



NEWSLETTER



# DEN CHATTER

Issue 5 - 2022/23

January 2023



**LIONS CLUB OF COLOMBO (HOST)**



# Editor's Note



**My Dear Lions, Leos & Friends,**

As we stepped into the month of Love while ending the Lions Club's month of hunger relief, we wanted to thank you all for the kindness you spread to this world everyday. People like you make this world a better place, a kind place and a place with humanity and love.

On behalf of the Lions Club of Colombo (Host) and on behalf of all the people you have helped with us, we want to say that our love and gratitude are always with you. May the love go above and beyond filling the hearts of everyone in the world with happiness and peace.

*Little Miss  
Chatterbox*

**Editor**

*Lion Harshi Samarasekera*



# ~ January ~ Hunger Awareness Month



By Lion Harshi Samarasekera

The Lions Clubs International has named January as the "Hunger Awareness Month". The Lions Club of Colombo (Host) always takes this cause very seriously, because in Sri Lanka many people including children, youth and the adult population are suffering from hunger and nutritional deficiencies. This issue has rapidly increased now due to the severe economic crisis in the country.

The United Nations has reported that, in Sri Lanka "families are skipping regular meals as the staple foods have become unaffordable. Children are going to bed hungry, unsure of where their next meal will come from."

"Hunger" is one of the very basic needs of a human which means if hunger is not fulfilled, humans cannot survive. So, as Lions, we have a serious responsibility to help people to relieve hunger. In order to help them with other supports, firstly they have to survive.

That's why, Lions Club of Colombo (Host) started the project "Meals on Wheels" in 2019 as a proposal of the District Governor, Lion Shyana Jayalath when she was leading our club as the President. Dilrukshan coordinated and successfully launched the very first project on 3rd February 2019 distributing 100 lunch packets to road workers



# Cont'd

## ~ January ~ Hunger Awareness Month



and needy people around Colombo area with the donations received from Lion Mahin, Lion Gali and Lion Brian while Lion Amalie and Lion Lady Sathya as well joined as volunteers with the entire squad. As this project was initiated to feed the hunger, but also to get more members involved in service, we believe we achieved both our objectives.

Then in July 2019 when the new Lionistic year, 2019/2020 started, Lion Raj was given the responsibility to take the project forward being the project chairperson. From the day it started in February 2019, up-to today in January 2023, the project "Meals on Wheels" has been successfully running and serving people in Sri Lanka. This project has become a major highlight in almost all the Lions Award Ceremonies as it has received multiple recognitions including the Service Project Award in 2018/19, the Outstanding Achievement in 2019/20 and Winner - Most Outstanding Continuous Project in District 306 A1 in 2021/22.



# Cont'd

## ~ January ~

# Hunger Awareness Month



**Lions Club of Colombo Host** is 😊 feeling wonderful.  
27 May 2019 · 🌐

We are proud to have received the following awards at the 41st Annual Convention of Lions Multiple District 306, Sri Lanka.

- \* Winner - Most Innovative Fundraiser for the Boyzone concert held in August 2018
- \* Joint Winner - Best Hunger relief project for Meals on Wheels
- \* Joint Winner - Best project to provide assistance in cash / kind to the Apeksha Hospital, Maharagama for Hope for children cancer program.

👍👍👍👍👍

Three triangular award plaques with the 'We Serve' logo and the text 'We Serve' on them, each on a gold base.

**Lions Club of Colombo Host** is at **Marino Beach Colombo**  
26 May 2019 · Colombo · 🌐

We are humbled and thrilled to be recognised at the 14th District Convention of Lions Clubs International District 306A1

- \* Appreciation awards club officers, District officers
- \* Appreciation - New Voices nominee
- \* Project Awards - Meals on Wheels & Camilla Home project
- \* Special award for PR project - Boyzone Concert
- \* Special award for mega projects - Hope for Children cancer project
- \* Best Club Newsletter
- \* Best Membership Chairman - Lion Dudley Thambirayagam
- \* Most Outstanding Club - Membership development
- \* Lion of the year - Lion Shyana Jayalath

A row of several colorful award plaques, some with faces and some with text, displayed on a stage.

# Cont'd

## ~ January ~ Hunger Awareness Month



Every month, we receive donations from our Lions and their family and friends to help these people in-need with food. It's a blessing to have such kind donors who understand the value of humanity and who help these people on the road whom we do not even know without expecting any return. We believe by now, we have fed 1000s of people annually through this project. While we thank our very kind donors for helping these people continuously, we would also like to send our gratitude for the initiators of this project; DG, Lion Shyana, Former Project Chairperson; Dilrukshan and the current Project Chairperson; Lion Raj who has been successfully taking this project forward for four consecutive years.

Very importantly, it is the message of continuity and that the simple initiatives can create a huge difference and impact to the world.

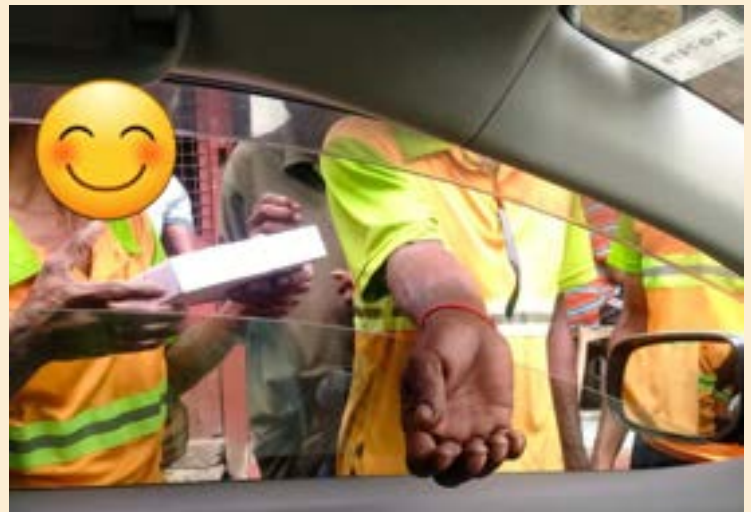


Lion Raj (Rajruban Siva),  
The Chairman,  
Meals on Wheels Project



# Meals on Wheels

JANUARY 2023



150

*People Served*

4

*Volunteers*

We distributed 150 lunch packs to street workers in Colombo on 29th January 2023. Thank you very much to all the donors & our 4 volunteers for your kindness. You helped them to fight hunger.

**JOIN US TO  
#FIGHTHUNGER IN  
SRI LANKA**



6

People Served

2

Volunteers

# Gift of Sight

January 2023



**MRS. A S WASEELA UMMA**

Age: 70yr  
Surgery Date: 20.01.2023  
from Panadura



**MR. A H M AMEER**

Age: 74yr  
Surgery Date: 23.01.2023  
from Panadura



**MRS. P SCHUBERT**

Age: 60yr  
Surgery Date: 24.01.2023  
from Panadura



**MR. A S M NILABDEEN**

Age: 64yr  
Surgery Date: 26.01.2023  
from Panadura



**MR. O G DAYANANDA**

Age: 71yr  
Surgery Date: 27.01.2023  
from Akmeemana



**MRS. I FERNANDO**

Age: 64yr  
Surgery Date: 30.01.2023  
from Wadduwa

We have had a very good start to 2023 thanks to all our kind donors. We're pleased to inform you that we have completed six cataract surgeries during January 2023. The total number of surgeries completed by 31st January is 27 for the Lionistic year of 2022/23. The original goal for 2022/23 was 24 surgeries, but we now believe we'll be able to help 50 cataract patients in total by the end of June 2023 assuming that we will receive more help and donations.

The costs borne by the Club for the six surgeries are Rs. 104,750. We have 7 patients "In Process", held back for some time due to various medical conditions. We have also referred 6 more patients on 27.01.2023 for examinations and processing. The list of patients requesting assistance is currently 15 (waiting to be referred to GOSH), but increasing. We're trying to manage helping these patients according to the availability of funds.

During January 2023, we received donations from two of our Lions as well. Many other patients are in need of a lot more donations. Our sincere thanks to all our donors and those who identified the patients for making this possible.

Lion Dr Ameer Zainudeen  
Chairman, Gift of Sight Project



# Continuing to Help Camila Home

~ January 2023 ~



## FOR THE DIFFERENTLY ABLED

We are continuing to help those who need our help at Camila Home, Mattegoda, Sri Lanka.

Together with our donors, we are making monthly contributions to the salary of the Assistant Teacher at Camila Home. Thank you very much kind donors. Thanks to you, the differently abled people here are getting the required education and attention now.

60

People Served

1

Volunteers



WE BROUGHT THEM

# New Year GIFTS

622

People Served

35

Volunteers

## PART 2 - JANUARY 2023



The Lions Club of Colombo (Host) joined hands with Sri Lanka Sumithrayo to donate ladies sports wear to school children who are facing with financial difficulties in Colombo area. The clothes were received from Vogue Tex (Pvt) Ltd. Thank you very much for your kindness.

The donations were distributed as follows for the schools.



- 98 pieces of short skirts to Ratnaveli Balika Vidyalaya in Borella on the 10th of January
- 100 pieces of short skirts to Seevali Vidyalaya in Dematagoda on the 11th of January
- 35 pieces of short skirts to Parakaramabahu Vidyalaya in Narahenpita on the 12th of January
- 113 pieces of short skirts to Dudley Senanayaka Vidyalaya, Colombo 5 on the 12th of January
- 101 pieces of short skirts to Mahamathya Maha Vidyalaya, Colombo 5 on the 12th of January
- 65 pieces of short skirts to Sri Saddarmodaya Vidyalaya, Kirulapona on the 12th of January
- 110 pieces to Sujata Vidyalaya in Narahenpita on the 17th of January.



# Colombo (Host)



## STUDENT SCHOLARSHIP PROGRAM

### THEY NEED YOUR HELP!

The Student Scholarship Program is continuing every month to help the school children who need financial

aid in Sri Lanka. Lions Club of Colombo (Host) has pledged to support these children throughout the year. With the donations we have, in 2022 we have been contributing for 14 students and we're now helping 13 students in 2023, but there are many more students who need your support at the moment for their education with the economic crisis in Sri Lanka.



People Served  
(Each month)



Volunteers

If you are willing to help a child to get his/her education, join our Scholarship Program. Contact our Lions Club via our blog, Facebook or Instagram page or send your donations to our Charity activities bank account.

### VALUES

#### 2022

July LKR 28,000

August LKR 28,000

September LKR 28,000

October LKR 28,000

November LKR 28,000

December LKR 28,000

#### 2023

January LKR 26,000



# How to send "Donations" to Lions Club of Colombo (Host) for Community Service Projects?

1



## COMMUNITY SERVICE ACTIVITIES

All donations related to community service projects including Meals on Wheels, Fight Child Hunger, Student Scholarship Program, Wigs for Cancer patients etc., but **except** Gift of Sight project.

**Bank & Branch Name** : Bank of Ceylon, City Office  
**Bank Branch Code** : 7010 - 001  
**Bank Account Name** : Lions Club of Colombo Host  
**Bank Account Number** : 0000 350 950

2



## GIFT OF SIGHT

All donations for **Gift of Sight project Only.**

**Bank & Branch Name** : Commercial Bank, Borella  
**Bank Branch Code** : 7056 - 019  
**Bank Account Name** : Lions Club of Colombo Host Bright Sight  
**Bank Account Number** : 1190 022 083

## Notes

- Please make payment to the correct account - Activity or Bright Sight/ Gift of Sight.
- Please make sure you add the correct reference, ex:
  - Bank transfers/Cash deposits use references - eg: "<Your name> - MOW", <Your name> - Child Hunger" etc.
  - Cheque deposits: Before you forward your payment slip to us, write on the slip the appropriate reference as mentioned above.
  - Please forward the Transfer advise/Deposit slip to me on WhatsApp +94777 604993 or e-mail: azainudeen@gmail.com for proper recording/receipting.



# Birthday Tree Planting ~ January 2023 ~

## Happy Birthday Dear Lions!



# "Grow your own Vegetable Garden" Join the new Luxury!



## THE SUSTAINABLE LIFESTYLE TO SAVE THE PLANET

Did you know that "Gardening and Horticulture" is a therapy for mental and physical wellbeing. According to the research conducted by the National University of Singapore (in the Medicine sector), garden settings prevent cognitive decline, depression and stress, and also improve social engagement in the elderly. Even the Government of Singapore is encouraging its citizens to grow their own veggies by providing them small garden spaces on the land area of the apartments they live in, because Singapore is a country with very limited land space.

In addition to such physical and mental benefits, people tend to try gardening to grow their own veggies without adding bad chemicals and fertilizers. So that they can eat good food without a doubt. Sri Lanka is a country known for the usage of harmful chemical fertilizer to grow vegetables and fruits. That is why it is important for all of us to focus on growing our own vegetables, because our health and the health of our children and grandchildren will depend on what we consume on a daily basis as food. While many people have started buying organic vegetables and fruits, some people have started growing their own organic gardens.



Living in an apartment, I also tried it. And I am very pleased to see the pretty looks of my plants and of course love harvesting them too. Just to give you a simple tip, I have only added water daily while adding used tea leaves and egg shells to these pots 2-3 times a week. I never thought I would see these beautiful results with the very harsh weather, specially the very high humidity and tough sunlight. I am so sure, you can do better.



*By Lion Harshi Samarasekera*

Monthly Meeting ~ January 2023 ~

*Lions Club of Colombo (Host)  
Mad Hatters' Tea Party*

on 22nd Jan @Cinnamon Red, Colombo





LIONS CLUB OF  
COLOMBO (HOST)



# PROJECT SUMMARY

CAUSES & THE NO. OF  
PEOPLE WE'VE SERVED IN  
2022/23



9,802



303



5,121



6,950



5,356



27

## JANUARY 2023

|                    |           |
|--------------------|-----------|
| People Served      | 843       |
| Volunteers         | 40        |
| Contribution (LKR) | 184,250/= |

## TOTAL - 2022/ 23

|                    |             |
|--------------------|-------------|
| People Served      | 27,559      |
| Volunteers         | 368         |
| Contribution (LKR) | 3,371,186/= |