



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

General Meetings 2024

Uniting Church Hall, Chum St, Golden Square

Sunday May 19

Sunday July 21

Sunday September 15 (AGM)

Sunday November 17

We would love to see you, so please come along and join us for a chat over a cuppa and a biscuit afterwards.

News from your Committee

We hope you all enjoyed a lovely Easter break and managed to take advantage of the short period of good weather that we had during that time.

In this edition of Tickertalk you will see a long list of planned events, including music, lunches, coffee catch ups, day excursions and fundraising events, which hopefully will cater to the wide range of interests of our members. Don't forget to book your place, by either putting your name on the lists available at each General Meeting, or by ringing the contact person for the event. We also encourage you to bring along family and friends who may be interested. If you have any suggestions for future social events, please give Nola, Barbara, Rhonda or Di a call.

Some of you will already know that Vivien (our Secretary) has agreed to take over the publishing of Tickertalk, following Deb Pearson's great job over the past year or so. Vivien tells us that she has her L plates on and would be very interested to know what you would like to see included in the bimonthly newsletters. What about some stories of members and their involvement in Heartbeat? If you would like to share such a story or photos or any other ideas, please give Vivien a call or send her an email.

We are looking forward to formalising two significant donations to local health services very soon, including:

- \$11,700 to Inglewood & Districts Health Services for the purchase of a cardiac rehabilitation treadmill; and
- \$14,500 to Dhelkaya Health (Castlemaine) for the purchase of three portable ECG machines for their three aged care facilities.

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	bkdeller@bigpond.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: 0437 701 122	di.krieger5@gmail.com

President's Report

Winter is almost here, rug up and keep warm!

Firstly, I must thank and congratulate Keith Woods from the Spring Gully Dance Group who attended one of our meetings and told us that they would like to run a fund raiser for Heartbeat, which was held on April 14th. What a wonderful afternoon was had by all Heartbeat members who attended - great music and very friendly greetings from the dancers. At the end of the afternoon, Heartbeat was presented with a cheque for \$3000 and another \$185 cash from the donation box.

Disappointing that we had to cancel the Mystery Trip due to too few numbers but thank you to Bendigo Escape Tours for all the preliminary work. Hopefully later in the year another trip can be arranged.

By now the Castlemaine to Maldon steam train trip will have hopefully brought back some childhood memories of when we all used to travel by this method. Rhonda did a great job in arranging the day. Kay's Fashions is on the 9th May so hopefully many will be able to attend and bring along friends and family members.

Frank Ward

MEMBERSHIP FEES DUE



Heartbeat Bendigo membership fees are due by **June 30, 2024.**

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.

Heart Foundation Heart Healthy Recipe

Pumpkin fritters



An option for brunch
Takes – 15-30 minutes
Serves - Makes 10

Ingredients

625g grated pumpkin
5 eggs
115g flour
1tsp baking powder
65g fresh herbs, chopped
10g garlic, crushed
45ml oil

Method

1. Place pumpkin, herbs and garlic in a large mixing bowl and mix.
2. Add egg and mix through well.
3. Add flour and baking powder and mix until just combined.
4. Heat oil 1 tablespoon at a time and batch cook fritters. Cook fritters on both sides until golden brown and cooked through.
5. Serve with a light salad such as rocket and tomato.



LOST FOR WORDS

Find words of four letters or more. Every word must include the centre letter and each letter is used once only. Find at least one nine-letter word. No colloquial or foreign

words, capitalised nouns, apostrophes or hyphens. No verbs or plural words ending in "s".

Reference source: Macquarie Dictionary.

Target: 13 words, average; 19 words, good; 26+ words, excellent

KAY'S FASHIONS

When: Thursday, 9th May at 2pm

Where: Note New Venue

Presbyterian Church Hall, Victoria Street, Eaglehawk
Enter via path to left of church Car parking to the right of church

Cost: \$5 entry

Members please bring a plate of afternoon tea for the table



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

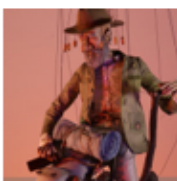
Where: Golden Hills Motel, Marong Road, Bendigo

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.

Are you interested?

The Social Committee is currently looking into a trip to

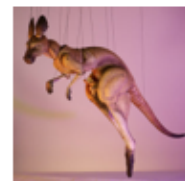


Bridgeward Grove
Farm Gate, Store, Art and Venue

at Goornong



















Likely dates July or August

\$40 for lunch and puppet show



If you, or others that you know, would be interested, please contact Rhonda on 0412 123468

SOCIAL CALENDAR

	DATE	TIME	EVENT OR ACTIVITY	FURTHER DETAILS	CONTACT
	7 May	11.00am	Melinda Schneider – A Farewell to Doris	Capital Theatre \$15	Rhonda
	9 May	2.00pm	Kay's Autumn/Winter Fashions	Presbyterian Church Hall, Victoria Street, Eaglehawk Members bring a plate	Barbara
	16 May	11.00am	The Hoffman's Country & Comedy Show	Bendigo Club, \$15 Morning tea and show Lunch at All Seasons following	Rhonda
	22 May		"Wicked"		Barbara
	3 June	10.30am	Coffee and Chat	Beechworth Bakery, 158 High Street, Bendigo	Di
	13 June	12noon	Winter Social Luncheon	Camp Hotel, Eaglehawk	Di
	20 June	11.00am	Elvis Tribute Show	Bendigo Club, \$15 Morning tea and show Lunch at All Seasons following	Rhonda
	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 Morning tea and show Lunch at All Seasons following	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	Venue TBA	Di
	21 August		"Beauty and the Beast"		Barbara
	8 September		"Ruddigore" - Gilbert and Sullivan		Barbara
	17 September	12noon	Spring Social Luncheon	Bendigo Stadium	Di
	TBA		"Sister Act"		Barbara
	22 October	2pm	Kay's Spring/Summer Fashions	Presbyterian Church Hall, Victoria Street, Eaglehawk	Barbara
	6 November		"Tina Turner"		Barbara
	24 November	TBC	Heartbeat Xmas Lunch		Nola

For bookings see lists at General Meetings or contact:

Di (Seasonal Lunches & Coffee Chats): 0437 701 122 or Rhonda (Morning Music): 0412 123 468 or
Nola (Excursions): 0419 531 923 or Barbara (Musicals/Kay's Fashions): 0417 961 777

For payment:

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.