THE PRESIDENT & MEMBERS OF THE LIONS CLUB OF COLOMBO (HOST)

INVITE YOU TO THEIR

61st charter celebrations

FRIDAY 26TH APRIL 2019
7.00 PM REGISTRATION FOR 8.00 PM START
WINCHESTER HALL, THE KINGSBURY

CHIEF GUEST
DG LION CHANDANI WITHANA
ACCOMPANIED BY PDG LION PADDY

GUEST OF HONOUR
PIP LION MAHENDRA AMARASURIYA
ACCOMPANIED BY LION KUSHLANI

DINNER
RS. 4,000 PER PERSON

LION DR. AMEER ZAINUDEEN 0777 604 993
LION DILRUKSHAN FERNANDO 0773 515 922
LION SHYANA JAYALATH 0777 307 155

DRESS TO IMPRESS IN RED AND/OR BLACK

www.facebook.com/colombohostlions/
Hello Everyone,

What an exciting month it has been. I have barely had enough time to catch my breath with all the activities we have been up to.

We carried out quite a few projects, enjoyed a day out, welcomed 2 new members to our fold and even managed to carry out some inter club networking.

As customary we elected our office bearers for the 2019/2020 and the baton will be handed over to Lion Sumudu.

We will soon celebrate 61 years of service, what a journey it has been! The road has been long with the occasional pot hole or two but what a wonderful journey it has been. We occasionally sit with the older members and listen to their memories and stories of the club when they were young lions and held office.

Life had been a bit more formal back then but always enjoyable with lots of camaraderie and an off colour joke or two by our former irrepressible tail twisters in the likes of Lion Zoeb Anverally and Dr. B.A.V Perera much to the concern of people in the caliber of PDG Lion Mansoor.

Our service was carried out way beyond the borders of Colombo, lots of projects were carried out in far flung areas of the country with the Colombo Host Lions rolling up their sleeves and getting down to work.

And now it has come to the ‘next generation’ who are raring to go! New thoughts, new ideas while staying true to the roots of Lionism in general and Colombo Host in particular! An integral part of our orientation is interaction with club members; the older ones have charming way of assessing the suitability of potential prospects, they never talk about it, they ‘just do it’ It is a skill am told which comes with age, experience and a genuine concern to have everyone true to the Colombo Host spirit! We young’uns are glad we passed it!

And once you are in, you are in! Thereafter you find your own way of making Lionism work for you and the journey continues …. A journey that started with 22 gentlemen in Colombo way back in 1958. It’s particularly heartening to have our senior members who have done more than their share continue to support club activities and actively appreciate the work done by those who just entered the den. Our incoming board is a true reflection of our club’s willingness to ‘give the young ones a chance and help them do well’!!

Hope to see you all at our 61st Charter celebrations!

Lion Shyana
Editor

Do not be deceived by her quiet demeanor, she is a powerhouse in her own right!

Young entrepreneur

Harsh Samarasekera is the immediate past president of our Leo Club who has placed Sri Lanka on the map in the arena of start ups!

We look forward to seeing her innovative millennial spirit in action!

Caryll Van Dort
A well known and PR professional who was selected as of the top 50 female executives in Sri Lanka. Caryll currently heads the PR unit of Leo Burnett Solutions. She is a true joy to be around and has jumped ‘right in to being a Lion’ We are glad she is one of us!
Meals on Wheels continued this month with donation of hot lunch to road sweepers and needy people in and around Colombo. The Meals on Wheels squad donated 150 lunches and our thanks to all donors and the Meals on Wheels squad!
Colombo Host Tea Party  - We had a grand turn out of Lions for our monthly meeting with a difference when we met for high tea at the Galadari Hotel in February. We conducted an informal meeting which included some surprise agenda items and spent more time on fellowship and catching up with some members who joined us after rather a long time! Well worth giving up a Sunday nap!
Multi Service Health Camp with the E.A.S.E Foundation

The multi service health camp consisted of a general medical clinic, diabetes clinic, eye testing and specs donation, physiotherapy clinic, dental clinic and counselling in addition to a fully functional pharmacy. This event was highlighted on Derana morning news on 16th March.

#OurFight - Social media campaign to raise awareness about harassment of women

The campaign which was launched late February is gaining traction and we see many visitors to our social media sites and the posts of have over 7000 views. Through this campaign we hope to create awareness on the various forms of harassment while highlighting institutions that help victims of harassment.
What are the health benefits of dark chocolate?

Dark chocolate is rich in minerals, such as iron, magnesium, and zinc. The cocoa in dark chocolate also contains antioxidants called flavonoids, which may provide several health benefits.

Chocolate comes from cacao, which is a plant with high levels of minerals and antioxidants. Commercial milk chocolate contains cocoa butter, sugar, milk, and small quantities of cacao. In contrast, dark chocolate has much larger amounts of cacao and less sugar than milk chocolate.

In this article, we explore some of the potential health benefits of dark chocolate. We also cover nutritional information, risks and considerations, and how much to eat.

Antioxidants

Dark chocolate contains compounds with antioxidant properties.

Dark chocolate contains several compounds that possess antioxidant properties, such as flavanols and polyphenols. Antioxidants neutralize free radicals and prevent oxidative stress.

Oxidative stress refers to the damage that excessive amounts of free radicals can inflict on cells and tissues in the body.

Oxidative stress contributes to the natural aging process. Over time, the effects of oxidative stress may also contribute to the development of a variety of diseases, such as heart disease, diabetes, Parkinson's disease, Alzheimer's disease, cancer & eye disease.

Heart disease risk

Regularly eating dark chocolate may help reduce a person's likelihood of developing heart disease. Some of the compounds in dark chocolate, specifically flavanols, affect two major risk factors for heart disease: high blood pressure and high cholesterol.

We discuss the potential benefits of dark chocolate for these two risk factors and others below:

Blood pressure

The flavanols in dark chocolate stimulate nitric oxide production in the body. Nitric oxide causes blood vessels to dilate, or widen, which improves blood flow and lowers blood pressure.

A 2015 study investigated the effects of chocolate consumption in 60 people with type 2 diabetes and high blood pressure. The researchers found that participants who ate 25 grams (g) of dark chocolate daily for 8 weeks had significantly lower blood pressure than those who ate the same quantity of white chocolate.

The findings of a 2017 review showed that the beneficial effects of dark chocolate on blood pressure might be more significant in older people and those with a higher risk of cardiovascular disease, as opposed to younger, healthy individuals.

Cholesterol

Dark chocolate also contains certain compounds, such as polyphenols and theobromine, that may lower levels of low-density lipoprotein (LDL) cholesterol in the body and increase levels of high-density lipoprotein (HDL) cholesterol. Doctors often refer to LDL cholesterol as "bad cholesterol" and HDL cholesterol as "good cholesterol."

A 2017 study reported that eating dark chocolate for 15 days raised HDL cholesterol levels in people living with HIV. However, dark chocolate consumption did not affect LDL cholesterol levels in the study participants.

Anti-inflammatory effects

Eating dark chocolate may help reduce inflammation in the body.

Inflammation is part of the body's natural immune response to germs and other harmful substances. However, chronic inflammation can damage cells and tissues and may increase the risk of some health conditions, including type 2 diabetes, arthritis, and certain types of cancer.
We congratulate Lion Harry de Saryah for 50 years of service to the community.

OLD JOSEPHIAN LION HARRY DE SAYRAH OAM. J.P - MELVIN JONES FELLOW - LIFE MEMBER OF THE 101 YEAR OLD LIONS CLUBS INTERNATIONAL THE LARGEST SERVICE ORGANISATION IN THE WORLD HAS SERVED THE COMMUNITIES OF SRI LANKA FOR 20 YEARS AND AUSTRALIA FOR 30 YEARS

IN 1969 LION HARRY WAS INVITED TO JOIN THE THEN LIONS CLUB OF COLOMBO BY LION COMMODORE MALCOLM DE COSTA - FORMER ADC TO A GOVERNOR GENERAL OF SRI LANKA

We took some time off to meet, chat, play and get to know each other. The heat zapped our energy but not our spirits! Here's to building bonds of friendship !!! **Colombo (Host) day out!**