered trademark with the University Health Network.

COVID may have changed how we do things, but the need for the CFA hasn't diminished. It has increased (cost of COVID mitigation, HEPA filters, etc.)



Once again, we have not held a clinic event, now the Walk For Heart, and we are asking you to walk virtually. We wanted to hold it at the clinic with balloons and live entertainment as in the past, but we're just not there yet...soon. [Click here to create or join a Walk For Heart Team](#)

Here comes the sensitive part – Do your loved ones know how you feel about Dr. Schaman and the clinic?



Do they know the CFA is a registered charity? On your passing, would you like the CFA to enjoy some public donations or a partial beneficiary from a policy? My wife clearly understands that I want the obit' notice to say, please donate to the Cardiac Fitness Association.

Heart and Stroke does great work, but so do we. Please let them know.

For all of those who have donated in the past, a giant thanks. To all the Corporate Sponsors and Nevada Ticket sellers who donate and support the CFA, thank you.

It's time again and now more than ever we are asking.

Please [click here](#) to support your CFA.

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[Wrap Up and Personal Message](#)



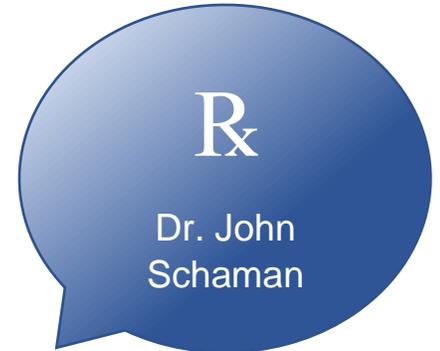
Greetings Crusaders for the Heart!

Recently we celebrated

[World Heart Day](#)

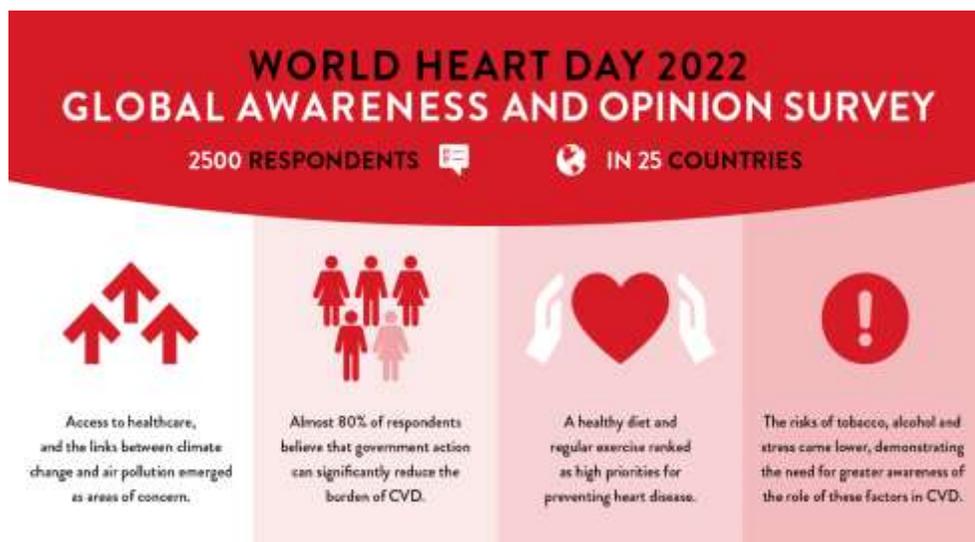
This year's theme was

“Use Heart for Every Heart.”



According to the [World Heart Federation](#), [World Heart Day](#) is an opportunity for everyone to stop and consider how best to use their heart for humanity, for nature, for the good of our planet, and for each individual. Beating cardiovascular disease is something that matters to every beating heart. Yet the heart is mostly neglected by most until it is mostly too late!

Many figure that if they develop heart disease due to their diet, lack of exercise, and general lifestyle, no worries – life-saving surgery, space-age technology, and miracle drugs will save them! There is no question we live in an era when surgery, technology and pharmaceuticals are available that were never available before. Regrettably, none of these, surgery, technology, nor pharmaceuticals, will actually stop the progression of the underlying disease, meaning that in a few short years, the disease will once again be knocking at the door!



For more than 40 years our clinic motto and closing statement to our weekly lectures has been:

Look after yourself, no one else will!

**John Schaman
M.D.**

[Our apologies that this graphic is not that clear. Click here to access the site](#)

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Random Guy Photo by
Rene Asmussen

Editorial - Is It Me, or Am I Just Getting Old? – Mike Whitmore

Full disclosure, I didn't go to finishing school, but I did attend an English private school grades 1-10.

Recently, I found myself saying, this would be a good time to teach "...", you can fill in the blanks.

At our favourite fine dining restaurant, more and more gentlemen are showing up in T-shirts and ball caps. Ripped jeans, (the ones we used to throw out) have become high fashion and therefore the norm.

Last month we were sitting on a patio for supper, and someone showed up with a dog. I'm OK with that, but it was a puppy, and the owners had no leash. The puppy, anxious to make new friends, wandered around until the hostess picked it up and returned it to the owners. Didn't faze them; they put the dog under the table and naturally, it wandered off again. This time the hostess returned the dog and politely asked them to leave.



Photo by Karolina Grabowska



Photo by Kevin Malik

Is it just me or is now a good time to teach the kids that running around the restaurant yelling, is not appropriate? Is it a good time to talk about manners or (one of my fav's) "just because you can, doesn't mean you should"?

We had to laugh the other night. Four young people out for dinner and all four of them are looking at their phones: no conversation for most of the meal.

I no longer cut with my fork and knife, put my knife down, change hands, and eat. (Folklore says - American spies were identified in Germany during WWII by watching them eat). We have gone to dinner in (not ripped) jeans and I still won't wear a baseball hat inside. But as the saying goes, the pendulum swings too far each way and certainly "Children should be seen and not heard" is too far one way. But is running around the restaurant too far the other way, or am I just getting old?

The burning question is...does it really matter?

The good thing is the general mood of the population has greatly improved recently. People are saying hi and thanks again.

We are constantly reminded that COVID is still with us and likely will be endemic (always will be), but the emotional temperature has greatly reduced.

Let's hope Canada remains a polite nation. I was always proud of that reputation when we travelled.



Photo by Kampus Production



Plant-Based Meals Set to Become the Default at All NYC Public Hospitals

Courtesy – [Forks Over Knives](#)

By Courtney Davison, Managing Editor, Forks Over Knives
October 06 2022

Hospital meals have long centered on meat, dairy, and highly processed foods—[standard American diet](#) fare that has been linked to obesity and a range of chronic diseases, from [Type 2 diabetes](#) to [heart disease](#). New York City is working to change that. Earlier this year, the city's public hospitals began serving plant-based meals as the default for inpatient lunches; now, they're rolling out the same approach for dinner.

Administrators from NYC Health + Hospitals, the largest municipal health care system in the nation, say that the shift is motivated by a growing recognition of the importance of nutrition in preventing and reversing disease. "Nutritious, healthy food should be available wherever New Yorkers are, but especially in institutions that are meant to restore health," says Ashwin Vasani, ScM, MD, PhD, commissioner of the city's Department of Health and Mental Hygiene.

While patients can opt for non-plant-based meals, NYC H+H reports that since rolling out the lunches this year, a majority of patients have stuck with the plant-based default and have been satisfied with the meals. The new dinner policy is already in place at three sites—Lincoln, Metropolitan, and Woodhull—with plans to bring it to its other eight sites in the coming months.

'It Starts With Us'

All hospitals, public and private, in New York State have been required by state law to make vegan options available at every meal since December 2020. By making plant-based not just an option but the default for the roughly 3 million meals served for lunch and dinner annually at public hospitals, New York City hopes to model healthier eating habits that patients can take home with them. "It starts with us, and we must lead by example," says Vasani.

New York City Mayor Eric Adams says he believes the move will "further [cement] New York City as a leader in preventive medicine." [Since reversing his own Type 2 diabetes](#) after adopting a whole-food, plant-based diet in 2016, Adams has championed a number of public-sector initiatives aimed at making healthy eating more accessible to New Yorkers, including bringing Meatless Mondays and Vegan Fridays to NYC public schools.

Earlier this year, NYC H+H expanded its Plant-Based Lifestyle Medicine Program to facilities in all five boroughs, offering New Yorkers comprehensive support for adopting a plant-based diet and making other lifestyle changes known to improve cardiometabolic health.

"Across the city, we are striving to make the healthy choice the easier choice," says Kate MacKenzie, the mayor's executive director of food policy. "As we continue to broaden the administration's goal of ensuring access to delicious and nutritious meals for all New Yorkers, the implementation and expansion of this program highlight how city facilities can lead on encouraging healthy lifestyle changes."

To learn more about plant-based diets, visit our [Plant-Based Primer](#). For meal-planning support, check out [Forks Meal Planner](#), FOK's easy weekly meal-planning tool to keep you on a healthy plant-based path.

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Brain Food

What's In a ~~Wordle~~ Quordle

For those of you whom I got hooked on Wordle last issue, here's the next one that we love. I call it Wordle on steroids.

There are many sites, but we use this one.



Quordle

If you are enjoying this, there's more.
For the world geography nuts try this

WORDLE



And of course, for those of us
who love numbers...

Did you hear about the mathematician who's afraid of negative numbers?

He'll stop at nothing to avoid them.

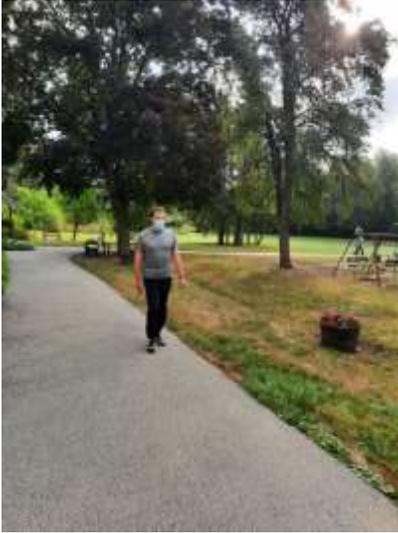
A statistician got soaking wet trying to cross a river.

He thought he could cross because it was one-foot deep on average.

Which king loved fractions? Henry the 1/8



Photo by [JESHOOOTS.com](https://www.jeshoots.com) from [Pexels](https://www.pexels.com)



Blow Our Horn

Sometimes you just have to blow your own horn.

Thanks to Melissa for reminding us that, to the best of our knowledge, there have been no outbreaks of COVID-19 as a result of us exercising at the clinic Tuesday afternoons and Wednesday mornings.



Photo by MART PRODUCTION

Remember when we were totally closed, no visitors? I'm happy to say that thanks to the staff, many volunteers, and of course Dr. Schaman, the clinic is open. Sure, we have some rules to follow, but they have served us well.

To the best of our knowledge – Zero outbreaks.

Special thanks to Vivien and Susan for tirelessly volunteering to look after rapid testing at the front door. A year ago, we thought we would need them for a few months...wrong!

Les Pitek for developing and maintaining the booking website and generating weekly reports so the office knows who is coming to the clinic and when.

Not everyone is comfortable with the booking site so thanks Robin for calling and booking some of us into the site.

Ready to get back to the clinic?

[Click Here to Book](#)



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Autumn (Courtesy of puzzles.ca)

Find and circle all the Autumn words that are hidden in the grid.

The remaining letters spell a secret message – an Albert Camus quotation

L O N G E R N I G H T S N A A U C N
T O R U E S T U N Y R O K C I H R I
M S O A Y Q E N I S I A O T R W O K
R C Y H N E U V S T E R F H E O P P
C E A A C G K I A S N O A A B R S M
K N D N D S E R N E D S R N M C O U
S C Y L N R G L U O L P M K E E C P
Q R A K E I E R E T X G I S V R T S
U Y D T M A N T S A E F N G O A O E
A D Y D S I V G R T V S G I N C B P
S N R N G Y W E H O E E N V W S E T
H I E L P P A E S P H A S I V O R E
B W T Y L L I H C T E S P N R F L M
F T S E V R A H Y E L O I G C R E B
A A U H A L L O W E E N E F I O S E
A F L S E V A E L W O L L E Y S L R
L O B L W E C H E S T N U T S T R D

Acorn	Equinox	November	September
Apple	Fall	October	Shorter Days
Bird Migration	Farming	Orange Leaves	Squash
Blowing Leaves	Feast	Pie	Sweet Potatoes
Blustery Day	Frost	Pumpkin	Thanksgiving
Canning	Halloween	Rake	Turkey
Chestnuts	Harvest	Red Leaves	Windy
Chilly	Haystack	Scarecrow	Yellow Leaves
Cold	Hickory Nuts	School	
Crops	Longer Nights	Season	



Photo by Ylanite
Koppens



Pumpkin Nutrition Facts

Proven Health Benefits of Pumpkins and Pumpkin Seeds & How to Use Them in Your Diet.

This is a partial article from the Food Revolution Network.

[To read the full article and for some recipes, click here](#)

Both pumpkin flesh and pumpkin seeds are potent sources of nutrition. Pumpkin fruit is an excellent source of B vitamins and vitamin E, as well as minerals like iron, magnesium, and phosphorous. Pumpkins are rich in phytochemicals like cucurbitacins, saponins, carotenoids, phytosterols, and polyphenols. They also contain vitamin C, potassium, and the carotenoid and antioxidant beta-carotene, which gives orange pumpkins their color.

In one cup of cooked pumpkin, you'll find the following nutrients:

- Calories 49 kcal
- Protein 1.8 g
- Carbohydrates 12 g
- Fat .2 g
- Fiber 2.7 g
- Vitamin A 245% DV
- Vitamin C 19% DV
- Vitamin E 10% DV
- Riboflavin 11% DV
- Copper 11% DV
- Magnesium 6% DV
- Potassium 16% DV
- Iron 8% DV

And in one ounce of pumpkin seeds you'll find:

- Calories 146 kcal
- Protein 9.2 g
- Carbohydrates 3.8 g
- Fat 11.8 g
- Fiber 1.1 g
- Vitamin K 17% DV
- Riboflavin 5% DV
- Copper 19% DV
- Magnesium 37% DV
- Phosphorus 33% DV
- Iron 23% DV
- Zinc 14% DV
- Manganese 42% DV



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Cook Perfect Rice

Cook the Perfect Pot of Brown Rice Every Time

By Lauren Paige Richeson
September 23 2022

[To See the full article on Forks over Knives website - click here](#)

What Is Brown Rice?

Brown rice is a whole grain, which means it contains all parts of the grain—including the fibrous bran, the nutritious germ, and the carb-rich endosperm. The bran coating gives brown rice its name and color plus its nutty taste and chewy texture. In the simplest terms, brown rice is white rice, just less processed.

Cooking Time and Water Ratio for Brown Rice

The correct cook time and water ratio for brown rice depends on the cooking method that you're using. Properly cooked rice should have a slightly chewy consistency. Overcooked rice will be mushy; undercooked, it will be hard and crunchy.

Method Rice Water Cook Time Yield

Stovetop 1 cup 2½ cups 50 minutes 3½ cups

Rice Cooker 1 cup 2 cups 50 minutes 3½ cups

Instant Pot 1 cup 1 cup 30 minutes 3½ cups

Stovetop: 40–55 Minutes

The stovetop is a popular option for cooking brown rice. Use a heavy-bottomed saucepan with a tight-fitting lid.

1. Bring 2½ cups water to boiling in a medium saucepan set over medium-high heat.
2. Optional: Rinse 1 cup of brown rice in a mesh strainer under cold water. Let drain.
3. Once the water reaches boiling, add rice to the pot; return to boiling. Cover the pot with a tight-fitting lid. Reduce heat and simmer, covered, for 30 to 45 minutes or until all liquid is absorbed.
4. Remove from heat. Fluff rice with a fork. Re-cover the pot for 10 minutes. If any liquid remains when the rice is done, drain it off using a strainer.

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Rice Cooker: 1 Hour

Rice cookers offer an easy, convenient way to cook brown rice.

1. Optional: Rinse 1 cup brown rice in a mesh strainer under cold water. Let drain.
2. Transfer rice to rice cooker. Add 2 cups water for every 1 cup brown rice.
3. Cook 50 minutes or until rice is fluffy and tender.
4. Let stand for another 10 minutes before serving.

What Can I Add to My Rice for Flavor?

Try adding some veggie broth, spices, or herbs like bay leaves, rosemary, or thyme sprigs to the water in the pot before bringing it to boiling or stir in some veggies or spices after cooking. Get creative and experiment until you find your perfect flavor combination!

New Olive Oil Study Sparks Questions for Whole-Food, Plant-Based Eaters

By Elizabeth Turner
February 01 2022



A large new study out of Harvard suggests that a small daily dose of olive oil may substantially reduce the risk of early death. That's raising questions among whole-food, plant-based eaters, since avoiding added oil is a cornerstone of the WFPB diet.

Dr. Esselstyn and Dr. Ornish say hold on a minute.

In 2019, Esselstyn wrote an editorial for the *International Journal of Disease Reversal and Prevention* outlining a range of studies that show oil consumption promotes vascular injury, including research published in 2000 that examined the post-meal impact of olive oil on the endothelium, a membrane that lines the heart and blood vessels and helps control vascular relaxation and contraction. The study found that meals prepared with olive oil reduced flow-mediated dilation, a measure of arterial blood flow, by 31 percent.

[To read the full article click here](#)



What's your activity personality?

Choose the right activity and you'll stick with it

by Ylva Van Buuren Illustrations by Jori Bolton

First published in RTOERO's Renaissance magazine, Spring 2022 issue.

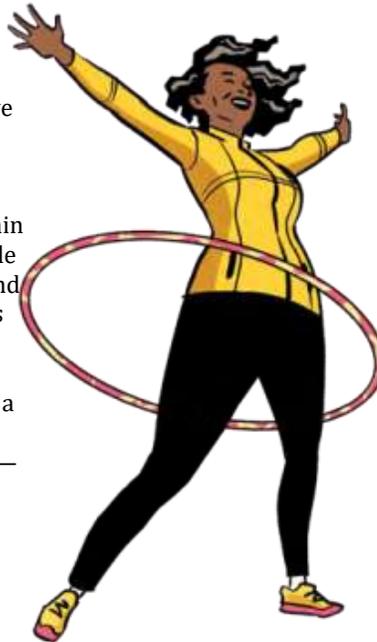
Everyone knows that regular activity is good for your health.

Unfortunately, statistics show that only one-fifth to one-quarter of Canadians of all ages are meeting the minimum fitness guidelines for good health, says Steve De Ciacca, a clinical physiotherapist and program consultant at the Canadian Centre for Activity and Aging at Western University.

The good news: Activity options are opening up again now that COVID-19 is being better managed. And while personal choice is often based on cost, convenience and physical condition, the key to sticking with any fitness routine is finding one that suits your personality and talents. Not a joiner? Then a yoga class may not be for you. Poor eye-hand coordination? Tennis is probably a non-starter.

“What you're really looking for is the emotional — and motivational — hook,” says De Ciacca.

When you choose an activity that fits your personality, you're on the road to success!



1. FUN LOVING

As long as you're having fun, you're all in.

Get moving: Enjoyment is the number-one motivator for exercise, says seniors' fitness expert and instructor Kelsey Harvey. If you love to dance, find a dance club, dance in your living room, or take lessons. Throw a ball with grandkids or ask older ones to teach you how to play frisbee. Take a dog for a walk. Try something silly — the hula hoop, for example, can be a great workout for limber adults. Sign up for a fun activity such as volleyball, learn to kayak or try the latest ballet-inspired barre workout (there are classes for older adults).

You prefer a social activity to working out solo.



2. SOCIAL BUTTERFLY

You prefer a social activity to working out solo.

Get moving: Sharing an activity is highly motivational, says Di Ciacca. Choose group activities like low-impact aerobics at a fitness club, an activity-based group like a hiking or cycling club, or a team sport such as badminton, volleyball, or table tennis at a local recreation centre. Or make it really simple and walk regularly with friends in the neighbourhood.

3. PLANNER

You're a pragmatic, outcomes-oriented problem-solver.

Get moving: You know that research supports exercise as a key to aging well. Exercise can reduce symptoms, prevent some conditions, and help fight the effects of aging, says Di Ciacca. If sleep is an issue, start walking every day. Support brain health by learning a new activity — a dance class, water aerobics or table tennis. Build muscle strength — sign up for a strength-training class or walk with Nordic poles. Improve your balance with tai chi or yoga.



4. HIGH ACHIEVER

You set the bar high in life — and with activities.

Get moving: You're not hard to motivate, says De Ciacca — you just need to find an activity you can excel at. Whether it's rowing, cycling or long-distance running, chances are you're considering competing in your age group. But remember: "An aging body needs more time to recover," Harvey says. So, recognize that you're not 25 and listen to your body. Add active recovery days (walking or yoga) to your running routine. If tennis is your game, alternate with pickleball.



5. SPIRITUAL SEEKER

You look for peace and harmony in everything you do.

Get moving: Being physically active can help your brain settle into stillness and reconnect you with what matters most in life. Classic activities that quiet the mind and offer serenity include yoga and tai chi. Any activity that consists of a repetitive

motion can calm your thoughts. Go for an early-morning hike. Walk through quiet neighbourhoods. Do the front crawl in a community pool. It's all about finding your happy place.

STAY STRONG, MENTALLY FIT, INDEPENDENT

Canada's 24-Hour Movement Guidelines for Adults recommends that people 18- plus do at least 150 minutes of moderate to vigorous aerobic activity every week (30 minutes of activity five times per week) and muscle-strengthening activities at least twice a week. People 65-plus should add physical activities that challenge balance (this can simply be walking) and get seven to eight hours of sleep a night.

"People who are moving more regularly throughout the day tend to have better health outcomes," says Kelsey Harvey, PhD, seniors' fitness expert and instructor.

Following these guidelines can reduce the risk of cardiovascular disease, type 2 diabetes, weight gain and several cancers, and can improve bone health.



Classic Texting Abbreviations

Some of the grandkids have phones or are getting them soon. If you're like us, we communicate regularly using text. I thought we could show a few classic texting abbreviations courtesy of Readers Digest to help us out.

LOL – Laugh Out Loud or Laughing Out Loud. Of course, adding !!! emphasizes anything and you can always add emojis to anything too.

I had a steak last night, don't tell the Doc' LOL 😊

OMG – Oh My God or Gosh, Goodness – Usually showing surprise
OMG can you believe summer's gone already

IDK – I Don't Know – When will you be home...IDK

JK – Just kidding. Careful, a backhanded compliment coupled with this may not fly
I thought Grandpa was going to buy me a new car, JK, LOL

ROFL – Not literally Rolling on the Floor Laughing but a step up from LOL

YOLO – You Only Live Once – Live life to the fullest because...YOLO

NBD – No Big Deal

BTW – By the Way, JK about the steak last night 😊

LMK – Let Me Know

OMW – On My Way

FOMO – Fear of Missing Out

GOAT – Greatest of All Time

There are hundreds but I'll stop now, or you will text me...

TLDR – Too Long Didn't Read!

Hi Honey, OMW, BTW it's NBD but I scratched your car. I'm sure you're not ROFL but hey YOLO and I had this FOMO so I stopped at the bar, OMG what a blast. Everyone was LOL, it was great.

BTW JK about the car. 😊 You're the GOAT. I hope this isn't TLDR.





Nevada Pull Apart Tickets are an Important Fund-Raiser for the CFA

The object of the game is to match the symbols under the perforated windows to the winning combinations on the front of the ticket. Winning tickets are turned in for cash prizes. Tickets are typically \$0.50 or \$1.00 each. Winnings are up to \$500



1 - Set your budget. If you decide to play, be sure to make break open tickets a part of your overall entertainment spend so that you don't lose more than you can afford.



2 - Purchase your tickets. Break open tickets can be purchased from the Customer Service Representative in the gaming centre for cash.



3 - Play the game. Match the symbols under the windows to the winning combinations to see if you've won an instant prize. If you win, redeem your prize from a Customer Service Representative.



4 - Keep your hold tickets. If you uncover a series of Bingo numbers on your ticket, hang on to it for the corresponding bingo event session.



5 - Claim your prize. If all your hold ticket numbers are called, alert the caller for your chance to win.

Supporting the CFA, the current Nevada Ticket Seller is Forwell Super Variety, 355 Lancaster Street, Kitchener. If you know a variety store that wants to help and make a few dollars along the way, please contact David Cain <mailto:cfaheart1980@gmail.com>



CALENDAR



Cardiac Rehabilitation - Topics TBD

To join in the WEDNESDAY CARDIAC REHAB CLINIC Zoom meeting, click on this Invitation Link:

<https://us02web.zoom.us/j/89596035621?pwd=ME9WQ2xPMFhTWS85czBaSEU4Y0dUdz09>

Meeting ID: 895 9603 5621

Passcode: 053849

Wednesday, **November 9**, 2022 7:00 pm EST.

Wednesday, **December 14**, 2022 7:00 pm EST.

Want to be up on all clinic announcements? Join the clinic announcement newsletter - [Click Here](#)

Harmonica Exercise for Lung Program Zoom:



Upcoming online Zoom Harmonica Exercise for Lung Program (H.E.L.P.) meetings.

Sign up for harmonicaMD newsletter to ensure you receive updates, information, class announcements and zoom links [click here](#)

The [harmonicaMD Zoom link](#) is

<https://us02web.zoom.us/j/83522456461?pwd=NjhPcjdYOUltOHIXbFNmWDYvODdnQT09>

Meeting ID: 835 2245 6461

Passcode: 917638

Thursday, November 10, 2022 7:00 pm EST

Thursday, December 15, 2022 7:00 pm EST

Group Support

Break time is over - Group Support is back on the second Thursday of each month at 11:00 am EST

November 10, 2022 11:00 am EST Zoom Link - TBA

Meeting ID: TBA

Passcode: TBA

December 8, 2022 11:00 am EST Zoom Link -

<https://us04web.zoom.us/j/79954188016?pwd=07NlbJzVRaGbaUYu7bLusRD0tSWRABw.1>

Meeting ID: 799 5418 8016

Passcode: 9AU8xt

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Phone: 519-648-2252 Fax: 519-648-3686

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Help Wanted

“The best way to find yourself is to lose yourself in the service of others.” Mahatma Gandhi

Fundraising Committee Members

Fundraising is the lifeblood of the CFA. The Fundraising Committee will help seek out new funding opportunities to improve sustainability of the CFA. Assist in the development and direction of all fundraising programs, as required and provide viable solutions to do so.

Estimated hours: 2-3 per month Job Type: Part-time, Volunteer

Email - cfaheart1980@gmail.com



Photo by [Liza Summer](#) from [Pexels](#)

Assistant Treasurer

The CFA Board of Directors is implementing a new position. If you have any accounting or bookkeeping experience or are simply comfortable in the finance world and would like to give back to the CFA, please let us know.

Estimated hours: 3-4 per month Job Type: Part-time, Volunteer

Email - cfaheart1980@gmail.com



CFA - Current Board of Directors

Mike Whitmore - President and Newsletter Editor

Connie Panaggio - Past President

John Burns - Vice President & Past President

Mike Coates - Secretary & Newsletter

Harold Lee - Treasurer

TBD - Assistant Treasurer

Terry Cousineau - Director & Past President

David Cain - Fund-Raising Chair and Director

Les Pitek - Clinic Schedules and Director

Diane Beitz - Director

How to get a hold of us cfaheart1980@gmail.com

Answer - Autumn Word Puzzle -

AUTUMN IS A SECOND SPRING WHEN EVERY LEAF IS A FLOWER

Canadian Kids Get 'D' Letter Grade
for Overall Physical Activity in Report Card

- Courtesy - [Regan Hasegawa](#)
- CTV News Vancouver Multi-Media Journalist



Canadians are dropping the ball when it comes to ensuring their kids are getting enough exercise.

[A new report card](#) issued by the non-profit organization ParticipACTION is giving kids across the country a “D” letter grade for overall physical activity.

That’s a decline from the last survey done in 2020, which gave Canadians a D+.

Only an average of 28 per cent of young people are meeting the physical activity recommendations within the [Canadian 24-Hour Movement Guidelines for Children and Youth](#).

[Click Here to Get the Whole Story](#)

1010 Hopewell Creek Rd. Breslau ON N0B 1M0

Phone: 519-648-2252 Fax: 519-648-3686

www.CFAheart.com



Recipe - Makes 8 cups
Preparation Time: 20 minutes
Ready In: 50 minutes

INGREDIENTS:

- 4 cups cubed peeled pumpkin, kabocha squash, or butternut squash ($\frac{3}{4}$ -inch cubes)
- 2 tablespoons lemon juice
- 2 red bell peppers, halved, stemmed, and seeded
- 4 cups low-sodium vegetable broth
- 2 15-oz. cans no-salt-added chickpeas, rinsed and drained (3-cups)
- Sea salt, to taste
- Freshly ground black pepper, to taste
- $\frac{1}{4}$ cup chopped fresh parsley
- 2 tablespoons tahini
- 4 cloves garlic, minced
- 2 whole wheat pita bread rounds, toasted and cut into wedges
- Lemon wedges

Roasted Red Pepper and Squash Soup with Chickpeas

By Nancy Macklin, RDN

Roasted red bell peppers and nutty tahini spruce up this simple squash soup for a crave-worthy bowl of goodness that fills both your stomach and your soul. Chewy chickpeas add heft while the brightness of fresh squeezed lemon juice pairs perfectly with the rich earthiness of the cubed squash. Serve this tasty stew with rounds of whole wheat pita bread to sop up the savory broth!

1 Preheat oven to 400°F. Line a shallow baking pan with parchment paper. Spread pumpkin in one side of pan. Drizzle with lemon juice. Arrange bell peppers, cut sides down, in other side of pan. Roast 30 minutes or until pumpkin is tender and peppers start to char.

2 Transfer pumpkin to a 4- to 6-quart pot. Wrap peppers in the parchment paper. Let stand 15 minutes or until cool enough to handle. Use a sharp knife to remove skins from peppers. Chop peppers.

3 Add broth and chickpeas to pot with the pumpkin. Bring to boiling; reduce heat. Cover and simmer 15 minutes. Season with salt and black pepper.

4 Ladle soup into bowls. Add roasted peppers, parsley, tahini, and garlic to bowls. Serve with pita bread and lemon wedges.



My two favorite hobbies are smoking weed and rescuing stray dogs

The Funnies





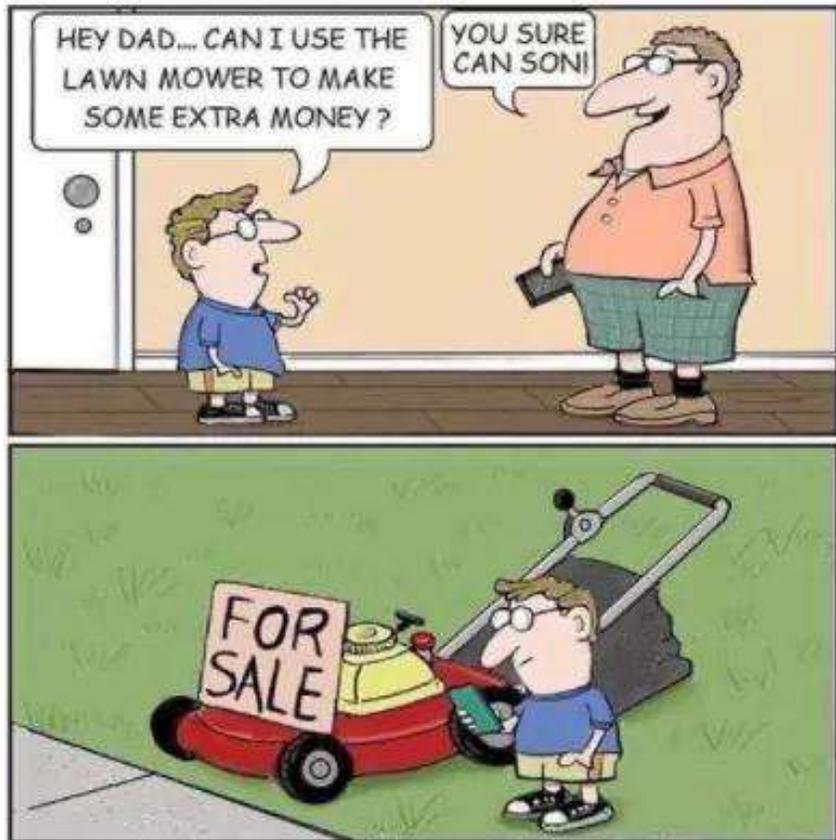
The official winner of the "not my job" contest...



How to prevent your kids from borrowing the car...

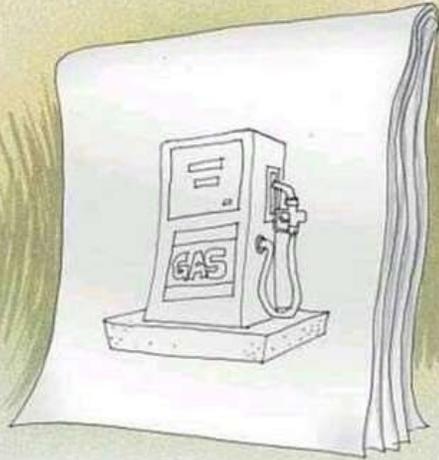


When you forget to drink your morning coffee





POLICE ARTIST SKETCH OF ROBBERY SUSPECT



VIC HARVILLE
SUSPECT DRAWN BY MARY KATHY JULLIAN



BrainBlogger.com

"Did you know high nut consumption is associated with lower cardiovascular-related and all-cause mortality? Do you think I eat these things because they taste good?"



The Clarion Ledger
CONEY MARRS GRIFFIN
MARILYN SWINNEY



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In Memoriam

Alfred Korschewitz

Herbert (Herbie) Beitz (Tues.)

Helen Field (Wed.)

Atmadji Satmaka (Wed.)

Owen Douglas Slocombe (Mon.)

Ron Shaver (Wed.)

John Goobie (Tues.)

Ellen Pearson



From the Spring Edition

Len Sneath

Walt Runstedler

Thank you to these members for all their contributions to the CFA!

Our apologies for anyone we've missed.



THE PULSE NEWSLETTER



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