



**Heartbeat
Victoria
Bendigo**

TICKERTALK

SEPTEMBER 2025

FIND US ON FACEBOOK!

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

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 – September 15
Vivien Williamson – October 21
Frank Ward – October 30

President's Report

Once again, our Christmas in July had a good attendance at the Huntly Hotel, not only from our members but also from other groups supporting the event. The weather wasn't the best on the day, but we were warm and dry inside.

Thank you to Barbara with her quiz and to Di, Dot and Rhonda for organizing the raffle prizes, also for the wrapping and drawing of them on the day. A thankyou also to Nola for taking bookings, Laurie, Dennis and Ted for assisting on the day, and the ever-reliable Ray for raffle ticket sales. Without you all it would be difficult to have a successful event.

Coming up on our social calendar we have our luncheon to be held at the All Seasons on Tuesday September 30th. Friends and family are most welcome to come along.

The next major fund raiser will be the Kay's Fashions event on Tuesday October 21st, at the Eaglehawk Band Hall. As usual, we call on members to lend a hand and also bring a plate of food for the afternoon tea. An enjoyable afternoon is assured, so be sure to bring along a friend or family member. Letterbox pamphlets will be available at the next meeting, so please take some to distribute in your local area.

We look forward to seeing as many members as possible at our upcoming Annual General Meeting on September 21st. Heartbeat Bendigo will again be assisting the Rotary Club with the sale of tickets for the Christmas Trailer Raffle. Our selling day will be every Wednesday from the end of September to late December. If you can help please let Nola know and she will add you to the roster.

We are past the worst of the winter weather, so enjoy the few warmer days and look forward to the Spring.

Stay well everyone.

Frank Ward, President

HEARTBEAT BENDIGO CONTACTS

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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

Christmas in July

Our Christmas in July event was very successful and it was great to be able to join with other community groups to share the occasion. Some of those attending had come from Kyneton to join in.



Further expenditure of Federal Government Grant – Lisa Chesters, Member for Bendigo

By the conclusion of the financial year we were able to expend the final amount of the Federal Government Volunteer Grant on an overhead projector and an office chair for our hardworking Treasurer. This grant has enabled us to purchase much needed items for the Branch and support our volunteer-based organisation.

Annual General Meetings

Two very important Annual General Meetings are coming up in September.

1. Heartbeat Victoria AGM – 7pm, 9 September via Zoom

All Heartbeat members across the State are welcome to attend this meeting and Heartbeat Bendigo members are encouraged to join the meeting to hear from the guest speaker and from other branches about their activities during the year, as well participate in the election of Board members to three Board positions which will be declared vacant. Further details can be found later in this newsletter.

2. Heartbeat Bendigo AGM – 21 September

At our own AGM, the annual report and financial statements will be received and elections held for the Committee. We would love to receive some new nominations, particularly for the role of Assistant Treasurer to assist Nola. The notice of the meeting and nomination form can also be found later in this newsletter.

Heart Foundation Heart Healthy Recipe

Nutty banana loaf



Preparation Time: 15 mins

Cooking Time: 45 minutes

Serves: 14

Ingredients

¼ cup olive oil
¼ cup maple syrup
3 eggs
3 medium bananas (30g), mashed
½ cup (50g) hazelnut meal
¼ cup (40g) wholemeal self-raising flour
1 tablespoon linseeds (flaxseeds)
¼ cup chopped unsalted pecans
¼ cup (40g) chopped unsalted cashews
¼ cup (40g) chopped unsalted almonds
¼ cup (70g) no added salt almond butter
14 raspberries, halved

Method

Step 1

Preheat oven to 180C.

Grease and line a 10cm x 20cm (base measurement) loaf pan with baking paper.

Whisk oil, syrup, eggs and bananas together in a large bowl.

Add hazelnut meal, flour, linseeds and half the combined nuts.

Stir to combine.

Pour mixture into the prepared pan.

Smooth the surface and sprinkle with the remaining nuts.

Step 2

Bake for 40-45 minutes or until a skewer inserted in the centre comes out clean.

Stand for 5 minutes before transferring to a wire rack to cool.

Step 3

Cut the loaf into pieces, spread with almond butter and serve with raspberries.

KAY'S FASHIONS

When: Tuesday, 21 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



HELP NEEDED

Heartbeat Bendigo will again be assisting Rotary with the sale of tickets for its Christmas Trailer Raffle.

Our ticket selling day will be Wednesday, from the end of September until late December.

If you can help out, please give Nola a call on 0419 531923

Annual General Meeting Heartbeat Victoria Council Inc

Tuesday, September 9, 2025, at 7.00pm

Via Zoom <https://zoom.us/j/8838855290?pwd=74p7kgwz93a7ua3jMbZEZubTNRyLEa.1&omn=94574069941>

Meeting ID: 883 885 5290 Passcode:011168

Agenda includes:

- ❖ Guest speaker: Dr Kegan Moneghetti
"Spotting Heart Disease Early – and How You Can Help Shape the Future of Heart Care"
- ❖ Presentation of the Annual Report including Financial Statement
- ❖ Election of Board members
- ❖ Reports from branches and affiliates

ALL HEARTBEAT MEMBERS WELCOME TO ATTEND

2025 CALENDAR

	DATE	TIME	EVENT OR ACTIVITY	FURTHER DETAILS	CONTACT
	9 September	7pm	Heartbeat Victoria Annual General Meeting	Via Zoom	Vivien
	18 September	11am	Hits of the 50s, 60s & 70s	Bendigo Club \$15 for the show and morning tea \$28 if staying for lunch	Rhonda
	21 September	2pm	Heartbeat Bendigo Annual General Meeting	Chum Street Uniting Church, Kangaroo Flat	Vivien
	30 September	12 noon	Seasonal lunch	All Seasons Resort Hotel, 171-183 McIvor Road, Bendigo	Di
	6 October	10.30am	Coffee Catch Up	Red Trike Rabbit Café 7 High Street, Eaglehawk	Di
	16 October	11am	Hits of the 50s, 60s & 70s	Bendigo Club \$15 for the show and morning tea \$28 if staying for lunch	Rhonda
	21 October	2pm	Kay's Spring/Summer Fashions \$10 entry	Eaglehawk Citizens Brass Band Hall, 27 Peg Leg Road, Eaglehawk	Nola

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

Di (Seasonal Lunches & Coffee Catchups): 0433 701122 - Rhonda (Morning Music): 0412 123468
- Nola (Other Events): 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.



**Heartbeat
Victoria
Bendigo**

NOTICE OF HEARTBEAT BENDIGO ANNUAL GENERAL MEETING

**2PM, SUNDAY SEPTEMBER 9, 2025
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;
- Receipt and consideration of the annual report of Heartbeat Bendigo on its activities during the preceding financial year;
- Receipt 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 21 SEPTEMBER 2025

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