

## From the President Alick Osborne

Hope all is well in chilly Melbourne.

I am currently in decidedly warm Vietnam looking at dragon fruit farms and visiting Ly Son Island in the South China Sea where they grow garlic and onions.

Did you know that there are 1,000 dragon fruit plants grown per hectare? Each plant will produce about 30 kilograms of fruit per year.

Right now dragon fruit are selling for around A\$1.70 per kg (which is a pretty good price apparently).

I also visited a site where dragon fruit is treated to prevent fruit fly outbreaks. It is heated in a humidifier to 47 deg C for 40 minutes. This is long enough to kill any eggs or larvae that may be in the fruit. Each piece is then inspected and packed in special boxes that have gauze covering the air-holes. This prevents fruit fly from causing reinfestation.

This process is required by Australia, New Zealand, Japan, South Korea and Taiwan and the facility was specially built to service these markets and their requirements.

Vietnam is a major producer and exporter of dragon fruit with around 40,000 hectares under production in the south and south east of the country.



Typical farm with rice and dragon fruit fields.



Red dragon fruit – grows well with Seasol !



Dragon fruit flower – the fruit forms at the base of the flower.

## Meetings & Roster

### Wednesday 19 June

*Our last regular meeting for the year – but it's a little irregular...**Please note we will be at Phoenix Park (22 Rob Roy Rd Malvern East) for this meeting as Matthew Flinders is not available on the 19<sup>th</sup>...***

*Catering will be organised – most likely pizza. Please let Lyle know if that will be an issue and we will have an alternative.*

**Important \*\*\* BYO BEER OR WINE \*\*\***

**And probably a wine glass or two as well!**

### Speaker: Dr. Steve Carbone

**Preventing depression, anxiety and other mental health conditions**

Dr Stephen Carbone has a passion for promoting people's mental wellbeing.

He holds qualifications in medicine, psychology and social work and has firsthand experience in supporting people with mental health conditions in both his professional and his personal life.

Stephen worked as a medical officer in Victoria's specialist psychiatric services and as a general practitioner for over two decades, before moving into mental health policy and research.

He was an active contributor in several key mental health reforms in Victoria and nationally and has held senior positions in organisations such as VicHealth, headspace and Beyond Blue.

He is currently the Chair of a new mental health charity called Prevention United which focuses exclusively on the prevention of mental health conditions such as depression, anxiety, behavioural disorders and other serious conditions.

Stephen's talk focuses on the importance of preventing depression and anxiety by tackling the underlying causes of these conditions, rather than waiting until people are unwell before we act.

## Roster:

Welcome & Sergeant: Alick

I think after a year as President there are a few outstanding collections for me to make!

(Plus I haven't organised anyone else yet).

### Wednesday 3 July

We will be attending the Camberwell Art Show at Swinburne University (see bottom of final page).

## Upcoming Events

### Bunnings BBQ – Sat 22<sup>nd</sup> June


We are going to have a go at serving inside using the Bunnings staff pie warmer and an electric frypan to keep the bangers warm.


Good work Lyle on getting the planning together with Bunnings.

### Changeover Dinner – Wed 26<sup>th</sup> June

**I'm sure you have RSVP'd.**

**Please remember to pay also.**



**Rotary**   
Chadstone/East Malvern

*Requests the pleasure of the company  
of Rotarians & Partners at the*

**2019 - 2020 Changeover Dinner**  
*Wednesday, 26<sup>th</sup> June 2019  
6pm*

*Riversdale Golf Club  
200 - 280 Huntingdale Road  
\$75 per head including welcome drinks*

RSVP and payments by Monday, 17<sup>th</sup> June  
*Please advise of any dietary requirements*  
Tania Aisbett: [Tania.Aisbett@monashhealth.org](mailto:Tania.Aisbett@monashhealth.org) or 0432 331 812

Payment by Monday 17<sup>th</sup> June 2019  
RCCCM Club Account: BSB 083-187 Account 172382789



What fruit is that?



Ho Chi Minh has the NBN?!



Garlic Ly Son Island



Market Ly Son Island.



A couple of bikes for Hein's collection.



## “GROWTH CHART”

*Excerpts from President-elect Mark Daniel Maloney’s interview which appeared in The Rotarian*

“We need to grow Rotary. We need more hands doing service, more brains coming up with ideas. We need more partnerships, more connections. To accomplish that, I have four priorities for my presidency, and No 1 is growing Rotary.

First, we redouble our efforts to support our clubs to attract new members and engage current members so that they stay with Rotary to perform greater and more innovative service. That means clubs being more flexible than they have been.

My second and third priorities support the first. At every level of this organisation we need to design our club meetings, service projects and social events so that they are family-friendly. We need to provide opportunities that complement younger individuals’ family lives rather than compete with those family lives.

And my third priority is that we must change our culture, our attitudes, and the way we do business so that it is possible and apparent that you can be actively engaged in Rotary ... If we want Rotary to be attractive to a younger demographic, we have to make Rotary leadership accessible to the younger demographic.

Number 4; In June 2020, the United Nations will celebrate the 75th anniversary of the signing of the UN Charter. Rotary has been involved with the UN even before it began. Because of that, I want to focus on Rotary’s relationship with the United Nations.”



*Photo by Monika Lozinska*

<https://rotaryclubofmiltonnulladulla.org.au/wp-content/uploads/2019/05/2019-06-Rotary-on-the-Move-Newsletter-Zone-7B-and-8.pdf>



Camberwell  
**Art Show**

June 29 - July 7  
Swinburne University Hawthorn  
Gala Opening June 28 **2019**