

**Minutes from Wales regional meeting held**  
**26<sup>th</sup> June 2008**  
**At Franks Ice Cream, Capel Hendre.**

**Attended by:**

John Bennett – ABM Group Ltd  
Jacquie Spence – Rhondda Cynon Taff C.B.C  
Carol Jones – Carmarthenshire C.C.  
Sandra Weigel – Carmarthenshire C.C.  
Jerry Pearson – Robot Coupe UK  
Antony Wood – Meiko UK  
Helen Davies – Powys C.C.  
Huw Davies – Rational UK Ltd.  
Pauline Batty – Rhondda Cynon Taff C.B.C  
Rebecca Vincent – Foster Refrigerator  
Alison Williams – Crewmint Ltd  
Emma James – Crewmint Ltd  
Ken Blackman – Peters Food Service  
Scott Brown – Fretwell Downing Hospitality  
Andy Ward – Williams Refrigeration  
Tim Watkins – Apetito Ltd  
Chris Minty – Vale of Glamorgan  
Mary Hesford – Vale of Glamorgan

**Apologies:**

Chris Miles – Electrolux Foodservice  
Mike McDonald - Moffat  
Miguel Nunes – Hobart UK

**1.0 Introduction and Welcome**

- 1.1 Jacqui Spence the Wales region Chair welcomed everyone to the meeting. Introductions of all present took place around the table.

**2.0 Mario Dallavalle – Franks Ice Cream**

Mario led the party, which was split, into two groups for a factory tour. This was an extremely interesting insight into how bulk ice cream is produced and packaged. We were shown into the homogenising room where fresh milk is homogenised and blended with the different flavourings for ice cream such as chocolate of Iceland.

### **3.0 Business Meeting – Held at The Red Lion Hotel, Sponsored by Franks Ice Cream**

- 3.1 Jacqui briefly went through the minutes of the last regional meeting at Vale of Glamorgan Hotel in April 2008.
- 3.2 The minutes of the last National Executive meeting were also read through.
- 3.3 A vote was held to decide the venue of Octobers meeting, either Falcon in Scotland or the Millennium Stadium in Cardiff.
- 3.4 The next meetings are:  
**October 9<sup>th</sup> 2008** at The Millennium Stadium Cardiff, by arrangement with Rational UK  
**December 11<sup>th</sup> 2008** at Brains Brewery, Cardiff.

### **4.0 Neel Radia – NACC South East Regional Chairman.**

Neel works for Raj Foods who specialise in spices used in Asian Halal, Asian Vegetarian, African – Caribbean, African and Gujarati. Spices have been used in Asian cooking for 1000's of years. There are over 200 different varieties of chillies. Chillies are indigenous to South America and the West Indies. Chillies are very rich in vitamin C, more so than oranges. They help with digestion and more recently have been found to help with preventing blood clots.

Neel listed a few different spices in his presentation:

Cumin – Indigenous to North Africa, gives a distinct warm flavour, can be used for a remedy for diarrhoea, flatulence and indigestion. Rich in iron enhancing red blood cells and high in vitamin C.

Cloves - Indigenous to Indonesia, cloves are the unopened flower buds of a small evergreen tree. Very good for toothache. A strong stimulant that can be used to treat nausea. Promotes perspiration with fever and colds. Safe and effective way to relieve morning sickness.

Cassia – Indigenous to Burma, very similar to cinnamon but is thicker and coarser and tastes stronger. Like cinnamon it helps increase metabolism, can be used to treat sickness and flatulence. Enhances insulin activity within the body and can be used to treat diarrhoea.

Mustard – Indigenous to medieval Europe, taste is bitter, hot and aromatic. Brown mustard is used in Indian cooking. Used to induce vomiting and considered to be a diuretic and stimulant. Mustard plasters have been a common treatment for arthritis and rheumatism, plasters mainly used in India.

Turmeric – indigenous to the Far East and a member of the ginger family. Turmeric is boiled or steamed then dried. It tastes pungent and sickly. It is a good remedy for liver problems, skin diseases and is used in beauty products, is known as a prevention of cancer. Fights against Staphylococcus Aureus, cures a sore throat when mixed with honey and lemon.

Garam Masala – Spice blend of North Indian cooking. Benefits of a range of different spices. Can aid flatulence and stomach disorders.

Jacqui thanked Lindsey for a very interesting presentation.

#### **5.0 Mark Moran – Hydrate For Health.**

Mark has developed a “Camel Back” system for use in hospitals to enable patients to freely get a drink of water. The system comprises of a simple water bottle with a clear plastic tube, which can be hung off the bed. A small clip is attached to the tube so it can be attached to patients who are unable to place the tube in to their mouths, the patient then just sucks on the mouth piece in order to get a drink.

Just recently launched is a smaller bottle with a belt clip so you can be mobile and anywhere with a supply of water.

Jacqui thanked everyone for attending and the presenters for their presentations. She thanked Franks Ice Cream for sponsoring the meeting and providing a superb lunch at the Red Lion.

Meeting closed at 3.50pm.