

*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



Telemetry Update - We had a slow start, but donations are coming in and we're a third of the way there - \$30,000.00 raised. We apologize that the updates have been tardy. The fund-raising committee has done much in the background. At time of writing, Dave and Robbin have solicited over 100 corporations with another 100 or so letters being mailed soon. Please don't stop now. [Click here to Donate on Canada Helps](#) or [click here to Donate on the GoFundMe page](#)

Call For Directors – The CFA Board is looking for a few fresh faces. Meetings are once a month, and we are trying out a mix of mostly Zoom with a couple face-to-face meetings a year at the clinic. The time commitment is up to you. Meetings are usually two (2) hours each, but after that, it's whatever you can get involved with and help out. Email me if interested – president@cfaheart.com



Photo by Rebrand Cities

Clinic Update

The CFA Board has decided to stop rapid testing at the clinic. We don't want to diminish the seriousness of COVID as we know it is still highly transmissible, but we felt we were ready to rely on people to self-monitor their own symptoms.



Please do not come to the clinic if you have any symptoms.

A massive thank you to the Canadian Red Cross. The Canadian Red Cross provided COVID-19 rapid antigen tests to the Cardiac Fitness Association (CFA) as made available by Health Canada on behalf of the Government of Canada for the purposes of administering the Stop the Spread and Stay Safe At Home program. They provided all the rapid tests and masks that helped keep us safe.

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Photo by Skitterphoto



The Slippery Slope

I am sure we've all had the experience of walking on a sloped driveway or sidewalk during freezing rain! Once you start sliding, you go faster and faster and often you fall. The aging process can be very similar to this, and what we need to

strive for, is a method to slow down the slide. On an icy driveway it may be salt or sand or better footwear. With respect to aging, our clinic proposes aggressive lifestyle changes, all of which can have a beneficial impact in reducing the slope of the aging process. You've all had these hammered into your consciousness from the first day you stepped onto the clinic property! If you attend the weekly sessions, you are subjected to the ongoing (beneficial) brainwashing, whether you like it or not. But then, along came COVID....

During the last 3 1/2 years, the disruption in all aspects of our lives has been profound. The clinic's operations were shut down, and we are only now gradually moving toward normalcy. What shocks me the most is the profound drop in cardiac fitness (measured by achieved oxygen consumption, ml/kg/min.) that we are now observing. This drop in aerobic capacity is accompanied by increased evidence of ischemia and weight gain, and a significant loss in strength, balance, mobility, and general well-being. This causes me great grief as the clinic's observed and measured benefit to our patients over the past almost 45 years, has been significantly diminished.



I can't help but ask the question... Why? - It's actually quite obvious. The effort put out with respect to exercise, diet, stress management, and group support has faltered! Some admit that not attending the clinic for the weekly connection and exercise sessions reduced their motivation. The reassurance of the "end of exercise" ECG and the telemetry ECGs were motivating. Be that as it may, the candles on your birthday cake do not portend your health outcomes. Your functioning age does!

...this is an excerpt from an upcoming Clinic Announcement email.... Stay tuned.

Look after yourself, no one else will!
John Schaman M.D.



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THE PULSE

NEWSLETTER



Clinic Spring Clean-Up, May 11, 2023



It was a great day for working outside. Many thanks to Natalina, our Grounds Committee Chair, and Mike Coates, CFA Secretary, for organizing this year's clinic grounds spring clean-up. It was great to see nine (9) helpers do a lot of clean up in a couple hours. Diane kept yelling giddy-up to John Deere. That's Harold tackling the roof and eaves that were so clogged up, the contents made good compost. John got to use his Sawzall (most guys favourite 😊), and Mike was sure that as he pulled a weed, another one grew in its place.

Thanks Everyone



*Want to plant some flowers
June 13th...? see below*

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NEWSLETTER



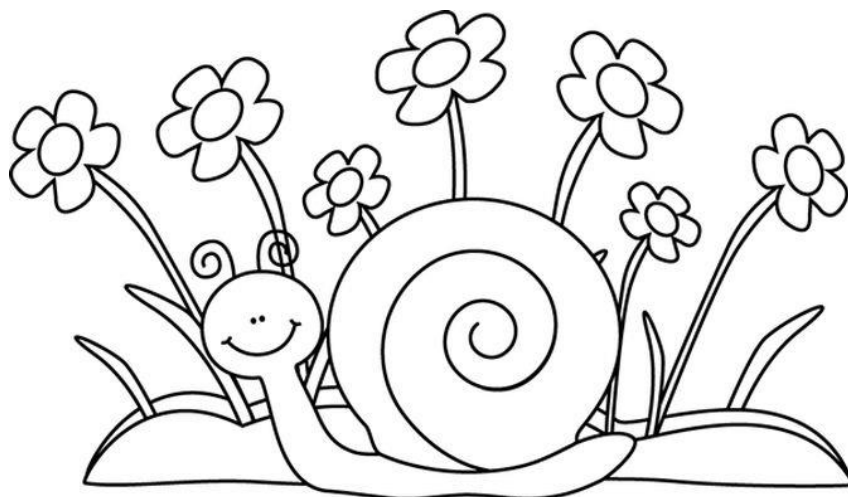
Volunteers Needed!

CFA Spring Planting

June 13, 2023 @ 10 a.m.

Bring hoes, trowels, rakes, shovels and anything else to help
plant!

To help, e-mail Mike @ mscoates2020@gmail.com



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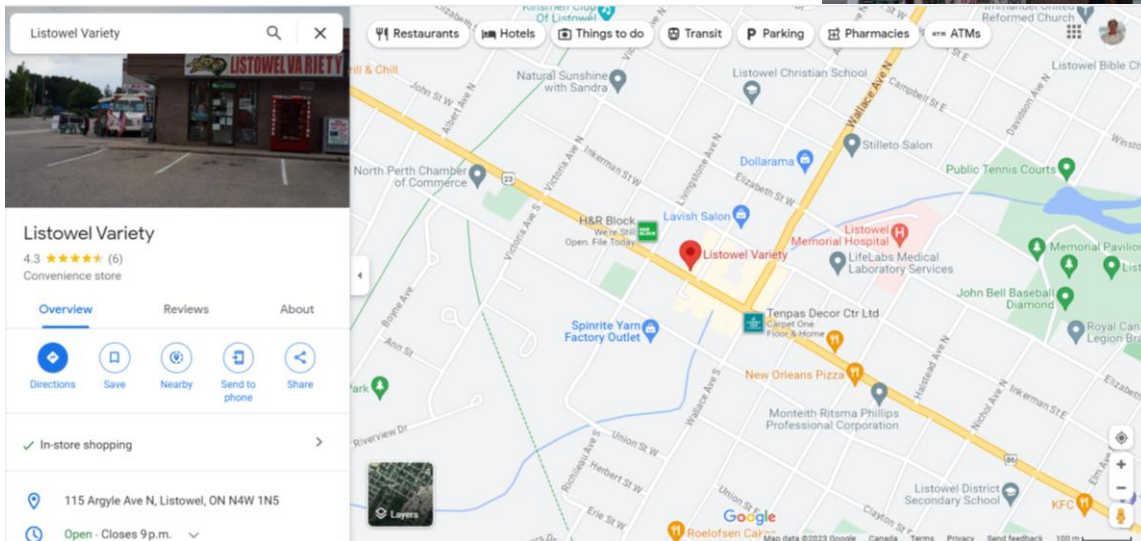
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New Nevada Ticket Locations



Listowel Variety

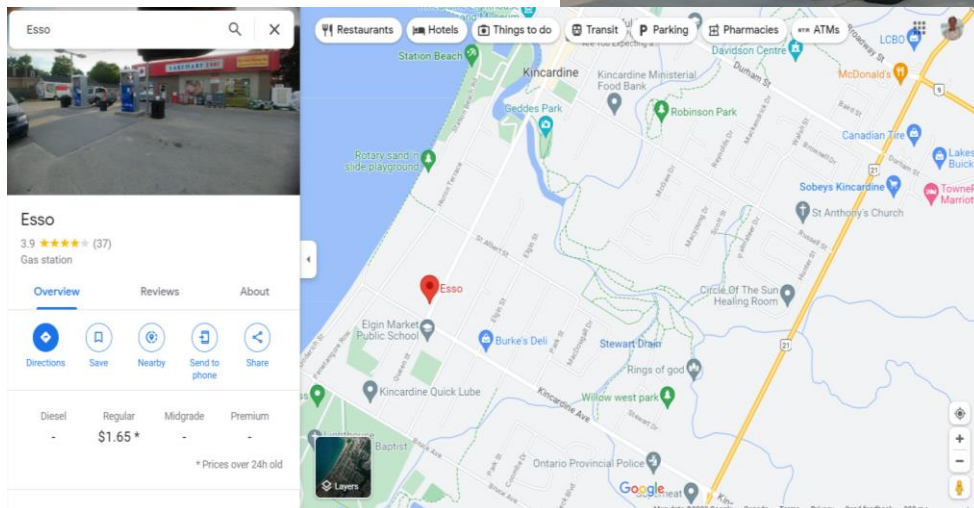
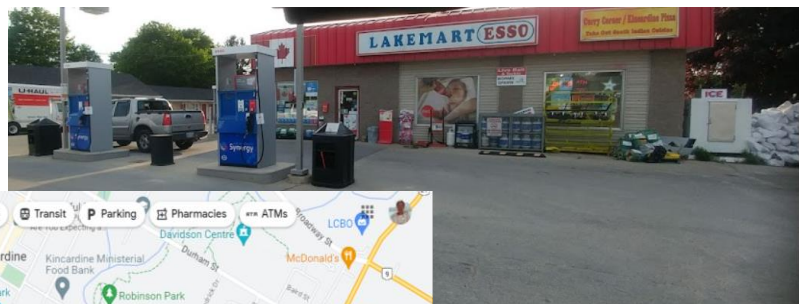
115 Argyle Avenue North, Listowel, ON N4W 1N5



Kincardine Lakemart Esso



364 Queen St Kincardine
ON, N2Z 2R3



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THE PULSE

NEWSLETTER



CFA Fundraising – Our New Telemetry

Our Telemetry System works **in real time** to measure heart rate, how your heart is functioning, reaction to exercise, heart rhythms, and generally gives the Doc' a window into your heart health.

Our present system is over 20 years old and is very outdated!

Because of its age, it is failing rapidly.

The cost to replace our system
with an 8-person capacity (channel) is \$90,000.00

That means eight (8) members at a time can be monitored in real time. The new system will monitor you quickly if needed, and all members regularly.



Contribute what you can

Full channel support - \$10,000/channel

Partial channel - Increments of \$1,000.

Partial and Full Channel Supporters will be commemorated with a plaque in the main lecture room.

You can contribute through [CanadaHelps](https://canadahelps.org), cheque, e-transfer, or if a corporation, set us up as a vendor and we will invoice you.



Make cheques payable to Cardiac Fitness Association or
E-Transfer to donate@cfaheart.com. Auto' deposit is set up.

Charitable Donation Receipts will be issued for all donations.

Help us get a new Telemetry System and...

GIVE YOUR HEART A GIFT

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Why Eat Lentils?



#1 - Lentils Are Nutritious

Lentils are among the best sources of plant-based protein, serving up 18 grams per cooked cup. They're also high in fiber (providing almost 16 grams per cup), which is a big deal since many Western-

style diets are sorely lacking in this crucial and underappreciated nutrient. Lentils are high in B vitamins, as well as minerals like iron, magnesium, phosphorus, potassium, zinc, copper, and manganese. And they're a great source of nutrient-dense calories, which makes them — and other pulses like beans and peas — so valuable in the fight against hunger worldwide.

#2 - Lentils are Affordable

Lentils are one of the most affordable superfoods, with a cost per serving that can run as low as \$0.10, compared to \$1.50 for beef and \$0.63 for chicken. With all that protein, lentils are a good replacement for the more expensive meats.

A one-pound bag of dried lentils may run you \$1–5, depending on the brand, the variety, and if they're organic. And although prices have increased since the beginning of the COVID-19 pandemic, lentils are still a more affordable and healthier option than meat. Plus, when you add water to cook them, the price per pound of cooked lentils comes down even more (kind of like Hamburger Helper, but just with water and without the hamburger).

#3 - Lentils are Versatile

Lentils can serve many roles in your kitchen. Different types of lentils, brown, green, red, yellow, French, etc, have different tastes and textures. Some make a hearty and healthy meat substitute and can be swapped in wherever you'd use ground beef. Some you eat whole, while others disintegrate when cooked and are used to create or thicken soups and stews. Lentils feature in cuisines from Italy, India, Nepal, Morocco, and France, among many others.

#4 - Lentils are Sustainable

While most crops require nitrogen fertilizer to grow in overused fields, lentils actually add nitrogen back into the soil. Replacing fertilizer-dependent crops like wheat and corn with lentils could help restore farmland and help farmers whose soil and profits have been depleted by decades of industrial agriculture. Lentils also sequester carbon in the soil, which reduces green house gasses and can combat climate change. Because they add organic matter back to the soil, they play well with other crops in rotation, a hallmark of many systems of sustainable agriculture. And lentils are tolerant of many different and challenging growing conditions.

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Types of Lentils & How to Use Them

Brown Lentils

Brown lentils hold their shape, and even when thoroughly cooked, retain a firm texture. Their flavor comes across as mild and a bit earthy. Depending on the variety, their color may vary from light brown to almost black.



Use brown lentils in traditional lentil soups and Indian dal recipes (dals are dishes of spiced lentils). They also make a great meat substitute. Swap them in for ground beef or other meats in chilis, stews, soups, and sandwiches like sloppy joes.

You can also use brown lentils in taco fillings, as a salad topper, in vegan shepherd's pies and other casserole dishes, and as a base for veggie burgers and lentil loaves.

Green Lentils

Like brown lentils, green lentils have a firm texture and hold their shape when cooked. Unlike their brown cousins, green lentils have a sharp, peppery flavor. Green lentils shine in soups, salads, and curries, as a side dish, and when mixed into sauces like tomato sauce for a plant-based ragu.

Red Lentils

Red lentils, also known as split lentils, can range in hue from yellow to orange to red, although they all turn kind of yellowish when cooked. Red lentils cook quickly compared to other pulses, and they taste when fully cooked — creamy and nutty and a little bit sweet.

You can use red lentils in creamy lentil soups and dals, as well as to thicken other types of soups, stews, curries, and chilis. You can also blend them into sauces and dips, and even include them in baked goods like pancakes or muffins.

Specialty Lentils

Just because lentils are inexpensive, and filling doesn't mean you can't find glamorous varieties that like to go to fancy parties on yachts. Black beluga lentils, named after the very expensive caviar they resemble, have a firmer texture and thicker skin than other lentils. They have a rich, earthy flavor, and also absorb other flavors, which makes them ideal for marinating. Use beluga lentils in salads, dals, grain bowls, and stuffed sweet potatoes.



Cooking Lentils



Lentils are small and thin, so they don't need to be presoaked before cooking. Unlike most beans, which require a good hour or more to go from dry to done, most lentils will cook to a soft consistency within 15–30 minutes.

That said, soaking them for a few hours or overnight may improve the digestibility of the starches. And if you're short on time, an overnight soak can cut your next day's cooking time in half. If you don't soak them, you may still want to rinse your lentils in a bowl or colander to remove any debris or small pebbles. Red lentils need a good rinse, as they are sometimes dusty from the process that removed their hulls. Soaking lentils for around 12 hours will initiate the sprouting process, which you can continue for up to a few days. Keep them in a sprouting tray or jar (or use a mason jar with a mesh lid) and rinse them with clean water twice a day. This will increase both their nutritional power and their digestibility. If you're starting with dry lentils, here are some standard cooking times for lentils on the stovetop.

Brown & green lentils: 30 minutes in a pot
(use 2 ½ – 3 cups liquid to 1 cup dry lentils)

Red & yellow lentils: 15 minutes, quick cooking
(use 1 ½ cups liquid to 1 cup dry lentils)

You can also use a stovetop pressure cooker, an electric pressure cooker like an Instant Pot as well as a slow cooker.



For detailed instructions on each of these lentil cooking methods, here's a useful guide <https://www.thespruceeats.com/how-to-cook-lentils-1328700>



This article courtesy of The Food Revolution Network



Recipe - Hearty & Healing Lentil Burgers - By [Nichole Dandrea-Russert, MS, RDN](#)

Makes 8 Servings

Preparation 🕒 : 30 minutes

Cook 🕒 : 45 minutes

INGREDIENTS

1 cup lentils (dry, brown or green)
3 cups water (+4 Tbsp)
2 tbsp flax meal
½ cup walnuts (raw)
1 tbsp dried oregano
¾ cup organic rolled oats
¼ cup vegetable broth (no- or low-sodium, preferably homemade)
1 cup carrots (finely chopped)
1 cup onion (yellow, finely chopped)
4 garlic cloves (minced)
2 tbsp organic tomato paste
2 tbsp Worcestershire sauce (vegan)
1 tbsp organic tamari (or coconut aminos)
½ cup organic oat flour (optional — see note)
¼ tsp salt (optional), ¼ tsp pepper (optional)



*Click here to see the full recipe
complete with Chef's Notes*

Directions

1. Wash the lentils well, removing any debris, then place in a medium stovetop pot. Add 3 cups of water. Bring to a high simmer then lower the heat. Cover and cook for 25–30 minutes or until tender (almost to the mushy stage works well for these burgers).
2. In the meantime, add the flax meal and 4 tablespoons water to a small bowl and let sit. This will be your “flax egg,” which binds the burgers.
3. Place the walnuts, oats, and oregano in a food processor. Blend until the walnuts and oats are coarsely blended. Set aside.
4. Place a medium-size stovetop pan, on medium-high heat. Add the vegetable broth. Then add the carrots, onions, and garlic. Cook for 5–7 minutes, stirring occasionally, until the carrots are tender.
5. Lower the heat, and add the tomato paste, Worcestershire sauce, and tamari. With a spatula, mix until the sauce is combined with the carrot, onion, and garlic mixture.
6. In a large bowl, add ½ of the cooked lentils from the pot and mash with a fork or potato masher.
7. Add the remaining lentils (so half of the lentils will be mashed, and half will be whole).
8. Mix in the carrot, onion, and garlic mixture; the oats and walnuts mixture; and the oat flour and optional salt and pepper. Mix until all ingredients are combined.
9. Finally, fold in the flax egg so it's mixed in well.
10. Form eight individual patties with clean washed hands.
11. At this point, you can refrigerate until you're ready to cook (5–7 days) or cook immediately.
12. To cook, heat a skillet over medium for at least five minutes. Once the skillet is hot, cook the burgers on each side until browned, about 5 minutes per side.

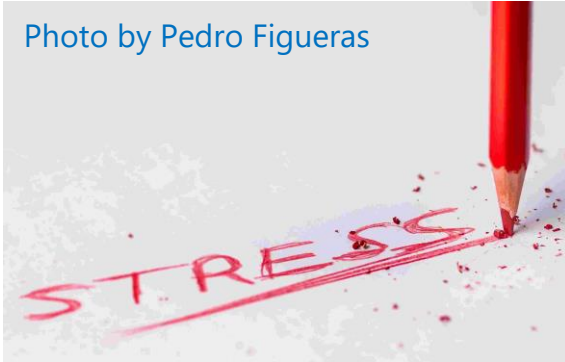
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10 Tips to Manage Stress

Photo by Pedro Figueras



[Courtesy of WebMD - 2023](#)

These days it's hard not to get overwhelmed once in a while. Between juggling work, family, and other commitments, you can become too stressed out and busy. But you need to set time aside to unwind or your mental and physical health can suffer.

Learning how to manage your [stress](#) takes practice, but you can -- and need to -- do it. Here are 10 ways to make it easier.

1. Exercise - Working out regularly is one of the best ways to relax your body and mind. Plus, exercise will improve your mood. But you have to do it often for it to pay off.

[Talk with Dr. Schaman about an exercise program tailored to your needs.](#)

2. Relax Your Muscles - When you're stressed, your muscles get tense. You can help loosen them up on your own and refresh your body by: Stretching, Enjoying a massage, Taking a hot bath or shower, Getting a good night's sleep.



3. Deep Breathing - Stopping and taking a few deep breaths can take the pressure off you right away. You'll be surprised how much better you feel once you get good at it. Just follow these 5 steps:

Sit in a comfortable position with your hands in your lap and your feet on the floor. Or you can lie down. Close your eyes. Imagine yourself in a relaxing place. It can be on the beach, in a beautiful field of grass, or anywhere that gives you a peaceful feeling (like at the clinic 😊). Slowly take deep breaths in and out. Do this for 5 to 10 minutes at a time.

4. Eat Well - Eating a regular, well-balanced diet will help you feel better in general. It may also help control your moods. [Talk with Dr. Schaman about the reversal diet and/or check out \[cfaheart.com\]\(http://cfaheart.com\).](#)

5. Slow Down - Modern life is so busy, and sometimes we just need to slow down and chill out. Look at your life and find small ways you can do that. For example: Set your watch 5 to 10 minutes ahead. That way you'll get places a little early and avoid the stress of being late.



[Photo by
Alisha Mishra](#)



Switch to the slow lane on the highway. Break down big jobs into smaller ones. For example, don't try to answer all 100 emails if you don't have to -- just answer a few of them.



6. Take a Break - You need to plan on some real downtime to give your mind time off from stress. If you're a person who likes to set goals, this may be hard for you at first. But stick with it and you'll look forward to these moments. Restful things you can do include:

Meditation, Yoga, Tai chi, Prayer, Listening or play music, Spending time in nature (like at the clinic)

7. Make Time for Hobbies - You need to set aside time for things you enjoy. Try to do something every day that makes you feel good, and it will help relieve your stress. It doesn't have to be a ton of time -- even 15 to 20 minutes will do. Relaxing hobbies include things like:

Reading, Knitting, Doing an art project, Playing golf, Watching a movie, Doing puzzles, Playing cards and board games

8. Talk About Your Problems - If things are bothering you, talking about them can help lower your stress. You can talk to family members, friends, a trusted clergyman, your doctor, or a therapist.

And you can also talk to yourself. It's called self-talk and we all do it. But in order for self-talk to help reduce stress you need to make sure it's positive and not negative.

So, listen closely to what you're thinking or saying when you're stressed out. If you're giving yourself a negative message, change it to a positive one. For example, don't tell yourself "I can't do this." Tell yourself instead: "I can do this," or "I'm doing the best I can."

9. Go Easy On Yourself - Accept that you can't do things perfectly no matter how hard you try. You also can't control everything in your life. So do yourself a favor and stop thinking you can do so much. And don't forget to keep up your sense of humor. Laughter goes a long way towards making you feel relaxed.

10. Eliminate Your Triggers - Figure out what are the biggest causes of stress in your life.

Is it your job, your commute, grandkids? If you're able to identify what they are, see if you're able to eliminate them from your life, or at least reduce them.

Try keeping a stress journal. Make note of when you become most anxious and see if you can determine a pattern, then find ways to remove or lessen those triggers.

Photo by Jill
Wellington



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THE PULSE

NEWSLETTER



THE CHALK GUY IS BACK!



This incredible artist, [Nikolaj Arndt](#), “chalks” drawings on a flat surface in such a manner so as to give them three dimensions! He was born in a remote area of Russia in 1975, attended art school, moved to Germany in 2006, and since 2009 participates in street art festivals around the world, applying his special technique of 3D art.



[Check him out on Instagram – Click Here](#)

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Brain Food

- Q1: What 5-letter word typed in all capital letters can be read the same upside down?**
- Q2: The more you take, the more you leave behind. What am I?**
- Q3: David's father has three sons: Snap, Crackle, and _____?**
- Q4: I add 5 to 9 and get 2. The answer is correct, so what am I?**
- Q5: What 3 numbers give the same result when multiplied and added together?**
- Q6: Poor people have it. Rich people need it. If you eat it you die. What is it?**
- Q7: Throw away the outside and cook the inside, then eat the outside and throw away the inside. What is it?**
- Q8: If your uncle's sister is not your aunt, then who is she to you?**
- Q9: You enter a room that contains a match, kerosene lamp, candle, and fireplace. What should you light first?**
- Q10: If you are running a race and pass the person in second, then what place are you in?**

1. SWIMS 2. Footsteps 3. David 4. A Clock 5. 1, 2, & 3 ($1 + 2 + 3 = 6$ and $1 \times 2 \times 3 = 6$)
6. Nothing 7. Corn on the cob 8. Your Mother 9. The match 10. Second place



CFA's – Boyd McDonald

Kitchener pianist still going strong at 90

Boyd McDonald credits longevity to daily walks and dish soap



At 12, Boyd McDonald thought he would grow up to be an amateur boxer, just like his dad.

"I owned a pair of gloves and bantered about with colleagues in high school," says the Saskatchewan born pianist, who moved to Waterloo Region in 1976 for a teaching post at Wilfrid Laurier University.

"But for every punch I landed, I got one back. So that didn't lead anywhere."

Then, for a brief moment in time, an interest in stars pointed toward a career as an astronomer. "It's still fascinating to me," muses McDonald about his second aborted career arc. "Knowing there's a supernova in the galaxy that's 10 times the size of our sun makes me feel both extremely insignificant and vitally important at the same time."

In the end, the lure of the keyboard was too strong to resist, and the nimble-fingered podigy ended up channelling his boxer's fighting spirit and astronomer's sense of wonder into a world-class musical career.

"Apparently, I was fiddling around and my mother showed me how to write it down on a manuscript — that's her story," he laughs.

"I was interested in making sounds on the instrument and, fortunately, we had one — probably that's the creative part of it."

As he rounds the bend past 90 and prepares for a tribute concert Friday in his honour at Kitchener's Registry Theatre, there's nothing about McDonald that could be construed as resting on his laurels.



From his New York debut in 1963, after he won the Leschetizky Town Hall Debut Prize, to performances at concert halls around the globe with musical partner Garth Beckett, to his teaching career at Laurier, to mastering the obscure 18th-century fortepiano, he's as humble and unassuming as the dude who waves you through the door at Walmart.



"I'm what I consider a link in connecting teachers and musicians in the past," notes McDonald. "It's a pleasure to bring all these influences together and to have lived long enough to pass them on."



Asked for reflections on a career that catapulted him into the major leagues of pianist composers, nabbing international accolades and a local lifetime achievement award, he says much of his longevity can be attributed to, ahem, washing the dishes. "I have to work at keeping my hands supple," he says, noting daily walks are also part of his health regimen. "My wife is the maid and caretaker and cook and I said, 'Look, when you've done the meal, just get out of the kitchen, I'll look after the rest!'"

If you can picture one of Canada's most respected pianists up to his elbows in dish soap, you have a pretty good idea how unassuming McDonald is about the success that has stalked him for six decades. "I admire him because of his enduring curiosity to investigate new things," says Kitchener composer/ musician Nick Storrington, a past winner of the Canadian Music Centre's Toronto Emerging Composer Award. "As a composer, he's someone who connects to a great legacy through his teacher Nadia Boulanger — who taught everyone from Olivier Messiaen to Philip Glass! — but who also very much forges his own path." Fortepiano, McDonald's instrument of choice, is the 18th-century predecessor of the modern piano on which composers of the classical era — Haydn, Mozart, the younger Beethoven — wrote music in the mid 18th to early 19th centuries.



“Playing fortepiano is a bit like a harp, on the strings, with my fingers,” notes the revivalist, who describes his music as “neoclassical, with a French twist.”

“It will give a very ethereal effect, mixed with the sounds a quartet can make with strings and an accordion.” All those instruments will be present in a fortepiano composition Storrington has written in McDonald’s honour. Storrington’s piece will be performed Friday at the Registry by McDonald and virtuoso musicians Guy Few, Joseph Petric and the Penderecki String Quartet.

“I love fortepiano when I’m doing Beethoven or Mozart,” says McDonald, who describes Storrington’s composition, “Toward a Fictional Horizon,” as “a lovely atmosphere piece ... a wondrous, spatial experience — perhaps a view toward Mars?” “Things have been revealed to me using that instrument I hadn’t been aware of before. It’s going to be a really colourful presentation.”

While the vibrant 90-year-old — who will unveil a new composition of his own at the Registry show — confides he will “hang up my boots pretty soon,” his list of yet to be completed projects indicates that as long as there’s a ready supply of dish soap, retirement will never really be an option.

“There’s a work I played in (my 1963 debut) from memory — ‘Toccata’ by Charles Jones, a Canadian composer — which one New York critic said was the best piece on the program,” says McDonald, who plays piano occasionally at his church, recently began work on an opera and will be the subject of an upcoming documentary. “I felt ‘Well, if nobody’s recorded it (‘Toccata’), I should record that’ — I’ll probably do that in November — so I got the music out and, by golly, I’m struggling to learn.” He laughs, intrigued by the challenge. “I don’t know how I did it in ’63, I’ll tell you that. Youth and not knowing what I’m getting into can be a benefit.”

As a composer, he’s someone who connects to a great legacy through his teacher Nadia Boulanger ... but who also very much forges his own path.

Waterloo Region Record · 1 Nov 2022 · A1 · JOEL RUBINOFF

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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 Sellers are Sunny's Mini-Mart, 280 Lancaster St W, Kitchener, Listowel Variety, 115 Argyle Avenue North, Listowel, ON, and Kincardine Esso Lakemart, 364 Queen St Kincardine ON. If you know a variety store that wants to help and make a few dollars along the way, please contact David Cain cfaheart1980@gmail.com



THE PULSE NEWSLETTER



zoom

CALENDAR

zoom

ZOOM Cardiac Rehabilitation - Topics TBD

ON HOLD UNTIL FURTHER NOTICE

Harmonica Exercise for Lung Program Zoom:



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

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

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>

Watch for the Clinic Newsletter for Dates

Help Wanted

"The best way to find yourself is to lose yourself in the service of others."

Mahatma Gandhi

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

1010 Hopewell Creek Rd. Breslau ON N0B 1M0

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

www.CFAheart.com



THE PULSE

NEWSLETTER



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

Diane Beitz - Director

TBD - Director

TBD - Director

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



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Avoid Dairy

Avoid Dairy Products



A 2017 study funded by the *National Cancer Institute* that compared the diets of women diagnosed with breast cancer to those without breast cancer found that those who consumed the most American, cheddar, and cream cheeses had a **53% higher risk for breast cancer**.

The *Life After Cancer Epidemiology* study found that, among women previously diagnosed with breast cancer, those consuming one or more servings of high-fat dairy products (e.g., cheese, ice cream, whole milk) daily had a **49% higher breast cancer mortality**, compared with those consuming less than one-half serving daily.

Research funded by the *National Cancer Institute*, the *National Institutes of Health*, and the *World Cancer Research Fund*, found that women who consumed 1/4 to 1/3 cup of cow's milk per day had a 30% increased chance for breast cancer. One cup per day increased the risk by 50%, and 2-3 cups were associated with an **80% increased chance of breast cancer**.

Dr. Neal Barnard at <https://www.pcrm.org/health-topics/breast-cancer>

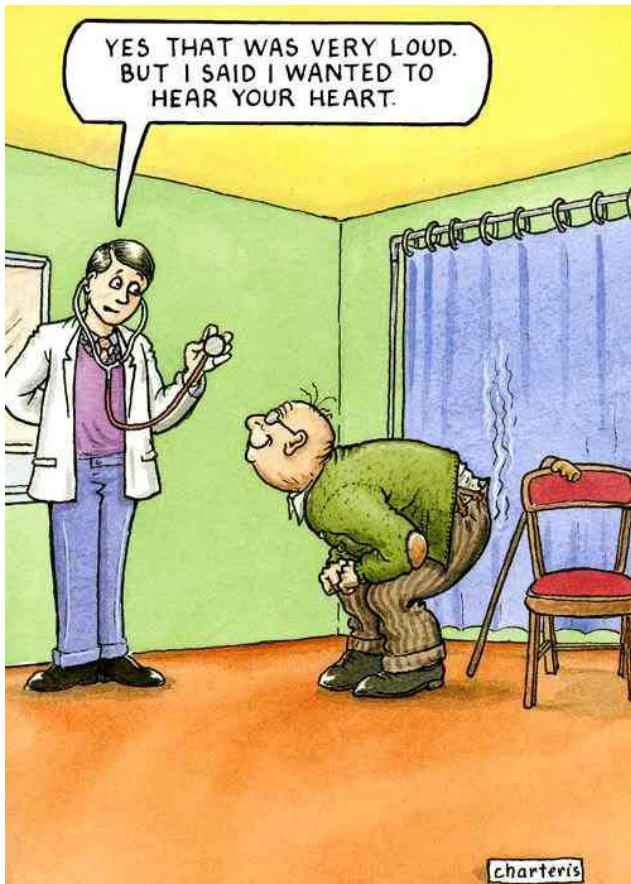
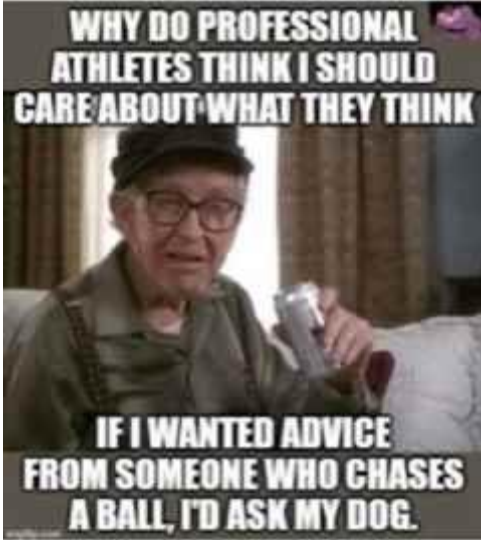
Plant Power Program - <https://www.praxiom.org> - Please Share Graphic



THE PULSE NEWSLETTER



The Funnies



**There is a
generation
of kids that
have no idea
what this is.**



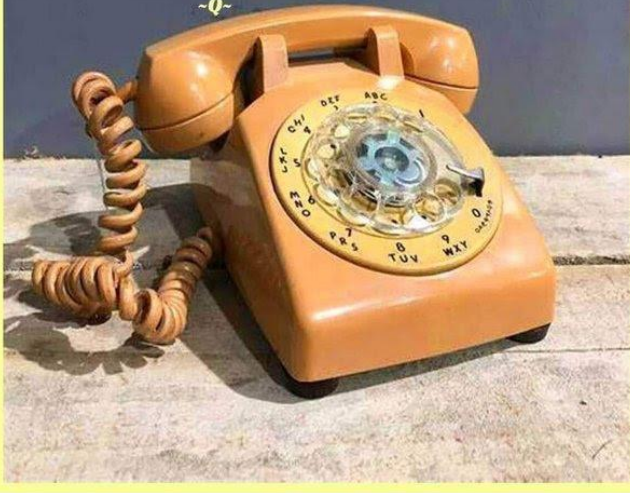
THE PULSE NEWSLETTER



*Something no one ever said
in the 70s*

"I've lost my phone"

-0-



SO GLAD I GREW UP



DOING THIS



NOT THIS

IT WAS A GOOD DAY IN
CLASS WHEN THE
TEACHER ROLLED OUT
THIS BIG BOY



The black charger I want-

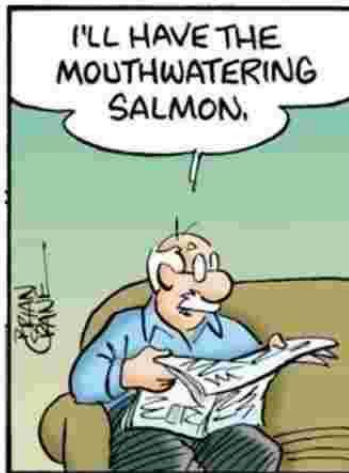
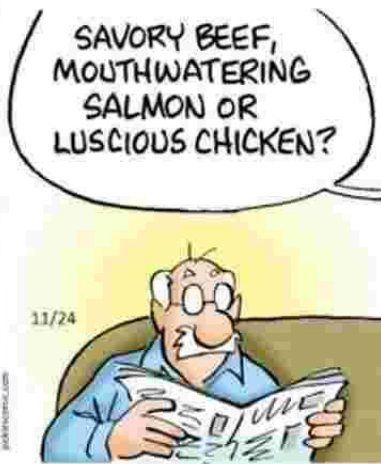


Black charger I have-



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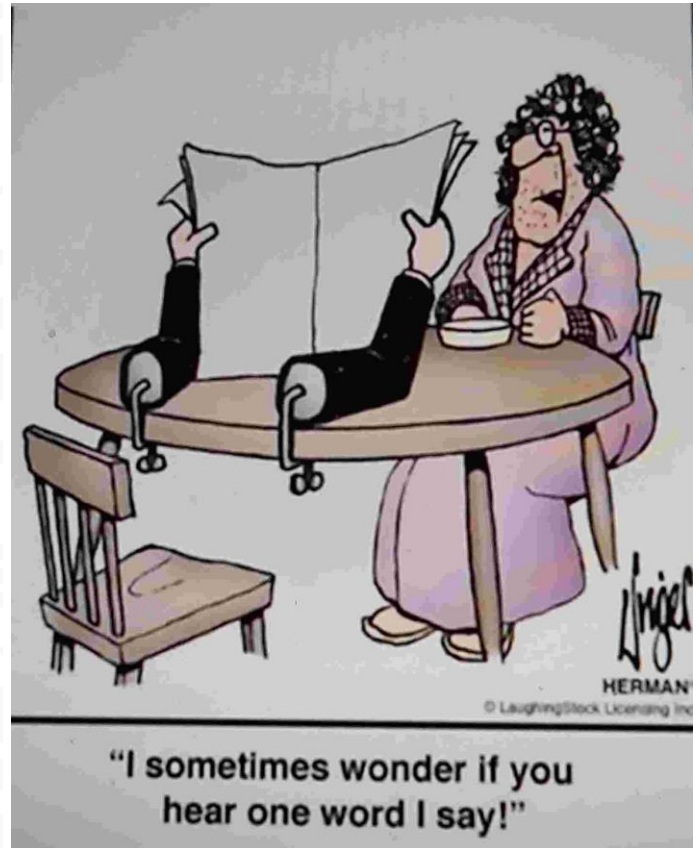
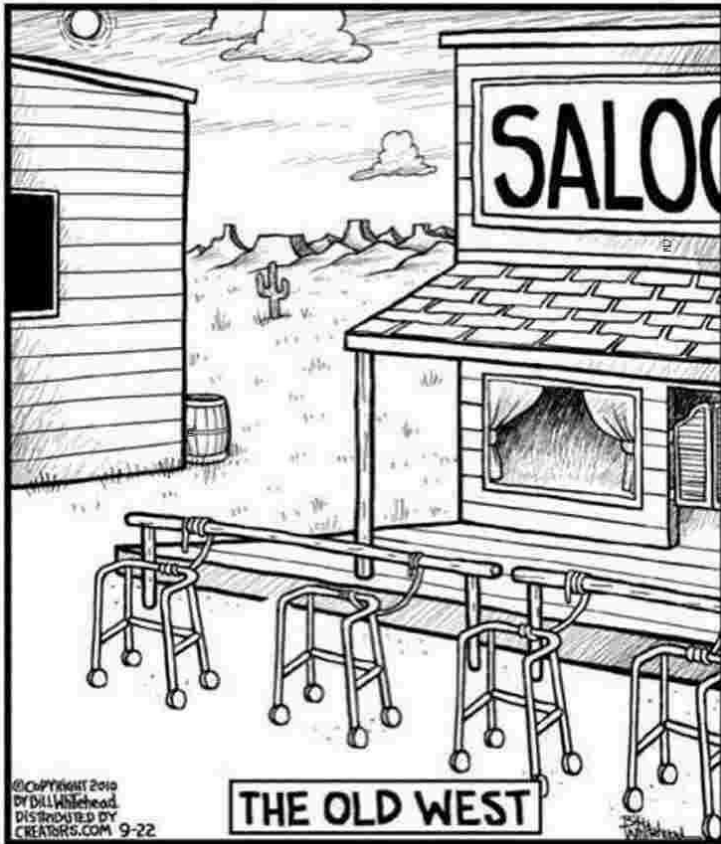
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In Memoriam

Les Pitek, CFA director since 2014, passed away on April 7, 2023 (Good Friday). He was born on April 8, 1955 (also Good Friday). Les had a massive heart attack in 2002 and it was only with the care and support of Dr. Schaman that he was able to live for another 2 decades. Les was always working for the CFA. Recently he set up and maintained the Breslau CFA website which has looked after the sign-in and

timetable for the clinic walks since our re-opening of the clinic after the pandemic rules loosened slightly. Dr. Schaman relied on him for many years for any electronic problems - computer, internet - many things electrical and electronic. He talked to him on a weekly basis. We always appreciated his smile and comments at our board meetings and all he did behind the scenes. He really appreciated all that Dr. Schaman, the clinic staff and the CFA provided for him and his health. He will be greatly missed.

He is survived by his daughters Ewa (David), and Elzbieta (James) and his 3 grandchildren, Oliver, Conrad, and Clara. Also, by his brother and his family plus extended family back in Poland. He last worked at Eclipse Automation in Cambridge. The company has set up a GoFundMe page for his wife and family.



From the Winter Edition

Don Stuckless

George Kelly



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

Our apologies for anyone we've missed.

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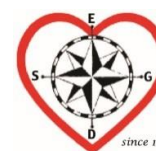
The Piano Tuner



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