



Aims of Heartbeat

1. To offer support to patients and their family and friends following a cardiac event such as heart attack, heart surgery, stents, angina, etc.
2. To assist in the development of cardiac units by raising funds for the purchase of additional equipment for both our local hospitals.
3. To promote friendship through meetings and social events.

TLC Card Lady

Do you know of a member who is unwell or in hospital, bereaved, or celebrating a major event? Help us to let them know that we are thinking of them and wishing them well with a visit or a card.

Please contact: Llevelyse Shepley
Mob: 0413 302804

Meetings 2024

Uniting Church Hall, Chum St, Golden Square
Sunday September 15 (AGM)

Sunday November 17

Please come along, and join us for a chat over a cuppa and a biscuit afterwards.



**Annual General Meeting
Online via Zoom**

7.15pm, Wednesday September 11

President's Report – Frank Ward

Springtime is almost here and hopefully we have seen the worst of the cold weather. The recent sunny days are very welcome.

Heartbeat members have recently attended gatherings for, Morning Tea at Muffin Break, Lunch at Camp Hotel Eaglehawk and Morning Melodies at The Capital and Bendigo Club. Thank you to both Rhonda and Di for co-ordinating these events.

Heartbeat, once again, has agreed to support Rotary with the selling of tickets for their annual Trailer Raffle. We are rostered again for Wednesdays and Nola will be co-ordinating the roster. Anyone who wishes to sell tickets, please contact her. This is an easy fundraiser for Heartbeat.

Members recently attended two presentations of cheque donations for cardio equipment, firstly to Dhelkaya Health (Castlemaine Hospital) for three ECG machines. Management and staff were so grateful for our donation for the machines that are so much needed for patient welfare.

Inglewood Hospital hosted members for our donation for a Treadmill for use in the Cardio Rehab area, and they are also most appreciative of our support.

Heartbeat Bendigo's Annual General Meeting is coming up on Sunday September 15. Some of the current Committee members have been in their roles for several years and we would really like some more Committee members. So, if you think that you would like to be involved, please put in your nomination (see the form within this newsletter) and come along to the AGM.

Some sad news – members who previously participated in our overnight trips to Yarrawonga, Marysville and others will remember our very happy, lovable and efficient driver, Leonard. Sadly, Leonard passed away recently at the age of 51. Such a beautiful soul. R.I.P Leonard.

HEARTBEAT BENDIGO CONTACTS

PO Box 58. Bendigo North VIC 3550

Website: www.heartbeatbendigo.org.au

Email: info@heartbeatbendigo.org.au

President:	Frank Ward	Tel: 5447 4545	Mob: 0407 855 685
Vice President:	Barbara Dellar	Mob: 0417 961 777	bkdellar@gmail.com
Secretary:	Vivien Williamson	Mob: 0400 657 954	secretary@heartbeatbendigo.org.au
Treasurer:	Nola Ward	Tel: 5447 4545	Mob: 0419 531923 treasurer@heartbeatbendigo.org.au
Morning Music:	Rhonda Anthony	Mob: 0412 123 468	janyat9902@bigpond.com
Seasonal Lunches:	Di Krieger	Mob: 0433 701 122	di.krieger5@gmail.com

News since last time

- Presentation, on July 2, of the approved donation of \$14,500 to Dhelkaya Health (Castlemaine) for the purchase of three portable ECG machines. Great coverage in the Castlemaine newspaper.
- Presentation of the approved donation to Inglewood and Districts Health Service of \$11,000 for a treadmill for the cardio rehabilitation area.
- Barbara Dellar spoke about Heartbeat Bendigo at a Bendigo U3A meeting on 23 July.
- Application lodged with Kangaroo Flat Community Enterprise for a defibrillator for the use of users of Chum Street Uniting Church.
- Members agreed to assist with the sale of tickets for the Rotary Christmas raffle. Heartbeat Bendigo has been allocated Wednesdays and Nola will coordinate a roster.



MEMBERSHIP FEES DUE



Heartbeat Bendigo membership fees are overdue.

The annual fee for 2024/2025 is **\$20** which includes:

- Bimonthly newsletter – Tickertalk (including postage and printing)
- Membership and insurance of Heartbeat Victoria
- Venue hire
- Subsidised events

Payment can be by cheque or cash at General Meetings or direct payment to:

Heartbeat Bendigo BSB 633-00 Account No. 5776810

Don't forget to include your name in any bank transfer. Two payments have been received, one with no name and the other with an unknown name – please contact Nola on 0419 531923 if you think it was you!

Heart Foundation Heart Healthy Recipe

Beef and green veggie pasta bake



Takes – 30 minutes

Serves - 4

Ingredients

- 1 tabs olive oil
- 1 brown onion finely chopped
- 2 garlic cloves, finely chopped
- 400g extra lean beef mince
- 1 green capsicum, seeded, thinly sliced
- 500g vine-ripened tomatoes, coarsely chopped
- 400g can no added salt diced tomatoes
- 80g baby spinach
- 250g wholemeal pasta
- 1 bunch broccolini, chopped
- 350g green beans, trimmed, chopped
- 1/3 cup (25g) grated parmesan cheese
- 2 tabs chives, finely chopped

Method

1. Lightly grease a 22cm x 32cm baking dish. Heat oil in a large deep non-stick frying pan over medium-high heat. Add the onion and garlic and cook, stirring for 1-2 minutes or until onion just softens.
2. Add the beef mince and capsicum and cook, stirring with a wooden spoon to break up lumps, for 2 minutes or until browned. Add the combined tomato and bring to the boil.
3. Reduce heat to low and simmer, stirring occasionally, for 5-8 minutes or until the sauce thickens. Stir in the spinach.
4. Meanwhile, cook the pasta in a saucepan of boiling water, following packet instructions or until al dente, adding the broccolini and beans for the last minute of cooking. Drain well.
5. Preheat grill on high. Add the pasta mixture to the tomato mixture in the frying pan and stir to combine. Spoon into the prepared dish and sprinkle with parmesan.
6. Cook under the grill for 5 minutes or until cheese melts and is golden. Sprinkle with chives to serve.

Annual General Meeting Heartbeat Victoria Council Inc

Wednesday, September 11, 2024 at 7.15pm

Via Zoom <https://zoom.us/j/94570060537>

Meeting ID: 945 7006 0537

Agenda includes:

- ❖ Guest speaker Dr Georgia Chaseling
- ❖ Presentation of the Annual Report including Financial Statement
- ❖ Election of Board members
- ❖ Reports from branches and affiliates

ALL HEARTBEAT MEMBERS WELCOME TO ATTEND

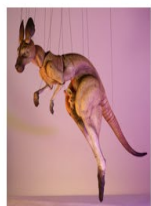
KAY'S FASHIONS

When: Tuesday, 22 October at 2pm

Where: Eaglehawk Citizens Brass Band Hall, 27 Peg Leg Road
Eaglehawk

Cost: \$10 entry

Members please bring a plate of afternoon tea for the table



The Puppets are back!

at



Bridgeward Grove
Farm Gate, Store, Art and Venue

at

Goornong

16 November, 2024

Puppet show and lunch \$35 per person

If you are interested, please put your name on the list or contact Rhonda on 0412 123468



CELEBRATE CHRISTMAS 2024

with












Heartbeat Bendigo



Sunday, 24 November, 2024

(Venue to be confirmed)

SOCIAL CALENDAR

	DATE	TIME	EVENT OR ACTIVITY	FURTHER DETAILS	CONTACT
	3 September	11.00am	Buddy Holly Story	Capital Theatre Lunch at Kangaroo Flat Sports Club	Rhonda
	8 September		"Ruddigore" - Gilbert and Sullivan	DOMAIN EVENT Alexandra Theatre, Monash University. Cost approx. \$120. Lunch at Monash Hotel at own cost. (Maffescioni Bus Lines)	Barbara
	10 September		Temptation Living Landscapes Garden Centre (Rochester) / Woomboota Old School Winery and Meadery (Port of Echuca)	DOMAIN EVENT Cost \$90 (Escape Coach Tours)	Barbara
	17 September	12noon	Spring Social Luncheon	Bendigo Stadium	Di
	19 September	10.30am	The Classic Country Show	Bendigo Club \$15 for morning tea or \$25 for lunch and show	Rhonda
	7 October		Morning Tea	Pepper Green Farm Thunder Street, North Bendigo	Di
	17 October	10.30am	Abba Waterloo	Bendigo Club \$15 for morning tea or \$25 for lunch and show	Rhonda
	22 October	2pm	Kay's Spring/Summer Fashions \$10 entry	Eaglehawk Citizens Brass Band Hall, 27 Peg Leg Road, Eaglehawk	Barbara
	6 November		"Tina Turner"	DOMAIN EVENT Cost \$145 (Maffescioni Bus Lines)	Barbara
	16 November		<i>Bridgeward Grove</i> at Goornong	Puppet show and lunch \$35 per person	Rhonda
	19 November		Great Western Winery / Maryborough Old Train Station	DOMAIN EVENT Cost TBA (Escape Coach Tours)	Barbara
	24 November	TBC	Heartbeat Xmas Lunch		Nola
	27 November		"Sister Act"	DOMAIN EVENT Cost \$140 (Maffescioni Bus Lines)	Barbara

For bookings see lists at General Meetings or contact:

Di (Seasonal Lunches & Coffee Chats): 0433 701122 - Rhonda (Morning Music): 0412 123468
Barbara (Kay's Fashions): 0417 961777 / bkdellar@gmail.com - Nola (Excursions): 0419 531923

For payment (not including DOMAIN EVENTS):

Direct Deposit to Heartbeat Bendigo: BSB 633-00 Account No. 5776810

(including your surname in the reference or description field so we know the payment is from you)

or

Cash to the Event Contact

Morning Music events are paid for 1 week prior. If you book and do not attend, you will be invoiced.

DOMAIN EVENTS

For bookings

BARBARA DELLAR – 0417 961 777 or bkdellar@gmail.com OR

JENNY GOSLING (Domain Events Coordinator) – 4433 8491 or jgosling256@bigpond.com

For payments – EFT to Domain Social Committee BSB: 633 000 Account No. 184368496

Make sure to include Your name HBeat and (the event name)



**Heartbeat
Victoria
Bendigo**

NOTICE OF HEARTBEAT BENDIGO ANNUAL GENERAL MEETING

**2PM, SUNDAY SEPTEMBER 15, 2024
UNITING CHURCH HALL, CHUM STREET, GOLDEN
SQUARE**

The agenda for the Annual General Meeting will include:

- Confirmation of the minutes of the previous Annual General Meeting;
- Receival and consideration of the annual report of Heartbeat Bendigo on its activities during the preceding financial year;
- Receival and consideration of the financial statements of Heartbeat Bendigo for the preceding financial year; and
- Election of members to the Committee of Management

If you would like to be more involved, and have any of the following knowledge or skills to share,
it would be great to receive your nomination for the Heartbeat Bendigo Committee.

Are you a good organiser? or
Are you a good communicator? or
Are you a good ideas person? or
Do you have financial skills? or
Do you simply like to help out?

A nomination form is included in this newsletter and we would love to have more people on the Committee to assist with:

- Keeping in touch with members needing support
- Organising social activities
- Organising hospital visits to provide peer support for cardiac patients
- Organising speakers for meetings
- Fundraising activities
- Financial management
- Meeting organisation

If you would like to know more, give one of the current Committee members a call.

**WE WOULD LOVE TO SEE YOU THERE
AND OFFER SUPPORT TO YOUR HEARTBEAT BENDIGO**

HEARTBEAT VICTORIA INC
BENDIGO BRANCH
ANNUAL GENERAL MEETING 15 SEPTEMBER 2024

NOMINATION OF OFFICE BEARERS AND COMMITTEE MEMBERS

POSITION (see reverse): _____

NOMINEE: _____

NOMINATED BY: _____

SECONDED BY: _____

ACCEPTANCE OF NOMINATION: _____

(Signature)

NOTE: Nominations to be returned to the Secretary OR a committee member

HEARTBEAT BENDIGO - POSITIONS

PRESIDENT

VICE PRESIDENT

SECRETARY

ASSISTANT SECRETARY

TREASURER

ASSISTANT TREASURER

GENERAL COMMITTEE MEMBER

SOCIAL COMMITTEE MEMBER