

NOVEMBER EDITION, 2024



RODEO REACH

CLUB MAGAZINE OF THE ROTARY CLUB OF DEONAR

**DISEASE PREVENTION AND TREATMENT
EDITION**

FROM THE EDITORIAL TEAM



Dear Friends

November was a mix of festivals and had a massive build-up for our first execution of the Cyclothon. It also marked the beginning of the exam season at the schools and colleges. All in all, things got busier as we entered December. Needless to say, this affected the in-flow of reports and, therefore, our release of the edition too got impacted.

In this edition, we are experimenting for the first time with a Friends of Rotary section, that is meant to help engage with the community on a larger scale. Our theme specials on Disease Prevention and Treatment provide an enriching read, and we hope it helps everyone get a solid perspective. The cover photo was one I took during my recent photography sessions and I found it befitting the theme as well.

Thanks all for your continued support. Hope you enjoy the edition as much as we did, when we worked for it. Have fun friends!

Yours in Rotary Service
Nick a.k.a. Dr. Leopard
Editor

On behalf of the Magazine Team:
Gunjan Jain Devadatta Chandgadkar

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"Service Above Self"

Over the past 10 years, I have often heard Rotary's principal motto, "Service Above Self," at various forums. However, I truly witnessed the profound impact of these words in action during my trip to Kashmir for Project National Integration. Observing our army personnel and fellow citizens embodying this principle was inspiring. They molded young minds by educating them and engaging them in constructive activities, often going above and beyond their duty in the harshest conditions at challenging altitudes. Remarkably, they persevered despite facing life-threatening hostility from the very people they served. This was a true testament to "Service Above Self." Social workers like Abeeda War in Kashmir also exemplify this spirit by tirelessly working to uplift society despite facing grave risks, including death threats. Their dedication is nothing short of heroic.

I witnessed another inspiring example of this principle during the Fox-passers League tournament, a project led by Fellow Rotarian Rohan. A talented young man from our own neighborhood left a lucrative career to dedicate himself to training children in Shivaji Nagar through this unique sports tournament. His efforts not only nurture young talent but also steer children away from the pervasive drug abuse in underprivileged areas. A similar experience touched me deeply during our Project Nazariya. It is truly heartwarming to witness young adults taking on these selfless and challenging tasks of nation-building and seeing the incredible transformations they are able to bring about.

Thanks to Rotary, I am privileged to witness these remarkable acts of selflessness and the efforts of countless individuals striving to make the world a better place. Truly, "Service Above Self" is alive in every sense.

YIRS,
Rajashri



MESSAGE FROM THE DGND



Dear Editorial team

I extend my heartfelt appreciation for the incredible work done by you & your team in bringing 'RODEO REACH' to life. Your dedication to curating content that reflects the spirit, mission, and achievements of your club is truly commendable.

The bulletin not only informs but also inspires, serving as a vital platform to showcase RC Deonars projects, recognize your members' efforts, and communicate our shared vision of "Service Above Self." Each edition resonates with the passion and commitment that define Rotary, thanks to your meticulous efforts.

Thank you once again for your remarkable contributions. You & your team are an integral part of what makes RODEO REACH so impactful and meaningful.

YIRS

Deepak Jiandani

Principal Aide & DGND

20 December 2024



BEFIKAR ZINDAGI!

*In a world where small actions can lead to significant impacts, getting vaccinated as an adult is one such game-changer. "Befikar Zindagi: How a Small Needle Can Make a Big Difference!" contributed by **Gunjan Jain** explores the often-overlooked realm of adult immunization in India. Learn how a simple vaccination can unlock a life full of freedom and enjoyment, protecting you and your loved ones from preventable diseases.*


When was the last time a tiny act led to a huge impact on your life? Getting vaccinated as an adult is one such act—a small needle that can lead to a world of freedom and enjoyment. When we think of vaccinations, we often picture children braving needle pricks to safeguard their health. However, immunization isn't just a childhood concern—it's a lifelong necessity. In India, the focus on adult vaccination has been minimal, yet the benefits are immense. Embracing vaccines now can help prevent diseases, letting you live life to the fullest without unnecessary risks holding you back.

As we age, our immune systems naturally weaken, making us more susceptible to infections and diseases. Chronic conditions like diabetes, heart disease, and respiratory illnesses are also more prevalent in adults and can complicate or exacerbate infections. Vaccinations act as a preventive shield, reducing the risk of contracting and spreading infectious diseases.

Common Vaccine-Preventable Diseases in Adults

- **Influenza (Seasonal Flu):** The flu isn't just a severe cold; it can lead to serious health complications, especially in older adults. Annual flu vaccines can significantly reduce the risk.



- 
- **Pneumococcal Disease:** This can cause pneumonia, meningitis, and bloodstream infections. Vaccination is crucial for adults over 65 and those with certain health conditions.
 - **Hepatitis B:** A serious liver infection that can become chronic and lead to liver failure or cancer. Adults at risk due to lifestyle or medical factors should consider vaccination.
 - **Tetanus, Diphtheria, and Pertussis (Tdap):** Boosters are recommended every 10 years. Tetanus lives in soil and dust, diphtheria spreads through respiratory droplets, and pertussis (whooping cough) can be severe for infants and adults alike.
 - **Human Papillomavirus (HPV):** Associated with cervical and other types of cancer. Vaccination is recommended up to age 45 for those who were not vaccinated earlier.
 - **Shingles (Herpes Zoster):** Shingles is a painful skin rash caused by the reactivation of the varicella-zoster virus—the same virus that causes chickenpox. The infection can lead to severe nerve pain that can last for months or even years after the rash resolves. It is recommended for individuals aged 50 and above.

Age	18 – 26 years	27 – 49 years	50 – 64 years	≥65 years
Anthrax				
Chickenpox				
Chikungunya				
Cholera	At risk			
COVID-19	During pandemic or epidemic			
Hib				
Hep A				
Hep B				
HPV	3 doses	2 doses		
IIV4 or RIV4				
LAIV4				
Japanese Encephalitis				
MMR				
MenACWY				
PCV13 PPSV23				
Polio				
Rabies (post-exposure)	4 doses			5 doses
RSV				Above 60 years
Tdap Td	1st dose of Tdap followed by booster dose of Td Tdap every 10 years			
Typhoid	At risk			
Shingles (Herpes Zoster)				
Yellow Fever	If risk of exposure or traveling to an endemic country			
Recommended	Not Recommended	Benefit Risk Ratio	Additional Risk Factor	No Guidance

Imagine enjoying all of life's activities without the nagging worry of getting sick – sounds fantastic, right? Staying healthy through vaccination means you can dive into your passions headfirst, free from the setbacks of illness. But wait, it gets even better! By rolling up your sleeve, you're not just protecting yourself; you're becoming a superhero for your family and loved ones. You're helping to build a wall of immunity that shields those who can't get vaccinated due to medical reasons. And let's not forget about

your wallet - preventing diseases means you're dodging those pesky medical bills from hospital visits and treatments. More health, more happiness, and more savings - what's not to love?

Don't let preventable diseases hold you back. Speak with your Family doctor today about which vaccines are right for you.

PREVENTIVE HEALTH

November is the month with the RI theme of Disease Prevention and Treatment. In line with this theme, we are presenting this article by

Aishwarye Agarwal

Who looks at preventive health as an amalgamation of three states viz. Mental, Physical and Emotional Well Being.

Health is not merely the absence of disease but a harmonious balance of the mind, body, and soul. By addressing mental, physical, and emotional aspects of health, we can cultivate a holistic approach that sustains well-being throughout life. Here are some practical and humane tips to nurture your health holistically:

Mental Health: The Power of Your Thoughts

Our thoughts shape our reality. Positive thinking, reading motivational content, and visualizing success can fuel our enthusiasm and drive us toward a fulfilling life. However, dwelling on fears, recalling past traumas, or surrounding ourselves with negativity can drain our energy and hinder progress.

Solution:

Stay mindful of your thoughts. If you catch yourself thinking negatively, consciously shift to a more constructive mindset.

Limit interaction with toxic or negative individuals. If they're close friends or family, set healthy boundaries to protect your energy.

Cultivate a circle of positivity by associating with people who inspire and uplift you.

Physical Health: Back to Basics

Physical well-being is deeply intertwined with nature, nutrition, and movement. Nature offers us free and essential resources like sunlight, fresh air, and water, which significantly enhance our health.



Tips for Better Physical Health:

Nature: Spend time outdoors regularly—take a walk in the park, soak in the sunlight, or simply breathe fresh air.

Nutrition: Focus on whole foods like fresh fruits, vegetables, and whole grains. Reduce intake of processed foods and avoid the “three whites”—salt, sugar, and refined flour.

Exercise: Make physical activity a non-negotiable part of your daily routine. Whether it’s walking, yoga, gym workouts, find what works for you & stick to it.

Emotional Health: Balance and Connection

Our emotions play a crucial role in shaping our overall health. Emotional instability or negativity can lead to stress and illness. Building emotional resilience and nurturing meaningful relationships are key to emotional well-being.

Steps to Improve Emotional Health:

Meditation: Develop a habit of meditating daily. It helps calm the mind, balance emotions, and build resilience during tough times. Meditation also fosters clarity and encourages solutions to challenges.

Social Connections: Invest in relationships with kind, supportive, and like-minded individuals. A strong social network can provide comfort and companionship, especially during difficult times or old age.

Proactive Measures for Long-Term Health

Health Insurance:

Financial preparedness is crucial for emotional peace during health crises. Invest in health insurance to reduce the financial burden during challenging times.

Family History Awareness:

Monitor familial health patterns to address potential risks early. In India, common lifestyle diseases like diabetes and heart conditions can often be prevented through timely interventions.

Conclusion

Preventive health is not a one-time effort but a continuous commitment to self-care. By staying mindful of our thoughts, embracing nature, maintaining a balanced diet, fostering emotional resilience, and preparing for uncertainties, we can lead healthier, happier lives. After all, true health is a journey, not a destination. Let’s take small steps today to ensure a healthier tomorrow.

WEAVES OF INDIA



*In this edition, we bring out an article under Sanskriti Avenue, that's written by a Friend of Rotary, **Aarti Limaye***

Who is a chartered accountant, and also a 'crazy' saree enthusiast. Read through this amazing piece on some of the popular sarees in the region.

Aarti is the cousin of Rtn Alka Murli


India's rich history in textiles and traditional weaving is a testament to its artistic ingenuity and cultural depth. India has been a global leader in textile production and trade for centuries, influencing economies, societies and cultures across the world and is known as cradle of some of the finest and most intricate fabrics.

Indian textiles date back to the industrial valley civilization. The archaeological evidence suggests the inhabitants mastered techniques like spinning cotton and weaving. Ancient Indian scriptures like Rigveda, mention spinning and weaving, reflecting prominence of textiles in daily life. After all cotton cultivation is believed to have originated in India.


India's geographical diversity has significantly contributed to variety of its textiles. Each region has its unique weave, craftsmanship and artistry. Some of the well-known weaves has been given the GI (Geographical identification) tag for its uniqueness and to preserve it for posterity. Make in India campaign and many international exhibitions has given a boost to the global appeal of Indian textiles. Some of the legendary weaves of India can be summarized here. Though this is just a small attempt. Other than mentioned below there are a number of weaves that are unique in its origin and texture.



Paithani: the tapestry weave from Maharashtra, finds mention from Satvahana period. The motifs of Mor (peacock), Munia (parrot), Baro Panjo, Narali and Lehar weave are eye catching but at the same time very laborious to weave. Currently all over woven Pithani sarees and fabrics have heightened demand for its intricate weave and grandiose.



Banarasi: Banarasi silks & sarees from Uttar Pradesh are renowned for their intricate brocade work earlier done with real gold and silver. The textile experts mention with pride that a Banarasi weaver can weave anything and everything. Raja Ravi Verma's paintings were woven by kashi weavers under the guidance of famous textile expert, Gaurang Shah is worth mentioning.



Kanjivaram or Kanchipuram: this weave is highly influenced by temple architecture. The silk sarees from Tamil Nadu are prized for vibrant colours, intricate motifs and durability. From Mubbagam (Moon bhagam; three parts) to Ganga Jamuna borders to vibrant double border sarees, Kanjivaram sarees are known for their rich gold borders, dense brocades, and lustrous texture. The Kanjivaram sarees made famous by Rukmini Devi Arundel from her Kalashetra Foundation, are legendary and must have in connoisseur's collection.

Chanderi and Maheshwari: Both sarees from Madhya Pradesh are known for lightweight fabric, elegance and subtle patterns. Gossamer fabric of Chanderi originates from the Chanderi town. Rehwa society under the patronage of Holkar family have revived and restored the ancient weave. Maheshwari sarees from Maheshwar were originally woven at the request of Rajmata Ahalyabai Holkar erstwhile ruler of indore. The garbhareshami (silk from the womb, high quality silk extracted from particular silkworms) fabric is like buttery soft fabric which retains its shine for long.



Patan Patola: the double ikkat patan patola are one of the most expensive weaves from Gujarat. It involves the tie and dye technique and then weaving the fabric in highly mathematical pattern. It takes around one year to weave double ikkat patan patola saree. The original weave has natural colours and the motifs are inspired by Rani ni Vaav (the legendary stepwell) in Patan. Patola museum of Patan is a must visit place to know the intricate weave.

The history of textiles in India is a testament to the nation's creativity, resilience, and cultural diversity. From ancient times to the modern era, Indian textiles have evolved, influenced by various cultures and technological advancements. Today, they continue to captivate the world with their beauty and craftsmanship.

Preserving and promoting traditional textile arts is crucial in the face of modern challenges. By supporting local artisans and embracing sustainable practices, we can ensure that India's rich textile heritage is preserved for future generations to appreciate and celebrate. Though I have highlighted only a few, our country has enviable weaves at every nook and corner. Cherish it, support it and wear it with a pride. I would say a true patriotic is the one who enriches her own wardrobe with local Indian weaves.



WINTER SKIN CARE

Winter is here and our Rotary Ann

Dr. Archana Parab

Speaks of how one has to take care of the skin in winter

Introduction

As winter's chill wraps around us, our skin often bears the brunt of the season's harshness. The drop in the temperature, coupled with low humidity, can strip away the skin's natural moisture, leaving it dry, flaky and dull. This is the perfect time to revamp your skin care routine to address these seasonal challenges. Embracing a tailored winter skincare regimen not only helps in protecting and nourishing your skin but also ensures radiant and healthy glow in the colder months.

Gone are the days when a thick moisturizer was the only defense against the harsh winter elements. Today, we're witnessing a convergence of cutting edge science, environmental consciousness and holistic wellness in our approach to winter skin health.

This year's winter skincare trends reflect a deeper understanding of skin's complex ecosystem and its interaction with our environment. From microbiome friendly formulations to tech-enabled personalized routines, the innovations are redefining how we protect and nourish our skin during the coldest months.

Inner and Outer Balance

Skin care is not just about what you apply to your face, but also about what you consume. Holistic skin care trends emphasize the importance of nutrition, stress management, and hydration.

Diet for Glowing Skin:

What you eat has a direct impact on your skin's health. Omega 3 fatty acids, found in foods like salmon, flax seeds and walnuts helps maintain the skin's moisture barrier and reduce inflammation. Vitamin C rich fruits like oranges and spinach, promote collagen production and give skin a youthful glow.

**Hydration:**

Drinking enough water in winter is as important as it is in the summer. For extra hydration, herbal teas like green tea or chamomile offer antioxidants that support skin health.

Meditation or Yoga:

Meditation or yoga can help reduce cortisol levels, which have a direct impact on skin health. High cortisol can lead to inflammation, redness, and breakouts.

Sleep and Recovery:

Winter can disturb sleep cycles due to longer nights, so highlight the importance of a nighttime skin care routine, including heavier night creams or sleeping masks, to rejuvenate the skin while sleeping.

Seasonal Skin Care

Skin care needs to change drastically with age, and winter can exacerbate issues like dryness, irritation, and dullness. A well-rounded skincare guide that caters to all age groups-

Teens and Young Adults (20s):

Winter Concerns: Winter dryness can cause breakouts or exacerbate oily skin. The cold weather can also trigger sensitivity.

Skincare Tips:

Choose gentle, hydrating cleansers that won't strip away essential oils. For those struggling with acne, opt for light weight & non-comedogenic moisturizers and spot treatments that contain salicylic acid or tea tree oil to maintain balance without overdrying the skin.

30s and 40s:

Winter Concerns: Fine lines, dryness, and a decrease in skin elasticity become more prominent.

Skin care Tips: Introduce hydrating serums rich in hyaluronic acid, peptides, and niacinamide. These ingredients will plump up the skin and support collagen production. Antioxidants like Vitamin C are also essential to brighten and protect against environmental stressors.

50s and Beyond:

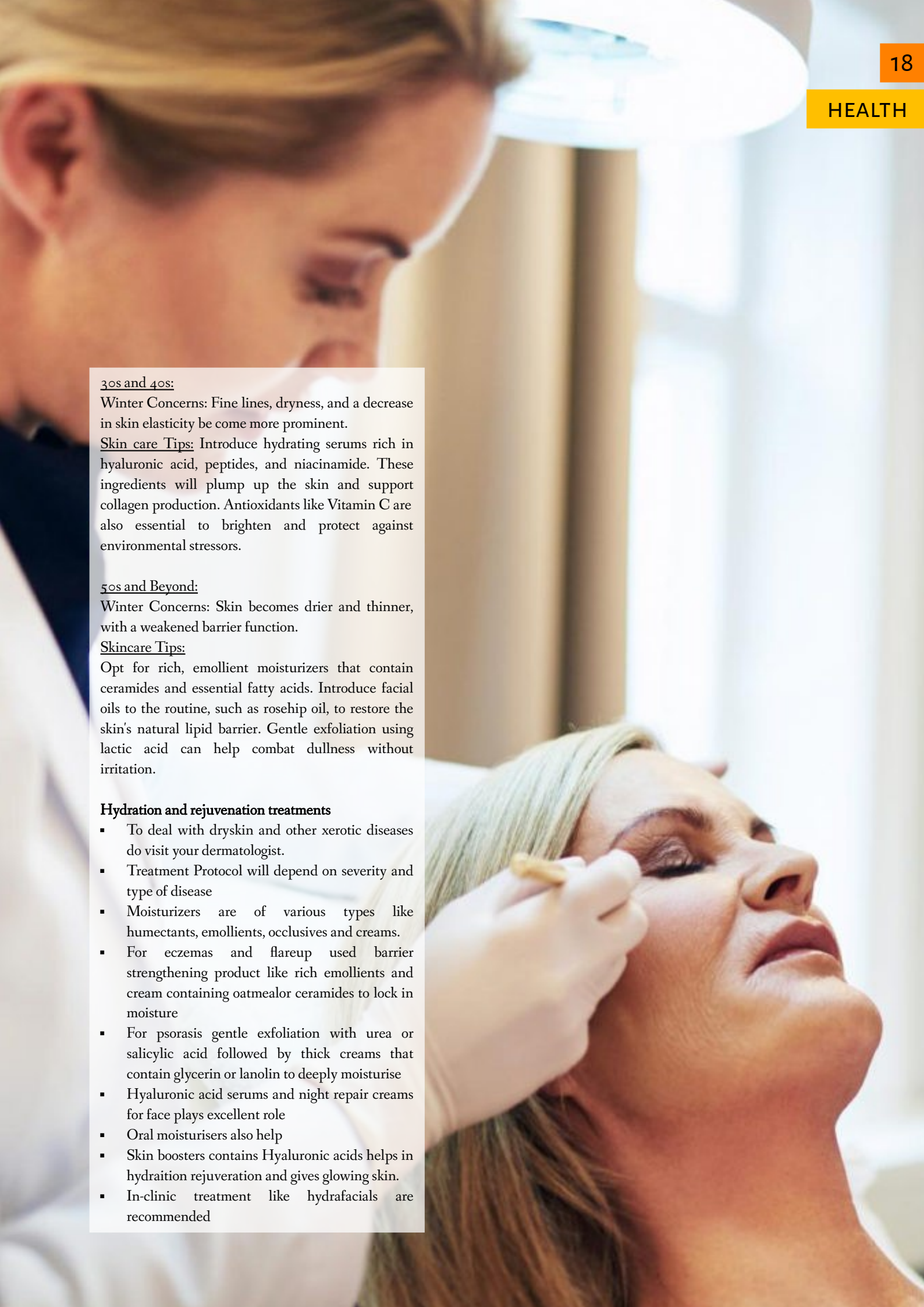
Winter Concerns: Skin becomes drier and thinner, with a weakened barrier function.

Skincare Tips:

Opt for rich, emollient moisturizers that contain ceramides and essential fatty acids. Introduce facial oils to the routine, such as rosehip oil, to restore the skin's natural lipid barrier. Gentle exfoliation using lactic acid can help combat dullness without irritation.

Hydration and rejuvenation treatments

- To deal with dryskin and other xerotic diseases do visit your dermatologist.
- Treatment Protocol will depend on severity and type of disease
- Moisturizers are of various types like humectants, emollients, occlusives and creams.
- For eczemas and flareup used barrier strengthening product like rich emollients and cream containing oatmeal or ceramides to lock in moisture
- For psoriasis gentle exfoliation with urea or salicylic acid followed by thick creams that contain glycerin or lanolin to deeply moisturise
- Hyaluronic acid serums and night repair creams for face plays excellent role
- Oral moisturisers also help
- Skin boosters containing Hyaluronic acids help in hydration rejuvenation and give glowing skin.
- In-clinic treatment like hydrafacials are recommended



HEALTH AND HAPPINESS

Senior Rotarian PN Subramaniam aka Mani

Gives us a sneak peak into his philosophy of staying fit and happy. Remember, he also runs marathons at this age!

Life is a journey between B and D—where B stands for Birth and D for Death. While we have no control over either of these events, what we can control is the journey itself. To make this journey a fulfilling one, we must prioritize our health and fitness.

When life was created, from plants to animals, there was a divine emphasis on the importance of our circadian rhythm—the body's natural 24-hour biological clock. This rhythm follows the pattern of activity and rest dictated by the rising and setting sun. Most living beings naturally align with this cycle, becoming active at sunrise and resting at sunset. Unfortunately, humans often disrupt this pattern by staying up late and waking up late, which disturbs the body's natural processes. These disturbances can throw off the homeostatic balance of our systems, leading to physical and mental ailments.

The Five Pillars of Health

Health is influenced by five factors: **Genetics**, **Environment**, **Food (Aahaar)**, **Activity (Vihaar)**, and **Sleep (Nidra)**. While we cannot control our genetic makeup or the environment we live in, we do have control over our diet, physical activity, and sleep patterns.

For optimal health, it is beneficial to wake up early during Brahma Muhurtha (the time period about 1.5 hours before sunrise, typically around 4:30 a.m.), engaging in warm-up exercises or a workout. This early start aligns our body's rhythm with the natural cycle. Similarly, food should be consumed at regular intervals, maintaining a structured schedule for meals, activity, and sleep. This consistency helps the body maintain its balance.



Life's Four Phases

We can divide the average human lifespan (around 80 years) into four distinct phases:

- **First 25 years:** Focus on academic and personal development.
- **Next 20 years:** Professional growth and family life.
- **Next 15 years:** Focus on saving and investing for the future.
- **Last 20 years:** Prioritize health and happiness.

The latter part of life often brings health challenges, particularly beyond the age of 60. If we neglect our health during earlier years, we risk losing our savings to medical expenses, which can drain financial security. Good health in later years is crucial to maintaining financial and personal well-being, originating in the mind and manifesting in the body. The mind is filled with thoughts about work, family, finances, and personal struggles. While skill development can propel us forward in our careers, it's equally important to accept reality and avoid living in denial.

Diet and Nutrition

Diet encompasses all food types—both plant-based and animal-based—while nutrition refers to how our bodies convert carbohydrates, proteins, and fats into simple molecules that fuel growth, repair tissues, and produce energy. If a diet lacks proper nutrition, it can adversely affect our health.

Macronutrients (carbohydrates, proteins, fats) are consumed in larger quantities, while micronutrients (vitamins, minerals) are needed in small amounts. Here's a general breakdown:

- **Carbohydrates:** 45% of your food intake, providing instant energy.
- **Proteins:** 35%, essential for tissue growth and repair.
- **Fats:** 20%, providing energy and supporting organ health.

Carbohydrates convert into sugar, proteins into amino acids, and fats into lipids. These components are vital for energy production, body repair, and maintaining healthy organ function. A balanced plate should contain foods rich in carbohydrates, proteins, fats, and fiber (in the form of vegetables or salads). The key is to feed your hunger, not your stomach. Excess sugar intake can lead to elevated blood sugar levels, causing health issues like high blood pressure and diabetes.

The Importance of Physical Activity

Our body consists of 206 bones, 640 skeletal muscles, and over 7 trillion nerves. The musculoskeletal system (bones and muscles) and the nervous system

(nerves) rely on regular activity to stay strong and healthy. "Use it or lose it" applies to both bones and muscles—if we don't exercise regularly, they become stiff and weak.

Daily movement, such as walking, running, yoga, or swimming, is essential to maintain bone density, muscle strength, and nervous system health. By keeping our bodies active, we can prevent illness and maintain vitality.

Mental Health and Stress

Mental health is just as important as physical health. Stress is a major factor affecting mental well-being. There are two types of stress:

- **Eustress:** Positive stress from activities like vacations or sports.
- **Distress:** Negative stress that causes anxiety, tension, and worry.

While a small amount of distress can be motivating, excessive stress can harm our health. The key is to maintain a calm and collected mindset when facing challenges. Problem-solving works best when the mind is cool and focused, rather than stressed and agitated. One way to gauge our mental state is by observing our breathing: calm, steady breaths indicate a relaxed body, while erratic breathing signals stress.

Staying Active in Old Age

As we age, regular physical activity becomes even more important. Walking is particularly beneficial, as it strengthens the legs—home to over 50% of our bones, muscles, and nerves. Many older adults experience knee pain and may require knee replacements, often because they neglected to strengthen the muscles surrounding the knee, such as the quadriceps, hamstrings, and calf muscles.

Regular walking, strength exercises, and other forms of physical activity are crucial to maintaining mobility and independence in later years.

Conclusion

In conclusion, to stay healthy and happy, we must take a holistic approach to our well-being. This includes paying attention to our diet, physical activity, sleep, and mental health. By integrating these practices into our daily lives, we can ensure a fulfilling and prosperous journey through life.

Stay healthy, stay happy!
individuals aged 50 and above.



WINE MAKING: AN ART



Rotarian Manju Phadke tells us about the secret spirits of Rotary and, better still, how to make them at home!

Before I begin, here is a quick overview of the types of wines:

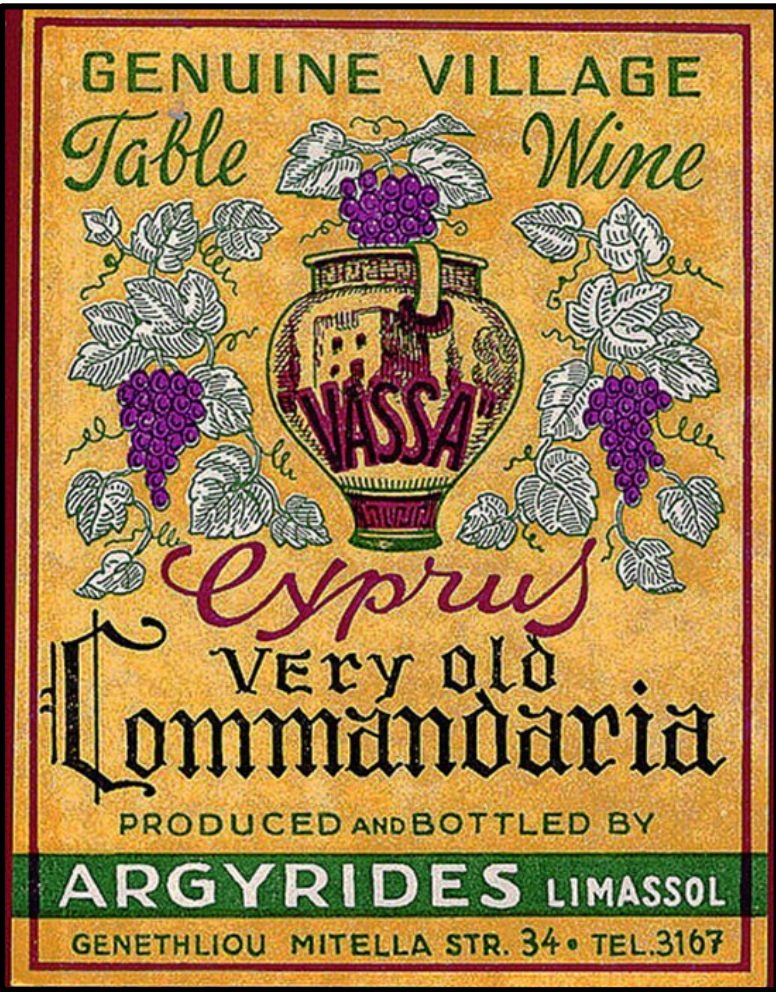
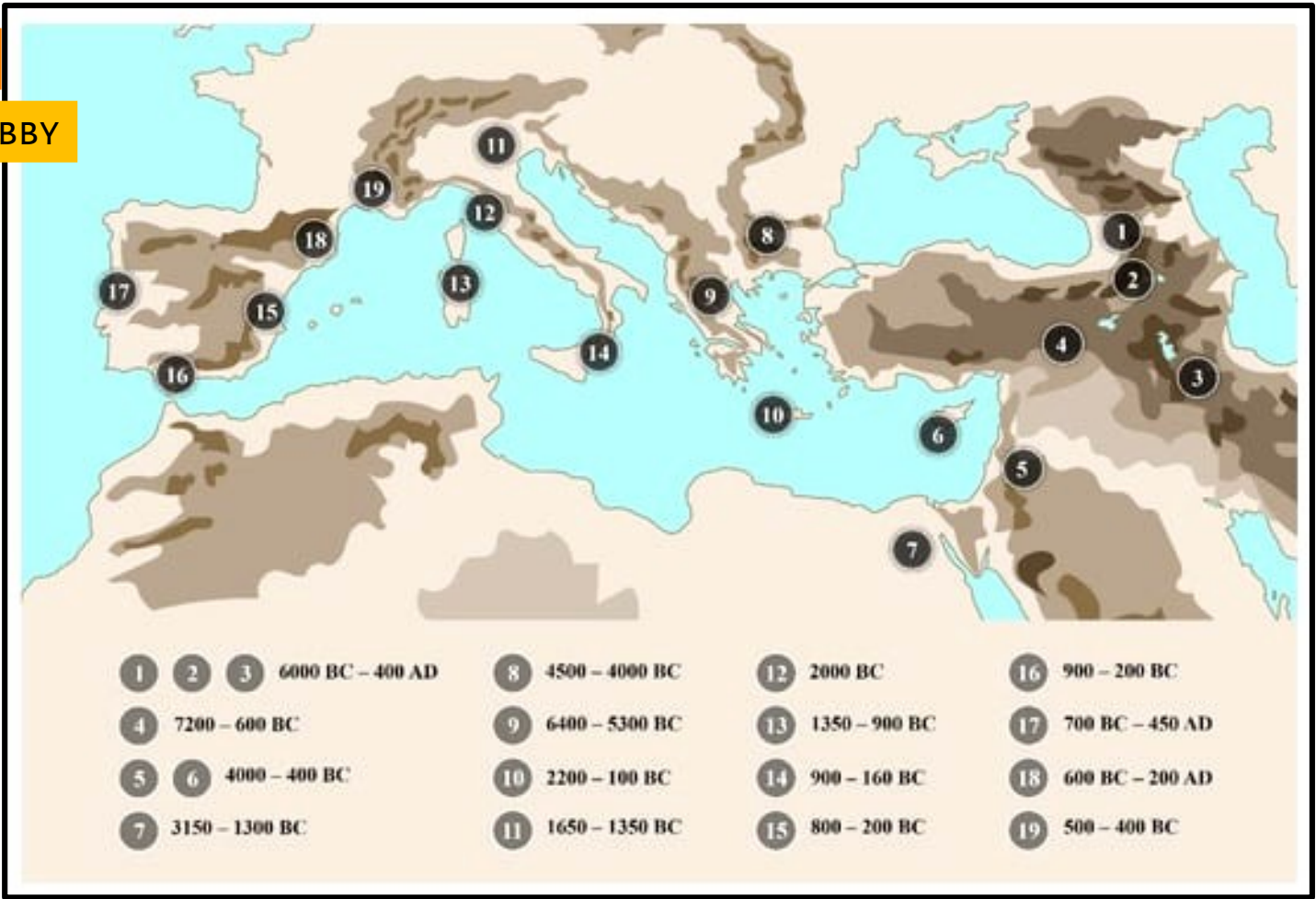
- **Red Wines** : Barbera, Cabernet Sauvignon, Chianti, Merlot, Nebbiolo, Petite Sirah, Pinot Noir, Sangiovese, Syrah/Shiraz, Tempranillo, Zinfandel.
- **White Wines** : Chablis, Chardonnay, Chenin Blanc, Gewurztraminer, Muscat, Pinot Blanc, Pinot Gris, Riesling, Sauvignon/Fume Blanc, Semillon, Viognier.
- **Dessert/Fortified Wines** : Madeira, Port, Sherry, Vermouth.
- **Other Wines** : Champagne/Sparkling Wine, Kosher Wine, Rose, White Zinfandel.

And everyone must know that wine tasting follows the 5 S rule: See, Swirl, Sip, Sniff, Savour

A Little History

Wine has a rich history deeply tied to agriculture, cuisine, and civilization. Evidence of wine production dates back to 7000 BC in Georgia, with significant sites in Iran (4500 BC) and Armenia (4100 BC). The world's oldest known winery, dating to 3000 BC, was found in Armenia, complete with fermentation vats and grape seeds. The Romans advanced winemaking with improved grape varieties, wine presses, and storage techniques, such as barrels and glass bottles. Christianity preserved wine production during the Middle Ages, ensuring its use in religious rituals. Conversely, Islamic cultures often prohibited wine, though distillation was utilized for medicinal and industrial purposes.





Legends and Historical Impact

Mythical tales abound, including a Persian legend about King Jamshid’s discovery of wine through fermented grapes labeled as poison. Wine also featured prominently in Roman culture, becoming a vital dietary component. Roman innovations shaped modern winemaking, and regions established during their empire remain prominent today.

The Process of Winemaking (Vinification)

Grape juice, rich in water, carbohydrates, tannins, pigments, and aroma compounds, is the primary raw material. Climate, soil, and cultivation methods significantly impact wine quality. The winemaking process involves several key steps:

- **Harvesting:** Grapes are handpicked or mechanically harvested based on their sugar, acid, and tannin levels, along with weather conditions and vine health.
- **Crushing and Destemming:** Grapes are gently crushed to release juice, and stems are removed to control tannin content. For white wines, crushing is minimal to avoid tannin extraction.
- **Fermentation:** Yeast converts sugars into alcohol and carbon dioxide. Controlled temperatures influence wine flavor; red wines ferment at higher temperatures (22–25°C), while white wines ferment at cooler ranges (15–18°C). Wild yeast may be used, but cultured yeast ensures predictable outcomes.



- **Pressing:** Pressing separates juice from grape skins and seeds. High-quality free-run juice is often preferred, though pressing increases overall yield.
- **Malolactic Fermentation:** Specific bacteria convert harsh malic acid into smoother lactic acid, enhancing taste. This process is common in red wines and some fuller white wines like Chardonnay.
- **Blending and Fining:** Wines from different batches or grape varieties are mixed to achieve the desired flavor profile. Fining agents like gelatin or bentonite remove impurities and adjust tannin levels.
- **Stabilization:** Cold stabilization prevents tartrate crystal formation, while heat stabilization removes proteins that could cloud the wine.
- **Filtration:** Clarification and microbial stabilization improve wine appearance and prevent spoilage.

Preservation and Bottling

Preservatives like sulfur dioxide protect against oxidation and bacterial spoilage. Proper filtration removes particles and microorganisms, ensuring stability. Natural clarification involves refrigeration to settle particles without chemicals.

Winemaking blends artistry and science, with traditions rooted in history and continuous technological refinement, ensuring its enduring cultural and culinary significance.

We have deliberately not put the recipe in this article, because we are including it in our next edition. Stay tuned!



IMPACT INSPIRE: TRIP OF A LIFETIME!



Vivek Khandelwal provides a detail overview of the project that was undertaken by RC Deonar in Kashmir.

This wasn't any ordinary trip that people take up! The travelers would have wished to be one however that wouldn't have made this the 'trip of a lifetime coupled with meaningful connections'. Kupwara, Handwara, Sopore, and Baramullah are not just names but they carry history.

We consume media and that's the impression we carry however ask the real humans who have been there and seen things firsthand – your impression may not be the same. This is what emerged from the trip of our 5 Rodeos who exhibited their dare-devil attitude to be with real humans and also create some real impact. Visualise sub-zero temperatures with travel comprising of an approach road of one track which was slippery and had no barricades in either direction. This is just a glimpse of what the journey was.

RC Deonar has done many humanitarian acts over the years however this one is special. It is beyond just hoisting the Indian National Flag on Republic Day or Independence Day. It is about living that spirit by being part of the prestigious 'National Integration Project' under the banner of Rotary International District 3141.

The journey covered the entire spectrum from:

- Schools with computers to schools without any computers.
- Being in the midst of abundant options of transportation to an area where even basics are a struggle. This brought empathy much beyond what we as Rotarians already have.



- Our deep work of RCC is a benchmark where support is good enough to Machil and it's alongside areas of Kashmir where just support remotely isn't enough. They need us as real humans who can create real impact.
- From watching and reading about the Army and their work to experiencing the same firsthand. Our Rodeos stayed in the Army Quarters for a night and that's going to be etched in their memories forever.
- The local authorities including the sarpanch and civilians exhibited hospitality that can't be expressed in words

It all started when we landed on 8th Nov '24 and beginning that day until 12th Nov '24 - our team was on a roller coaster ride doing everything possible to ensure that our 2000+ beneficiaries get impacted in the finest possible manner. The team went into the deep interiors of Srinagar visiting a range of schools from small to big and addressed the audience from Class 7 to Class 12. They had students from over 15+ schools which also covered students from nearby schools.

The welcome by the students was with 'Jai hind' followed by songs sung in Hindi. Every school took almost around 2 to 3 hours of active engagement and the team was completely safeguarded by the team of Indian Army. To give a perspective, the area of Machil is around 7.3 km from the Line of Control (LOC) and it takes almost 6 hours to travel from Srinagar.

Our engagement with the students, and teachers with the army as our backbone covered:

- An Intro to Rotary
- Vocational and Career Guidance
- Smart watches
- Nutrition bars
- Menstrual hygiene kits

Our interactions with the students informed us that they were quite concerned about the cleanliness of the valley and the idea of re-using the hygiene kits surely brought smiles to them.

A special acknowledgment goes to our army, whose dedication is shaping the youth with education and sports training. Our team learned two young students representing India in fencing at the national and regional levels. It is a testament to their invaluable work.

In conclusion, the fact that the young girls were not leaving us is testimony to the impact we created and this calling is here to stay until we are willing to serve. If this trip was anything close to success - it was only because of the support we got from real local heroes working on the ground.

We only gave our time but for them, it was a sense of belonging to our motherland India. The pains that our Rodeos experienced on many fronts throughout the trip aren't something that can be expressed enough.





Time to recognize our brave heroes led by President Dr. Rajashri Mokashi, Sangeeta Shahani, Monica Gupta, Padma Kapoor, and Sudhir Mehta.





SPITI ODYSSEY: JOURNEY TO THE MIDDLE LAND!



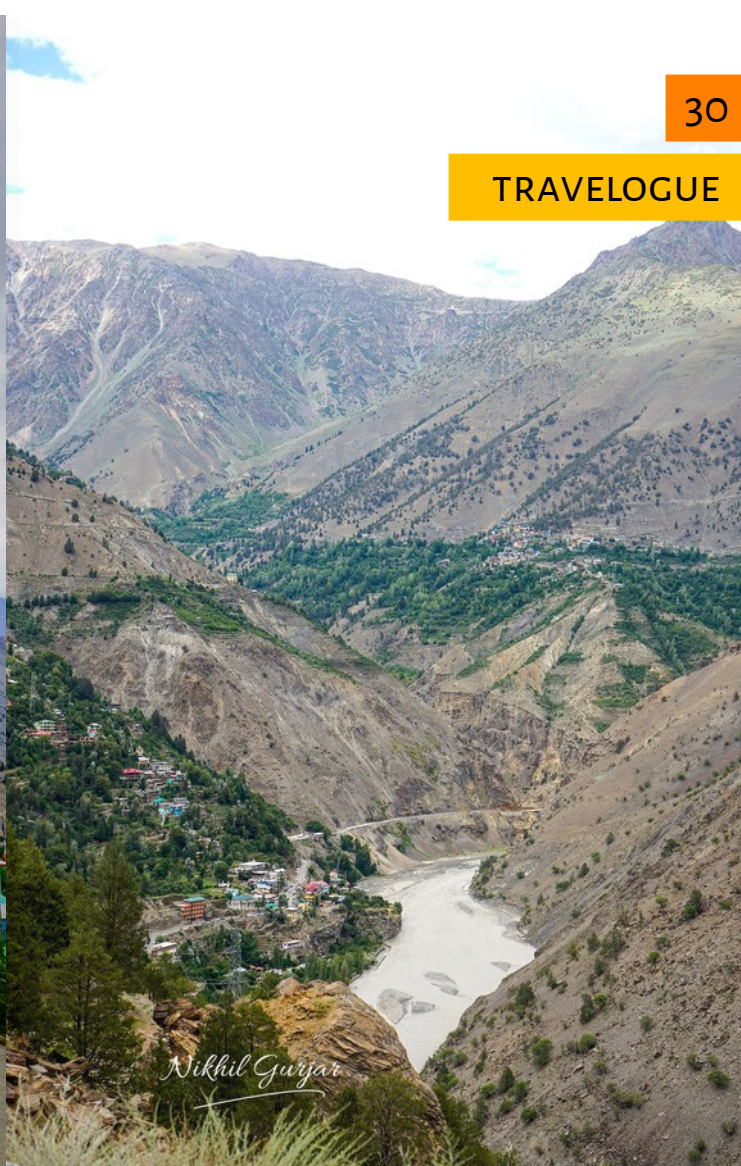
Nick and Vi tells us about their Spiti Odyssey in this edition. This is one of the most daring adventures to undertake in India. From the tropical greens in Chandigarh, one goes to temperate greens in Himachal, followed by the cold desert valleys of Spiti

It was July and we set off to Chandigarh by the morning flight. Spiti is in the rain-shadow region and offers a lifetimes worth adventure! It's the first roadtrip we had undertaken.

A road trip to Spiti Valley is an exhilarating experience, and the route from Chandigarh via Shimla offers a captivating blend of scenic beauty, rich culture, and high-altitude adventure. Starting from Chandigarh, the journey begins with a smooth drive through the winding roads of Himachal Pradesh, transitioning into a rugged, adventurous terrain that leads to the mystical Spiti Valley.

Heading further, we crossed Shimla and the drive to Narkanda takes you deeper into the mountains. Famous for its apple orchards and serene landscapes, Narkanda offers a perfect mix of tranquility and breathtaking views. The apple orchards on the hills are in the picture above.

This stretch reveals the Sutlej River running alongside, with charming hamlets dotting the landscape. Rampur, once a major trade hub, is ideal for a quick stop to explore its rich history. As the road narrows through Chaura's cliff-hugging terrain, the adrenaline begins to kick in. Upon reaching Kalpa, the view of the Kinner Kailash range is mesmerizing. The gateway of Kinnaur, as it is called – is a thriller ride in itself. One has to watch out for the rolling stones and landslides as one goes along.





Nikhil Gurjar

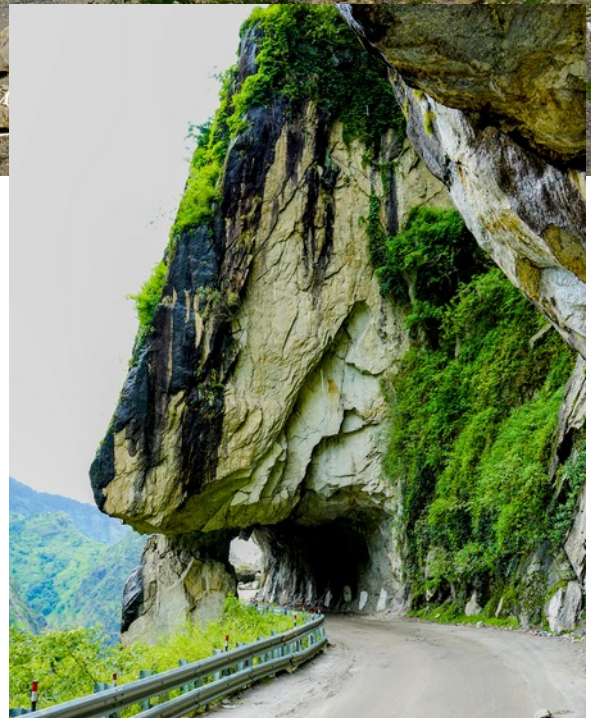


The drive from Kalpa to Nako is both thrilling and picturesque. Crossing Khab, where the Sutlej meets the Spiti River, the landscape transforms into arid mountains and sharp cliffs. Nako, a serene village perched at 12,000 feet, is famous for its beautiful lake and ancient monastery.

The Mallin Nallah crossing, notorious for landslides, tests your driving skills but rewards with spectacular views. Tabo, home to a 1000-year-old monastery, is a spiritual haven and an ideal spot for experiencing the rich Buddhist culture of Spiti.

The road to Kaza, the capital of Spiti Valley, is lined with awe-inspiring desert mountains. Poh village offers glimpses of Spiti's rustic charm. At Kaza, you can relax and prepare for the high-altitude excursions to follow.

Kaza serves as the base for exploring iconic villages and monasteries. Key Monastery, perched atop a hill, offers spiritual tranquility and panoramic views. Chicham Bridge, one of the world's highest suspension bridges, is an engineering marvel. Langza is famous for fossil hunting, while Hikkim boasts the world's highest post office. Komic, one of Asia's highest villages, provides a surreal glimpse into life at extreme altitudes.





Nikhil Gurjar



Nikhil Gurjar



Project National Integration: CSR Kashmir
08 November 2024
Covered in Depth (ref Article)

Club Meeting

21 November 2024
Held at the Bombay Presidency Golf Club with the special sharing on the National Integration Project Kashmir.
The Meeting involved the presentation by the President Rtn Dr Rajashri and Team Rodeos who had gone on the CSR Mission National Integration Kashmir, the presentation by Rtn Jhankar on the our historic and legacy relevance of Kashmir,Vibrant year trophy wins as presented to the Club by Vibrant Year President Rtn Sangeeta and monthly Rodeos birthday celebrations - A meeting of projects update,recognition and fellowship



Rotary Foxpassers Football Final

10 November 2024
The Boys final of this League was held this month- the earlier matches were held on Oct 27th

Inauguration of Miyawaki Phase 1

23 November 2024

The urban forest thru Miyawaki technique completed first phase inauguration



Miyawaki Urban Forest Project: Phase 2

30 November 2024

Development of Miyawaki Urban Forest at the Shatabdi Hospital premises in Deonar

Health Check-up Camp

23 November 2024

Health Check up camp was conducted for the teachers and support staff of Shri Subashchandra Bose School (Urban RCC)



Fireside Chat Fellowship

30 November 2024

Fireside Chat held at the residence of Charter Member PP Rtn Goutamda as convened by Director - New Memberships PP Rtn Ravishekhar- President Rtn Dr Rajashri and PE Rtn Alka and PP Rtn Jhankar and PP Rtn Goutamda were present to connect ,engage and guide & new Rotarians who have joined our club in the past few months





BoD Meeting

30 November 2024

Monthly BOD Meeting held at Le Cafe Chembur



Cyclothon

30 November 2024

Interact club school students and parents, Rotarians and families and Rotaractors created this event for building community awareness and bonding as well as Health, RCC impact



CALL FOR FUNDS



PROJECTS X-PRESSIONS A festival on its own. Young Talent is given a platform to bloom through 50 versatile events. 5000+ Students 100+ Schools 50+ Events SPEAK UP An initiative by the club, which aims at imparting social skills.

You may get in touch with Nalini, Director, New Generation for any further information you may need to support this event. (Tel No. 98201 38247)

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भारत सरकार का उपकरण A Government of India Undertaking

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ROTARY CLUB OF DEONAR
0092-XXXXXXX-8533



BHARAT INTERFACE FOR MONEY UNIFIED PAYMENTS INTERFACE

Appeal
To contribute to the Project X-pressions that is done by the Rotaract Club of Deonar.

Rotary Club of DEONAR 

RID 3141

If You Are Interested In Joining Our Rotary Club, Please Connect With
Ravishekar At +91 98202 28303