



Introduction of Mark Vorstenbosch

President - Heartbeat Ballarat 2025 - 2027



Mark is Ballarat born, educated, and a survivor of chronic illness.

Mr. Vorstenbosch is passionate about patient peer

support and is committed to the values of Heartbeat Victoria.

Partner of Christine, a dog dad and a Licensed Sales Agent & Business Development Manager at Biggin Scott – Ballarat.

Mark likes Christine, quality hats (he has a collection of them), cars, the Richmond Football Club, and Western United.

Introduction of Deputy President Helen Sarra

Helen is a regular Tuesday walker and has strong connections with Ballarat Community groups. President of the Ballarat Italian Pensioners Group. Always leading the way, applying for grants, or nominating others for awards, and organising events, writing cards and or visiting



those that are ill.

Helen grew up in Ballarat where she met her Italian born husband Armando.

They shared many happy days rearing five daughters and one son. Grandmother to nine and great grandma to

one. She can bake up a storm, including the best lamingtons this side of the great divide. Cardiac history includes a stent in 2021, living with high blood pressure and Atrial Fibrillation.

Mrs. Sarra keeps fit and active with Tia Chi, Zumba and her Tuesday walks with Heartbeat Ballarat. Armando has also started walking each Tuesday.

Introduction of Deputy President Linda Macaulay

Linda is well known by most Heartbeat Ballarat members. A passionate advocate for all good things cardiac, including patient education, empowerment, and peer support.

Linda is a Cardiac Nurse Practitioner working with several Grampians and western Victorian health providers. During the past 18 years many Heartbeaters have met Linda in the hospital ward, at the Grampians Health heart failure clinic, and or at QEC cardiac rehabilitation.

Linda is a former President of Heartbeat Ballarat and immediate past President of Heartbeat Victoria. A very caring soul, who has eased the disease burden of many Ballarat folk.

Mother to Kellie, and two dogs. Linda is into running and exercising and has a wonderful garden. Caravan holidays have been popular too.



Heartbeat Ballarat proudly acknowledges the



support received from
Hon. Catherine King.

We are proud recipients of an Australian Government Grant facilitated by Minister King. This newsletter printed with assistance from very helpful staff.

Meeting the Committee continued

Heartbeat Ballarat 2025 Committee

Leader / President

Mark Vorstenbosch

mvorstenbosch@bigginsscott.com.au

Deputy President - Linda Macaulay

Deputy President - Helen Sarra

Treasurer - Anne Gow

Assistant Treasurer - Bernie Brisbane

Secretary - Position vacant

Assistant Secretary - Barry Nixon 0447377159

ballarat@heartbeatvictoria.org.au

Committee Members

Activities Lead - Lyn Webb

Lynnette.j.webb@gmail.com

Social Activities - Alan Bell

Social Activities – Leigh Miller

Meet the Committee



Anne
Treasurer



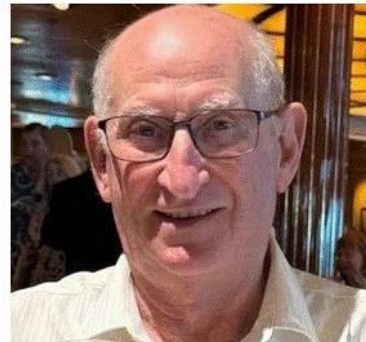
Bernie
Deputy
Treasurer



Barry
Deputy
Secretary



Lyn
Leader
Social
Activities



Alan
Social
Activities



Leigh
Social
Activities

Social Activities Team Events

Monthly Birthday Lunches in February or March. Movie title and starting time advised 7 days prior to movie date. Brunch is a new catch-up opportunity. Talk to Lyn at walks or email Lyn direct at lynnette.j.webb@gmail.com

Feb 24th Mon 12 noon

February B'day lunch at Cattleyards Inn

March 2nd Sun 11am

Brunch @ The Lane Cafe

March 17th Mon

\$10 Movies at Showbiz DTC

Movie and time TBA

March 24th Mon 12pm

March B'day lunch at Ballarat Golf Club

**Heartbeat members Meet & Greet on Tuesday
March 11th from 5.30pm to 7.30pm.**

All welcome, including friends & neighbours. Seniors' menu available. Meals and drinks at own cost. Guest speaker to be confirmed. (Note: This is the Tuesday following the long weekend, Begonia parade etc.).

We have booked for 30 people but will need to confirm numbers with hotel closer to event.

Mark it in the diary, Tuesday March 11th from 5.30pm. See U there.



Tues
March
11th

Heartbeat members meeting with guest speaker

Tuesday March 11th 5.30pm to 7.30pm

Golf House Hotel, Doveton Street South, Ballarat

Meals and drinks at own cost. Doors open 5.30pm Meals 6pm, Guest speaker 7pm

Community lunches are back.

Friday Community lunch is on from Friday!

Doors open 11.30am for 12 noon

Sebas Ballarat Neighbourhood Centre

Please ring 5329 3273 to make your booking.

Heartbeat aren't making a group bookings for Community Lunches. Members are encouraged to attend. 2 course lunch + tea or coffee \$15.00 each at Ballarat neighbourhood centre at 11 Tuppen Drive, Sebastopol.



During Treasurer Anne's report at Heartbeat Ballarat AGM we learnt that Ballarat membership is at 99 members, a record for our branch. Who will be our 100th member?



Just 2 weeks till **Kinky Boots** hits the stage at Her Majesty's Ballarat! Go and get your tickets!!

25 Ballarat Heartbeaters have paid for tickets to

Kinky Boots on Sunday March 9th at 1.30pm.

Want to go? Tickets are available direct from Her Majesty's Theatre. **035333 5888**

See you at Her Majesty's Theatre Ballarat in your heels.

**Join our local walking groups
4 locations – 4 weekly walks**

There's a fun, FREE, easy way to feel happy and healthy. It's walking – and everyone is welcome to join in. Come along to our weekly walks to meet new friends and boost your health. No walks on public holidays. Cuppa at own cost. Call or message 0447 377 159

Tuesday 10am Indoor walk – walk inside Ken Kay Badminton Stadium 407 Dowling Street Wendouree. 45 min indoor walk, own pace and distance, Toilets on site. Seats available. Optional cuppa from onsite canteen after walk.

Wednesday 10am Lake Esmond walk – Larter Street Ballarat East. FREE walk in Lake Esmond Botanic Gardens. Own pace and distance, seats avail. Toilets on site. Pram & dog friendly. Optional cuppa at Lilly's in Eureka Centre after walk.

Friday 10am Pipers by the Lake walk – 403 Wendouree Pde, Lake Wendouree (meet in front of Pipers) FREE outdoor walk in Botanic Gardens. Own pace and distance. Toilets on site. Pram & dog friendly. Seats available. Optional cuppa in Pipers Restaurant after walk.

Saturday 9.30am Victoria Park walk – Sturt Street Ballarat (meet near toilets, Sturt St end of Vic Pk). FREE walk on walking track within tree filled Victoria Pk. Own pace and distance. Toilets on site. Pram & dog friendly. No seats on walking track. Optional cuppa at Apco or Emma's Bakery, 1769 Sturt St, after walk.

Minutes of 2025 Annual General Meeting of Heartbeat Victoria Council Incorporated Ballarat Branch held on Wednesday February 12th, 2025, in meeting room at Golf House Hotel Doveton Street Ballarat.

Meeting opened at 7pm

Welcome / Acknowledgement of Elders by retiring President Bernie Brisbane.

Call for any conflicts of interest to be declared and noted in the minutes. Nil

Apologies: Linda, Jim, Ian, Julie, Tim, Jean H, Vidhu, Steven LM, Chris M, Julie J, Joy, Alison, Mal, Maria, Trish, Ruth, Norm, Jilly, Jenny, Phil, Ken, Karen, Amanda, Caroline, Betty, Susan, Loraine, Yvette, Ruthy, Dianne, Val, J, 22 Members present: Vincent, Joan and son, Bernie, Liz, Helen S, Arthur, Rhonda, Cris, Barry, Mark, Hilary, Bill, Deb, Dianne, Ross, Jean, Alan, Leigh, Anne, Christine, Lyn

Minutes of 2024 AGM read and accepted. Moved Dianne / Seconded Deb

Presidents Report Bernie Brisbane

Secretary Report Barry Nixon

Treasurers Report Anne Gow

Acceptance of reports. Moved Ross / Seconded Bernie / Carried

Business

Committee and members appreciation and thanks to members Erika and Dianne for care of fellow members in crisis. Sincere thanks and appreciation for stepping up and saving lives.

All Committee retired; two-year term of appointment ended.

Retirement of President Bernie Brisbane. Retirement of Secretary Barry Nixon. Retirement of Committee Members Cris Yates, Julie Jules, Caroline Barnes, Arthur Chessman, Ross Wiggins, and Jean Wiggins.

Acknowledgement of late Committee member Mark Braybrook.

Deputy President Linda Macaulay renominating as Deputy President.

Treasurer Anne Gow renominating as Treasurer.

Temporary chairperson Alan Bell – chaired meeting for appointment of the new President.

Appointment of Mark Vorstenbosch as President for 2-year term.

New President now Chairperson for meeting.

Appointment of Linda Macaulay as Deputy President for 2-year term.

Appointment of Hellen Sarra as Deputy President for 2-year term.

Appointment of Anne Gow as Treasurer for 2-year term.

Appointment of Bernie Brisbane as Assistant Treasurer for 2-year term.

Secretary – no nominations received - VACANT

Appointment of Barry Nixon as Assistant Secretary for transition period / not 2-year term.

Welcome new Committee members Lyn Webb, Leigh Miller, and Alan Bell.

Membership fees Jan to Dec 2026 set at \$20.00 per member.

Moved by Helen / Seconded by Leigh. Carried.

Appointment of Mark and Anne as nominated delegates to represent Heartbeat Ballarat Branch at AGM of Heartbeat Victoria Council Incorporated. Moved Arthur / Seconded by Alan. Carried

Appointment of Bernie and Anne as annual Heartbeat Bowls fundraiser liaison persons. Moved Rhonda / Seconded by Dianne. Carried

Approval to purchase 100-bathroom scales and 100 x 1.5 litre measuring jugs for donation to Grampians Health at QEC. Moved Helen / Seconded by Bernie. Carried

Approval to fund fifty percent of cost of annual Christmas meeting and set meal, or alternative event for paid members. Moved Helen / Seconded by Bill. Carried

Introduction and welcome of new Social Activities Leader and team.







Question and answer session, and general discussion from members.

Meeting closed at 8pm

Next Members meeting, meal, and social catch-up **Tuesday March 11th 5.30pm – 7.30pm at Golf House Hotel Doveton Street Ballarat.**



Together for Heart Health: Our Plan for the Future 2024-2027

Together for Heart Health: Our Plan for the Future 2024-2027							
 Mission	<i>To foster an active, compassionate and inclusive peer support network in Victoria for individuals and families affected by all forms of heart disease and heart-related issues. Through our community driven groups, we provide emotional support, share information, advocate for better health outcomes and raise funds for cardiac equipment and improved cardiac care.</i>						
 Vision	<i>Every individual and family affected by heart disease has access to a compassionate community, vital resources, and the highest quality of care, enabling them to live empowered heart-healthy lives.</i>						
VALUES							
 Respect	We recognise and value the dignity of every person and we value diversity of experience and thought.	 Empowerment	We support our members to make informed decisions for themselves through connection, information and membership.	 Collaboration	We work with others to acquire knowledge, to build connections and share information for the benefit of members.	 Hope	We cultivate optimism and resilience, inspiring individuals and families to look forward with confidence.
FROM NOW TO THE FUTURE Heartbeat Victoria supports several hardworking and committed voluntary peer support groups across Victoria which provide highly valued support for individuals and their families affected by heart disease and heart-related conditions. Building membership and the changing needs of cardiac patients and the ways in which support can be provided, have all been challenging for existing groups. Opportunities exist to raise the profile of Heartbeat Victoria, to build on partnerships and to support membership growth.							

STRATEGIC DIRECTIONS



Supporting and strengthening

To strengthen our foundation and expand our impact by supporting our network, fostering growth, and enhancing the quality of peer support.



Fostering connections

To build and foster strong organisational and community connections and collaborative partnerships that will build cardiac related peer support.



Dynamic leadership

To provide dynamic and responsible leadership which will build capacity, elevate our impact, and guide our mission with clarity and purpose.

GOALS

- Consolidate and strengthen existing Heartbeat Victoria peer support groups.
- Enhance the quality of peer support provided by Heartbeat Victoria.
- Respond to the needs of non-members in relation to their peer support needs.

- Continue to build relationships with existing partners to support collaboration, share resources and achieve common goals.
- Consider opportunities for new partnerships which would benefit Heartbeat Victoria.
- Build connections with other community groups to raise awareness and build relationships.

- Maintain strong legal and financial practices to protect and sustain the organisation.
- Build a skilled and engaged Board to lead the organisation effectively.
- Strengthen communication and engagement with key stakeholders so as to build trust, enhance collaboration and improve support.
- Develop a better understanding of other organisations that support peer support.




Eating for a healthy heart

To help your heart, choose foods that have:

- ✓ **Healthy fats** ✓ **Plant sterols** ✓ **Soluble fibre** ✓ **Healthy protein sources**

Healthy fats

Eat a variety of foods with healthy fats daily. These fats include monounsaturated, polyunsaturated and omega-3 fats.

Food	How much?	You could:
Monounsaturated fats <ul style="list-style-type: none"> ✓ Extra virgin olive oil, peanut oil ✓ Avocado ✓ Almond, peanut and cashew nuts 	Each day choose 2 options: <ul style="list-style-type: none"> • 1 tablespoon of extra virgin olive oil • ¼ avocado • 30 grams of unsalted nuts • 1 tablespoon of nut butter. 	<ul style="list-style-type: none"> • Use extra virgin olive oil in cooking and dressings • Spread avocado on wholegrain crackers • Enjoy nut butter on wholegrain bread. 
Polyunsaturated fats <ul style="list-style-type: none"> ✓ Oily fish and seafood such as salmon, sardines, tuna and mussels ✓ Sunflower, canola oil ✓ Walnuts, brazil nuts, pine nuts ✓ Chia, flaxseed, sunflower seeds ✓ Tahini ✓ Soybeans 	Each week choose: <ul style="list-style-type: none"> • 3 serves of oily fish or seafood 1 serve is 150-200 grams Each day choose 1 option: <ul style="list-style-type: none"> • 30 grams of unsalted nuts • 1 tablespoon of seeds • 1 tablespoon of tahini • 1 tablespoon of oil spread. 	<ul style="list-style-type: none"> • Choose a mix of nuts and seeds as a snack • Mix tahini and lemon juice together to make a dressing • Replace ham with canned salmon in a sandwich or salad. 