



# Pacific HeartBeat

## NEWSLETTER



July 2014

### President's Report

By John Chesman

Being relatively new to POHA, and as I recently accepted the position of President following the February 2014 AGM, most of my time has been spent becoming acquainted with the history of our organization and getting to know the people who are and have been responsible for its' success.

It is apparent that we are a unique organization, run entirely by volunteers who are all driven by the single purpose of providing support for patients, who are going to have or have had open heart surgery.

In the past, the majority of the funding to cover the costs of educational resources used in our support endeavours, has come from the B.C. Government Community Gaming Branch. As we no longer qualify to receive these grants, we must develop other sources of revenue in order to maintain the same level of service provided in the past. At the same time we must be cognisant of the fact that for an increasing number of heart patients, English is not their first language. In order to effectively serve these patients we need to attract volunteers who are able to converse in other languages. And in addition, we need to upgrade our educational resource to include these languages.

I would like to thank John Sutherland, our hard working Treasurer, who has advised us that after many years of managing our accounting and finance requirements, that he wishes to take a well deserved rest at the end of this year. It will be difficult to replace John. We would appreciate and welcome anyone who would like to contact us to volunteer for this very important role on our board.

To all our volunteers and visitors, thank you for your past support and I hope for you ongoing support in helping us to maintain our mandate.

**NOTICE OF CHANGE  
OF  
ANNUAL GENERAL MEETING DATE**

At a recent Board meeting, the date of the Annual General Meeting (AGM) was changed as follows:  
**second Saturday in April**

**The 2015 AGM will be held Saturday April 11, 2015.**

### Don Topp Trophy

The Don Topp Memorial Trophy was presented at the golf tournament by President John Chesman to Roger Kocheff. Roger had valve replacement surgery in 2001. He joined the Board of Directors in 2005. He has chaired the golf committee since 2009 and has organized six very successful tournaments including this year's 30<sup>th</sup> anniversary event. He has been recognized for exemplary service to the POHA and the members.



John Chesman presenting Don Topp Award to Roger Kocheff

### Note from a Recent Open Heart Patient

Jhonny H. recently wrote the following to the POHA:

*"Just to let you know how the Red Pillow kept me company. I had my surgery April 8<sup>th</sup>. - went very well - home on April 15<sup>th</sup>.. On April 18<sup>th</sup>. Started feeling problems in both lower legs. Ambulance to Abbotsford Hospital on April 20<sup>th</sup>.. 23 days later back home and no answer to the problem. The whole time in hospital I had my Red Pillow and sure made good use of same. Many of the nursing staff (at Abbotsford) were not familiar with my Red Friend. Many more (now) know about your organization. Thanks for all you do."*

This gentleman made a VERY generous donation to the POHA. Thank you Jhonny!

## POHA Members Volunteer at Founders Cup Foundation Golf Tournament

POHA members have volunteered a number of years at the Founders Cup Foundation golf tournament in September at the Swanest Bay Resort and Country Club in Pitt Meadows. Our members, who offered their time at the September 2013 tournament to support this annual fund raiser include: Rick Cozzuol, Alfred Buchi, Mike Martin, Bob Axford, Patricia Tochkin, Chanta Moll and John Chesman. The tournament is held in mid-September. Anyone else interested in taking part please contact Mike Martin at 604-535-3195.

## 2014 30th. Annual Golf Tournament Report

By Roger Kocheff – Tournament Director



This year's tournament was a special event. We decided to memorialize the contribution of Morley Pitcher to the POHA and especially POHA golf. The tournament will now be called The POHA "Moe Pitcher" annual golf tournament. This year we had 60 golfers enjoying a great day celebrating our 30<sup>th</sup> anniversary at Poppy Estate Golf Course in Aldergrove. This venue seems to suit our POHA golfers. Joanne Pitcher gave a heartfelt address on the importance of the POHA and POHA golf to Morley. Morley was determined to make the tournament fun for golfers of all experience levels. Our tournament is a great opportunity to renew old friendships, share stories and have fun.

This year each guest received two commemorative wine glasses just for attending. We have a few remaining for sale. If you are interested please contact me. This year we decided to have a silent auction for some of the donations. Thanks to all for attending.

I want to especially thank our sponsors (listed below) and all those who donated prizes and their time to help. Those contributions make it possible for us to donate excess funds to local hospital for the benefit of heart patients. This year we will be able to contribute about \$3000 The sponsors are:

**DMCL Charter Accountants, Maple Ridge Veterinary Hospital, National Bank, Austin Metal Fabricators, Royal Columbian Hospital Foundation, Home Restaurants, HUB Insurance Brokers, Peoples Drug White Rock, Milner Fenwick (the company in the US that supplies our educational videos), Pharmasave White Rock, Busters Towing, Save on Foods Delta, West Coast Golf Group, Big Sky Golf Course, Golden Eagle/The Falls and The Vancouver Golf Club.**

The tournament could not run smoothly without our volunteers: Pat Hagan, Ken McBain, Mike Martin, John Pistawka, Chantal Moll, Bill Turpin, Ellen Cozzuol and Alfred Buchi.

We had several participants provide prizes for the prize table. Thanks to Len Mueller, Poppy Estates, Ian Mackenzie, John Targett, everyone present won a prize.

Don Chunn won \$240 in the 50/50 and donated \$100 back to POHA golf. Thanks Don.

The putting contest winners Tony Soda and Randy Strange split \$138. Tony gifted his winnings back to POHA golf. Thanks Tony.

Keith Wiebe won the free entry into our 31<sup>th</sup> anniversary tournament next year.

Closest to the Pin (KP) winners were Bob Ranger and Len Mueller.

The winning team: John Marconato, John Heppner, Preben Anderson and Bob McDowell.

We now have a permanent trophy we can put the names on making remembering previous winners much easier.

Congrats to all winners.

If interested in adding your name to our golfer list please contact **Roger Kocheff** at: [rkocheff@telus.net](mailto:rkocheff@telus.net) or 604-467-2904.



Cup presented to winning team (L to R) Bob McDowell, John Marconato, Preben Andersen by Joanne Pitcher. Missing from the foursome is John Heppner.



Winners of Putting Contest - Tony Soda (L) and Randy Strang

## Interview with John Chesman – POHA President

By Chantal Moll

This June, I had the pleasure of interviewing the new President of our organization, the Pacific Open Heart Association (POHA), John Chessman, about his lengthy career.

After 21 years as General Manager of MCL Motor Cars, John retired. He began his career working for H.B. Contracting as Controller and Treasurer. After that he had the privilege of working with the Vancouver Canucks as the Vice President of Finance and Administration, which he did for 15 years. Before starting with MCL Motor Cars, he worked for the Jim Pattison Group as Vice President of the Finance Automotive Group.

John was very successful in his professional career, but he was also very successful and involved in the community through various charitable organizations. He has spent 25 years as the Director of the Boys & Girls Clubs of Greater Vancouver, he's been President of the Surrey Minor Hockey League, he has coached minor hockey and little league baseball, he was the Founding Director of the Canuck Foundation and he was President twice of the Vancouver Golf Club.

I asked John when looking back on his successful career and all his charitable work, what principles he thought were the underlying basis of his success and dedication. He stated that community and business go hand in hand with one another; meaning that being involved in the community helps business and business helps one to get involved with the community. Working for the Canucks lead him to be a founder of the Canuck Foundation and to be involved with the Boys & Girls Clubs. He strongly believes that you cannot be successful in life without giving back to your community.

Recently retired from his professional life, John is still very much involved with his community. He is a Director of several organizations such as Pacific Spine Research & Education and the Vancouver Golf Club, amongst a few others. He is also the Chair Person for our organization (POHA), as well as for the Justice Institute of BC and the New Car Dealers Association. I asked him what the driving force for him is to remain so involved with charities after all his years of service and he said that he's 74 years old and only retired at the age of 73, and that it gives him a sense of purpose during his free time, as well that it keeps his brain active, both lessons he learned from the loss of his best friend.

I wanted to know from John how he was first introduced to our organization and how he has seen our organization make a difference with patients. He's been a Board Director for us for three years. The first contact he had, like many of our members, was while recovering in the hospital from open-heart surgery and being visited by one of our visitors and current Board Director Rick Cozzoul. Rick explained a bit about POHA and this made John want to get more involved with us and the volunteer service that we provide. John was impressed by the POHA members because no one had any airs about them, and that the members are all good people who enjoy having fun, who aren't getting paid to do what they do, and that the work that all of the volunteers do is needed: helping people get over a time in their lives that for most is very scary.

We are very pleased and honored to have John Chessman as the new President of the Pacific Open Heart Association. He has received several recognitions including the Queen's Jubilee Medal for Distinguished Public Service, the Vancouver Canuck Alumni 7<sup>th</sup> man Award for Dedication & Support of the Canuck Alumni & Hockey Benevolent Association, as well as an Honorary Lifetime Membership of the Vancouver Golf Club. He brings with him a wealth of knowledge and experience, from which we are excited to benefit.

## Volunteer Visitors

We want to recognize the following Volunteer Visitors who provide valuable support to patients in hospitals throughout B.C. This list includes members of affiliate organizations, including:

- Burnaby General Hospital – Hearts on the Mend

John Ashbridge	Paul Altilia	Robert Axford
Maureen Baker	John Berard	Alfred Buchi
Bob Butterworth	Ed Bradbeer	Gene Chiang
Brian Cooke	Rick Cozzoul	Dave Crealock
Robert Davies	Ed Dezura	Clar Dickson
Gerald Green	Rolf Gullmes	Patrick Hagan
Marc Haslem	Nils Hognestad	Rose Holbrook
David Hunter	Jean Hyland	Roger Kocheff
Andrew Law	Richard Lemire	Ray Lincoln
Thomas Lundgren	Dick Mackenzie	Kathy McAuliffe
Bob McDowell	Gord McIvor	Mike Martin
Peter Miller	Sadru Mitha	Jerry Moloci
Fred Morley	Len Mueller	Toufic Naman
Chantal Moll	Charles Nixon	Fiona Odam
Mac Parlee	Roger Phillips	Vaughn Raeside
Art Ratnarajah	Jennifer Rule	John Shinnick
Judy Sigsworth	Art Simmons	Lancy Siu
Barbara Smith	William Speer	Alan Sturgess
Brian Symonds	Tom Taylor	Larry Tuan
Terry Vickers	Bob Williams	Frank Winters
Hans Wong	Bruce Wood	George Zukerman

## VOLUNTEER FOR THE HEALTH OF IT

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

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	Jennifer Rule	604-739-3111

## Vern Halverson

We are sad to report that Vern Halverson passed away on May 6. He was a member of the Board of Directors and Team Leader of Volunteer Visitors at St. Paul's Hospital until his passing. He was awarded the Don Topp Memorial Trophy in 2007 for his service to the POHA and particularly to the heart patients at St. Paul's.

## POHA Donates to Local Hospitals



David Hunter (R), a Pacific Open Heart volunteer visitor, recently presented a Sleeper Chair, donated by POHA, to Allstone Huang, RN, BscN, Manager of Cardiac Services in the Cardiac Care Unit (CCU) at the Abbotsford Hospital.

The new chair can be made into a comfortable bed for family and friends to stay overnight beside a sick patient's bed.

Abbotsford Regional Hospital has advised the POHA that the patients, family and staff at Abbotsford CCU greatly appreciate the continuing support of the Pacific Open Heart Association.

## Honour Someone Special with a Gift to the Pacific Open Heart Association

To donate in Memory or Honour of a loved one, please include:

- \* Your name and address for tax receipt
- \* Name of the person being honoured
- \* Name and address of person to notify

Send your cheque to the POHA address on this page. Thank you.

Please send all correspondence to:  
Pacific Open Heart Association  
PO Box 3979 MPO, Vancouver, BC V6B 3Z4  
Telephone: 604-582-6229

## Maintaining Our Membership List

We like to keep our Membership list current. So if you have made changes to any of your personal details, please complete the form below.

## Membership Reminder

If you're an existing member and haven't yet renewed, please send us your cheque today. If you're not a member, please give serious consideration to joining the POHA. Membership is still **only \$10.00**. Funds from memberships are used to cover operating costs of the Association such as: the production of our brochures (in several languages); postage; Annual General Meeting expenses; the purchase of poinsettias for patients who are recovering from open surgery during the Christmas holiday. None of our volunteers or directors receives any form of compensation or expense reimbursement. Any surplus funds from membership renewals are donated to hospitals for sundry equipment in the cardiac wards. So please renew and help support the good work that POHA has been doing for over 25 years.

***Please be advised, effective July 2014, that the POHA will no longer be mailing Membership Cards. We will continue to mail receipts for donations in excess of \$10.***

***We have had to make this change due to the increased cost of postage.***

### MEMBERSHIP APPLICATION

### MEMBERSHIP UPDATE

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

I am interested in: being a visitor:

being a volunteer:

Golf:

The POHA acknowledges the generous support of the Founder's Cup Charity Foundation in the production of this newsletter.

#### PACIFIC HEARTBEAT NEWSLETTER

is published semi-annually by the  
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