



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

January 19

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

As you read this, Christmas and New Year have been and gone, and I hope every member and their families enjoyed this special time together. Especially any with young grandchildren or great-grandchildren, to see their faces as they unwrapped Santa's gifts.

Overall Heartbeat Bendigo has enjoyed another successful year. Our Christmas in July, along with our Christmas luncheon in November, were both well attended and enjoyed by members and friends.

A recent payment of \$10,000 was made to Bendigo Hospital to assist with the purchase of a Medical Grade Treadmill for the Cardiac Rehabilitation area. We currently have a request from St John of God for assistance with funding for some equipment which will be considered by the Committee.

Unfortunately we can no longer manage bus trips due to not being able to reach the numbers required to make the trip viable for the bus companies. The Social Committee was disappointed when the Mystery Trip had to be cancelled earlier last year due to lack of numbers.

As you all know, it takes many people to keep this organization running. I sincerely thank the Committee for their work, Di for organizing our morning teas and lunches, Barbara for her organization of Kay's Fashions, Rhonda for organizing Capital Theatre and Bendigo Club outings, Laurie and Ted for their organisation of our meeting venues, Vivien for her excellent secretarial work and Nola for organizing the Christmas Lunch and the Treasurer's role. My apologies if I have forgotten anybody.

Wishing you all a happy, healthy and safe New Year.

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 lunch**

The Heartbeat Bendigo Christmas lunch was a great day, with 57 people attending.

\$425 was raised through the sale of raffle tickets. Thank you to both Rhonda and Dot for putting together and wrapping the excellent raffle prizes, also to stalwart Ray for his selling of the tickets.



- **Trailer Raffle**

Thankyou to all those members who gave their time to assist with the sale of tickets for the Rotary Trailer Raffle, often on more than one occasion.

Our finances have received a boost of \$2,500 from the Rotary Clubs as a result of your assistance.

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 through the Heartbeat Victoria website and its newsletter - Heartbeat Happenings.

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.

Baker Institute – Healthy Recipes

Corn Fritters

These easy corn fritters make a perfect breakfast or serve with a salad for a light meal.



Preparation – 15 minutes

Serves - 4

Cooking – 12 minutes

Ingredients

- 4 corn cobs
- 4 spring onions or 1 small brown onion, chopped
- 1 cup self-raising flour
- 2 eggs
- 1 bunch of coriander and parsley
- 1 tablespoon olive oil

Preparation

1. Remove the green covering from the corn cob.
2. Cut 3cm off one end of the corn cob to make a flat surface.
3. Hold the corn cob vertical with the cut end facing down on the chopping board. Slice down the sides of the cob to remove the kernels.
4. Put the corn kernels in a bowl. Make sure it is no more than half full so you will have plenty of space for mixing.
5. Chop the spring onion and herbs.
6. Mix the onion, herbs and self-raising flour in the bowl with the corn kernels.
7. Make a hole in the centre of the mixture and add in the eggs.
8. Mix it all together until well combined.
9. Heat a nonstick frying pan on medium heat with 1 tablespoon of olive oil.
10. Using a large spoon, pour the corn mixture to make a 5cm circle.
11. Cook until lightly brown on the bottom (2–3 minutes) and then flip.
12. Cook for 2–3 minutes on the other side and then remove onto a plate.
13. Repeat steps 10–12 until all the batter is used up. Add more oil as required.

Tips

- To save time, you can also use canned corn.
- If you don't have coriander or parsley, any herbs work for added flavour.

Did you know that your recycling can benefit



Victoria's Container Deposit Scheme, known as CDS Vic, is rewarding Victorians with a 10-cent refund for every eligible can, carton and bottle returned at refund points across Victoria.

As the operator for the North Zone, Visy is providing accessible and convenient ways for you to return your containers, ensuring they are diverted from landfill and recycled into something new.

Most small portable beverage containers between 150mL and 3L are eligible for recycling. Check for the 10c mark on the drink container label.

- Aluminium cans
- Plastic bottles
- Glass bottles
- Paperboard cartons (under 1L)
- Steel bottles/cans



Your containers should be uncrushed and lids can be kept on.

Refund points

Visy has partnered with local councils, businesses and organisations to install and operate refund points across the North Zone of Victoria, including reverse vending machines and over the counter refund points.



Refund payment types

You can receive your 10-cent refund as cash, a bank deposit, as a voucher with participating stores, or, preferably, as a donation to [Heartbeat Bendigo](#).

How to donate your recycling refund to Heartbeat Bendigo



If you have a mobile phone and would like to learn how to donate your recycling refund when taking your eligible recyclables to the refund point of your choice, please provide your email address or mobile phone number to Vivien Williamson via secretary@heartbeatbendigo.vic.gov.au or 0400 657954 and Vivien will send you more detailed instructions and guide you through the process of setting up the CDS Vic North.

Once you are set up, you will be able to:

- Take your eligible recyclables to the refund point of your choice
- Scan your code on the CDS Vic North app on your phone
- Have your refund calculated by a vending machine or a person; and
- The total of your refund will be donated to **Heartbeat Bendigo** and you will receive a receipt for tax deductibility.

What a great way to deal with your Christmas and New Year recycling!

2025 SOCIAL CALENDAR (So far)

	DATE	TIME	EVENT OR ACTIVITY	FURTHER DETAILS	CONTACT
	3 February	10.30am	Morning Tea	Pepper Green Farm Thunder Street, North Bendigo	Di
	18 February	12 noon	Summer Seasonal Lunch	Foundry Hotel 2 Old High Street, Golden Square	Di
	20 February	11am	Tom Jones Show	Bendigo Club \$15 for show and morning tea or \$28 for morning tea, show and lunch	Rhonda
	5 March	9am	Trip to Boort for morning tea, lunch and visit to the Spannerman	Car pooling event. Meet at the car park at Eaglehawk Lake in Napier Street. Tick the relevant box on the booking list if you need to go with someone else. Morning at Shared Table in the main street at own cost, lunch is BBQ at the lake (\$10), Spannerman entry \$15.	Nola
	12 March	11am	Queenie Van De Stadt, Diva Show	Capital Theatre \$15	Rhonda

For bookings see lists at General Meetings or contact:

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

Preferred method of payment (not including 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

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.

DOMAIN EVENTS

For bookings

BARBARA DELLAR – 0417 961 777 or bkdellar@gmail.com OR

JENNY GOSLING (Domain Events Coordinator) – 4433 8491 or jgosling256@bigpond.com

For payments – EFT to Domain Social Committee BSB: 633 000 Account No. 184368496

Make sure to include *Your name HBeat* and *(the event name)*



HAPPY NEW YEAR



LOOKING FORWARD TO CATCHING UP WITH EVERYONE AGAIN IN 2025