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NEXT MEETING

Wednesday

5th March 2025

GOV Dinner Meeting

at 07.30 PM

at Avenue Centre
Panampilly Nagar



BULLETIN OF THE ROTARY CLUB OF COCHIN

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THE COCHIN ROTARIAN

THE ART OF CRUMB: AN INTERACTIVE BAKING SESSION WITH RUMANA JASEEL

The Rotary Club of Cochin recently had the pleasure of hosting an engaging and interactive baking session, *The Art of Crumb*, led by renowned pastry chef, entrepreneur, and academic head of Incredible Art, Rumana Jaseel. Known for her expertise in both nutrition and pastry arts, Rumana captivated the audience with her inspiring journey and hands-on baking demonstrations.

From Nutritionist to Pastry Chef: A Journey of Passion

Rumana Jaseel's story is one of passion, perseverance, and transformation. She began her career as a nutritionist, acquiring extensive knowledge of food science, dietetics, and culinary technology. However, after marriage and starting a family, she realized that her true passion lay in baking and pastry arts. This realization led her to transition from being a nutritionist to a full-fledged pastry chef. She began her baking journey at home, dedicating herself to consistent practice, professional training, and global exposure under renowned chefs.

With the strong support of her family, especially her father, Rumana established *Incredible Art* in 2014. Today, she proudly sustains a successful pastry academy that has been thriving for over a decade.

An Interactive Culinary Experience

The session at the Rotary Club was



more than just a demonstration; it was a celebration of baking as an art form. Rumana not only shared her expertise but also involved the audience in hands-on learning. She began by discussing the essential elements of pastry, emphasizing the importance of consistency, precision, and practice in mastering baking techniques.

The highlight of the session was the live preparation of two delightful baked goods: **Multigrain Almond Cookies (Almond Romeos)** and **Japanese Roll Cake (Swirl)**. Rumana guided participants through each step, from mixing and shaping the dough to understanding the nuances of ingredient selection. She also touched upon the science behind baking, explaining how elements like flour, butter, eggs, and sugar interact to create various textures and flavors.

A Celebration of Baking and Community

The session was filled with enthusiasm as Rumana encouraged audience participation, inviting volunteers to

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take part in the process. Laughter and excitement filled the room as Rotarians, many of whom had little to no baking experience, tried their hands at mixing, piping, and shaping dough under her guidance.

A particularly enjoyable segment was the preparation of the **Korean Bun Toasties**, a savory delight layered with cheese, jalapeños, and barbecue sauce. Rumana's step-by-step explanation made it easy for attendees to follow along, reinforcing her belief that baking, though technical, can be a joyful and rewarding experience.

More Than Just Baking – A Life Lesson

Beyond the technical aspects of pastry making, Rumana delivered

a powerful message about pursuing one's passion. She emphasized that success lies in choosing a path one truly loves rather than settling for a profession. Her journey from a nutritionist to a celebrated pastry chef stands as a testament to this philosophy.

Her deep-rooted connection with Cochin, despite being born and brought up in Bangalore, further exemplifies her adaptability and resilience. Over the years, the city has welcomed her with open arms, allowing her to grow both personally and professionally.

A Sweet Ending

The session concluded with attendees indulging in the freshly baked cookies and toasties. The warm flavors, rich textures, and carefully balanced ingredients left

everyone in awe of Rumana's expertise. As the aroma of freshly baked goods filled the air, so did the spirit of camaraderie and appreciation for the culinary arts.

Looking Forward

The *Art of Crumb* was not just a baking session—it was an experience that inspired, educated, and delighted the members of the Rotary Club of Cochin. Rumana Jaseel's journey and skills left a lasting impression, reminding everyone that following one's passion can lead to incredible achievements.

As the event wrapped up, there was one unanimous thought among the attendees: baking is not just about flour, sugar, and butter—it's about love, dedication, and the joy of sharing something wonderful with others.

THE CLIMATE CRISIS: A CALL FOR COLLECTIVE ACTION

By Rtn. Prathik Nayar

In recent years, the world has witnessed an alarming increase in environmental catastrophes. Wildfires sweeping across continents, record-breaking temperatures, rising sea levels, and devastating floods have become the new norm. The climate crisis is no longer a distant threat—it is an immediate reality affecting millions of people worldwide. As Rotarians committed to service and humanitarian efforts, it is imperative that we recognize the critical role we can play in mitigating this crisis.

The Scale of the Crisis

Scientific reports from the Intergovernmental Panel on Climate Change (IPCC) present a stark reality: global temperatures have risen by over 1.1°C since pre-industrial times, and we are on track to exceed

the critical 1.5°C threshold within the next decade. This increase has already intensified weather patterns, resulting in food insecurity, water shortages, and the displacement of vulnerable populations.

The economic impact of climate change is equally severe. According to the World Bank, climate-related disasters cost the global economy an estimated \$250 billion to \$300 billion annually. The consequences disproportionately affect developing nations, exacerbating poverty and social inequalities. Urgent action is needed to curb emissions and build resilience against environmental hazards.

The Role of Individuals and Organizations

While governments and policy-

makers must lead large-scale systemic changes, organizations like Rotary International have a unique opportunity to drive community-level action. Across the world, several Rotary clubs are already championing sustainability through impactful initiatives:

- **Renewable Energy Initiatives:** Promoting the adoption of solar and wind energy in underprivileged regions.
- **Water Conservation Projects:** Implementing sustainable water resource solutions to combat drought and pollution.
- **Afforestation Efforts:** Planting trees to absorb carbon emissions and restore ecological balance.
- **Sustainable Development Education:** Raising awareness about eco-friendly practices in

schools and communities.

These grassroots initiatives, though seemingly small in scale, collectively contribute to meaningful change. Every tree planted, every drop of water saved, and every effort to reduce waste helps in the fight against climate change.

Technology and Innovation: A Path Forward

Advancements in green technology offer hope for a sustainable future. Carbon capture and storage (CCS), electric mobility, AI-driven climate modeling, and circular economy principles are revolutionizing industries and reducing environmental footprints. Governments and businesses must continue investing in these technologies while ensuring equitable access to clean energy and sustainable practices.

What Can We Do?

As responsible global citizens, we can take immediate steps to contribute to the fight against climate change:

- **Reduce, Reuse, Recycle:** Minimize waste and support sustainable products.
- **Support Local and Sustainable Businesses:** Choose eco-friendly alternatives that prioritize sustainability.
- **Advocate for Change:** Encourage policymakers to implement



and prioritize strong climate policies.

- **Educate and Inspire:** Share knowledge about environmental issues and motivate communities to take action.

A Call to Action

The fight against climate change is not just about securing the future for the next genera-

tions—it is about ensuring a livable world for everyone today. Rotary has long been a beacon of humanitarian service, and now, it must also take a leadership role in environmental stewardship. Through collective action, innovation, and sustained commitment, we can drive meaningful change and help build a resilient, sustainable future for all.

THE RI PRESIDENT-ELECT SPEAKS ABOUT THE POWER OF ROTARY'S MEMBERS

Rotary International President-Elect Mário César Martins de Camargo asked members to *Unite for Good* by embracing growth, service, and connection as he outlined a plan to expand “the best-qualified team of volunteers on the planet.”

“Rotary’s greatest asset is not our history, our projects, or even our unmatched global reach. It is our members,” de Camargo said at the organization’s International Assembly in Orlando, Florida, USA, on 10 February. He noted praise

from one of Rotary’s partners about “the extraordinary dedication” of Rotary members. “That recognition from an outsider deepened my understanding: Rotary’s greatest gift to the world is its people.”

De Camargo, a member of the Rotary Club of Santo André, São Paulo, Brazil, emphasized the importance of seeking out new perspectives and strengthening Rotary's service to communities around the globe. He outlined three "essential pillars" for growth: innovation, continuity, and partnership.

Innovating while also building a consistent legacy

Noting how quickly the world changes, de Camargo urged members to innovate.

"Technology, social expectations, and economic conditions evolve constantly, and Rotary must evolve with them," he said. "Innovation is how we adapt to this changing world."

One important way to do this, de Camargo said, is by embracing and promoting a variety of club models. Satellite clubs, cause-based clubs, enterprise clubs, and passport clubs offer people different ways to experience Rotary. Noting that his wife helped charter a satellite club with nearly 50 members, he said, "Future Rotary members are out there. We must meet them where they are."

De Camargo also emphasized the importance of leadership continuity and said he observed its benefits during his extensive travels in the past 18 months. Districts thrive, he said, when governors build on their predecessors' efforts, ensuring that programs and strategies continue without interruption.

He cited an effort to build wells in Nigeria, an initiative in Pakistan that helped people affected by devastating floods to find a better future, and a Rotary grant-funded program in India where children get lifesaving care.

"Continuity is not about uniformity; it's about alignment," de Camargo said. "When district leaders work together, envisioning Rotary beyond their 'governor year,' they set the stage for long-term success."

The power of partnership

Rotary members working alone can achieve great things, de Camargo said, but collaborating with others makes it possible to change the world. He noted that Rotary's historic effort against polio has been undertaken with partners such as the Gates Foundation, the World Health Organization, and UNICEF. Without these partners, de Camargo said, Rotary couldn't have had the



same impact. He suggested exploring other kinds of partnerships to attract members and revitalize clubs.

Partnering with business associations, professional organizations, and academic institutions can help Rotary attract members while embracing diversity in professions and perspectives, he said. "By reaching out to professionals who share our values of service and engagement, we can expand Rotary's capacity to do good in the world."

Ultimately, de Camargo said, all of Rotary's achievements and growth depend on members. By focusing on attracting and retaining them, Rotary can renew its strength as well as its ability to create change in communities for years to come.

"In a world often divided, Rotary stands as a beacon of unity and hope," de Camargo said. "Our projects bring together people of all races, religions, genders, ideologies, and economic backgrounds, uniting us in a shared purpose: to do good in the world. ... Let's build a Rotary that unites for good and ensures a brighter future for all."

Source:

<https://www.rotary.org/en/mario-cesar-martins-de-camargo-calls-on-members-to-unite-for-good>



Rtn. Dr. A. Giridhar

Rtn. K.N. Suryanarayan

28 Feb

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