



Pacific HeartBeat

NEWSLETTER



President's Report By Alfred Buchi

I joined the POHA Board of Directors in February 2008. After one year as vice president, I am pleased to serve as president this year.

With the help of a great group of dedicated volunteers and directors we are looking ahead to another good year of supporting the many feeder hospitals as well as the surgery hospitals and patients.

Over the past year we have upgraded our computer data-base and membership list. Unfortunately this resulted in a delay of issuing membership cards and donation receipts. Kathy McAuliffe has endured the many changes that were necessary to get the system to a successful completion. On behalf of POHA would like to thank Kathy for her dedication.

A big thank you goes to Bill Hampson, who has recently resigned from the Board. His dedicated service to POHA is greatly appreciated.

If you have just had open heart surgery, I would like to invite you to join POHA as a member. Together we will be able to support the ongoing needs in cardiac education.

2011 Annual General Meeting

The Pacific Open Heart Association AGM and Visitor Appreciation tea was held on February 6th 2011. We were very fortunate to have Dr. Andrew Campbell from the VGH Emergency Department as our guest speaker. He gave an excellent overview of how an emergency department functions and what to expect if we end up there.



Drs. Michael Martin (Past-President POHA) & Andrew Campbell (VGH)

Board of Directors

We are very happy to report that four people have joined the POHA Board of Directors:

JOHN CHESMAN:

John is the General Manager of MCL Motorcars. He served for 15 years as Vice-President, Finance and Administration, for Northwest Sports Enterprises Ltd. (The Vancouver Canucks). His community pursuits have been with Boys and Girls Clubs, minor hockey and little league baseball. He has been president of the Vancouver Golf Club.

PATRICIA TOCHKIN:

Patricia was born in Ottawa. She began her working career as a Member of the Canadian Armed Forces, and later retired from Weyerhaeuser. She and her husband live in Pitt Meadows and own a ranch in Oliver. Patricia became involved with POHA through her father, Don Brown, a past president.



Patricia Tochkin & John Chesman

NOAH MASTROIANNI:

Noah was born in Italy and came to Canada in 1956. He became a Canadian citizen in 1964. He worked in commercial construction in several parts of B.C. and retired at the age of 63 as a Construction Supervisor. Noah had bypass surgery in November, 2001. (Photo not available).

ALAN STURGESS:

Alan was born in Bralorne, BC and has lived in Vancouver for the past 60 years. He and his wife own a picture frame and laminating business. He had by pass surgery in August, 2009 and in May, 2010 was able to complete the Sun Run. He is a competitive sailor. Alan is a volunteer visitor with POHA at Vancouver General Hospital.



Alan Sturgess

Royal Columbian Hospital 10TH Anniversary Celebration

Open-heart surgery was first performed at RCH in February, 1991.

On January 9, 2001 POHA volunteer visitors attended at the pre-admission clinic and met with patients and their families to provide support and answer their questions. Since that date, volunteers have been visiting nearly every day, presently only on the 2 South ward, to provide a service that is much appreciated by all including hospital staff.

On April 6, 2011 Sandra Palmer, Manager, Volunteer Services hosted a celebratory luncheon, that was attended by POHA volunteers and many hospital staff. A delicious buffet lunch was served, including a cake decorated to recognize the occasion.

POHA SUPPORTERS

By John Sutherland

A belated "heartfelt" thank you to the following that received income tax receipts for making Donations or In Memoriam Gifts to the POHA from Dec.1/09 to Nov.30/10. These were inadvertently missed in the January 2011 Newsletter.

Rosalie Lai
Cullis Lancaster
Margaret Walwyn

Eileen Wilson
Tony Zelco

POHA Donation to Ridge Meadows Hospital



Roger Kocheff of the POHA and Karen Smith from the Rehabilitation Department of Ridge Meadows Hospital are shown with one of the 2 new Pulse Oxymeters purchased thanks to a \$1,500 donation from POHA. The Oxymeter is used to determine if a patient can increase their activity without fear of light headedness or shortness of breath.

2011 Golf Tournament Report

By Roger Kocheff – Tournament Director

Another great time was had by all who attended the 27th. Annual POHA golf tournament held at Poppy Estates in Aldergrove. There were 36 golfers and 9 others, who joined us for the banquet. The weather was not as nice as last year but we finished without a drop of rain.

John Chesman of MCL Motorcars provided each golfer with a 6 pack of Titleist ProV1 golf balls with a large red heart logo on each one. John also donated a weekend get away at Chateau Whistler and the weekend use of a Jaguar. Thanks John.

It is the sponsors listed below that make our golf tournament a success. We thank them and ask each of you to think of them when making purchasing decisions.

This year's tournament winners were Rob Ranger, Tony Soda, John Marconato and John Heppner. Monique Mueller won the free entry into next years tournament.

If you are interested in joining us please send me your email address. I will add you to our golfer email list as we try to become more environmentally friendly. Send your email address to rkocheff@telus.net.

See you at next year's tournament.

Golf Sponsors

DMCL Chartered Accountants
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Unipharm Wholesale Drugs
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Pharmasave 158 Ocean Park
G&F Financial Group
Home Restaurants
National Bank
VGH Cardiac Sciences Education Fund
The Keegan Group @ Scotia Mcleod
Royal Columbian Hospital Foundation
Scotia Bank Langley City

Wilf Jacobson
Patricia vonVlotten
Irene Loughran
John Targett
Roger Kocheff
Chris Formosa
Jeff Shewfelt
Bruce McLaren
Vic Dawydiak
Tina Oye
Mike Keegan
Adrienne Bakker
Kevin Staples



Winning Foursome - (L to R) - John Marconato, John Heppner, Tony Soda, Robert Ranger



Lily McCormack and POHA Member Per H. Danielsen

Sound of Heart **By Bill Turpin**

Sound of heart? You might ask, "What does this mean?" We all understand "sound of mind and body". And, hopefully all of us, who have undergone cardiac surgery, are "sound of heart". But the term has several meanings for two current Board Members of The Pacific Open Heart Association.

Neither Marie Donatiello nor Patricia Tochkin has undergone cardiac surgery, but their involvement in the heart welfare of others demonstrates "heart" in several ways. While these ladies are both "sound of heart", each had a parent who had undergone cardiac surgery.



Marie Donatiello

Marie's mother, Lily McCormack, was born in London in 1897 and moved to Toronto in 1901. As a young lady, she returned to England where she married and raised two children. Years later, after she had been widowed, Lily returned to Canada to be near her now adult children. When she was 92, Lily underwent double bypass surgery and also received a valve replacement. Lily lived to 101. Her daughter Marie recalls that her mother's "glass was always three-quarters full" and she was always "that friend indeed" for all of her friends and acquaintances.

Patricia's father, Don Brown, was born in Birmingham, England in 1919. When Don was four, his family immigrated to Winnipeg where Don spent his early years. During this time, Don was involved in a variety of activities with a focus on hockey and ice-skating at which he particularly excelled. In 1939 he married Helen, who would be his wife for the next 69 years, just before he enlisted in The Canadian Army. Don served for the duration of World War Two. Several years after he returned home, Don moved his growing young family to New Westminster where he became a member of The BC Provincial Police Force. When this group was absorbed by The RCMP, Don became an officer in this new force where he would eventually attain the rank of Inspector. After serving in Sherwood Park, Alberta, Don moved his family back to BC where they settled in Burnaby. It was here that Don really showed his "heart" for his community. Don was elected to The Parks Board, then The School Board and finally to The City Council. His service to Burnaby was recognized when Don was made a Freeman of The City. Don had triple bypass surgery in 1975 and during another subsequent surgery received several stents. After his bypass surgery, Don served as President of The POHA and was involved in hosting its annual Golf Tournament. This service to The POHA resulted in his receiving The Association's Don Topp Memorial Award.



Patricia Tochkin



Don Brown

So the "heart" that was repaired for each of their parents, coupled with the "heart" each of those parents shared with others, has resulted in Marie and Patricia putting their "hearts" into volunteering with local benevolent organizations and specifically as Board Members with The POHA. Marie is currently the longest serving Board Member with 18 years of service and is responsible for the popular pillows that all recipients of open-heart surgery at Vancouver area hospitals receive. Patricia, who had volunteered at POHA golf tournaments and casino nights, has now committed even more time by serving as The Association's Secretary.

The "heart" these two ladies have demonstrated serves as an example for volunteers everywhere, but no more so than with the POHA.

If you would like to continue to receive copies of this newsletter, please renew your membership or become a member of the POHA. Complete the form below and return it with your \$10 annual fee.

MEMBERSHIP REQUEST

Name: _____

Address: _____

City: _____

Postal Code: _____

Phone: _____

E-Mail: _____

I am interested in: being a visitor:

being a volunteer:

Golf:

VOLUNTEER FOR THE HEALTH OF IT

We always need more members to join the ranks of the volunteer visitor.

If you can spend 1 to 2 hours every couple of weeks to give support to open heart surgery patients, one of the following team leaders would be very happy to tell you more about the opportunities available:

Vancouver General	Alfred Buchi	604-581-5508
Royal Columbian	Mike Martin	604-535-3195
St. Paul's	Vern Halverson	604-261-2153



Cartoon by Ron Cooper, former POHA Member

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