



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 2024

Uniting Church Hall, Chum St, Golden Square
Sunday July 21

Sunday September 15 (AGM)

Sunday November 17

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



Annual General Meeting

Online via Zoom

7pm, Wednesday September 11

President's Report – Frank Ward

Winter is really here, with zero morning temperatures, and we hope you are all keeping well and warm.

Our latest Kay's Fashions was another success. Inclement weather looked like the day would be not very well attended but to everyone's surprise, we had a packed house. Thanks to everyone involved in setting up the hall and packing up and the serving of the afternoon tea. Many comments have been made by ladies attending that the entry fee of \$5.00 is too cheap for what is on offer - entry fee, raffle tickets, door prize and afternoon tea.

Christmas in July is coming up next week. Please come along and give Nola a call if you would like to be added to the list. Several people still need to pay.

The Committee thanks our Secretary, Vivien, for applying for and being successful in obtaining a \$4000 Federal Government grant for administrative costs for the group, including purchase of equipment. Barbara and Nola attended a function hosted by Federal Member, Lisa Chesters and were presented with a certificate of congratulations.

The Social Committee is working on and planning future activities - see what is on offer in this issue.

Thank you also to all who have attended our morning tea get-togethers and lunches, which provide relaxing times to catch up.



HEARTBEAT BENDIGO CONTACTS

PO Box 58. Bendigo North VIC 3550

Website: www.heartbeatbendigo.org.au

Email: info@heartbeatbendigo.org.au

President:	Frank Ward	Tel: 5447 4545	Mob: 0407 855685
Vice President:	Barbara Dellar	Mob: 0417 961777	bkdellar@gmail.com
Secretary:	Vivien Williamson	Mob: 0400 657954	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	janyat9902@bigpond.com
Seasonal Lunches:	Di Krieger	Mob: 0433 701 122	di.krieger5@gmail.com

News from your Committee

It was a busy agenda for your Committee last month.

Key items on the agenda included:

- The upcoming presentation, on July 2, of the approved donation of \$ 14,500 to Dhelkaya Health (Castlemaine) for the purchase of three portable ECG machines.
- An invitation from Bendigo U3A for Heartbeat to speak at a forthcoming meeting. Barbara Dellar will speak at the group's meeting on 23 July.
- Confirmation that the Chum Street Uniting Church had been asked to consider the purchase of a defibrillator for the use of users of its facility. The church has been informed of the option of seeking funding through the Kangaroo Flat Community Enterprise.
- Consideration of possible options for expenditure of the Federal Government grant, which may only be used for approved items, which are primarily items of equipment.
- Given that it is no longer viable for Heartbeat to directly organise bus trips for its members, the Domain Retirement Village, which currently offers theatre trips to Heartbeat members, is to be approached regarding the possibility of its bus day trips also being available to Heartbeat members. Further information about this is provided on Page 3 of this newsletter.

MEMBERSHIP FEES DUE



Heartbeat Bendigo membership fees are overdue.

The annual fee for 2024/2025 is **\$20** which includes:

- Bimonthly newsletter – Tickertalk (including postage and printing)
- Membership and insurance of Heartbeat Victoria
- Venue hire
- Subsidised events

Payment can be by cheque or cash at General Meetings or direct payment to:

Heartbeat Bendigo BSB 633-00 Account No. 5776810

Don't forget to include your name in any bank transfer.

Two payments have been received with no name – please contact Nola on 0419 531923 if you think it was you!

Heart Foundation Heart Healthy Recipe

Cheesy Salmon Frittatas



Takes – 30 minutes

Serves - 4

Ingredients

- 8 eggs
- 5tabs reduced fat ricotta cheese
- 3tabs wholemeal plain flour
- 1 large zucchini, grated
- 95g salmon in spring water, drained
- ¾ cup (115g) frozen peas, thawed
- 2tabs parsley, finely chopped

Method

1. Preheat oven to 160C. Grease with spray oil and line the bases of 4 holes of a large muffin tin or mini loaf pan with rounds of baking paper.
2. Whisk eggs and ricotta together in a medium bowl.
3. Stir through flour, grated zucchini, salmon, peas and parsley.
4. Ladle mixture into prepared tins.
5. Bake for 25 minutes or until set and golden.

SUDUKO – MEDIUM

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	2	4	9	8				5
	5	8	7		1		2	
6		5	3		2		8	1
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YOU ARE INVITED

Bendigo Domain Retirement Social Committee would like to invite Heartbeat Bendigo members to join its residents on many of the outings that it arranges for the enjoyment of our village.

We attend many Wednesday Matinee musical performances in Melbourne, generally arranged through Maffescioni Bus Lines from Maryborough.

We also enjoy bus day trips to various attractions around Victoria, which are arranged through Maffescioni Bus Lines or Escape Coach Tours.

Details of the various events coming up are listed in the Social Calendar as  or 

Pick ups are as follows:

- Maffescioni Bus Lines - Domain Village or Kangaroo Flat Railway Station
- Escape Coach Tours – Domain Village or the bus stop opposite Kangaroo Flat Aldi

For bookings for any of these events, contact:

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)*



Join Heartbeat Bendigo to celebrate

CHRISTMAS IN JULY

When: Tuesday, 9 July 2024

Where: Function Room, Golden Hills Motel
145 Marong Road, Bend

Cost: \$35 per person



Country Music Afternoon - Heartbeat Fundraiser
















When: Sunday July 28th

Where: Golden Hills Motel, Marong Road, Bendigo

Time: 1.00pm

This was a great fundraiser last time so please come along, wear your badges to show our support, a very easy fundraising event.

SOCIAL CALENDAR

	DATE	TIME	EVENT OR ACTIVITY	FURTHER DETAILS	CONTACT
	09 July	12 noon	Christmas in July	Golden Hills Motel, Marong Road, Bendigo, \$35 pp	Nola
	25 July	11.00am	Marg Dennis – Christmas in July	Bendigo Club, \$15 for morning tea and show or \$25 for lunch	Rhonda
	28 July	1.00pm	Country Music Afternoon Fundraiser for Heartbeat	Golden Hills Motel, Marong Road, Bendigo - Pay at the door	-
	5 August	10.30am	Coffee and Chat	Muffin Break, Lansell Square Shopping Centre, Kangaroo Flat	Di
	15 August	10.30am	Neil Diamond & Friends	Bendigo Club, \$15 for morning tea and show or \$25 for lunch	Rhonda
	15 August		Dingo Farm & Michels Fine Biscuits (Castlemaine)	DOMAIN EVENT Cost TBA	Barbara
	3 September	10.30am	Buddy Holly Story	Capital Theatre Lunch at Kangaroo Flat Sports Club	Rhonda
	8 September		<i>"Ruddigore"</i> - Gilbert and Sullivan	DOMAIN EVENT Alexandra Theatre, Monash University. Cost approx. \$120. Lunch at Monash Hotel at own cost. (Maffescioni Bus Lines)	Barbara
	10 September		Temptation Living Landscapes Garden Centre (Rochester) / Woomboota Old School Winery and Meadery (Port of Echuca)	DOMAIN EVENT Cost \$90 (Escape Coach Tours)	Barbara
	17 September	12noon	Spring Social Luncheon	Bendigo Stadium	Di
	22 October	2pm	Kay's Spring/Summer Fashions	Eaglehawk Citizens Brass Band Hall, 27 Peg Leg Road, Eaglehawk	Barbara
	6 November		<i>"Tina Turner"</i>	DOMAIN EVENT Cost \$145 (Maffescioni Bus Lines)	Barbara
	19 November		Great Western Winery / Maryborough Old Train Station	DOMAIN EVENT Cost TBA (Escape Coach Tours)	Barbara
	24 November	TBC	Heartbeat Xmas Lunch		Nola
	27 November		<i>"Sister Act"</i>	DOMAIN EVENT Cost \$140 (Maffescioni Bus Lines)	Barbara

For bookings see lists at General Meetings or contact:

Di (Seasonal Lunches & Coffee Chats): 0433 701 122 or Rhonda (Morning Music): 0412 123 468 or
Barbara (Musicals/Kay's Fashions/ Bus Trips): 0417 961 777 or bkdellar@gmail.com or
Nola (Excursions): 0419 531 923

For payment (not including bus trips or theatre events):

Direct Deposit to Heartbeat Bendigo: BSB 633-00 Account No. 5776810
(including your surname in the reference or description field so we know the payment is from you)
or

Cash to the Event Contact

All Morning Music events are confirmed and paid for 1 week prior. If you have your name on the list and do not attend, you will be sent an invoice for payment.