



PROJECTS
SERVICE, FELLOWSHIP,
AND IMPACT



LEGACY
A JOURNEY OF HISTORY,
LEADERS, AND MENTORS



CREATIVE
ART, STORIES, AND IDEAS
UNLEASHED



VISION
ILLUMINATING PATHWAYS
FOR A BRIGHTER FUTURE

WILDFIRES

ISSUE 01 - NOVEMBER 2024



ABOUT US



The Leo Club of Kolonnawa is a dynamic group of young leaders driven by a shared passion for service and growth. As part of the global Leo movement, we embrace the core values of Leadership, Experience, and Opportunity, channeling our energy into impactful projects that uplift communities, protect the environment, and empower youth. Every initiative we undertake is a step toward building a brighter future, fueled by creativity, teamwork, and purpose.

More than just a service club, we are a family of changemakers learning, growing, and inspiring one another. With the guidance of the Lions Club, we explore new opportunities to lead, innovate, and contribute to society. At Kolonnawa Leos, we serve with compassion, grow with experience, and create a ripple effect of positive change wherever we go.

CONTENTS



Insights

- 04** Club President's Note
- 05** District Vice President's Note
- 42** Secretary's Note
- 43** Editor's Note

Footprints of Action

- 06** Club Projects
- 12** Multiple District Projects

Legacy

- 14** Leo Nisal Dulmith

Hacked

- 16** Ghosts in the Inbox

Entrepreneuers Corner

- 18** SG Keki Bar

Creative Corner

- 20** Showcasing our members' creativity



PRESIDENT'S NOTE

Warm greetings to all members of the **Leo Club of Kolonnawa**! As we bring you the **second edition of our Club newsletter**, I am honored to acknowledge each of you for the **passion and dedication that drive our club forward**.

In **October**, we successfully hosted our **Chief Region Chairperson, Region Chairperson, and Zone Chairperson** during our monthly general meeting. This visit was a wonderful opportunity to **showcase our club's growth and achievements**, and I am grateful to everyone who helped make it such a success. **Your hard work and collaboration** truly reflect the strength of our **Leo spirit**.

Since our last edition, our club has celebrated many achievements. From **impactful service projects** to **engaging workshops**, our **collective efforts** have made a **positive mark** on our community. I am also thrilled to announce a lineup of **exciting events and initiatives** coming up in the months ahead, offering **new opportunities to learn, lead, and make a difference**.

I encourage all of you to **take part** in these activities, not only to **strengthen our club's impact** but also to **develop your own leadership skills**. Together, we can achieve **remarkable things**, and I look forward to seeing how each of you will continue to **inspire and uplift those around you**.

Thank you once again for your **unwavering dedication and support**. Let's keep moving forward, **embracing each opportunity to serve, grow, and lead**.

Yours in Leoism,

Leo Nandeesh Geeganage
Club President
Leo Club of Kolonnawa



DISTRICT VICE PRESIDENT'S NOTE

Warm Greetings to all my Fellow Leos of the Leo Club of Kolonnawa!

It is with **great pleasure** that I extend my **sincere congratulations** on the **publication of the second edition** of your newsletter. This is a **remarkable achievement**, reflecting your **dedication to keeping the Leo spirit alive** through **effective communication and collaboration**.

Reflecting on your recent accomplishments, I am incredibly proud of all that you have achieved. From the **successful execution of community service projects and workshops** to **demonstrating leadership and innovation**, your commitment to **uplifting society** is truly inspiring. Your efforts not only enrich your club but also set a shining example for the entire district.

Looking ahead, I am excited about the **upcoming initiatives** organized by the Leo Club of Kolonnawa. These events will undoubtedly **contribute to our shared mission of community service** and foster **personal growth**. I urge every one of you to actively participate, as **every step we take together strengthens our impact** and brings us closer to creating **positive change**.

As leaders, it's essential to remember that our role **extends beyond managing projects**—we are also nurturing future leaders and fostering the **values that will guide the next generation** of Leos. Continue to **lead with passion, integrity, and empathy**, as these qualities are at the heart of meaningful leadership.

I want to take this moment to **appreciate each and every one of you** for your **tireless efforts**. Your **energy and enthusiasm** drive the success of our district, and I have no doubt that your club will **continue to shine brightly** in all your endeavors.

Best wishes for your **future projects**, and I look forward to **celebrating many more successes with the Leo Club of Kolonnawa**.

Yours in Leoism,

Leo Anjana Udesch FLM
District Vice President
Leo District 306 C1

ජ්‍යෙෂ්ඨ කැකුළු *Nurturing the Blossoms of Tomorrow*

Number of Beneficiaries:
20+

The **Leo Club of Kolonnawa**, in collaboration with the **Leo Club of Cinec Campus**, came together for a heartwarming project “ජ්‍යෙෂ්ඨ කැකුළු” to celebrate **International Children’s Day** at the **Gangodawila Child Development Center** in Nugegoda.

This initiative wasn’t just about bringing joy to the children, but also about **reliving our own childhood as we immersed ourselves in the innocence and pure happiness that only children can bring**. We spent the day connecting with the girls at the center, reminding ourselves of the simple joys that childhood holds, and in doing so, we felt like kids again.



We shared moments of pure happiness by singing, dancing, and playing with the girls, breaking down any barriers between us. These activities weren’t just for the children—we, too, found ourselves laughing, singing along, and enjoying the magic of being carefree, even if only for a little while.



It was a chance for all of us to **escape from the pressures of adulthood and celebrate the small joys of life together**. Through this shared experience, we **realized that joy is contagious**, and their energy uplifted our spirits as much as we hoped to uplift theirs.

The **value of these human connections was at the heart of this project**, as both the children and we, the Leos, took away more than just memories—we took away a renewed sense of **how important it is to simply be present and enjoy the moment**. It was a day of mutual happiness, where the line between giving and receiving blurred.

The **sustainability of “ජ්‍යෙෂ්ඨ කැකුළු”** extends beyond the immediate joy it brought to the children and to us. By investing in their emotional health and well-being, we are contributing to their **long-term psychological growth**, aligning our efforts with the **Sustainable Development Goals** such as **Good Health and Well-being (Goal 3)** and **Quality Education (Goal 4)**.

Emotional stability and self-confidence are critical for their future success, and by creating an environment where they felt free to express themselves, **we ensured that these young girls would carry this sense of belonging and self-worth with them as they grow**.





Moreover, **we believe in the long-term impact of these interactions.** The bonds we formed and the smiles we shared will not be forgotten by the children, nor by us.

These experiences serve as building blocks for **a more inclusive and compassionate society,** aligning with **Goal 10: Reduced Inequalities,** as we strive to ensure that all children—no matter their background—feel equally loved, supported, and empowered.



For us, “**ಚಿಂತಾ ಕಾಡಲಿ**” was a reminder that sometimes the greatest gift we can give is our time and our willingness to join in the fun. As we laughed, danced, and played, **we weren’t just celebrating childhood—we were celebrating life itself.**

These moments are not fleeting; they have a lasting impact on both the children and on us as we carry forward the lessons of joy, inclusion, and shared humanity.



“Through interactive games, engaging activities, and hands on educational sessions, the event fostered a joyful atmosphere, allowing the children to connect, learn, and share in memorable experiences with the volunteers. This phase demonstrated both clubs’ commitment to creating positive and lasting impacts within their community by offering moments of joy and connection to those in need.”

LEO OVINDU RUPASINGHE | PRESIDENT OF LEO CLUB OF CINEC CAMPUS



“I am pleased to extend my heartfelt gratitude to all the Leos, volunteers, and sponsors for their incredible efforts in making the ‘**ಚಿಂತಾ ಕಾಡಲಿ**’ Children’s Day Project, organized in collaboration with the Cine Leos on October 01st, a great success. This initiative brought joy and support to orphanage children through engaging activities, games, and meaningful interactions. I hope our dedication truly made a lasting difference.”

LEO NANDEESHA GEEGANAGE | PRESIDENT OF LEO CLUB OF KOLONNAWA



SEEDS OF PEACE 2.1

LOTUS UNITY

Fostering Inner Peace and Unity

Number of Beneficiaries: **100**



The Leo Club of Kolonnawa, in collaboration with **Eden Lanka Foreign Employment Agency**, proudly presented **Phase 2.1 of the Seeds of Peace project**, titled **Lotus Unity**. This **two-day event**, falling under the **Peace, Religious, Cultural, and Fellowship categories**, aimed to promote **inner peace, mindfulness, and unity**, deeply rooted in the teachings of Buddhism.

The project offered an **invaluable opportunity** for Leos and other participants to engage in **meaningful spiritual and cultural practices**, fostering a **sense of connection and well-being** within the community.

At the heart of **Lotus Unity** was an **insightful session on the Miracle Mantra**, which emphasizes the **power within each individual to overcome challenges and transform suffering**. This practice, inspired by Buddhist teachings, is

a **powerful tool for cultivating inner peace, encouraging mindfulness, and nurturing compassion**. Participants explored **ancient practices** that help instil **calmness and serenity**, promoting both **personal well-being** and **collective harmony**. The event was not only a **spiritual journey** but also a **platform to strengthen bonds among attendees**.



Following the insightful sessions, a **fellowship dinner** was held exclusively for **actively participating Leos and other guests**, providing a **relaxed environment** for further reflection and connection.

This gathering was **more than just a meal**; it was an **opportunity to deepen the sense of community, share experiences, and celebrate the shared goal of fostering peace and unity**.



This initiative was aligned with several **Sustainable Development Goals (SDGs)**, including **SDG 3: Good Health and Well-being**, **SDG 16: Peace, Justice, and Strong Institutions**, and **SDG 17: Partnerships for the Goals**.

It also targeted **SDG 3, Target 3.4**, which promotes **mental health and well-being**, and **SDG 17, Target 17.17**, which emphasizes **building effective partnerships with civil society organizations**.



The **Leo Club of Kolonnawa** played a **pivotal role** in promoting the event and ensuring **robust participation** from the Leo community. In close collaboration with **Eden Lanka**, who sponsored and co-organized the project, the club facilitated **seamless communication and coordination**, ensuring the success of Lotus Unity.

This partnership between the Leo Club of Kolonnawa and Eden Lanka reflects a **shared commitment to fostering unity and positive social impact** through religious, cultural, and fellowship-driven activities.



Through this **meaningful collaboration**, **Seeds of Peace 2.1: Lotus Unity** provided a **transformative experience** for all participants, laying the **foundation for a more compassionate and harmonious society**.



OFFICIAL VISIT OF

LEO LION RAVINDI
HETTIARACHCHI



CHIEF REGION CHAIRPERSON

LEO AMASHI
PERERA



REGION CHAIRMAN

LEO RISHINI
WICHRAMAWARDANA



ZONE CHAIRMAN



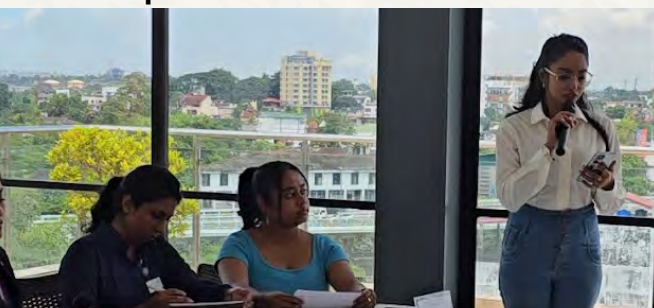
The Leo Club of Kolonnawa held its General Monthly Meeting on the **27th of October 2024** at Leo Senura's residence, The Flemington Apartment, Rajagiriya.

This meeting was especially significant, marked by the **Official Visit of the Chief Region Chairperson, Region Chairman, and Zone Chairman**. Their presence brought valuable insights and motivation, encouraging us to reflect on our progress and prepare for the path ahead.



The discussions throughout the meeting emphasized the importance of **teamwork** and how even the smallest efforts contribute to the club's success. There was also an appreciation for the **creative spirit** within our projects, with encouragement to **push boundaries and think beyond the ordinary**.

Personal reflections on leadership reinforced the need for **consistency and dedication**, reminding us that growth requires both **persistence and passion**.





All three guests **commended the efforts** of the Kolonnawa Leos, recognizing the **hard work** that has brought us this far.

Alongside the praise, they also provided **thoughtful feedback**, identifying **areas where we could improve and perform even better**.

Their advice was both **encouraging and insightful**, offering us a **clear direction for future progress**.

The meeting ended with **fellowship and refreshments**, giving members a chance to connect and recharge for the exciting projects ahead. Moments like these **strengthen unity** within the club and reinforce the **shared purpose** that drives us forward.

##A heartfelt thank you to our special guests for their continued **support and guidance**. To every member who participated, your **enthusiasm and commitment** are what make our journey meaningful. Together, we will **keep growing, leading, and serving with passion and purpose**.





The event kicked off with registration at 12:30 PM and formally commenced at 2:00 PM. **New members from Leo clubs across Sri Lanka and Maldives joined to** celebrate their induction into the Leo community, marking a pivotal moment in their **journey of service and leadership.**

In his message to attendees, Multiple District President Leo Dilltha Ranjuna shared an inspiring note:



FEATURING LEO NISAL DULMITH

PAST CLUB PRESIDENT (2017-2018)

Nisal Dulmith Saunya Hennadige, but we all know him as our **Leo District President, Leo Nisal Dulmith**—the name that echoes throughout **Leo District 306 C1**.

But to us, he's not just a name. To **Leos**, he's a **brother, a friend, a mentor—a leader** who inspires not only through his words but through every action he takes.

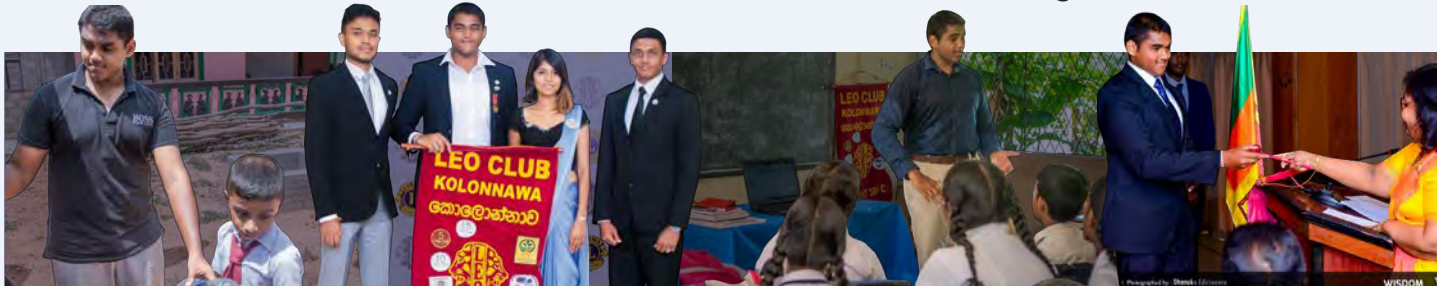


Leo Nisal's journey with the **Leo Club of Kolonnawa** began in 2011, when he joined at just 14 years old. Inspired by his family and motivated by the energy of youth, he saw Leoism as a platform to serve, grow, and make a difference.

This passion to give back led him to hold several key roles in the club, including **Assistant Treasurer, Assistant Secretary, and Director**.

And as he embraced these roles, Nisal's dedication only grew stronger, preparing him for the responsibilities that lay ahead.

Today, he's risen to the role of **District President of Leo District 306 C1**, guiding hundreds of Leos with the same enthusiasm and commitment he showed as a teenager.



As **Club President**, Leo Nisal faced a formidable challenge—leading a club with just 8 members. Yet, instead of being discouraged, he saw this as an opportunity.

Through personal outreach and inspiring dedication, he increased the club's membership to **60 members** by the end of the year. His legacy is alive today, with many of those members still active in **Kolonnawa Leos**.

Under his leadership, the club blossomed, with **30 impactful projects** completed, including the ongoing project "Old Days," as well as recognitions like **Best Website and Best Newsletter of the District**.





Leo Nisal's story doesn't end at the club level. His growth has been marked by his roles across the district, from **District Treasurer, District Vice President, Multiple Council Officer, and Multiple Director, to District President.**

His journey has been filled with pivotal experiences, whether chairing events like the **Leo Olympics, Mid-Year Conference, Annual Conference, and Youth Camp** or managing Leos across the district. In these roles, Leo Nisal learned to navigate greater responsibilities, leading teams and building connections that would shape his leadership style.



Every memory he's made within the **Leo Club of Kolonnawa** and beyond is cherished, a reflection of the unity and spirit he holds dear. His advice to every aspiring Leo leader is simple but profound: **"Enjoy what you do, and the results will follow."**

This philosophy has been his guide throughout his journey, allowing him to lead with purpose, kindness, and an unwavering commitment to his fellow Leos.

For Leo Nisal, Leoism has not only expanded his horizons but has also provided him with recognition, friendships, and experiences that continue to shape his life today.



To the **current members** of Leo District 306 C1, his message is clear: **"Grab opportunities; don't wait for them to come to you."** Leo Nisal's journey, achievements, and wisdom stand as an inspiration, urging each one of us to strive, to serve, and to carry forward the spirit of Leoism for the future.

GHOSTS IN THE INBOX: CLICK AT YOUR OWN RISK

IT ALL BEGAN WITH A SINGLE EMAIL. THE SUBJECT LINE READ: "**YOUR ACCOUNT IS AT RISK: IMMEDIATE ACTION REQUIRED**." JASON'S HEART RACED AS HE OPENED IT.

IT WAS FROM HIS BANK OR AT LEAST IT SEEMED LIKE IT WAS. THE LOGO LOOKED PERFECT, THE LANGUAGE PROFESSIONAL, AND THE THREAT, ALL TOO REAL. A DEEP, UNSETTLING FEELING CREEPT OVER HIM.

COULD HIS ACCOUNT REALLY BE COMPROMISED?

THE PHANTOM LINK

JASON HOVERED OVER THE LINK, HIS FINGER TREMBLING ON THE MOUSE. **HE DIDN'T KNOW IT YET, BUT THIS SINGLE CLICK WOULD PULL HIM INTO A DIGITAL NIGHTMARE.**

THE LINK OPENED WHAT SEEMED TO BE HIS BANK'S LOGIN PORTAL A NEAR-ANALOG COPY, DOWN TO THE EXACT SHADE OF BLUE IN THE BANNER. BUT SOMETHING WAS... OFF.



YOUR ACCOUNT IS AT RISK:
Immediate Action Required.



THE URL WAS SUBTLY WRONG, JUST A MISPLACED LETTER THAT COULD EASILY GO UNNOTICED. DISMISSING HIS UNEASE, JASON ENTERED HIS CREDENTIALS AND WATCHED AS THE PAGE BLINKED AND REFRESHED. HE THOUGHT IT WAS A GLITCH.

WHAT HE DIDN'T KNOW WAS THAT A **SHADOWY FIGURE THOUSANDS OF MILES AWAY WAS WATCHING, WAITING. JASON'S TRUST HAD BEEN EXPLOITED. HIS ACCOUNT WAS COMPROMISED, AND THE SHADOWS ON THE OTHER SIDE OF THE WORLD WERE CLOSING IN.**

HACKED?

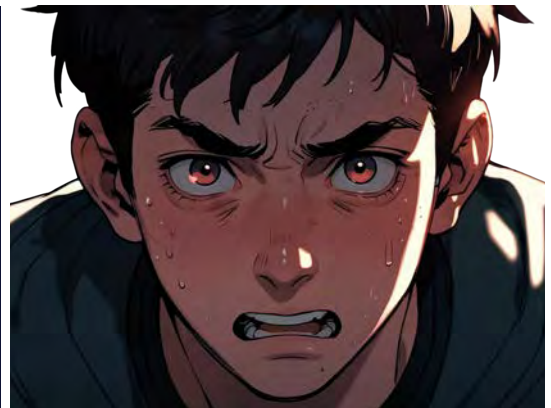
THE GHOST IN HIS LIFE



DAYS PASSED AND JASON THOUGHT NOTHING OF THE EMAIL. BUT ONE EVENING, THERE WAS A KNOCK AT HIS DOOR. TWO STERN-FACED GOVERNMENT AGENTS STOOD THERE, DOCUMENTS IN HAND. **HIS BANK ACCOUNT HAD BEEN LINKED TO SUSPICIOUS ACTIVITY. LARGE SUMS OF MONEY HAD BEEN TRANSFERRED TO DANGEROUS GROUPS ABROAD, AND THE ACCOUNT IN QUESTION? - JASON'S.**

HIS BLOOD RAN COLD. HE HADN'T MADE ANY SUCH TRANSFERS, BUT IT DIDN'T MATTER. THE GOVERNMENT HAD FOLLOWED THE MONEY TRAIL, AND **JASON WAS ACCUSED OF FINANCING TERRORISM.**

IN AN INSTANT, HIS LIFE WAS TORN APART. HE WAS ARRESTED, FACING THE UNIMAGINABLE PROSPECT OF A LENGTHY PRISON SENTENCE FOR A CRIME HE DIDN'T EVEN KNOW HE HAD COMMITTED. JASON WAS THROWN INTO JAIL, HIS LIFE **SHATTERED BY A SINGLE CLICK.**





WEEKS TURNED INTO MONTHS AS JASON LANGUISHED IN HIS CELL, HAUNTED BY THE MEMORY OF THAT EMAIL. **EVERY TIME HE CLOSED HIS EYES HE SAW THE MESSAGE.** HE RELIVED THE MOMENT HE INVITED THE DIGITAL GHOSTS INTO HIS LIFE.

BUT JASON'S STORY IS NOT UNIQUE. MILLIONS FALL PREY TO PHISHING SCHEMES EVERY YEAR. IN 2021 ALONE, PHISHING ATTACKS INCREASED BY 29%, WITH **OVER 255 MILLION INCIDENTS REPORTED WORLDWIDE.** THE SHADOWS NEVER STOP MOVING, CONSTANTLY EVOLVING, FINDING NEW WAYS TO TRICK THE UNSUSPECTING.

DON'T BE THE NEXT VICTIM!

AS YOU READ THIS, **THERE MAY BE A PHISHING EMAIL WAITING IN YOUR INBOX.** IT COULD LOOK LIKE A MESSAGE FROM YOUR BANK, A FRIEND, OR YOUR FAVORITE ONLINE STORE.

IT MAY ASK YOU TO ACT QUICKLY, PROMISING REWARDS OR WARNING OF DIRE CONSEQUENCES. BUT REMEMBER **EVERY CLICK COULD SUMMON THE DIGITAL GHOSTS** READY TO STEAL YOUR INFORMATION, YOUR MONEY, AND YOUR PEACE OF MIND.



STAY VIGILANT. THE GHOSTS OF PHISHING ATTACKS NEVER SLEEP.

AND SO, THE HORROR OF PHISHING CONTINUES, LURKING IN THE SHADOWS OF THE DIGITAL WORLD, WAITING FOR THE NEXT VICTIM TO CLICK THE WRONG LINK.

RED FLAGS IN JASON'S STORY:

- **Urgent, threatening language:**
The email claimed Jason's account was "at risk," urging him to act quickly—a common tactic used in phishing attacks.
- **Suspicious link:**
The URL was almost identical to his bank's but with a slight, nearly imperceptible difference. Scammers often create fake websites that look real but have minor inconsistencies in their URLs.
- **Request for login information:**
Phishing sites mimic legitimate ones to capture sensitive information like usernames and passwords, which was the case here.
- **Delayed consequences:**
Jason initially saw no immediate damage, a hallmark of phishing schemes that lie in wait to exploit victims over time.

Stay safe. **Phishing attacks often start with just one email—but they can turn your life upside down.**

A STORY BY LEO DYLEN WOLFF

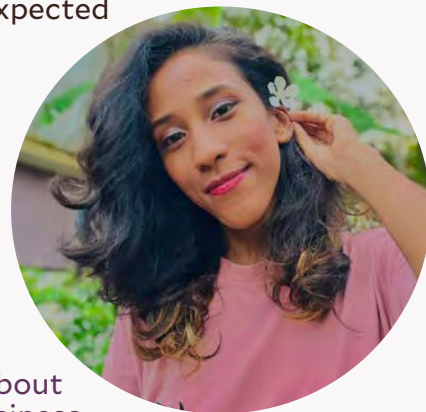
FEATURING MEET SACHINI KULATHUNGA : AN INSPIRING JOURNEY FROM BUSINESS STUDENT TO CAKE ENTREPRENEUR

In a short time, 25-year-old Sachini Kulathunga from Katubadda has made waves with her unique cake creations, balancing her studies in Business Management at the University of Kelaniya, a full-time executive role, and a passion project that's become a small business. Here, Sachini shares her story, insights, and advice on turning an unexpected talent into a fulfilling journey.

Q: Tell us a bit about yourself. How did you end up in the cake business?

Sachini: My full name is P. Sachini Gayasha Kulathunga, and I'm 25 years old. I live in Katubadda and am currently pursuing an external degree in Business Management at the University of Kelaniya. I also work as an executive at a private institution.

Baking was never part of my life growing up it's actually only been about two months since I started! My interest grew from my studies in business management. I thought, "Wouldn't it be nice to have my own small business?" I tried selling other products and handmade crafts through Facebook, but they didn't really succeed. That's when I started watching videos on cake making and thought, "I could do it too."



Q: Did you have any experience with baking before?

Sachini: No, I didn't. I learned entirely by making cakes at home and watching videos. I haven't even taken a course. At first, I made brownies just to test myself, not for any orders.

Honestly, they turned out delicious without any flaws, which was a big confidence boost! I took photos, posted them on my Facebook page, and, to my surprise, orders started coming in soon after that.

Q: What challenges did you face starting out, especially balancing everything?

Sachini: There were, and still are, quite a few! **The real challenge is there until the moment the order reaches the customer's hands.** Since I started without any baking tools, I had to slowly buy equipment like cake pans and piping bags.

I work five days a week, so weekday orders mean baking at night or waking up early, and weekend orders keep me busy all weekend. It's a lot of balancing, but I'm committed to the quality.

I select the highest quality ingredients that match my specific requirements. And I gather feedback from customers to keep improving my recipes and designs.





@ SG Keki Bar



070 213 1202

Q: What's been your most memorable order so far?

Sachini: There was one that really surprised me! One day, I received a WhatsApp message requesting three pot cakes. The woman who ordered told me they were for someone famous—her crush.

Out of curiosity, I looked up the name online, and it turned out to be one of the most well-known dancers in Sri Lanka! She even asked me to make sure the cakes were perfect. I was thrilled and put in extra effort to make them look and taste amazing. It was such a fulfilling experience for me, and I was so happy that my work was appreciated.

Q: What's your favorite part of running a cake business?

Sachini: It's definitely the creative freedom. Each cake is an opportunity to express my artistic side.

I love designing cakes, trying out new flavors, and experimenting with trending techniques like marbling and metallic finishes. **Seeing the joy my creations bring to people's celebrations is incredibly fulfilling.**



Q: What advice would you give to others thinking about starting a business?

Sachini: My biggest advice is, **embrace experimentation and don't be afraid of making mistakes.** Each experience, whether a success or failure, is valuable. I'd also say to focus on a solid business plan, quality ingredients, and effective time management.

Customer feedback is essential—building a strong connection with customers can lead to loyalty and valuable word-of-mouth.

Q: Who's been your biggest support through all of this?

Sachini: My family and close friends have been there every step of the way. They've cheered me on, provided feedback on my cakes, and even helped with baking and packaging. Their encouragement has given me the confidence to keep experimenting and improving.



Q: What are your plans for the future? Any special ideas in the works?

Sachini: I'm excited to try out new brownie varieties and plan to offer some special deals as the holiday season approaches. For me, cake-making is more than baking—it's about sharing joy and creating memories. It's incredibly rewarding to see a customer's face light up when they receive a cake, especially for a special occasion. With each order, I'm not just making cakes; I'm building a community of customers who share in my passion and support my journey.

30 day happiness challenge



1

clean the
bed sheets

2

listen to music from
your younger years

3

meditate



4

treat yourself to
some flowers

5

compliment
someone & yourself

6

dance like no one
is watching



7

take yourself
out for lunch

8

do something
creative

9

take a relaxing hot
bath or shower

10

create a pinterest
board full of things
you love

11

bake a cake

12

go for a walk

13

call a friend

14

read a book

15

learn
something new



16

try something new

17

help someone

18

start a journal



19

yoga

20

up-level
something

21

celebrate every
win

22

exercise

23

cook from scratch

24

make a
fancy breakfast

25

listen to the birds

26

tidy a
room in your home

27

visit somewhere
new

28

watch the sunrise

29

eat healthily

30

have a PJ day



ඉල් පූර් පසළොස්වක පොහොය දිනය



ඉරට් භික්ඛවෙ චාරිකං
බහුජනභිතය බහුජනසුඛය
ලෝකානුකම්පය ආත්මය
භිතය සුඛය දෙවමනුස්සානං

*“O Monks! Move around everywhere for the well-being of everyone,
for the happiness of everyone, showering compassion on the entire world;
for the good, for the welfare, for the happiness of divine and human”.*

~ Vinaya pitaka I.23.

Il Full Moon Poya Day is an important Buddhist holiday in Sri Lanka, **marking the end of the Vassana-Samaya**, the three-month monastic retreat during the rainy season.

It commemorates key moments in Buddhist history, including the **Buddha’s assurance to Bodhisatta Maitreya** of his future Buddhahood and **the commissioning of 60 disciples to spread his teachings**.

Key highlights of Il Poya Day include:

01. Sending Missionaries: By the first Il Poya after Buddha’s Enlightenment, there were 61 Arahants, including the Buddha.

02. Conversion of Yasa: A millionaire’s son, Yasa, attained Arahantship after learning the Dhamma.

03. Sixty Arahants: The Buddha instructed his disciples to spread the Dhamma for the good of humanity.

04. Aditta Pariyaya Sutta: At Gayasisa, Buddha preached this sutta, helping many attain Arahantship.

05. Ordination of Jatila Brothers: Uruwela Kassapa and his brothers embraced priesthood after witnessing miracles by the Buddha.

06. Visit to King Bimbisara: Buddha clarified his teachings to King Bimbisara, who then offered Veluwanaramaya as a temple.

07. Attainment of Arahant Sariputta’s Parinibbana: The Buddha’s chief disciple, Arahant Sariputta, attained Parinibbana on a subsequent Il Poya.

Il Poya is also **tied to the foundation of Thuparamaya, Sri Lanka’s first stupa, built in Anuradhapura** after **Buddhism was introduced** to the island.

On this day, many Buddhists visit this sacred site to offer flowers and reflect on the Buddha’s teachings.

LIAM PAYNE

IN THE LOVING MEMORY OF

A TRIBUTE TO A ONE DIRECTION ICON

As I sit here, my heart aches beyond words. **Liam Payne**, the boy who captured the hearts of millions, is gone. Reading the news, I'm still in shock. I don't know how to process it – how can someone who meant so much to so many of us just be... gone?

29.08.1993 - 16.10.2024

A Boy with a Dream: Liam's Early Life

Born in **Wolverhampton, England, on August 29, 1993**, Liam's early life wasn't without challenges. Diagnosed with kidney issues at a young age, Liam learned resilience early. **Sports and music** became his passions, and he was a talented athlete before turning his focus to singing.

At just **14**, Liam auditioned for **The X Factor in 2008**. Though Simon Cowell saw promise, he asked Liam to return in two years to refine his talent. And **Liam did just that**—he came back stronger, more confident, and determined. That decision changed his life forever.

The Birth of One Direction

In 2010, fate intervened. **Liam, Harry Styles, Louis Tomlinson, Niall Horan, and Zayn Malik**—five boys with individual dreams—were grouped into a band by Simon Cowell during The X Factor. Though they didn't win the show, they captured the hearts of millions, and **One Direction was born**.

Their debut single, **What Makes You Beautiful**, took the world by storm in 2011. It wasn't just a song; it became the soundtrack to a generation. Their albums, from **Up All Night** to **Made in the A.M.**, dominated charts and racked up **countless awards**, including **six Brit Awards, four MTV Video Music Awards, and several Billboard Music Awards**.

Their music connected with fans on a personal level. From the empowering lyrics of **Story of My Life** to the heartfelt confessions of **Little Things**, **One Direction wasn't just a band—they were a family to many of us**.

ONE DIRECTION



Life After One Direction

In 2015, the band took an indefinite hiatus, leaving fans heartbroken but hopeful. Each member ventured into solo careers, and **Liam's debut solo hit, *Strip That Down*, showcased a new side of him—mature, bold, and ready to make his mark beyond the band.** His music evolved, reflecting his growth as an artist and person.

Though he achieved success on his own, **Liam remained grounded and open about his personal struggles**, from navigating fame to battling addiction and mental health challenges. He became a **champion for mental health awareness**, inspiring many of us to seek help when we needed it most. Liam's honesty made us love him

even more. **He wasn't just a star on a stage; he was one of us—a human being who stumbled, got back up, and kept going.**

A Legacy of Music, Joy, and Kindness

Liam was more than just music. He was a **devoted father to his son, Bear**, whom he shared with Cheryl Cole. **His love for his fans and his charitable efforts—from working with UNICEF to supporting children's hospitals—reflected his big heart.**

Liam's smile could light up a room, and his kindness was contagious. His fans felt like they knew him personally, and for many of us, **his songs were the soundtrack to our lives.** Whether we were struggling or celebrating, his voice was always there, guiding us through every moment.



A Tragic Farewell

We had hoped that 2025 would be the year **One Direction reunited.** The **possibility of seeing Liam, Harry, Niall, Louis, and Zayn back on stage** felt like a dream within reach. But now, with Liam gone, that dream feels shattered.

Liam's tragic passing on **October 16, 2024, in Buenos Aires**, came as a devastating shock. He fell from a hotel balcony, and though details surrounding the incident are still being investigated, his struggles with mental health and addiction were well known. **Even with all the love and support around him, it wasn't enough** to ease the weight he carried.

Liam was only **31 years old.** **He had so much more to give**, so many more songs to sing, and it breaks my heart that the world will never get to experience what could have been.



Forever in Our Hearts

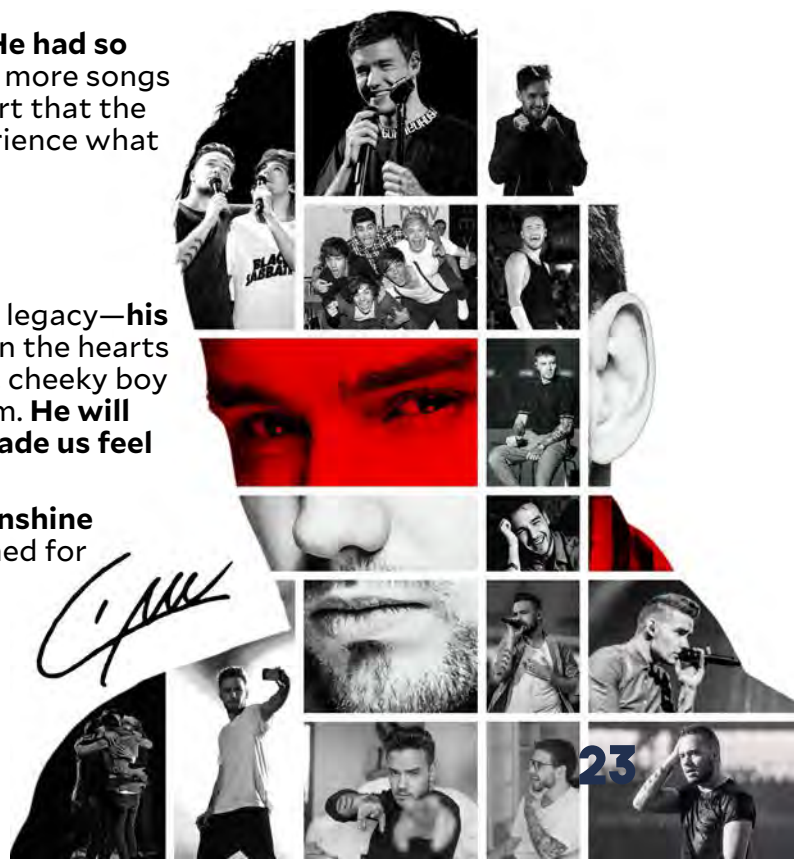
Liam Payne may no longer be with us, but his legacy—**his voice, his music, and his impact**—will live on in the hearts of fans forever. He will always be that smiling, cheeky boy who stood on The X Factor stage with a dream. **He will always be the boy who gave us music that made us feel seen, understood, and loved.**

Rest in peace, Liam. **You will always be our sunshine in the storm**, and your memory will be cherished for all time.

We love you, always.

Article by : Leo Sanidi Rovinya

ISSUE - 02 | NOVEMBER EDITION



November 12

Chicken Soup for the Soul Day

Article by : Leo Sanidi Rovinya



HOMESTYLE CHICKEN NOODLE SOUP

INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 2 tablespoons salted butter
- 1 yellow onion, chopped
- 2 shallots, sliced
- 4 cloves garlic, chopped
- 2 ribs celery, chopped
- 6 carrots, chopped
- 2 tablespoons fresh thyme leaves
- 1 tablespoon chopped fresh sage
- 1 tablespoon chopped fresh rosemary
- 1 bay leaf
- 1/3 cup dry sherry
- 8 cup low sodium chicken broth
- 1 pound boneless chicken breasts or thighs
- 2-3 cups egg noodles
- 1/3 cup shaved parmesan cheese
- 1/4 cup chopped parsley

INSTRUCTIONS

1. Melt together the olive oil and butter In a large Dutch oven over medium heat. Add the onions and cook another 3-5 minutes. Add the shallots, garlic, celery, carrots, thyme, sage, and rosemary. Season with salt and pepper. Cook another 5 minutes.
2. Pour in the sherry and broth, and bring to a boil over high heat. Stir in the chicken, bay leaf, and if you have one – a parmesan rind. Cover and cook for 20 minutes, until the chicken is cooked through. At this point, the soup can also simmer on low for up to 4-6 hours.
3. Shred the chicken, remove the parmesan rind and bay leaf. Taste, and season with salt and pepper. Bring the soup back to a boil, then add the noodles and cook 6-8 minutes, until soft. Stir in the parmesan and parsley.
4. Serve the soup topped with additional parmesan, if desired.

For Recipe Notes please visit:

<https://www.halfbakedharvest.com/homestyle-chicken-noodle-soup/>

ISSUE – 02 | NOVEMBER EDITION



CREAMY TUSCAN CHICKEN SOUP

INGREDIENTS

- 500 g/1 lb chicken thighs , skinless boneless (Note 1 for breast)

- 1/2 tsp each salt and pepper

Soup:

- 30g / 2 tbsp unsalted butter

- 1 onion , finely chopped

- 2 garlic cloves , minced

- 2 large celery stems , finely sliced (sub 2 carrots)

- 1/2 cup chardonnay or other dry white wine, optional (Note 2)

- 4 cups chicken stock/broth , low sodium

- 3 cups water

- 1 tsp cooking/kosher salt

- 1/2 tsp black pepper

- 250g/8 oz small pasta shells (or other small pasta, rice, potato etc – see Note 3)

- 1 cup (tightly packed) parmesan, finely grated or store bought pre-grated (sandy type) (Note 4)

- 1 cup thickened/heavy cream (Note 5 for milk sub)

- 2 packed cups baby spinach , chopped kale or similar

- 1/2 cup sun dried tomato strips , chopped into 1cm pieces, plus bit of oil drizzling (Note 6)

Soup thickener (cornflour slurry):

- 2 tsp cornflour/cornstarch mixed with 2 tsp water

INSTRUCTIONS

1. **Cook Chicken** – Season chicken with salt and pepper. Melt butter in a large pot, cook chicken for 3 minutes on one side, 2 on the other. Remove; set aside.
2. **Soup Base** – Reduce heat to medium-low; cook garlic, onion, and celery for 3 minutes until softened.
3. **Deglaze** – Increase heat to high, add wine, simmer until reduced by half.
4. **Broth & Pasta** – Add stock, water, salt, and pepper. Boil, then add pasta; cook per packet directions, stirring occasionally.
5. **Add Chicken** – While pasta cooks, chop chicken and add to pot to finish cooking.
6. **Finish Soup** – Reduce heat; stir in parmesan, cornflour mixture, cream, and spinach until spinach wilts and soup thickens slightly.
7. **Serve** – Ladle into bowls, garnish with sun-dried tomato strips.
8. **Storing** – Keep pasta separate from soup to avoid bloating. (Note 6)

For Recipe Notes please visit:
<https://www.recipetineats.com/creamy-tuscan-chicken-soup/>





SIMPLE CHICKEN SOUP

INGREDIENTS

- 1-2 tablespoons olive oil
- one large onion, diced (or sub 2 fat shallots, or two leeks)
- one cup celery, chopped
- 2 tablespoons fresh ginger, chopped
- 4-8 garlic cloves, rough chopped (I like 8)
- 4 cups chicken broth or stock
- 2 cups water
- 1 teaspoon salt
- 2 bay leaves
- 1/4 teaspoon white pepper (or use black pepper)
- 1 1/2 lbs chicken thighs, boneless, skinless (or use breasts-if very large, cut in half) or bone-in chicken thighs, please see notes)
- lemon juice to taste
- pinch chili flakes
- scallions, cilantro or Italian parsley
- a drizzle of toasted sesame oil (optional, tasty)

INSTRUCTIONS

STOVE TOP INSTRUCTIONS:

01. **If using skin-on chicken thighs, please see notes.* Heat oil in a big pot or dutch oven over medium heat. Add onion, celery, garlic and ginger and saute until fragrant, about 3-4 minutes. Lower heat to med- low and continue sauteeing until golden, 3-4 more minutes.
02. Add the chicken stock, water, salt, white pepper, bay leaves and skinless chicken. Bring to a boil. Cover, and lower heat so it's gently simmering, covered for 20 minutes. If using breasts, check at 15. Bone-in thighs may take 25-30.
03. Test a piece of chicken for doneness by pulling meat apart with two forks. It should come apart easily and look opaque. When done, shred the rest of the chicken, then return to the pot and simmer gently for 5 more minutes.
04. Squeeze with lemon, taste, and adjust broth. You can add more salt if needed, or if too salty for your taste, water down with a little water. I prefer ours salty, lemony, and unctuous, especially if adding a starch (like rice, noodles or beans) which will temper the salt quite a bit. Up to you. If the soup tastes bland, it needs salt.
05. Ladle it over cooked rice or noodles or just on its own.
06. Garnish with scallions or cilantro (or both) and a drizzle of sesame oil if you like and chili flakes (or chili paste or sriracha).

For Recipe Notes please visit:
<https://www.feastingathome.com/chicken-soup/>





MARRY ME CHICKEN SOUP

INGREDIENTS

- 2 tablespoons olive oil
- 1 large onion, diced
- 4 cloves garlic, minced
- 1/2 cup sundried tomatoes, chopped
- 8 oz tomato sauce
- 4 cups chicken broth
- 1 cup heavy cream
- 1 teaspoon dried basil
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon crushed red pepper (optional, for a bit of heat)
- 8 oz shell pasta
- 3 cups baby spinach
- 3 cups shredded rotisserie chicken
- 1/2 cup shredded parmesan cheese
- Fresh basil leaves, for garnish (optional)

INSTRUCTIONS

- 01.** In a large pot, heat olive oil over medium heat. Add the diced onion and sauté for about 5 minutes until translucent.
- 02.** Stir in the minced garlic and cook for an additional minute until fragrant.
- 03.** Add the sundried tomatoes and tomato sauce to the pot, stirring well to combine. Cook for 2-3 minutes, allowing the flavors to meld.
- 04.** Pour in the chicken broth and bring the mixture to a gentle boil. Once boiling, reduce the heat to a simmer.
- 05.** Stir in the heavy cream, dried basil, salt, black pepper, and crushed red pepper. Allow the soup to simmer gently for about 10 minutes.
- 06.** Add the shell pasta to the soup and allow it to cook for 6-8 minutes, stirring frequently.
- 07.** Stir in the baby spinach and shredded rotisserie chicken, allowing the spinach to wilt and the chicken to heat through about 3-4 minutes.
- 08.** Ladle the soup into bowls and top each serving with a generous sprinkle of shredded parmesan cheese. Garnish with fresh basil leaves if desired. Enjoy!

For Recipe Notes please visit:
<https://www.adventuresofanurse.com/marry-me-chicken-soup/>



Thanksgiving Day

November 28

Thanksgiving Day is a holiday celebrated primarily in **the United States and Canada**, centered around **expressing gratitude for the harvest** and blessings of the past year.

Its **origins trace back to early pilgrim settlers**, who, after a **harsh winter in 1621**, shared a feast with **Native Americans to celebrate their first successful harvest**.



Over time, Thanksgiving evolved into a national tradition, marked by large family gatherings, feasting, and giving thanks for the abundance of life's blessings.

Today, the holiday transcends its **agricultural roots** and focuses on the broader concept of **gratitude, expressing thanks for health, family, friends, and opportunities**.

Thanksgiving celebrations typically include a **feast with traditional foods** such as **turkey, stuffing, cranberry sauce, and pumpkin pie**, shared in a **spirit of togetherness**.

While **Thanksgiving is most commonly associated with the United States** (celebrated on the **fourth Thursday of November**) and **Canada** (observed on the **second Monday of October**),

Other countries also have **harvest festivals or gratitude celebrations**:

- **United States:** The **most widely recognized celebration**, dating back to **1621**.
- **Canada:** A **similar holiday**, with origins in **English and French harvest festivals**, celebrated earlier in the year.
- **Germany:** **Erntedankfest**, a **harvest festival** celebrated with **religious services and parades**.
- **Japan:** **Labor Thanksgiving Day** is observed on **November 23**, focusing on **gratitude for labor and production**.
- **Liberia:** The **only African country to celebrate Thanksgiving**, a remnant of **American colonial influence**.



Each country's traditions vary, but the **common theme is giving thanks for the harvest and the blessings of the past year**.

Thanksgiving holds cultural and emotional significance as a day for **reflection, gratitude, and community bonding**. For many, it represents a **moment to pause and appreciate life's gifts**, which can be easy to overlook amid daily routines.



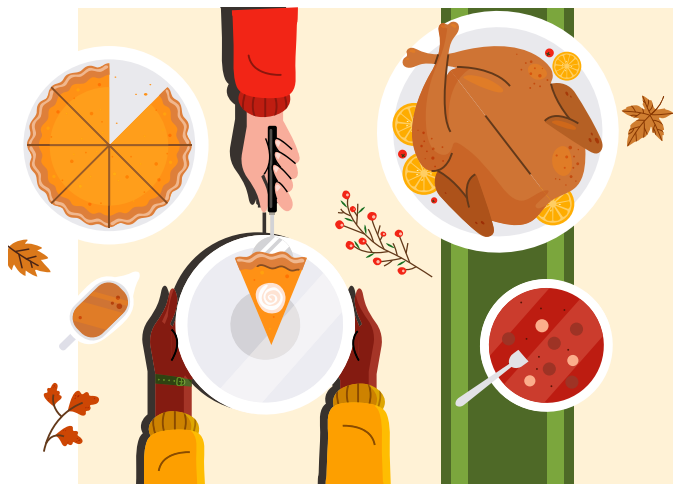
Families come together, often traveling from afar, to reconnect and share their appreciation for one another. In this sense, Thanksgiving strengthens familial ties and provides a sense of belonging.

In the broader context, Thanksgiving reminds individuals of the importance of gratitude, which has been shown to have numerous psychological and emotional benefits.

Gratitude helps improve mood, fosters stronger relationships, and enhances personal well-being.

While Sri Lanka does not have a direct equivalent to Thanksgiving, there are elements of the tradition that resonate with Sri Lankan culture.

Sri Lankans value gratitude and community spirit, seen in cultural practices such as the Buddhist tradition of “Dana” (offering food to monks and others) and harvest festivals like the Sinhala and Tamil New Year.



Similar to Thanksgiving, the Sinhala and Tamil New Year marks the end of the harvest season, where families come together to celebrate with feasts and rituals, expressing gratitude for the harvest and their prosperity.

In Sri Lanka, giving thanks to nature and honoring blessings is integral to the culture, making the concept of Thanksgiving relatable, even though it is not a formal holiday.

As Sri Lanka becomes increasingly interconnected with the global community, some urban Sri Lankan families, especially those with ties to the West, have started adopting Thanksgiving celebrations, blending them with local customs.

Article by : Leo Nandeesha Geeganage



November 30

COMPUTER SECURITY DAY

Imagine for a moment that every digital doorway you rely on – your online banking, social media, medical records – is left wide open, with strangers quietly passing through. This is more than a plot from a thriller; it's a risk that haunts our increasingly connected lives.

Article by: Leo Dylen Wolff

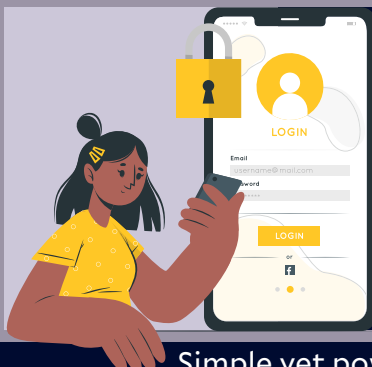


Since the inception of **National Computer Security Day in 1988**, the mission has been simple: **raise awareness of cyber threats** that lurk in every email, website, and unsecured device.

And yet, even as technology has evolved, so too have the risks, like shapeshifting shadows that slip past our defenses. Today, the threats are **stealthier** and more insidious than ever.

Consider this: a single **weak password, an outdated software version, or an innocent click** on a phishing email could turn your personal information into someone else's treasure trove.

Hackers don't need a crowbar; they need your trust. They wait patiently, watching you browse, until the right moment a lapse in vigilance – lets them in.



This October, as we observed **Cyber Security Awareness Month**, the theme resonates deeply: "Cyber security is everyone's business." It serves as a haunting reminder that the responsibility of securing our digital lives doesn't rest solely on IT departments or cybersecurity experts; it lies with each and every one of us.

With **cybercrime reports on the rise**, malicious actors pose a persistent threat to individuals and organizations alike.

Simple yet powerful steps can fortify your defenses:



Enable multi-factor authentication



Keep your devices updated



Use strong & unique passwords



Learn to recognize & report phishing attempts

This National Computer Security Day, remember that every click, every password, and every second online matters.

Because the monsters under the bed?
They're in our pockets now. And they're only a click away.



SO, WHAT CAN YOU DO?

CULTIVATING A CULTURE OF PEACE

In a world often marked by **conflict and division**, the quest for **world peace** remains a **profound hope** for all humanity. At its heart, world peace means that **individuals and nations can live together in harmony**, upholding the values of **justice, equality, and mutual respect**. It is a vision where every person can **live freely and without fear**, enjoying the **fundamental rights and freedoms** that form the basis of **human dignity**.



Achieving true peace requires more than just **stopping wars or ceasing hostilities**; it calls for the **active cultivation of a culture of peace** within our communities.

This culture is built on **understanding, kindness, and a genuine willingness to engage in conversation**. It encourages us to **look beyond our differences and embrace our shared humanity**.

By doing this, we can **foster relationships based on trust and cooperation**, paving the way for a **more peaceful existence**.

However, the path to peace is often filled with **challenges**. Issues like **inequality, discrimination, and injustice** continue to exist around the globe, creating tensions and conflict. These realities show us how important it is to **address the root causes** and **establish systems that promote fairness and equity**. **Education plays a vital role** in this mission. By **instilling values of compassion and tolerance in future generations**, we lay the groundwork for a **more peaceful world**.



Everyone has a role to play in this journey. Simple acts of kindness, standing up against injustice, and promoting inclusivity all contribute to a **broader culture of peace**. Whether through **community service, advocacy, or thoughtful actions in our daily lives**, each effort can **inspire others to join the pursuit of harmony**.

As we reflect on the importance of **peace in our lives**, let us commit ourselves to **cultivating a culture of peace**. By **embracing empathy and understanding**, we can help create a world where **differences are celebrated instead of feared**. Together, we can **work toward a future where peace is not just a dream but a reality**, enriching the lives of all and fostering a **sense of belonging for everyone**. In this shared effort, we take **meaningful steps toward realizing the dream of a peaceful world for generations to come**.





INTERNATIONAL DAY FOR THE ELIMINATION OF VIOLENCE AGAINST WOMEN

Article by : Leo Kavindi Kodithuwakku

“Students in the eastern Pakistani city of Lahore started protests after reports of a rape on a college campus.”

Protests erupted after reports spread online that a student was raped by a security guard at a **Punjab College for Women campus**. **Protesters clashed with police on October 14, 2024**, when demonstrations broke out at a women’s college campus.

This is a **well-known case that has sparked interest around the world**. **Sexual violence against Asian women** is a severe problem, influenced by **cultural, societal, and structural factors**.

According to the **most recent global statistics from the United Nations Office on Drugs and Crime**, more than five women and girls are murdered every hour.



The International Day for the Elimination of Violence Against Women, observed on November 25, is a United Nations day dedicated to raising awareness of the issue of violence against women and girls and urging for stronger and more effective action to prevent it.

Over time, this day has grown into a **global, widespread** project that includes the **16 Days of Activism** and **UNiTE** campaigns.

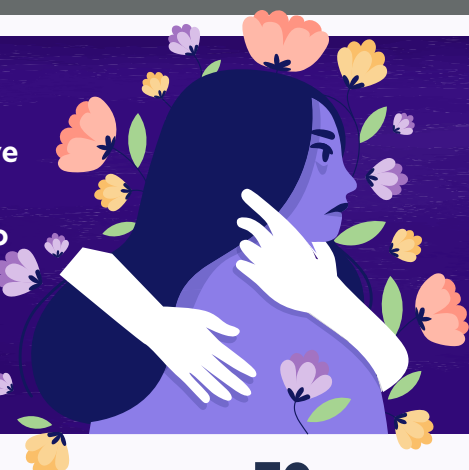
Violence against women is a pervasive issue that affects individuals and communities globally. **Addressing this problem** involves understanding its **various forms, causes, and potential solutions**.

According to **Article 1 of the Declaration on the Elimination of Violence against Women**, the term “**violence against women**” means any act of **gender-based violence** that results in, or is likely to result in, **physical, sexual, or psychological harm or suffering to women, including threats of such acts, coercion, or arbitrary deprivation of liberty**, whether occurring in public or in private life.

Violence against women often occurs in **intimate relationships** but can also happen in **public spaces, workplaces, and conflict zones**. **Domestic violence** is one of the most common forms, where women are **abused by intimate partners**, including **physical assault, coercive control, and economic deprivation**.

Sexual violence encompasses a range of actions from **harassment to rape**, often perpetuated by **acquaintances or strangers**. The **stigma associated with reporting** sexual violence further complicates the issue.

Human trafficking often intersects with **poverty, lack of education, and social instability**. Women and girls are disproportionately



affected by **trafficking for sexual exploitation**. In many societies, **cultural and societal norms perpetuate violence against women**, including **child marriage and honor killings**. These practices are often justified in the name of **tradition or religion**.



The **repercussions of violence against women** are severe and far-reaching. **Survivors frequently experience physical injuries, mental health issues such as anxiety, depression, and long-term trauma**. **Economically, violence against women impedes women's capacity to work and contribute to their communities**, resulting in **significant social costs**.

International initiatives to address violence against women have gained traction, with frameworks like the **United Nations Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW)** and the **Sustainable Development Goals (SDGs)**. Many countries have **passed legislation** to protect women and promote **gender equality**, though **enforcement remains a major concern**.

Sri Lanka has made **significant strides in addressing violence against women** through various **legal frameworks and policies**.

- **The Prevention of Domestic Violence Act (2005)** emphasizes the **need for a holistic approach**, addressing both **physical and psychological abuse**. This **landmark legislation** aims to protect individuals from **domestic violence**, providing **legal remedies such as protection orders**. Amendments to the **Penal Code of Sri Lanka** introduced **stricter penalties for sexual offenses**, including **rape and sexual harassment**.
- **The National Child Protection Authority Act (1998)** addresses issues related to **child abuse and exploitation**, including **child marriage**, which disproportionately affects girls.
- **The Sexual Harassment of Women at the Workplace Act (2019)** aims to prevent and address **sexual harassment in the workplace**, establishing mechanisms for **complaints and investigations**.
- Sri Lanka has also developed **national policies to combat Violence Against Women**, such as **the National Action Plan for the Prevention of Violence Against Women (2016-2021)** and the **Women's Rights Policy**, which emphasizes **gender equality and the elimination of discrimination against women** in all spheres of life.

The **primary goal of the International Day for the Elimination of Violence Against Women** is to **create awareness**, which attempts to **educate communities** about the **occurrence and impact of violence against women** while also generating **discussions** that challenge **negative assumptions and cultural norms**.

It also **advocates for change**, serving as a platform for **activists, organizations, and governments** to call for **stronger laws and policies that protect women and hold perpetrators accountable**, as well as to support **survivors** by emphasizing the importance of providing **accessible support services like shelters, hotlines, and counseling for victims**.

The **International Day for the Elimination of Violence Against Women** is observed with a variety of activities around the world.

One well-known movement is the **#OrangeTheWorld campaign**, which encourages individuals and organizations to **wear orange and participate in awareness-raising activities**.

This campaign represents a **brighter future free of violence** and aims to **mobilize communities to take action**. Rallies,



workshops, educational programs, and art displays can be used to engage the public and generate conversation about the subject.

These actions not only **raise awareness** but also empower individuals to **advocate for change** in their communities.



As we commemorate the **International Day for the Elimination of Violence Against Women**, it is crucial to recognize that **eliminating violence against women takes a collaborative effort.**

Individuals, communities, and governments must work together to foster **gender equality** and respect for all. This day serves as a **timely reminder of the work that remains to combat gender-based violence.**

As we remember those who have suffered, let us commit to taking **significant action** to make the world a **safer and more equitable place for women and girls everywhere.** Together, we can **end the cycle of violence** and promote a culture of **respect and dignity for all.**

**LET'S ELIMINATE
VIOLENCE AGAINST
WOMEN TOGETHER**



WORLD TOLERANCE DAY

THE IMPORTANCE OF TOLERANCE

World Tolerance Day, celebrated on **November 16**, promotes **understanding, respect, and peaceful coexistence** among diverse communities.

Established by the **United Nations in 1995**, it reminds us that **tolerance is essential for embracing diversity** and building a better world.



Tolerance is the **ability to accept differences in beliefs, customs, and opinions**, recognizing that **diversity is a strength**, not a threat.

It fosters **dialogue over conflict**, helps prevent **discrimination and prejudice**, and promotes **social harmony** through **mutual respect**.

On a personal level, it encourages **empathy, emotional intelligence, and open-mindedness**.

Though tolerance faces challenges from **prejudice, ignorance, and misinformation**, it can be promoted through **education, cultural exchanges, anti-discrimination laws, and responsible media**.

Each of us can practice tolerance by **being kind, empathetic, and challenging biases** within ourselves.



World Tolerance Day serves as a reminder that **acceptance and understanding are necessary for peaceful coexistence** in today's interconnected world.

Through collective efforts and personal actions, we can create a **more inclusive and harmonious society**.

"Tolerance is giving to every other human being every right that you claim for yourself"

– Robert Green Ingersoll





TAKE CHARGE OF TOMORROW : PREVENTING DIABETES HEALTH PROBLEMS

Article by : Leo Dylon Wolff

November marks **National Diabetes Month**, an annual reminder of the importance of diabetes awareness and proactive care.

This year's theme, "**Take Charge of Tomorrow: Preventing Diabetes Health Problems**," emphasizes the power of prevention and healthy habits.

With **World Diabetes Day on November 14**, the spotlight shines on the global theme, "**Empowering Global Health**," calling for accessible, impactful resources to help people manage diabetes.

DIABETES AND WELL-BEING

Diabetes impacts millions worldwide, requiring careful and consistent management that extends beyond physical health.

While treatments often focus on blood sugar levels, people with diabetes also grapple with stress, emotional strain, and mental fatigue, which can lead to what is known as diabetes distress.

- **36% of people with diabetes** report experiencing diabetes-related distress.
- **63% express a fear** of developing diabetes complications, which profoundly affects their well-being.
- **28% find it hard** to maintain a positive outlook about their condition.

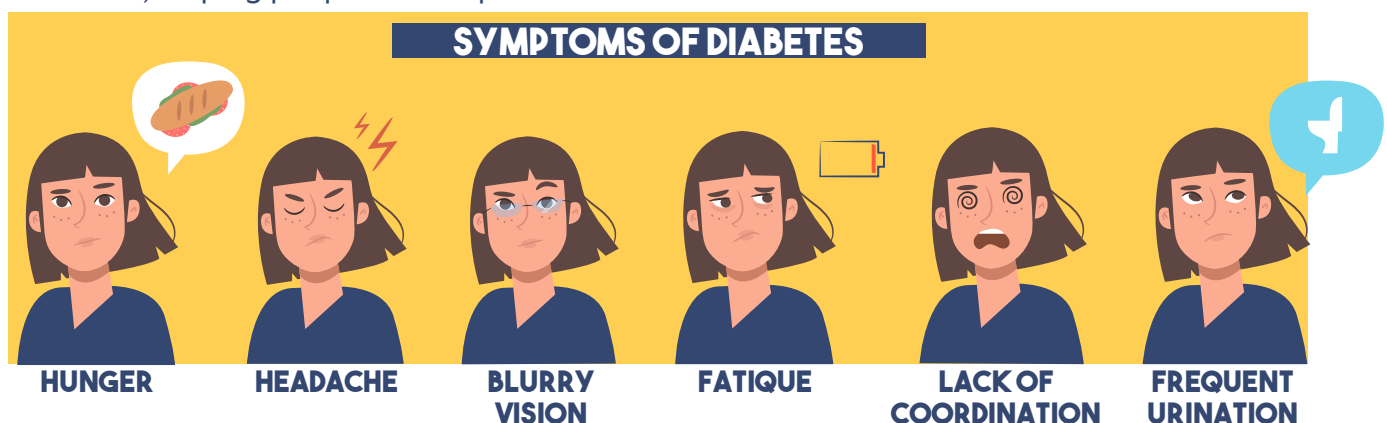


WHY WELL-BEING MATTERS IN DIABETES CARE

For a healthier and happier life with diabetes, prioritizing well-being is essential.

This involves creating a supportive environment that considers the individual's mental and emotional state alongside their physical health.

Diabetes distress, for instance, is often a response to the constant demands of managing a lifelong condition. A more holistic approach to diabetes care could provide relief and foster resilience, helping people feel empowered rather than burdened.



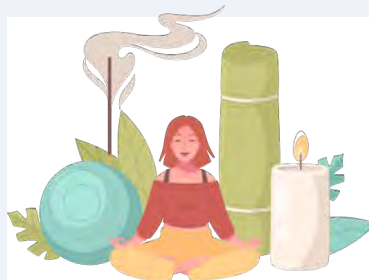
PRACTICAL STEPS TO TAKE CHARGE OF TOMORROW

Managing diabetes involves practical strategies that support long-term well-being and minimize health risks. Here are a few approaches:



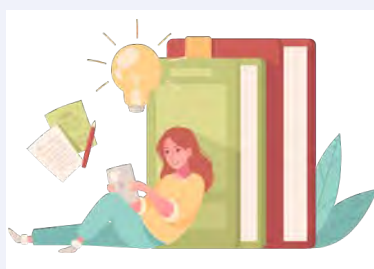
01. Create a Balanced Routine:

Establish a balance of medication, nutrition, exercise, and rest to keep blood sugar levels steady.



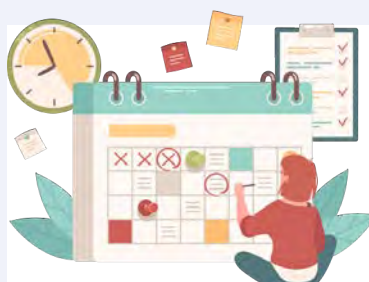
02. Address Mental Health:

Seek mental health support, whether through counseling, support groups, or trusted family members.



03. Stay Informed:

Learning about diabetes management helps in making proactive health decisions.



04. Plan for the Future:

Anticipate health needs and plan accordingly, including regular check-ups, monitoring, and health goal-setting.

EMPOWERING GLOBAL HEALTH FOR DIABETES AWARENESS



For a healthier and happier life with diabetes, prioritizing well-being is essential. This involves creating a supportive environment that considers the individual's mental and emotional state alongside their physical health.

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A more holistic approach to diabetes care could provide relief and foster resilience, helping people feel empowered rather than burdened.

TOWARDS A BETTER TOMORROW FOR PEOPLE WITH DIABETES

As we observe **National Diabetes Month and World Diabetes Day** this November, let's commit to prioritizing well-being in diabetes care. A more empathetic, inclusive approach that values the full range of health—physical, mental, and emotional—can make a profound difference. By taking charge of tomorrow and empowering global health, we can help ensure a better future for millions worldwide who live with diabetes.

A WORLD IN OUR HANDS

Across oceans, beneath the skies,
We hold the world in our hands, our eyes,
With every tap, each distant call,
Technology brings us close to all.

A mother's voice, a friend's embrace,
Through screens and wires, we find our place.
We share, we learn, in bits and bytes, In
glowing screens and satellite lights.

But it's not just circuits, steel, and code
It's people, stories, the lives we hold. From
bustling cities to quiet lands,
A world united hand in hand.

Let's build with care, let progress grow,
Yet never lose the bonds we know.
For every spark, each dream begun,
Reminds us all, "we are one"

Article by : Prospect Chamod Hettiarachchi



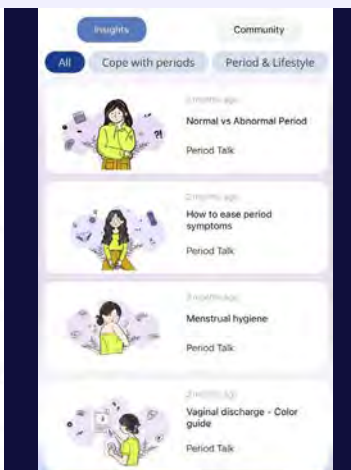


POWERED BY *fems*

FEMS LAUNCHES 'FIO' : SRI LANKA'S FIRST TRILINGUAL PERIOD TRACKING APP

October 23, 2024 — In a significant step towards **gender equality** and **health empowerment**, **Fems**, Sri Lanka's leading feminine hygiene brand, has launched **Fio**, the nation's **first trilingual period tracking app**, available in **Sinhala, Tamil, and English**.

The app, launched on **October 15**, addresses a pressing need for **menstrual health education**, providing a **safe and supportive space** for personalized health advice, community support, and easy access to sanitary products.



Fio's features include cycle tracking, an 'Ask a Doctor' function, and an e-store, aimed at educating users and breaking the taboo surrounding menstrual health in Sri Lanka. Hemas Holdings has emphasized that Fio is part of a larger mission to foster gender equality by empowering women with knowledge and resources to make informed health choices.



Hemas Holdings' Director of Group Corporate Affairs, Janakie Karunaratne, highlighted the app's potential to transform societal attitudes and support the United Nations Sustainable Development Goals, particularly Goal 3 (Good Health and Well-being) and Goal 5 (Gender Equality).

As it continues to grow, Fio positioned to foster a supportive, well-informed community, championing inclusive health solutions across Sri Lanka.





The **Dawasak Daa Live in Concert** was an experience like no other. Held at the beautiful **Nelum Pokuna Rooftop Amphitheatre**, it was an evening filled with **music, joy, and unforgettable moments**.

The venue, surrounded by the city lights, set the perfect stage for an incredible lineup of performances from **Sri Lanka's top artists**.

With the powerful voices of **Samitha Mudunkotuwa, Mihindu Ariyaratne, Chanuka and Dilo, Erandi Heshani, Hirusha Fernando, Sewmini Sanjana, and Falan Andrea**, the night unfolded in a captivating mix of soulful melodies, rhythmic beats, and energetic performances.

Each artist brought their own unique style to the stage, keeping the audience fully engaged, clapping, and singing along.



The **Manthraa Band** played **flawlessly**, enhancing every performance and making the entire night feel seamless.

As we relaxed under the open sky, surrounded by music and the lively crowd, we couldn't help but be swept up by the **excitement and energy** of the event. The atmosphere was electric, with every note and beat pulling us deeper into the spirit of the night. For those of us who attended, it wasn't just about watching a concert—it was about **feeling the music, letting go, and enjoying every moment**.



Adding to the thrill, many in the audience were in for a surprise when the raffle draw was announced.

We were ecstatic when **Leo Sanidi Rovinya and Leo Nandeesh Geeganage** won **Bed and Breakfast stays at Thilanka Hotels & Resorts**, and **Leo Nisal Dulmith** took home a ticket to **Pearl Bay adventure park**.

These spontaneous prizes added an extra layer of excitement and gave the night a fun twist.

Despite Colombo's typically unpredictable weather, the skies remained clear throughout the night, allowing us to **fully enjoy the concert's relaxed and upbeat atmosphere**. The combination of **music, prizes, and laughter** made **Dawasak Daa** an unforgettable experience for everyone involved.

The memories of this magical night will stay with us for a long time. The **joy and excitement** we felt reminded us of the **power of music** to lift our spirits and create shared moments of happiness.

C1 SQUAD GALLERY





SECRETARY'S NOTE

Dear Leos,

As we embrace the **vibrant month of November**, I would like to take this opportunity to celebrate our **recent achievements** and express my heartfelt **gratitude** for your **unwavering dedication** to the **Leo Club of Kolonnawa**.

October was a month **filled with purpose and joy!** We kicked off the celebrations with the **ප්‍රේම කැකුළු** project, an **inspiring initiative** that shone a spotlight on our **wonderful children**. This event was a heartfelt reminder of the **incredible potential within every young heart**. Together, we **created moments of joy and inspiration, nurturing dreams and ambitions**.

Following this uplifting experience, we embarked on the **Seeds of Peace 2.1: Lotus Unity project**, a remarkable endeavor embracing **peace, religious harmony, and fellowship**. This project allowed us to **strengthen community bonds**, promoting **unity and understanding** among diverse groups. It served as a **testament to our commitment to making the world a better place**.

In addition to our impactful projects, we actively participated in significant events such as the **District Meeting, Mass Induction, Mass Orientation**, and the meeting of our **mother Lions Club**. These gatherings enriched our experience and reinforced our **connections with fellow Leos and Lions**, fostering a spirit of **collaboration and camaraderie**.

Looking ahead, November promises to be **productive and exciting!** We have the **Frightmare Fest, the Battle of C's Cricket Tournament, the Lions Get-Together**, and more **projects on the horizon** from our Leo Club family. These events present **fantastic opportunities** for us to come together, **showcase talents**, and **engage with the community**.

I encourage each of you to **actively participate** and lend your **talents to these initiatives**. Your **involvement is vital**, and I am confident that **together we can create memorable experiences** that will resonate within our club and beyond.

In closing, I express my **deepest appreciation** for each of you. Your **hard work, passion, and commitment** are the **driving forces behind our success**. Together, let us continue to foster the **spirit of service, unity, and compassion** that defines us as Leos.

Here's to a **month filled with inspiration, collaboration, and impactful service!**

Yours in Service,
Subhani Embuldeniya
Secretary, Leo Club of Kolonnawa



EDITOR'S NOTE

Dear Gentle Reader,

Welcome to the **November 2024 edition of Witness!** As we continue our Leoistic journey through the 2024/2025 year, I am excited to bring you this issue, packed with stories, inspiration, and upcoming opportunities for service. Our goal is to keep you informed, inspired, and connected, celebrating the heart and spirit of our club and the amazing work happening both locally and globally.

In this edition, you'll find **news from around the world, updates on Leo Club activities, and highlights from District and Multiple District projects.** We've also included information on upcoming events and special days to mark on your calendars. With so much happening in the Leo universe, there's always something to get excited about!

This newsletter continues to be a platform where every member's voice matters. Whether through **writing, art, photography, or any creative contribution**, I encourage all of you to be part of Witness. Let's showcase the incredible talent within our club and make each edition a reflection of our passion for service and creativity.

I'd like to extend my **deepest gratitude to Leo Dylen Wolff, our 2nd Vice-President**, for his unwavering support throughout this process. His efforts have been instrumental in bringing this publication to life once again. A heartfelt thank you also goes to our dedicated editorial team and everyone who contributed to this edition. Your hard work and commitment have truly made this publication a success!

I look forward to seeing your fantastic submissions and working with you all as we continue to create something remarkable. Let's make every edition of Witness a celebration of our shared journey and a reminder of the impact we create together.

Here's to a memorable Leo year ahead!

Roaring in service,
Leo Sanidi Rovinya
Editor-in-Chief
Leo Club of Kolonnawa

WITNESS



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