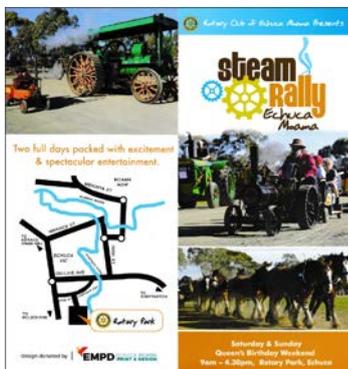


I have been selected as Chairman and am now **seeking two club members to represent Central Melbourne**. As you can see from the attached chart, the three Rotary clubs have different responsibilities. Ours, in blue, include the position of Secretary plus advertising, sponsorship and responsibility for some of the regional gardens. Can you help? Over the next year, the workload will not be particularly onerous; things will crank up in the second half of 2020. Both Rob Hines and Campbell Chambers are available to provide support based on their previous experience.

Central Melbourne needs to provide two committee members. If you have the time, interest and skill set, please let me know. I can promise you an interesting and rewarding 18 months.

Please contact me at roger1000@gmail.com if you need more information.

AROUND THE GROUNDS



Rotary Club of Albert Park Presents

steam rally

Echuca Moama

Two full days packed with excitement & spectacular entertainment.

Saturday & Sunday
Queen's Birthday Weekend
10am - 4:30pm, Rattery Park, Echuca



Steam Rally Echuca Moama

How is the Echuca Moama Steam Rally different from others?

Not only is it for steam or engine buffs, it has prizes for the kids, music, craft and grandstands, plus a full range of music and food.

This significant event will showcase many spectacular delights for all attendees:

- Machines from the 1900s,
- Prestigious engines on display including one of the last ones in the world,
- Beautiful Clydesdale races,
- Music,
- Fine feature cars and displays
- Personal events, face painting and lots of other activities for families
- Vintage and classic cars

This year to help you get to the Rally, FREE SHUTTLE BUSES will be running hourly between:

- Echuca Train Station,
- Echuca Moama Visitor Information Centre,
- The Bridge Head, Fort of Echuca, starting on the half hour

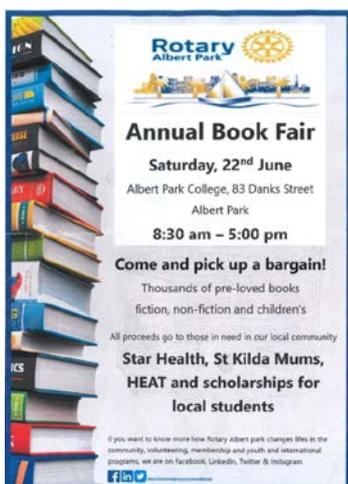
Today, more than ever before, Australians love to 'touch history' - to get close to our heritage.

The Rally exhibits hundreds of examples of rare and beautiful vintage engines and agricultural equipment being used for their real purpose plus old time tractors and Clydesdale horses working the field as never straight out of the ground.

Echuca Moama partners along with Rotarians from other clubs, and volunteers from local community organisations, stage this event to raise funding for many worthy causes within our community.

We encourage visitors and exhibitors to dress in period or 'themed' costume.

For more information contact the Steam Rally office
 Ph: 0428 876 628
 E: steamrally@rotaryclubcentralmelbourne.org.au or visit
www.echucasteamrally.com.au



Rotary Albert Park

Annual Book Fair

Saturday, 22nd June

Albert Park College, 83 Danks Street
Albert Park

8:30 am - 5:00 pm

Come and pick up a bargain!

Thousands of pre-loved books
fiction, non-fiction and children's

All proceeds go to those in need in our local community

Star Health, St Kilda Mums, HEAT and scholarships for local students

If you want to know more how Rotary Albert Park changes lives in the community, volunteering, membership and profit and international programs, we are on Facebook, LinkedIn, Twitter & Instagram

RI CONVENTION HAMBURG

Posted by Alan SEALE



Robyn and I have just left the Rotary International Convention in Hamburg having had a thoroughly enjoyable and stimulating time. Of particular interest was the honorable mention our club received in the Youth Exchange sessions and social events for our sponsorship of **Hannah Weigl**, **Raphael Wong** and **James Young** as participants in the New Generations Service Exchange program. All three performed beautifully at the House of Friendship, the Youth Exchange Banquet and a social evening at the Hamburger and Germanic Rowing Club. We also met **Lotta Rink**, our next inbound participant whom we should see in Melbourne next February.

The Convention was of course a huge event with around 27,000 participants. There was heavy focus on Polio Eradication and Rotoract/Interact. We were able to establish some valuable contacts regarding NGSE and our proposed VTT venture in PNG. More about that later.

Finally we caught up with **Flavia Minikus's** parents for a wonderful seafood lunch.

Now off to Latvia! See you at Changeover.

MEETING REPORT 4th JUNE 2019

Posted by Doug ROBERTSON

Chair **Malcolm Fielden** opened the meeting with a toast to Rotary International.

David Jones again stood in for Gerard and with his humour, left members positively reeling!

Announcements:

- **Russell Rolls** confirmed that the DIK Working Bee date is Saturday 22nd June and fast approaching. Volunteers should advise him if available.
- **President-Elect Warwick** asked that members who had not yet responded to his request for their Committee preferences to enter details on the forms available on the tables and leave with him at the end of the meeting.
- **President Neville's** announcements followed:
 - **Rob Hines** had reported that the deep tube water project in conjunction with sister club RC Rabindra Sarobar as well as RC Calcutta Metropolitan was now delivering clean water. Our Club can rightfully be proud of this achievement.
 - Any members who wished to attend the District Changeover to DGE Grant Hocking on Sunday 30th June, should advise President Neville. A table from our Club is being put together.
 - Congratulations to **Stuart Cardell** who is taking on the role of District Chair – Youth Programs for the year ahead.
 - Well done to two members, **Therese Robinson** and **Rohan Williams** who had completed the Rotary Leadership Institute program conducted over two weekends.

Guest Speakers: Darren Benfell, Managing Director Textured Concept Foods and Lisa Sossen, Nutritionist and Dietician.

Lisa commenced the presentation, highlighting through illustrations, the unappealing food that is often served in Aged Care Homes. This often results from their attempts to address the needs of elderly people suffering from dysphagia – a difficulty in swallowing. Some 50-70% of people in aged care have difficulty in chewing and swallowing. This can lead to some suffering from malnutrition.

Darren, a qualified chef who started working in aged care was appalled at the quality of meals being served. Early in 2012, Darren and Lisa worked together to trial textured modified meals in an aged care home. The results were startling as consumption of food increased and the residents emerged from their rooms and enjoyed their meals. The meals were higher in nutritional value as well; more benefit to the resident from eating the same quantity of food.

The company, Textured Concept Foods started operations in September 2012 in a converted fish and chip shop. The objective was and remains to allow clients to "dine with dignity". The company produces textured food which is molded and frozen in packs. The molded food looks real. Consumers find it nutritional and tasty. Club members attending the meeting saw first-hand, frozen packs of items such as pork chops, green beans, pumpkin segments and deserts.

Meals from TCF cost around \$10 per person per day whilst aged care homes generally budget for \$7 - \$7-50. The company has expanded, moving in 2017 to a larger 840 square metre premises, which was specifically designed to meet their growing requirements.

The company was a finalist in the 2017 Telstra Business Awards and named in the Top 50 Food Innovators 2017. The presentation highlighted the passion, risk taking and entrepreneurial flair evident in this small business and why small business is so critical to Australia's economy.

After the usual presentations, President-Elect Warwick mentioned that in order to "kick start" the new year, next week's meeting will be devoted to planning, replacing the traditional Sunday planning workshop. President Neville then closed the meeting.

GALLERY

Posted by Roger THORNTON

Photos from our Breakfast Meeting

President Neville Taylor



Chair Malcolm Fielden



Guest Speaker Lisa Sossen



Guest Speaker Darren Benfell



BE THE INSPIRATION

