

# ROTALORE

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## CLUB DIARY - 10 JULY, 2025

### PLANS AND TARGETS : A VISION FOR 2025-26

The second weekly meeting of the Rotary Club of Mangalore, conducted at Ocean Pearl, Pacific IV – on 10th July 2025 – was a focused business session, dedicated to sharing the Plans and Targets for the Rotary Year 2025-26 with all club members.

The meeting commenced on a thoughtful note with the invocation of the Rotary Four-Way Test, by Rtn. Freeda, setting the tone for purposeful discussions ahead.

Club President Rtn. PHF Vinod Aranha took the stage to deliver warm greetings, extending heartfelt wishes to members celebrating birthdays and anniversaries. He also shared important announcements, paving the way for a constructive dialogue.

Club Secretary Rtn. Dr. Kunal presented a comprehensive overview of the Plans and Targets laid out by each committee, emphasising the progress made so far and outlining the roadmap ahead.

The presentation sparked active participation from the members, with thoughtful questions being addressed by the Board with clarity and confidence.

Further enriching the meeting:

- Chairperson Rtn. Madhav Suvarna shared updates on the Tree Plantation initiative under AMRA, being energetically implemented by RCC Kumpala and RCC Bengre.
- Director of Youth Services, Rtn. Kishan Kumar, discussed the plans to revive the Rotaract Club of SDM PG Centre for Management Studies, aiming to re-engage youth leadership.
- Rtn. Prasanna Shenoy proposed the revival of the "Probus Club", aimed at connecting retired professionals with Rotary values.
- Rtn. Dr. Narendra Kamath introduced the innovative concept of "Kinderact", a Rotary-inspired club designed for primary school children to nurture leadership and service values from an early age.

The meeting concluded with a collective rendition of the National Anthem, echoing a shared commitment to service, fellowship, and nation building.

#### PROGRAM TODAY 17 JULY, 2025

The Extra Mile: What Marathons Teach Us Beyond the Finish Line - Vasudev Kamath and Royster D'souza  
**VENUE - OCEAN PEARL**  
Tea Meeting

#### PROGRAM NEXT WEEK 24 JULY, 2025

An evening on the game, the green and the gentleman's sport- Dr. Sandeep Rai and CA Nitin J. Shetty  
**VENUE - OCEAN PEARL**  
Tea Meeting



## KNOW OUR SPEAKERS

Royster Dsouza, a businessman and passionate runner, began his journey in 2019 with a 5K in Mangalore. Since then, he has completed 10Ks, half and full marathons, and a 50K ultra, participating in events like the Tata Mumbai Marathon, TCS Bengaluru, Manipal Marathon, 2XU Singapore Marathon, Dandeli Ultra, and Bison Ultra.



Vasudev Kamath, a Mangalore-based professional with nearly 30 years at Infosys, began his fitness journey in 2018 through walking and running. He has completed several editions of Hundred Days of Running, five half marathons including the Tata Mumbai Marathon, and clocked a personal best of 48 minutes at the TCS World 10K. A core member of Mangalore Runners Club, he actively supports the city's running community.

## COMING UP NEXT

### HANDICAPPING: GOLF'S SECRET LEVEL PLAYING FIELD



When you think golf, do you picture old men in caps strolling around endless lawns? Time to drop that image because this game is more surprising (and fair) than you'd expect.

**Did you know ?** Golf is the only sport where, thanks to its clever handicap system, an 80-year-old can actually beat an 18-year-old and everyone leaves smiling! Picture this: a young player smashing big drives, but an experienced senior playing steady, smart golf and winning. That's handicapping. It puts everyone on a level playing field, no matter your age or skill.

## ROTARY AROUND THE WORLD

### A CHAT WITH 2025-26 ROTARY INTERNATIONAL PRESIDENT FRANCESCO AREZZO

**Francesco Arezzo** of Ragusa, Italy, Rotary International's 2025-26 president, is an orthodontist, olive oil producer, and Rotarian of over 30 years. His theme, **"Unite for Good"**, emphasizes Rotary's mission to build cohesion and create positive global impact. Arezzo sees Rotary as active participation, not passive presence: "Rotary is something you do."

His key priorities include membership, polio eradication, and peace. Comparing Rotary to a cruise ship, he stresses the need for long-term planning to drive change. With decades of leadership experience—from RI Director to Chair of the 2023 Melbourne Convention—Arezzo brings deep dedication to Rotary's vision.

So how does it work? Each player has a handicap number that reflects their current form and skill. That number adjusts your final score so a player with better skills has to play better than their best and someone having a rough patch still stays in the game. Just like in life, you're not really competing with others you just have to keep improving yourself to get ahead.

And here's what makes golf so fascinating: spend four hours on a course with someone and you'll know exactly who they are. You see how they handle winning, losing, bad shots, or lucky breaks. Do they bend the rules when no one's watching? Do they clap for your good shots when theirs go wrong? Golf quietly reveals character and friendships built here often last far longer than any business meeting or dinner ever could. Unlike most sports, you don't even need a partner you can play solo or with friends. It's gentle on the body, keeps your mind sharp, and stays with you for life.

So the next time someone asks if you've tried golf, say not yet but definitely soon!



**"I'M VERY CONSCIOUS THAT I'M BEGINNING VERY LATE. EVEN IF I BEGIN STUDYING PROBLEMS AND SETTING GOALS NOW, I CAN'T DO VERY MUCH. ROTARY ISN'T A SCOOTER THAT CAN CHANGE DIRECTION QUICKLY. IT'S LIKE A BIG CRUISE SHIP: IF YOU WANT TO MAKE A TURN, YOU HAVE TO BEGIN MANY KILOMETERS IN ADVANCE."**



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# CLUB IN NEWS



## CITY UNITES AGAINST DRUG ABUSE: AWARENESS PROGRAMME HELD AT TOWN HALL

On July 14, 2025, a powerful Awareness Program on Drug Abuse & Orientation for College Anti-Drug Committees was held at Town Hall, Mangalore, jointly organized by the Mangalore City Police, NSS Unit of Nitte Institute of Architecture, Rotaract Club of Nitte, and the Rotary Club of Mangalore.

Over 800 students, parents, and educators attended the event, which featured impactful talks by DC Shri Darshan H.V., Police Commissioner Shri Sudheer Kumar Reddy, Dr. Arun K., and other dignitaries, who stressed the need for community collaboration to combat drug abuse.

Attending on behalf of the organizers were **Rtn. Dr. Kunal**, **Rtn. Siddharth Shetty**, **Rtn. Kishan Kumar**, **Rtn. Yathish Baikampady**, **Rtn. Dijaraj Nair**, **Rtn. Michael Andrade**, **Ann Preeti Aranha**, and **Ann Parvati**.

**Rtn. Vinod Aranha**, Director of NIA and President of Rotary Club of Mangalore, highlighted the role of institutions and civil society in protecting youth from substance abuse. The program concluded with a renewed call for action toward a drug-free Mangalore.

## INTERACT CLUB INSTALLATION AT ROTARY NAVA CHETANA SCHOOL, NEERMARGA

The installation of new office bearers for the Interact Club of Rotary Nava Chetana School, Neermarga for the year 2025-26 was held on 15th July 2025.

**Rtn. Vinod Aranha**, President of Rotary Club of Mangalore, installed the new team and welcomed Interactor Kushi Y. Salian as the new President.

Also present were **Rtn. Kishan Kumar**, Youth Service Director, and **Ann Parvati Kunal**, who encouraged the students to lead with enthusiasm and a spirit of service.



## INTERACT CLUB INSTALLATION HELD AT CANARA HIGH SCHOOL, URWA

The Interact Club of Canara High School, Urwa, held its installation ceremony for 2025-26 on July 16. President, **Rtn. Vinod Aranha** installed the new team and shared an inspiring message. Youth service director, **Rtn. Kishan Kumar** encouraged students to lead community initiatives. Interactor Sonali Resham took over as President. The event was attended by school heads and well-coordinated by staff and students.

## RCM CITY INSTALLATION CEREMONY HELD ON 10TH JULY

The installation ceremony of Rotary Club of Mangalore City was held on 10th July, with **Rtn. Rajendra Kalbavi**, Advisor of RCM City, as the Guest of Honour.

**Rtn. Vinod Aranha**, **Rtn. Yathish Baikampady**, and **Rtn. Dr. Kunal** attended the event to extend their congratulations to the newly installed office bearers — President Rtn. Sajna Bhasker and Secretary Rtn. Padmanabha Nayak.

# MEMBERS IN NEWS



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## BIRTHDAY GREETINGS



**Rtn PHF S  
 Prasad Nayak**  
 21st July

## ANNIVERSARY GREETINGS

**Rtn. Ashwin Maroor Pai and Ann Ashica**  
 19th July

## THE FOUR WAY TEST

Of the things we think, say or do:

- FIRST >** Is it the **TRUTH**?
- SECOND >** Is it **FAIR** to all concerned?
- THIRD >** Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
- FOURTH >** Will it be **BENEFICIAL** to all concerned?

### CLUB PULSE 10.07.2025

Total members : 88  
 Members present : 42  
 Exempt : 7  
 Makeup : 1  
 Percentage : 57%

### WEEKLY MEETING Thursday, 7.00 P.M.

**Ocean Pearl**  
 Navabharath Circle,  
 Kodialbail, Mangalore

## ROTARY JUMBLE

**A Rotary-themed take on Jumble: That Scrambled Word Game by David L. Hoyt and Jeff Knurek:**

If you are a person who turns to the Miscellany section of the Deccan Herald newspaper every day, you will find the most beloved game of Jumble that has been enjoyed by many over the years. This is our take on Jumble, and we hope you have fun solving it. The first 3 to send us your answers will be featured in the next Rotalore  
**(9845084266 – Rtn. Dr. Akther Husain, Editor)**

|                     |                       |
|---------------------|-----------------------|
| LLIPESOWHF<br>----- | ETRREISG<br>-----     |
| TIPR<br>-----       | INLTTAILONSA<br>----- |
| AOG<br>-----        |                       |

Now, arrange the above letters underlined in yellow to form the surprise answer, as suggested by the prompt.

**“The Fellowship Committee needs every member to do this ASAP!”**

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### ANSWER TO LAST WEEKS CROSSWORD