



**Heartbeat
Victoria
Bendigo**

TICKERTALK

JULY 2025

FIND US ON FACEBOOK! www.facebook.com/heartbeatbendigo

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

2025 Meetings

July 20 (General), 2pm

August 16 (Committee), 10am

September 21 (AGM), 2pm

October 18 (Committee), 10am

November 16 (General), 2pm

General Meetings held at Uniting Church Hall
Chum St, Golden Square
Come along, and join us for a chat and cuppa.



Faye Turner – September 7
Glenys Smith - 15 September

President's Report

Winter is certainly upon us - so cold and wet. The best place to be is either in bed with an electric blanket or well rugged up with the heater on.

Over the past months there have been two successful Kay's Fashion events. The first, organised by Heartbeat Bendigo, was held at Eaglehawk. Attendance numbers were down a little from last time but it was a good fundraiser, with \$855 profit. I sincerely thank everyone who was involved in setting up, manning the door (oops probably shouldn't say that), assisting in the kitchen and cleaning up. The old adage 'Many hands make light work' is still true today.

Thanks to Barbara Dellar, a second event was held at Domain Village with proceeds going to Heartbeat Bendigo. The final total has yet to be confirmed but is expected to be in the area of \$850. Members who attended to show support were Dot, Beatrice, Glad and Nola.

Our 'Christmas in July' lunch is approaching on Tuesday July 22nd at Huntly Hotel, where a good old fashioned Christmas meal will be served. The cost is \$30pp and friends and family are most welcome to attend. To book please phone Nola and get your payment in so numbers can be confirmed. Payments can be made by direct deposit to Heartbeat Bendigo account and must show your name and what the payment is for. Bank details can be found elsewhere in this newsletter.

To those having birthdays in the coming months, best wishes to you all, and, for those not in the best of health, I wish you a speedy recovery. Stay warm everybody.

Frank Ward, President

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
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	jaynat9902@bigpond.com
Seasonal Lunches:	Di Krieger	Mob: 0433 701 122	di.krieger5@gmail.com

News since last time

Kays Fashions

Our autumn Kay's Fashions event held during May was a great success, raising \$855, with a second event at Domain Village raising a similar amount for Heartbeat Bendigo.



Country Music

The Bendigo Country Music event on May 25 raised over \$500 for Heartbeat Victoria. Thankyou to all who attended and to Bendigo Country Music for its support.

Expenditure of Federal Government Grant – Lisa Chesters, Member for Bendigo



Following the receipt of a \$4000 Volunteer Grant this financial year, Heartbeat Bendigo has been able to support the Branch through the purchase of a new sound system for its meetings, a Square payment system and badges and shirts for members, as well as funding some of the fuel costs of our Secretary coming to meetings from Melbourne.



Winter lunch – Lakeview Hotel



Baker Institute MOROCCAN CHICKEN TAGINE



Preparation Time: 20 mins
Cooking Time: 60 minutes
Serves:4

Ingredients

1.5 tabs olive oil
4 chicken thighs, skinless bone in
½ cup frozen or fresh peas
1 cup carrot
1 large onion
2 cloves garlic
1 tsp lemon zest
2 tsp lemon juice
Salt for taste
Water, to cover ingredients in the pot

Spices

½ tsp each of cinnamon powder; coriander powder; cumin powder; ginger powder; pepper powder; paprika
¼ tsp each of clove powder; turmeric powder

Garnish

2 tabs fresh coriander, finely chopped
¼ cup almond flakes

Preparation

1. Combine spices in a small bowl and set aside.
2. Pat dry the chicken thighs, season with salt, lemon zest and half the amount of the spice blend. Set marinated chicken aside and start getting the vegetables ready.
3. In a Dutch oven or a large pot, heat the oil over medium-high heat. Add chicken pieces and sear until golden brown for 6 minutes on each side. Once browned, transfer to another plate.
4. In the same pot, add the onion and sauté over medium heat for 5 minutes, until translucent. Add the garlic and sauté for another minute.
5. Stir in remaining spice mix and cook for a further 1-2 minutes, until fragrant.
6. Pour in water to cover the bottom of the pot. Scrape up the browned bits from the bottom.
7. Return the chicken to the pot, reduce heat to low and simmer for 15 minutes.
8. Add peas and carrots, continue to cook until chicken tender and cooked through, about 10-15 minutes.
9. Stir in lemon juice and adjust seasoning if needed.
10. Garnish with coriander and almond flakes.



CHRISTMAS IN JULY

with

Heartbeat Bendigo

12 noon, Tuesday, 22 July, 2025

Huntly Hotel, 592 Midland Highway, Huntly

Cost \$30 – Payment due beforehand



WANTED

We are looking for a member who would be prepared to take on the role of Assistant Treasurer for Heartbeat Bendigo, to assist Nola Ward in her role as Treasurer

If you would be interested and available to help out, please give Nola a call on 0419 531923

MEMBERSHIP FEES

Heartbeat Bendigo's membership fees are now overdue

The annual fee for 2025/2026 is **\$20**, which covers:

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

Payment can be made by EFTPOS, cheque or cash at General Meetings; or direct payment to Heartbeat Bendigo BSB 633-00 Account No. 5776810



2025 SOCIAL CALENDAR

	DATE	TIME	EVENT OR ACTIVITY	FURTHER DETAILS	CONTACT
	22 July	12 noon	Christmas in July	Huntly Hotel, 592 Midland Highway, Huntly \$30	Nola
	24 July	11am	Country Girls	Bendigo Club \$15 for the show and morning tea \$28 if staying for lunch	Rhonda
	4 August	10.30am	Coffee Catch Up	Eaglehawk Bakery, 80 High Street, Eaglehawk	Di
	21 August	11am	Elton & Olivia Show	Bendigo Club \$15 for the show and morning tea \$28 if staying for lunch	Rhonda

1-5 September
Jean Hailes - Women's Health Week

<https://www.jeanhailes.org.au/womens-health-week>

Further information to come

For bookings, see lists at General Meetings, or contact:

Di (Seasonal Lunches & Coffee Catchups): 0433 701122 - Rhonda (Morning Music): 0412 123468
- Nola (Excursions): 0419 531923

Preferred methods of payment:

Direct Deposit to Heartbeat Bendigo: BSB 633-00 Account No. 5776810
(including your surname and name of the event in the reference or description field so we know the payment is from you and for which event)

Or

Card payment (via the Square terminal) at a General meeting prior to the event

Or

Cash to the Event Contact

Morning Music events are confirmed and paid for 1 week prior to the event date. If you have your name on the list and do not attend, you will still be required to pay for the event.