

Beyond Borders

Monthly newsletter from Rotary District 3170 Synergy Passport



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WE ALSO
TALK
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Vrunda speaks...

Dear friends,

It's a pleasure to share with you the eighth edition of our magazine! As we reflect on the past year, we're excited about the various initiatives we've undertaken to make a positive impact in our community.

This month, we've taken steps to empower individuals, raise awareness on key issues, and recognize outstanding contributions through our vocational awards. We're proud of the difference we're making and grateful for your support.

Thank you for being part of our journey. Let's keep working together to create a brighter future for all!

Warm regards,
With pride and gratitude,

Rtn. Vrunda Khanolker
President (2025-26)



I Don't Like My Neighbours



I am a mature adult and normally get along with most people. I stay in a very nice locality. It is surrounded by greenery, has a stream running behind my house and surprise surprise, winter in Goa, which is otherwise warm, has us in sweaters. It is chilly to the extent of not having the fan on from November to January. The peace and calm is especially good as we enjoy all festivals without noise pollution.

There is one hitch though, I don't like some of my neighbours- they give me the creeps. I dread them crossing my path and will go to any extent not to meet them. I have made my intentions clear to them- you stay away from me and I will do the same. Yet these neighbours sometimes descend on my house, uninvited and unwelcome. I keep cribbing about them and my husband patiently tells me that they were here before us. We have come to their neighbourhood and not the other way round.

They come at a very inconvenient time too, either early morning, we have yet to come to our senses, after a good night's sleep or during afternoon siesta time or late in the evening- when you want to put up your feet and relax. Many times they have stayed overnight too.

I still remember the first time, one such neighbour, dropped in uninvited. She though came at a convenient time. It was around five in the evening when I heard my dog barking and went down to see the dog and the neighbour entering the house simultaneously. My maid too had the creeps and stood transfixed watching them. My husband though surprised, kept his senses. He told the maid to take the dog and tie him somewhere, asked me to close all the doors and we sat with her till someone came to pick her up. Yes this neighbor was not to be trusted alone -we had to keep a watch on her. She sat peacefully, did not ask for any refreshments and certainly did not make a nuisance of herself. And yet I desperately wanted her to leave.

Surprised? Don't be, you would too, as it was a Cobra. It was there for nearly an hour and half. The guy, whom we phoned, asked us if we could identify it. We couldn't as we had kept a safe distance. He told us to keep a close watch on it. We did- at first from a distance and then seeing it, not moving at all, we had a sense of bravado. Dinesh, my husband, decided to see what snake it was and went right next to it. He just as ignorant as me said "this snake has a one and a zero on its head". Things started moving around me and I could just scream Cobra! Cobra! Get away! I was worried; if the snake bites him I can't drive the car to go to GMC.

Anyway it lay there not moving till the guy who came to take her away came. And then there was the fury! It raised its hood to strike and hissed. He had just a stick with him. She moved fast even on the tiled floor and spat poison out. He after her, very calm, we watching from a very safe distance-I had lost my voice. He pinned her head with the stick and caught the tail. The hissing continued- he caught her just below the head. Like a prized trophy he got her out of the house and asked me to get a sack, put her into it and tied it to his bike. I was worried it might bite him- he assured me that the poison was already out and the next twenty four hours would be safe. It was he who told us that it was a female.

There have been other encounters with these neighbours, the snakes which rule the roost here. At least once a year, we call the forest department to take away the guest. Till date one Cobra, at least four Vipers, Two Rat snakes and a Krait were some sent packing by us. We have seen or met many Cobras and even seen python a few times.

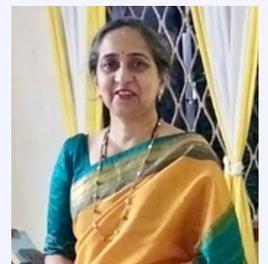
The Krait was a surprise though; I have seen it for the first time in the neighborhood. It is supposed to be most deadly, as you may not know that you are bitten by one (information courtesy the boy who came to catch the snake). It was in the basement and crossed path with my maid. She came to call me at around 8.45pm. We called the forest department and the boy. Till ten, both she and me stood watch over it (she watching the snake and me watching both), she wondering aloud about what could have been if she had not seen it and me silently thanking God that she saw it. It went on till 10pm. The guy came and they ask the colour of the snake- we said black. He searched for it and within ten minutes had it in the grip of the special stick. The snake was very angry and as it was night time, it was very active too. In the bag he kept jumping. By 10.15 pm, everything was back to normal as we bid good bye to the snake.

There are a few lessons I have learnt from these encounters- make a noise when you move- they feel the vibrations and go away- they don't like us too. If bitten, try to be calm and rush to GMC (advice of all who came to take the snakes away). I keep the forest department contact no saved on the mobile and written on the dairy and calendar. Don't lose track of the snake as it is easier to catch when you know its location. Last but most important, don't show fear as fear catches like fire and causes commotion. I literary quake but put on a brave face and so do the others now.

I still don't like these neighbours, call me what you may. I would be peaceful and happy if our paths never cross again.

Rtn. Deepa Kamat

Jt. Secretary



The first four Rotarians



On 23 February 1905, Paul P. Harris, Gustavus Loehr, Silvester Schiele, and Hiram E. Shorey gathered in Loehr's office for what would become known as the first Rotary club meeting.

Harris' desire for camaraderie among business associates brought together these four men and eventually led to an international organization of service and fellowship.

Each of the first four Rotarians, and Harry L. Ruggles, who is often called the "fifth Rotarian," brought different professional perspectives to the organization.

Rotary's founder, Harris, was born in Racine, Wisconsin, USA, on 19 April 1868. He was raised by his paternal grandparents in Vermont and attended the University of Vermont, Princeton, and the University of Iowa. Harris, a lawyer, was Rotary president from 1910 to 1912 and a member of the Rotary Club of Chicago until his death on 27 January 1947.

Loehr, a mining engineer, was born on 18 October 1864 in Carlinville, Illinois, USA. He was a Rotarian for only a few years, never holding office at the club or international level. But that first Rotary meeting was held in his office, Room 711 of the Unity Building in downtown Chicago. He died in Chicago on 23 May 1918.

Shorey, a merchant tailor, served as recording secretary during the club's first year. He was a Rotarian for only a few years, too. He was born in Maine, USA, in August 1862 and died in March 1944.

Schiele, a coal dealer, served as the Chicago club's first president in 1905 and Rotary International's treasurer from July to December 1945. Born in Terre Haute, Indiana, USA, in June 1870, Schiele attended Terre Haute Business College and served in the U.S. Army during the Spanish-American War. He was president of the Schiele Coal Company from 1902 until his retirement in 1939. He and Harris became lifelong friends and lived near each other on the South Side of Chicago. Schiele died on 17 December 1945 and is buried near Harris at Mount Hope Cemetery.

February highlights

By Secretary Anagha



Rotary District 3170 Synergy Passport celebrated excellence in vocations today! We honored outstanding professionals making a difference in our community - an electrician, painter, MTS, and gas technician.

Chief Guest Mr. Kamla Prasad Yadav, Sarpanch of Chicalim Village Panchayat, and Guest of Honour Mrs Namrata Satardekar, Principal of Ramnath Naik Memorial Government Higher Secondary School, Baina, graced the occasion. AG Rtn. Pallavi Sarmalkar also joined us.

Thanks to everyone who made this event special, including Rtn. Radha Lawande, Mr. Salil Kasambe, Rotractor Siddharth Salkar, and all our club members who attended.



Rotary Vocational Excellence Awards honor individuals who demonstrate exemplary service, high ethical standards, and leadership within their professions. These awards recognize those who go above and beyond in their work, often serving the community through their vocational talents. Recipients are typically nominated by employers or Rotarians and honored at club events, highlighting the importance of dignity and integrity in all occupations



Empowering workplaces, one session at a time!

Rotary District 3170 Synergy Passport, in collaboration with JCI Vasco, organized a POSH Awareness training session at Shree Vishwanath Arlekar Memorial Higher Secondary School, New Vaddem - Vasco. JC Adv. Kunal Paraekar led an engaging and informative session for 60+ teaching and non-teaching staff members.

We also had a fun poster-making competition where staff members creatively shared their take on POSH. Kudos to everyone who participated!

Thanks to JCI Vasco and the school for their support. Together, let's create safe and respectful work environments!



Breaking barriers and building equality!

Rotary District 3170 Synergy Passport, in collaboration with JCI Vasco, organized a powerful Gender Sensitisation session at Shree Vishwanath Arlekar Memorial Higher Secondary School, New Vaddem on 12th February 2026. JC HGF Elton Fernandes led an insightful discussion on promoting awareness, respect, and equality.

Rotary District 3170 Synergy Passport, in collaboration with JCI Vasco and Shree Vishwanath Arlekar Memorial Higher Secondary School, recently organized an awareness session on the POCSO Act at New Vaddem, Vasco. The session, led by resource person JC Adv. Mrunay Shet, aimed to educate students and staff about their rights and protection against child abuse. Around 125 students and 25 staff members actively participated, gaining valuable insights to make informed decisions. Kudos to the team for taking a step towards creating a safer society!

18th Feb'26 - Mind & Diet - 7

It was an absolute privilege to host **Vd. Suvinay Damle** for an enlightening session in our "Harmony Within" series. With over 85 participants actively engaging, the atmosphere was charged with a shared desire for holistic wellness.

Vd. Damle expertly navigated the intricate relationship between Mind and Diet, highlighting how modern lifestyle choices and "Western influences" often disrupt our natural health. His presentation was a masterclass in Ayurvedic wisdom, emphasizing:

Viruddha Anna: Identifying harmful food combinations (like milk with salt or fruit) that lead to chronic skin and metabolic issues.

The Rhythm of Digestion: Insights into the importance of allowing the previous meal to digest before eating again to avoid toxicity.

Practical Habits: Simple yet profound shifts in daily nutrition to reclaim vitality.

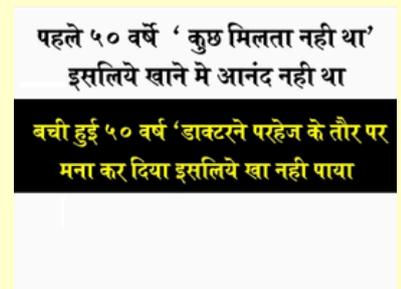
The interactive Q&A session further showcased his deep expertise and ability to provide grounded, actionable advice.

25th Feb'26 - Financial Freedom & Mental well being

The Rotary Action Group for Mental Health Initiatives (District 3170) hosted an eye-opening session on "Financial Freedom and Mental Well-being" featuring **Rtn. Bishram Singh**. With 40+ years of corporate expertise, Rtn. Singh shared profound life lessons on the intersection of wealth and peace.

He redefined Financial Freedom, emphasizing that it means different things to everyone and requires knowing "where to say enough." A key highlight was his focus on the Rotary Four-Way Test as a moral compass for financial decisions. He illustrated how disciplined money management isn't just about personal security but is a prerequisite for the "importance of giving" to others.

The session concluded with a vibrant open discussion, leaving attendees with practical wisdom on balancing material stability with mental harmony.



Know your members:



Shrinivas

Shrinivas Kurundwad advocate by profession providing service in field of taxation

First time Rotarian and also associated with NGO working in the field of Education and health sectors. Director in Cooperative society and on board of advisors in some professional associations

Having business interests in Real Estate, Transportation, Foundry Industries and Manufacturing

He loves to travel and read and explore new things and hard core foodie like to experiment and fun loving

Spouse Namita house maker and Associated with some women empowerment group and other social activities



Shubhangi

Dr. Shubhangi Lotlikar completed MBBS from Goa Medical College in 1982-87 and did MD PSM in 1991. Did Hospital administration course from National Institute of Health and Family welfare New Delhi. Further completed post graduate diploma in geriatric medicine from Indira Gandhi National Open University followed by Executive MBA course from Goa Institute of Management from 2008-11.

Presently working with Government of Goa as Administrative Medical Officer in charge of ESI Scheme Goa managing 14 ESI Dispensaries and 100 bedded ESI Hospital at Margao.

Rotarian from year 2012-13 being Charter member of RC Dabolim. Later joined parent club RC Vasco in 2018-19 upon amalgamation of RC Dabolim with RC Vasco. Joined as Charter member of rotary district 3170 synergy passport club in the year 2022-23. Held many club posts and district posts in various categories mainly addressing medical fields.

Married to Rtn Santosh Lotlikar and blessed with 2 children-- daughter Dr. Sanjana and son Sparsh well settled in their life.

Enthusiasts runner and has participated in many half marathons.



Sonali

Sonali Nagvenkar a BCom Grad with MBA, LLB, and Dip in travel and tourism, a certified and trained Diamond Grader.

Practised Law under Adv Atmaram Nadkarni and Adv Damodar Dhond Worked at own firm " Shree Sainath Jewellers" Panjim Goa along with husband Mr Sanjit Nagvenkar. Manages business also keen interest in social work and politics. Havs served as GCCI women's wing core committee member for the past 8 years.

Advisor on central board of films division mumbai.xSocial worker on one stop crisis centre of women and child Department.

Councillor for Women and children in distress, On Road safety committee of CCP Panjim Goa. Trainer on POSH took trainings for konkan railway Goa.

Past president of RCM Miramar 2023- 2024. District awards for Best women President for year 23-24.

Member in many co operative societies in panjim. Worked for women empowerment, have organised many skill development courses for women and youth, conducted talks on mental health, conducted financial literacy talks and course. Animal lover and feeder. Have been featured on many newspapers and magazines.

Happily married to Sanjit for 27 years and blessed with a daughter Dr Saili who is a Dental Surgeon and Son Aryan Nagvenkar studying second year MBBS at GMC.