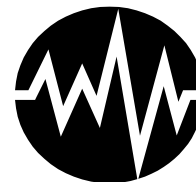


Goulburn Valley Heartbeat



The Newsletter of
Heartbeat Victoria Inc.
Goulburn Valley Branch
Established Dec.1986
HBVC ABN 76 073 229 523

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GOULBURN VALLEY

DECEMBER 2023

www.heartbeatvictoria.org.au
My heart, My health

HEARTBEAT VICTORIA INC

VISION: to be an excellent & well recognized peer support organisation which assists in improving the emotional, social & physical wellbeing of people living with heart disease. or a heart condition.

MISSION: to advise & promote associated support groups in conducting peer support activities for people living with heart disease to ensure they have a better understanding of the impact of their heart disease or condition, how they might seek on going services & support in their local area & how to raise funds to improve cardiac services.

Hello All members and friends,

Christmas and New Year are like best friends, they come together as a whole week of festivities and celebration. We enjoy this special time with family and friends. But we also remember those dear to us who may not be with us at this time, our thoughts turn to those valuable memories made together. We, heartbeat members, are so supportive of each other and thank you for the many ways you have helped.

This is the last Newsletter for 2023, a year in which new memories and connections were made. Our Committee look forward to 2024 with the same enthusiasm and commitment to support our members in their heart health journey. I will try and get the calendar of events and a newsletter distributed before our first meeting on February 5th.

The Heartbeat Victoria Inc., Board of Management is progressing in increasing connections to other organisations in the heart health area, so we look forward to some new and expanded directions and support in 2024.

I have included some information from our December meeting minutes on page three to keep you informed. Please do not hesitate to contact Jenny, Max or myself if you need a chat, coffee catch up or any support just phone or message us, always happy to help.

The HB GV Branch committee Wish you all peace and hope at Christmas. Sending strength, love and happiness to you this holiday season. Hoping that the new year brings you new possibilities and good health.

Bye for now,
Robyn.
Secretary
Heartbeat Victoria Goulburn Valley Branch

**MERRY
CHRISTMAS**

Walk and Lunch Monday Dec. 18th,

meet at the rotunda next to SAM 11.00am,
for walk around Lake Victoria.
Followed by lunch 12.MD at the RSL Club
Shepparton.

**If the temperature , or above there will be
no walk, just go 30C to RSL Club for
Lunch 12MD.**

This will be our last get-together for 2023.
Please come and join us if able, have a chat
and perhaps share some ideas you have for
next years calendar of activities.
Please contact Kevin Reid if transport
required 0419 644 771



Some members enjoying
Lunch at Butter Factory Cafe Shepparton.

**Membership renewal now due.
Annual fee: \$15.00 PP**

Cash, Cheque Payable to :
Heartbeat Victoria -Goulburn Valley Branch
Direct Debit: BSB: 013 805
ACC: 2588 25747

It is important that you fill in the consent to
use your photo in newsletter, website and
media articles.

Membership form is on page 5

Treasurer Arthur will be sending out a reminder in
January 2024 for outstanding memberships.

BIRTHDAY GREETINGS

Happy Birthday

**WISHING YOU A WONDERFUL
BIRTHDAY AND
GOOD HEALTH AND
HAPPINESS**

JANUARY

Dom Segafredo 4th
Pauline Thomas 4th
Margaret McClelland 15th
Howard Phillips 19th
Ian Powell 26th

The most beautiful
things in life are not things.
They're people and places,
memories and pictures. They're
feelings and moments and
smiles and laughter.

SIMAGES.BLOOMART.COM

Member Welfare
HB GV Branch is there to help
you.

Please contact,
Welfare coordinator .
Jenny Hyland
M. 0422 820 491

Information from the Minutes of the December 4th HB GV Branch meeting.

Treasurer Arthur reported changes to ANZ banking fees received by letter, including \$10.00 monthly bank account fee and cheque charges as cheques being phased out.

Discussion by members re these changes by ANZ Bank.

Also need to have online banking set up.

Moved: Deanne Brown. Bendigo Bank be investigated as a new option to move HB GV Branch banking service to a branch in Shepparton. Seconded Gerald Quinn

Carried all in favour. Meeting organised with Bendigo bank staff for Friday Jan 6th to set up new account.

Discussion by members to open term deposit.

Moved: Lance Brown. That \$10,000. be invested in a term deposit for 6-12 months. Seconded June Reid Carried all in favour.

Treasurer Arthur Fennell suggested that a Petty Cash system be set up to assist with convenience of small purchases. Discussion followed.

Moved: Howard Phillips that a Petty Cash Account to value of \$150.00 be set up with appropriate record keeping. Seconded: Jenny Hyland. Carried all in favour.

General Business.

1. Robyn suggested we hand out invitations to GVH Cardiac rehab participants to join us at a coffee catch up morning following the HB GV Branch presentation every eight weeks and provide those that attend with coffee/tea.

This may help introduce new members to our group. Discussion with members .

Worth a trial run. May need it more frequently.

Moved: Howard Phillips and Seconded: Irene Maag. That this proposal commences next January 2024, with review after 6 months. Carried

2. A vote of sincere thanks was made by members to Jenny and President Max Hyland for hosting a very successful Fundraising dinner and Christmas themed social night.
3. Condolences were expressed to President Max Hyland on the very recent passing of his brother.

Can Fundraising report— Howard Phillips

Can Collection payment system now operational in Victoria.

Howard reported we have lost the collection of cans from some Clubs as they will now run their own can fundraising with this activity.

HB will continue with what cans are available, and they can still be left at Ian's place. Members can also take cans themselves to depot and pass on funding to treasurer. HB GV Branch can also be set up as a nominated charity to have can funds directly debited to HB Bank account.

This is yet to be organised.



President Max Hyland chairing the December meeting after our dinner.

Members then had some fun with a Christmas trivia and Max's Christmas Jokes. Jan Phillips had quite a chocolate collection resulting from her excellent knowledge of all things to do with Christmas.

Do herbs and spices have health benefits?

<https://www.bhf.org.uk/information-support/heart-matters-magazine/nutrition/herbs-and-spices>



Senior Dietitian Victoria Taylor explains whether using herbs and spices can improve your health. *Victoria Taylor is a registered dietitian with 20 years' experience. Her work for the NHS focused on weight management and community programmes for the prevention of cardiovascular disease. At British Heart Foundation, she advises on diet and nutrition.*

You may have heard that some herbs and spices have been linked to heart and circulatory health benefits.

Garlic has been reported to help improve blood pressure and cholesterol levels, while turmeric is thought to have anti-inflammatory effects due to a substance called curcumin that is found in it. Cinnamon has also been linked to improvements in blood sugar levels.

However, while there is some research into these links, it's not good enough quality to translate into specific dietary recommendations for heart and circulatory health. We can't say for certain that using a particular herb or spice in our cooking, or taking it as a supplement, will have a particular effect on our health. What we can say is that eating more of these plant-based foods could increase the diversity within our diets, helping to improve our gut health.

By including herbs and spices in your cooking you'll make your meals more interesting. Having food that tastes great makes it easier to stick to your healthy eating plan and adding more flavour in this way will also help you to add less salt and sugar.

Herbs and spices can liven up your food and add variety. They are also better for your heart health than salt and sugar.

Using herbs and spices is a great way to make use of your store cupboard (and your garden if you grow your own herbs). If you're looking to eat less salt and sugar, different herbs and spices can help to take your dishes in a whole new direction.

Soon you'll be mastering the flavours of the Mediterranean, North Africa, India and beyond.

“Powerful herbs and spices: 25 alternatives to salt and sugar” read further information about these herbs on Website listed above.

