



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

Uniting Church Hall, Chum St, Golden Square

2024

2pm, Sunday November 17

2025

The third Sunday of January, March, May, July, September (AGM), November

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

President's Report – Frank Ward

Firstly, on behalf of all members I acknowledge the sad passing of our much loved and respected member Edna Callaway. Edna's involvement in Heartbeat goes back approximately 25 years. During that time, she was involved in the many activities, was Treasurer of the Social Committee and along with her other Social Committee members, organized trips, raffles and outings. Rest in peace Edna.

A new Committee was elected at our AGM in September. Barbara Dellar did not renominate and I thank her for her input while on both the General and Social Committees, including time as President. Barbara's assistance to me and other Committee members has been greatly appreciated.

One of our founding members and Life Member of Heartbeat Victoria, Marie Cartwright, celebrates her 90th birthday in November. All members wish you a very happy one Marie. Marie has been a stalwart of Heartbeat Bendigo and her contribution since its inception has been and continues to be greatly appreciated.

Planning is underway for our annual Christmas luncheon on 24th November (further details later in this newsletter) All members and any friends you wish to invite are most welcome. As usual there will be many raffle prizes to be won.

Thank you to all who have volunteered to sell raffle tickets for the annual Rotary Clubs' Trailer Raffle. All new people to this task will realize it is not hard and results in a very nice donation to Heartbeat from the combined Rotary Clubs.

As this is the last newsletter for the year, I wish all members and their families a safe, healthy and happy Christmas and New Year.

**Frank Ward
President**

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 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

Rest in peace Edna



- The following members have been elected to the Committee following the AGM:

Frank Ward (President); Vivien Williamson (Secretary); Nola Ward (Treasurer) and General and Social Committee members Rhonda Anthony, Ian Cross, Ted De Kuyper, Di Krieger, Peter McLennan and Laurie Smith.

There are still vacancies on the Committee for a Vice-President and Assistant Treasurer if any member is interested in nominating.

- Our Kay's Fashions event in October was very well attended, with a commission of \$405 from Kay making an overall profit of approximately \$1150. Thank you to all who assisted in making the day such a success.

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, one with no name and the other with an unknown name – please contact Nola on 0419 531923 if you think it was you!

Baker Institute – Healthy Recipes

Berry & Fig Muffins



Preparation – 15 minutes

Serves - 4

Cooking – 15 minutes

Ingredients

- 50g dried figs, chopped
- 1 cup (150g) plain flour
- ¾ cup (120g) wholemeal plain flour
- 1 tablespoon baking powder
- 1/3 cup (75g) raw caster sugar
- 2 tablespoons chia seeds
- 125g mixed fresh or frozen berries (do not thaw)
- ¾ cup (180ml) buttermilk
- 2 large eggs, at room temperature
- ¼ cup (60ml) light olive oil or sunflower oil
- 1½ teaspoons natural vanilla extract
- ½ teaspoon ground cinnamon
- 2 tablespoons sunflower seed kernels

Method

- Place the figs and ½ cup (125ml) water in a small saucepan, then bring to the boil over a low heat. Remove from heat and set aside for 10 minutes for the figs to plump slightly. Drain well and leave to cool.
- Preheat oven to 180°C (160°C fan forced). Line 24 mini muffin tray holes (30ml capacity) with small paper cases.
- Sift the flours and baking powder into a bowl, then return the husks to the bowl from the sieve and stir in the caster sugar and chia seeds. Gently stir in the berries and figs.
- Whisk the buttermilk, eggs, oil and vanilla together in a separate bowl. Add to the flour mixture and fold together until just combined; do not over-mix as the batter does not need to be smooth.
- Spoon the batter evenly into the paper cases and sprinkle evenly with the cinnamon and sunflower seeds. Bake for 13-15 minutes or until the muffins spring back when lightly pressed.
- Leave to cool for 5 minutes in the pan, then transfer to a wire rack to cool. Muffins are best eaten on the day they are baked; however they freeze well.



The Puppets are back!

at



Bridgeward Grove

Farm Gate, Store, Art and Venue

at

Goornong

16 November, 2024

Puppet show and lunch \$35 per person

If you are interested, please contact Rhonda on 0412 123468



CELEBRATE CHRISTMAS 2024

with

Heartbeat Bendigo




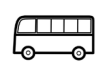







12 noon, Sunday, 24 November, 2024

Chasers Restaurant, Lord's Raceway, McIvor Highway, Junortoun

\$35 per person

2024 SOCIAL CALENDAR

| | DATE | TIME | EVENT OR ACTIVITY | FURTHER DETAILS | CONTACT |
|--|-------------|---------|--|---|---------|
|  | 6 November | | "Tina Turner" | DOMAIN EVENT Cost \$145 (Maffescioni Bus Lines) | Barbara |
|  | 16 November | 12 noon | Bridgeward Grove at Goornong | Puppet show and lunch \$35 per person Six more people required for the event to go ahead | Rhonda |
|  | 19 November | | Great Western Winery / Maryborough Old Train Station | DOMAIN EVENT Cost TBA (Escape Coach Tours) | Barbara |
|  | 20 November | 8am | MCG Tour and DFO Docklands (Jointly with Probus) | \$85 per person Places limited so contact Nola asap | Nola |
|  | 21 November | 11.00am | 60s and 70s Show | Bendigo Club Lunch, morning tea and show \$28 pp | Rhonda |
|  | 24 November | 12 noon | Heartbeat Xmas Lunch | Chasers Restaurant Lord's Raceway, Mclvor Highway, Junortoun \$35 per person | Nola |
|  | 27 November | | "Sister Act" | DOMAIN EVENT Cost \$140 (Maffescioni Bus Lines) | Barbara |
|  | 5 December | 11.00am | Christmas Show | Capital Theatre \$15 per person Lunch at the Sports Club | Rhonda |
|  | 19 December | 11.00am | Tony Diamond Xmas Show | Bendigo Club Lunch, morning tea and show \$28 pp | 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

For payment (not including DOMAIN 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

Morning Music events are paid for 1 week prior. If you book and do not attend, you will be invoiced.

Best wishes for Christmas and the New Year

Looking forward to seeing everyone at the Christmas lunch and at the first meeting in 2025