

ROTALORE

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CLUB DIARY - 24 JULY, 2025

HANDICAPPING: GOLF'S SECRET LEVEL PLAYING FIELD- DR. SANDEEP RAI AND CA NITIN J. SHETTY

A fascinating talk on the topic "Handicapping: Golf's Secret Level Playing Field" was delivered by the respected golfers of the Pilikula Golf Club.

The session was led by the guests introduced by Rtn. Archibald. Dr. Sandeep Rai (MBBS, MS, MCh), is a renowned paediatric surgeon and passionate golfer. Also gracing the session was CA Nitin Shetty, President of the Pilikula Golf Club. The event shed light on the intriguing concept of "handicapping" in golf, a system that levels the playing field across varying skill levels.

Attendees learned how handicapping allows beginners and seasoned players to compete fairly. Dr. Rai explained that golf is not just a sport, but a discipline that teaches focus, composure, and character. He emphasized how the game builds inner strength, mental stamina, and immense patience. Golf, he said, rewards perseverance over power.

The talk revealed how physical strength is only one part of success in golf, while consistency and calmness matter more. CA Nitin Shetty highlighted the inclusive nature of golf and the club's efforts in promoting the sport locally. Both speakers shared personal stories of how golf helped them manage stress and maintain physical fitness.

The audience were inspired to view golf as more than just a leisurely game. They appreciated the deep mental and emotional discipline involved in every swing and putt. Handicapping, the speakers noted, is what makes the sport truly democratic. It allows every player to have a fair shot at victory, regardless of age or experience. The talk was interactive, with participants asking thoughtful questions. Attendees walked away with a deeper respect for golf and its life-enriching values. Many felt encouraged to take up the sport or reengage with it.

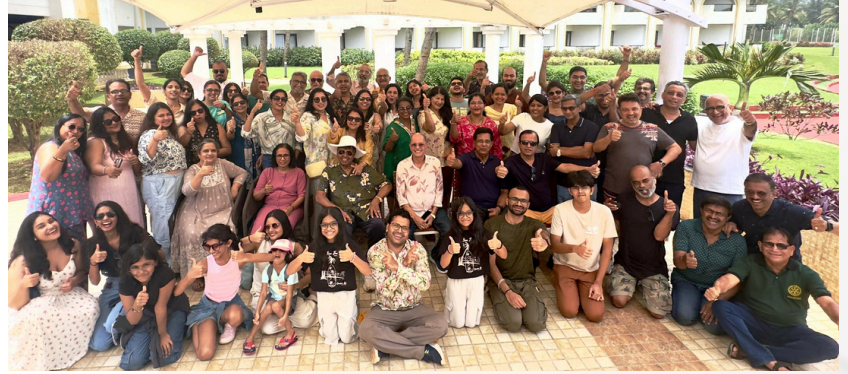
The session concluded with a vote of thanks delivered by Rtn. Freeda and a renewed sense of appreciation for the spirit of the game. Although being a very specialist topic the meeting was one of the highest attendance for a regular weekly tea meeting.

PROGRAM TODAY
31 JULY, 2025
REMINISCENCES OF GOA
Anns and family invited
VENUE - OCEAN PEARL
Tea Meeting

PROGRAM NEXT WEEK
7 AUGUST, 2025
Meeting details
TO BE ANNOUNCED
VENUE - OCEAN PEARL
Tea Meeting



ROTARY REJUVENATION RETREAT (RRR)-2025 GOA GATEWAY



“The best journeys in life are those that bring people together.”

Three days. One unforgettable experience. The Rotary Rejuvenation Retreat (RRR) in Goa was everything we imagined and more—thanks to superb planning, seamless coordination, and the boundless energy of our Rotary family.

With a vibrant group of 65 members including Rotarians and their families, the trip was the perfect blend of relaxation, bonding, and celebration. From curating the itinerary and arranging transport to packing in surprises and meaningful moments, this was a trip where every little detail had a thoughtful touch.

Day 1: All Aboard the Fun Train!

The retreat began aboard the Vande Bharat Express—bags packed, spirits high, and that spark of childlike excitement in the air! With card games, snacks, and Jayp’s speaker blasting everyone’s favorite tunes, the coach turned into a moving celebration.

Upon arriving at Madgaon, a waiting bus transported us to Holiday Inn Resort. That short ride felt like a joyful school picnic. cheerful banter, jokes, and excitement as we pulled up to the beautiful property. After a smooth check-in, we headed to a delicious lunch at Zest Cafe. Afternoon brought choices: some strolled the beach while others hit the pool where the real action began! Water games, races—a full-on splash fest for all ages. It was a joy to see everyone—from kids to the young-at-heart—splashing, cheering, and laughing together.

As dusk fell, our fellowship night began with Chairperson Rtn. Deepali opening the evening with her signature wit, setting the tone for the ever-popular housie by Rtn. Bharat Ramani. With prizes like a 2N/3D stay at Sterling Resorts and exciting cash rewards, the buzz was real! President Rtn. Vinod Aranha and Secretary Rtn. Kunal led the fun guessing games, while musical rounds and karaoke kept the mood lively. A surprise beatboxing session had everyone trying out the now-famous **Squink Dishkum!** The night wrapped up with fabulous food and fellowship.

Day 2: Choose Your Own Adventure

Day 2 started on a peaceful note with yoga for the early risers led by our very own power couple - Kunal and Parvathi . After breakfast, it was a true “do your thing” day — some explored waterfalls and local gems, others relaxed by the pool , visited the spa or caught up on conversations.

After lunch, everyone geared up for the night at The Fisherman’s Wharf. A live band greeted us, setting a mellow, soulful vibe. But it didn’t stay mellow for long—the DJ took over and so did the dance floor! The Rotary spirit was in full swing, and the coordination for transport and dinner made it a seamless, sparkling night.

Day 3: Grand Finale in Style

Sunday began slow and sweet. Post breakfast and packing, it was time for a fitting finale at the iconic St. Regis Brunch. And what a show it was! We began with the thrilling champagne sabrage—where a bottle was opened with a sword! That spectacle was just the beginning.

We stepped into what felt like a museum of food. Sushi, sliders, soups, salads, continental classics, live counters, and an endless dessert spread. It wasn’t a brunch, it was an experience.

Holiday Inn graciously extended our checkout, allowing us to soak in the last few moments before heading to the station.

The train ride back, as expected, was filled with music, card games, and laughter—and already, plans for the next trip.

The Little Things That Made It Big

This trip felt extra special because of the small surprises, tasty snacks, and kind gestures from our fellow Rotarians. These little moments added joy and made the journey even more memorable.



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Cheers to the Dream Team!

From poolside play to beatboxing, lively brunches to heartfelt bonding—this retreat had it all. A big thank you to President Rtn. Vinod Aranha, Ann Preeti, and Annet Anya for the meticulous planning, and to Secretary Rtn. Kunal and Ann Parvathi for their constant support.

Gratitude to Fellowship Director Rtn. Bharat Ramani for his leadership, and to Rtn. Deepali Nayak for executing every detail with heart.

A special thanks to Rtn. Jayprakash Rao for the music and DJ vibes, Rtn. Dijaraj Nair for capturing our memories

with the perfect group photo, and to every Fellowship Committee member for making it all happen. And of course, cheers to all our members and their families for bringing the energy—this magic was possible because of you!

“Alone we can do so little; together we can do so much.” – Helen Keller

Here’s to many more Rotary memories filled with joy, laughter, and lasting bonds!

-Rtn. Vasanth Shenoy

CLUB IN NEWS



INTERACT CLUB INSTALLATION AT CHINMAYA EDUCATIONAL INSTITUTIONS

The installation ceremony of the Interact Club Office Bearers of Chinmaya Educational Institutions for the academic year 2025–26 was held on Wednesday, 30th July. The event was presided over by **President Rtn. Vinod Aranha** and attended by Youth Service Director **Rtn. Kishan Kumar**, outgoing Interact President Int. Srijan S. Prasad, Headmistress Mrs. Purnima J. Bhat, and teacher coordinators Mrs. Ashalatha and Mrs. Rajani. Rtn. Vinod Aranha formally inducted the new President, Int. Vasundhara D. M., along with the newly appointed office bearers. Rtn. Kishan Kumar Mulky addressed the gathering and congratulated the new team, encouraging them to carry forward the spirit of service and leadership.

MEMBERS IN NEWS

COMMUNITY ENGAGEMENTS

Rtn. Ar. Venkatesh Pai, on 24th July 2025, was among the eminent speakers at the CII Mangaluru Infrastructure & Logistics Summit, held at Hotel Vivanta. On 29th July 2025, he took on the role of moderator at a design dialogue hosted by the Indian Institute of Architects – Mangalore Manipal Center.

Rtn. Yathish Baikampady stars in the Kannada film "**Su from So**", now running successfully in theatres. His performance has been well received, marking an impressive step into the world of cinema.

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BIRTHDAY GREETINGS



**Rtn. PHF PP
 Kalbavi Prakash Rao**
 4th August



**Rtn. PHF Sudhir
 Kumar Jalan**
 5th August

ANNIVERSARY GREETINGS

Rtn. Buntly B. Raj and Ann. Shraddha
 7th August

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 24.07.2025

Total members : 88
 Members present : 52
 Exempt : 4
 Makeup : 2
 Percentage : 66%

WEEKLY MEETING Thursday, 7.00 P.M.

Ocean Pearl
 Navabharath Circle,
 Kodialbail, Mangalore

ANNOUNCEMENT

Join us for a fun-filled Movie Night.
 Welcoming all Rotary families!

Catch the hit Kannada film Su From So on the
 big screen

Bring your popcorn mood and let's make it a
 night to remember!

ANSWER TO LAST WEEKS RIDDLES

Answers:

1. ROTARY
2. ROTARIAN
3. ROTARY WHEEL/EMBLEM
4. AVENUE OF SERVICE

Winner, Unfortunately none ?

