



WHAT'S IN THIS BULLETIN

28th May 2019

- Our Newest Members
- Next Meeting - Guest Speaker
- Donations in Kind Working Bee
- Changeover Celebration
- Garden DesignFest 2020
- Around the Grounds
- Meeting Minutes 28th May
- Gallery

OUR NEWEST MEMBERS



Luke Allen



Krystle Mitchell

NEXT MEETING - GUEST SPEAKER

Posted by Bruce HERON



Darren Benfell - Managing Director Textured Concept Foods

"Developing foods for people with Dysphagia"

Choking is a leading cause of premature death in Australian nursing homes. After falls, choking is the biggest killer of residents.

While around 15-30 percent of people aged 65 and over living in the community have a swallowing difficulty, this figure rises to over 50 percent for older Australians living in nursing homes. People who suffer from age-related conditions such as stroke, dementia, and Parkinson's disease are also likely to have a swallowing difficulty.

Textured Concept Foods started out of passion and love to restore dignity to a texture modified diet. They cook a range of delicious and appetizing meals and desserts, particularly for people with Dysphagia (difficulty swallowing). While it mainly affects the aged it can impact people at almost any stage in life.

Dishes range from a selection of meat, fish, chicken and pasta dishes to a selection of desserts including their "Melt No More" ice cream. They all believe in using real food in their products, with meals that are "home-cooked" and snap frozen for locked-in nutrition and a superior product.

Darren is a qualified Chef, with an Advanced Diploma in Hospitality and over 30 years experience in hospitality together with 15 years' experience in Aged Care hospitality delivering catering services to 780 Aged Care residents.

David has extensive experience in Aged Care, Hotels, Banqueting, textured foods, staff training, development and management.

TCF represents a vision he had some 10 years ago when moving into aged care. He believes we should provide dignity surrounding all meals with elderly residents living in aged care. With a hotel/fine dining background he always believes the presentation of foods in aged care should reflect home cooked meals presented with a "fine-dining" look.

DONATIONS IN KIND WORKING BEE

Posted by Russell ROLLS



The International Services Team has organised another "working bee" at Rotary's Donations-in-Kind warehouse for the morning of **Saturday 22nd June**. Please keep this morning free in your diary. This is an ongoing activity and a really "feel good" activity of our club. If you haven't been to DIK before, it is a massive hive of activity and a real eye opener as to Rotary at work for the local and international communities.

Where : Store 39, 400 Somerville Road, West Footscray

(Parking inside the complex, along side store)

When : Saturday 22nd June, 8.45am - 12.30

Meeting Responsibilities

Chair
FIELDEN, Malcolm

Greeter
CARDELL, Stuart

Reporter
Ebrahimi, Rana

Photographer
THORNTON, Roger

Door
SWANN, Millie

Bulletin Editor
WILLIAMS, Rohan

Social Media
LIM, Daniel

Upcoming Events

[Rotary Echuca Moama Steam Rally](#)
Rotary Park
Jun 08, 2019 - Jun 09, 2019

[Board Meeting](#)
Jun 12, 2019
5:30 PM - 7:00 PM

[DIK Working Bee](#)
Woolshed 39
Jun 22, 2019
8:45 AM - 12:30 PM

[32nd Changeover Dinner](#)
Angliss Restaurant
Jun 28, 2019
6:45 PM - 11:15 PM

[View entire list](#)

Speakers

Jun 04, 2019
[Darren Benfell - MD, Textured Concept Foods](#)
Developing foods for people with Dysphagia

Jun 18, 2019
[Dr Stephen Carbone - Chair of Prevention United](#)
Preventing depression, anxiety and other mental health conditions

[View entire list](#)



- **Neville John** stated that several members had attended the the District Assembly and we had qualified for applications for RI grants.
- **Roger Thornton** requested assistance for helping to organize Garden DesignFest 2020.
- **Russell Rolls** reminded members of the DIK Working Bee on Saturday 22nd June.
- **Herb Greenwood** stated that volunteers were urgently required for the RC Echuca-Moama Steam Rally. Please advise Herb by Friday 31/5.

Acting President George Mackie welcomed and inducted **Luke Allen** and **Krystle Mitchell** to the Docklands branch of our club. Luke and Krystle shared their backgrounds and what drew them to join Rotary. **Campbell Chambers** and **Rana Ebrahim** will be their mentors to assist them as they start their Rotary journeys. It was inspiring to hear how service organizations (including Rotary) had assisted Krystle to overcome early challenges in her life and were helping farmers in drought-affected areas.

Member Speaker - Sean Car

Born in Zimbabwe with mum and dad his role models from the start, all migrated to Australia.

Hoping to be a journalist of note, Sean commenced his education at Beaumaris Primary School quickly recognizing the value of community.

After commencing his degree in Journalism he stopped for a trip back to southern Africa.

This trip to the eastern regions changed his ways and encouraged his faith in the power of the community in a profound way and sparked his real interest to do something for the needy people of southern Africa.

He realized that his way of life was doing nothing and he aspired to make a change.

He became involved in raising funds for 100 school children in 13 schools in Malawi to give them an opportunity of education to ultimately empower the people of South Africa.

Some trips later, Sean is a passionate supporter of the children and people of South Africa especially in the area of health care.

He has assisted in the SOCCER BALL FOR VOLUNTEERS and the CHILDREN FIRST FOUNDATION and his RUN for TIM program raising some \$70,000 for Tim and the GOOD FRIDAY APPEAL.

Sean established the TIM RUSSELL COMMUNITY CENTRE in Malawi a Clinic providing health care and assistance to the local people and is currently arranging a container of medical equipment, with the assistance of DIK, for shipment to Malawi

Sean continues all these activities whilst he runs his business as editor of the local Docklands news, a local paper with local news.

Sounds like a lot of inspiration, perspiration and dedication. Thanks Sean for a memorable presentation.

George thanked Sean for his presentation and hoped we could hear more.

Sean was asked along with Krystle and Luke to draw the special prize draw won by Doug (again), Kevin and Cecily.

George closed the meeting reminding us of the impending Changeover Celebration and encouraged all to book on TryBooking.

GALLERY

Posted by Roger THORNTON

Photos from our Breakfast Meeting



Acting President George Mackey



Chair Russell Rolls



Member Speaker Sean Car



Acting President George Mackey inducting Luke Allen and Krystle Mitchell



Luke Allen with his mentor Campbell Chambers



Krystle Mitchell with her mentor Rana Ebrahim

