



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 @2pm

Uniting Church Hall Chum St, Golden Square

2025

March 16

May 18

July 20

September 21 (AGM)

November 16

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

President's Report

After a quiet start to the new year we have shared some outings in February, these being a morning tea at Peppergreen Farm, a luncheon at the Foundry Hotel and Morning Melodies and lunch at the Bendigo Club. I thank Di and Rhonda for organising these outings.

To any member who may be celebrating a special birthday or family event, I pass on best wishes on behalf of Heartbeat Bendigo. To any member or family member who has not been well, I wish you a speedy and healthy recovery.

The hot weather really came on us and then suddenly changed to give us a cool spell, which was great for sleeping, but it looks like we are in for some hot days again. Wouldn't some soaking rain be welcome!

Recently Nola and I had the pleasure of being invited to the presentation of a defibrillator, funded by Kangaroo Flat Community Enterprise, to the Chum Street Uniting Church. Heartbeat had initiated the application to the Community Enterprise for the installation of the machine. The Church Group was extremely grateful. They are currently undergoing training on using it. I thank Vivien for the work and conversations during the process of supply and installation.

**Frank Ward
President**

HEARTBEAT BENDIGO CONTACTS

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President:	Frank Ward	Tel: 5447 4545	Mob: 0407 855 685
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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



• Donation

Heartbeat Bendigo has recently made a donation of \$10,000 to Bendigo Hospital to assist with the purchase of a medical grade treadmill for the Cardiac Rehabilitation area.

• Defibrillator



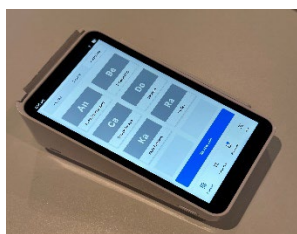
We are also very excited to have been able to facilitate a successful application for funding of a \$3500 Automated External Defibrillator for the Chum Street Uniting Church in Golden Square, where we hold our bimonthly meetings.

The Unit was generously donated by the Kangaroo Flat Community Enterprise.

• Expenditure of grant funding

Due to a generous Volunteer Grant from the Federal Government, via Lisa Chesters MP (Member for Bendigo), we have already been able to purchase some items to support the work of our volunteer organisation including:

- A cordless sound system and microphones for our General meetings; and
- A Square terminal, which will enable payments for membership and social events to be made by card (noting that there will be a small 1.6% charge for users).



Baker Institute – Healthy Recipes

ZUCCHINI MUFFINS



These zucchini muffins are a quick and easy treat for the whole family. A great way to use the zucchinis that grow so well in the vegetable garden!

Makes 12 large muffins

Preparation – 15 minutes

Cooking – 25 minutes

Ingredients

- 2 small zucchini or 1 large, grated
- 1 onion, diced
- 150g bacon, diced
- 2 cups self-raising flour, or 2 cups plain flour plus 4 teaspoons baking powder
- 2 eggs
- ½ cup (around 125 grams) low fat plain or Greek yoghurt
- ½ cup sunflower oil
- 1 cup grated cheese, plus extra for on top

Preparation

1. Preheat the oven to 180°C.
2. Cook the onion and bacon in a saucepan on a medium heat until the bacon is a little crispy and the onion is transparent. Set aside to cool.
3. Put the self-raising flour (or plain flour and baking powder) in a large bowl and mix in the grated cheese, then the grated zucchini, then the cooled onion and bacon mix.
4. In a separate bowl mix the eggs, yoghurt, and oil until combined.
5. Mix the egg, yoghurt, oil into the flour, zucchini, onion, and bacon and stir until combined.
6. Place the mix into a muffin tray and top mix with grated cheese (if desired).
7. Bake at 180°C for 20–25 minutes.



171 Blackjack Road, Harcourt

Woop Woop is something else!

A beautiful garden with a laugh around every corner – eclectic sculptures depicting Australian slang, sayings and anything that may get a laugh.

A Heartbeat Bendigo carpool excursion - 12 noon, 3 April

KAY'S FASHIONS

When: Thursday, 8 May 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



PHOTOGRAPHS











We would love to have more photos of our many Heartbeat Bendigo events to include on our website, Facebook page and Tickertalk newsletter, as well as to share with other Heartbeat Victoria branches.

If you are interested in assisting with this please let Vivien know via secretary@heartbeatbendigo.org.au.

The only limitation is that any people photographed need to have given their permission for their photo to be published.

2025 SOCIAL CALENDAR (So far)

	DATE	TIME	EVENT OR ACTIVITY	FURTHER DETAILS	CONTACT
	12 March	11am	Morning Music <i>Queenie Van De Stadt, Diva Show</i>	Capital Theatre \$15 for the show and morning tea \$28 if staying for lunch	Rhonda
	20 March	11.00am	Morning Music <i>Rhinestone Cowboy</i>	Bendigo Club \$15 for the show and morning tea \$28 if staying for lunch	Rhonda
	3 April	12 noon	Woop Woop Sculpture Garden	171 Blackjack Road, Harcourt \$30 – <u>Pay for yourself on the day</u> Includes entry and lunch Carpooling possible. - let Rhonda know if interested. If carpooling, meet at Chum Street Uniting Church at 10.45am.	Rhonda
	7 April	10.30am	Coffee Catch Up	Beechworth Bakery	Di
	17 April	11am	Morning Music <i>Motown Meets Disco</i>	Bendigo Club \$15 for the show and morning tea \$28 if staying for lunch	Rhonda
	8 May	2pm	Kay's Fashions	Eaglehawk Citizens Brass Band Hall 27 Peg Leg Road, Eaglehawk	Nola
	9 May	11am	Morning Music <i>Frankly Sinatra</i>	Capital Theatre \$15 for the show and morning tea \$28 if staying for lunch	Rhonda
	15 May	11am	Morning Music <i>Issy Dye Legends of RocknRoll</i>	Bendigo Club \$15 for the show and morning tea \$28 if staying for lunch	Rhonda

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 (not including any DOMAIN EVENTS):

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.