Sri Lanka has been thrown into a situation which we have not faced before. It’s tough to keep silent on matters which mean something to you even if its an unpopular opinion. Thankfully the code of conduct of LCI does not permit Lions to use the movement for any political activity or gain. However in this situation which has many biting their teeth the one thing that cut through the clutter was our Sri Lankan creativity! We are true masters of comedy ... no pun intended!

Keep aside the serious discussions and updates, barely moments after ‘the big news’ social media was inundated with memes and jokes about the situation. We Sri Lankans certainly do know how to make everything into a party, even if its a meme party and long may our sense of humour last!

And while those in the higher echelons ‘play the games they play’ in true island culture which borders on que sera sera, the mass majority of people are going about their usual business doing what we have to do to pay the bills and carry on our service activities while indulging in the occasional verbal spat with someone ‘on the other side’

This is another situation that highlights the importance of our Lions work and its continuity. There is much that needs to be done. Actions to be taken on an ongoing basis to lessen the burden of the thousands of those who are in need as we cannot wait for anyone else to put it right for us. The continuation of our service activities have to go on despite the shift and changes around us. We can only hope that the varying shades of power will support the efforts of ordinary people like you and I who have made it our collective mission to do extraordinary things.

We need to continue with our vision initiatives aimed at reducing preventable blindness, hunger initiatives aimed to reduce the hunger of thousands of needy people even if it means offering a single parcel of food, pediatric cancer initiatives to help support children who are afflicted by cancer many of who are unable to get the medicines they need while their families worry about supporting the others back home, our diabetes initiatives to create awareness as well as fight this global epidemic and our environment initiatives aimed to preserve the only home all of us will ever know, Mother Earth.

November 14th is World Diabetes Day, Lions together with other NGOs will make use of that week to draw attention to this disease which has made its ways to all corners of the globe and cut across all strata of society. Aptly described as the silent killer, its easy to forget about the situation and not take much note as it does not affect our daily life at the initial and mid stages. However, it does gather up speed like the tsunami current and unleashes on the body affecting all major organs.

LCI has requested Lions to focus on diabetes awareness programs and have uploaded material on its newly revamped website. Visit www.lionsclubs.org for inspiring ideas of service.

Lion Shyana Jayalath, Editor

Rest in peace Lion Thrisha!
The Lions of Colombo (Host) was saddened to lose one of its members this month.

Lion Thrishamalar Sittampalam passed away after a long and hard fought battle with cancer.

In a world where everyone wanted to make themselves heard, Thrisha was quite content to be a silent player in supporting the initiatives of the club. She never made her medical condition an excuse not to participate in club activities and we were glad to have her join us just 2 months ago.

Her determination in beating cancer was only second to her daughters determination to do everything she could to help her mother fight this dreaded disease.

We will miss her in our fellowship. Our thoughts and prayers are with her daughter Lion Nirpua Mohan.

Find us on facebook www.facebook.com/colombohostlions/
Region Chairman's visit

Multiple Children's' Day project

Children’s Day project - Boys of the Sanhinda Boys Home visited the Colombo Museum

Past President Saroj Lama Hewa with his son Pravin who is the current president of our Leo Club

Leos of Colombo Host celebrate 49 years of Leadership, Experience & Opportunity

Past Presidents of the Leo Club - Sumudu, Saroj Lama Hewa, Dr. Ruvan Karunadasa, Shyana, Asitha & Riyaz Sangani
October 1st World Children’s Day & Education

The International Day for Protection of Children is observed in many countries as Children’s Day on 1 June since 1950. It was established by the Women's International Democratic Federation on its congress in Moscow (4 November 1949).

Education is a fundamental right of every child and there is a concerted effort to keep children in school.

As per UNICEF Sri Lanka, primary education net enrolment is 97% and survival rate to Grade 5 is 97.39%, with boys (96.86%) trailing nearly 1 percentage point behind girls (97.93% per cent). However, despite the high access and coverage levels, an estimated 1.9% of primary school and 3.7% of junior secondary aged children are still out of school.

Quality remains a key concern, the percentage of non-trained and professionally unqualified teachers is 18.75% of the total government teacher population and the availability of subject specific teacher cadres at school level has become an issue. Compounding issues of quality, is the insufficient number of qualified primary education teachers. Additionally, it is hard for schools in former conflict affected and rural areas to attract qualified teachers on a long term basis. The problem is especially acute in subject areas such as English, mathematics and the sciences.

Hundreds of schools in the North and East still need repair and improved facilities as some of these schools continue to operate with minimum infrastructure facilities. In addition, many of schools in the plantation sector are housed in old buildings in disrepair, often holding classes in temporary locations or outdoors.

Providing education for children with disabilities also remains a challenge, despite efforts such as a National Policy on Disability. “Disability/illness” was the second highest reason given for absence from school. Furthermore, even when children with disabilities can receive some form of education, factors such as family poverty and negative attitudes of principals and teachers, prevent them from attending. The reading action program of our Lions is an ideal way to make our own contribution to uplift the education of our children.

A WORLD WHERE WE ALL BELONG

Extract from Chandima Rajapatirana’s speech at the launch of the video titled "A World Where We All Belong."

People with disabilities belong in mainstream life. In the present day world we are still outcasts, in fact with a gulp of sadness I must say we are less than outcasts. Living in pitiful neglect and inordinate hurt, sometimes even killed for no other crime than the accident of being born disabled. This is especially ironic in that the most able of us can be disabled in the blink of an eye.

People with disabilities are in our midst, and they are in your life. According to the World Health Organization (WHO) figures, one in six has a disability. If you do not know anyone with a disability yet you will soon. Postponing this discussion till you yourself are disabled through illness, accident or old age is pointless.

Think of it, if you do not include people with disabilities in your schools you are limiting a large group of people to useless lives. They will not only be burdens to themselves and their families, but to society as well. We must be included everywhere; to hold us back is to imprison us. You can do this only if you not only accept us but recognize and celebrate the contributions we make to society. Most of us are lessons in fortitude, courage, and grace under fire. Look around you and be inspired by the contributions made by people with disabilities.

https://easesrilanka.org/
The eyes aren’t just a window to the soul, as Shakespeare once said – increasingly they are a porthole into the state of our overall health.

Conditions such as type 2 diabetes and cardiovascular disease can now be detected through painless examination of the back of the eye during routine appointments. Serious sight diseases such as glaucoma can be picked up before serious damage takes place. And all of us can benefit from having slight changes to our long or short sight calculated on a regular basis.

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Violence has become a part of everyday culture in Sri Lankan homes, justifying men beating up their wives, justifying women being catcalled in the streets, justifying men raping women, justifying child abuse, and justifying gender inequality. In Sri Lanka, every three out of five women are victims of domestic violence, and only 1% of victims use the Prevention of Domestic Violence Act to obtain redress. In Sri Lanka, a woman is raped every 90 minutes and 97% of rapists face no legal consequences. In Sri Lanka, three to five children are raped every day.

In Sri Lanka, 95% of women are sexually harassed in public transportation. In Sri Lanka, 44% of pregnant women are beaten at home. In Sri Lanka, more than two out of three women believe that they cannot refuse sex with their husbands. In Sri Lanka, these numbers have been steadily on the rise and it's time we put an end to this. We need to campaign for zero tolerance for such violence. We need to empower our women to be independent and strong. And we must ensure that there is no exception made for anyone or any one community.

We appeal to all men and women to join the fight in breaking the silence!

Contact Women in Need for any assistance in saving a woman you know who is suffering violence in silence!

WOMEN IN NEED / 24 Hour Hotline - 011-4718585

#ViruduAlert

Sri Lanka's first weapon to fight sexual harassment on public transport, that fits right in your pocket. Here's what you need to know about the #ViruduAlert campaign and the 2six4 app, initiated by Women In Need (WIN).

Sign the petition at https://goo.gl/vyQ2b3

https://www.facebook.com/2six4/
7 Surefire Tips to Overcome Presentation Anxiety

Practice Makes Perfect
- Practice in the same venue where you will be presenting and in front of a small audience if you can get someone to do that.
- Practice in front of a mirror and record your presentation.
Practice variations:
- Rehearse answers to possible questions.
- Work with a group, and you will be using in your presentation.
- Learn everything you can about the subject matter.
- Keep going, and you will be better prepared.

Redirect Your Nervousness
Channel energy from unwanted anxiety to something more productive. Let being more experienced or getting to boost confidence as you go along.

Visualize
Can be during the process of a team or a group to imagine your entire audience in a different light.

Force Yourself to Act Confidently
Psyching yourself to act confidently through appropriate eye contact, body language, facial expressions, and tone of voice can affect your mood and eventually your performance.

Ask yourself: “What’s the Worst Thing That Could Happen?”
You will have noticed that you tend to exaggerate your fears and whatever possible negative outcomes with a little help after all.

Practice Breathing Techniques
Use deep breathing and don’t hold your breath, which can increase mental anxiety and functioning.

Prepare Your Audience
- Begin your presentation by cracking a joke or asking a question.
- Establish rapport by talking to them as if you would talk to a friend.

The best performances are presentations in front of a crowd, not just because they have the attention but because they are the ones who are listening. Enthusiasm is highly contagious. When you love your presentation, your audience will love it too. When your enthusiasm is high, your audience will know it. When you imagine yourself to be doing something you feel passionate about, the tips described above will come easily and naturally for you.

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The Fear of Public Speaking

Percentage of people who feel speech anxiety

- 75%
- 73%

Number of Americans who have a social phobia

- 5.3 million

Number of Americans who have a fear of public places

- 3.2 million

Ranking People’s Worst Fears...

1. Public Speaking
2. Death
3. Spiders

According to most studies, people’s number one fear is public speaking. Number two is death. Death is number two. Does that sound right? This means to the average person, if you go to a funeral, you’re better off in the casket than doing the eulogy.

— Jerry Seinfeld

At any given time, 5% of the entire world’s population aged between 15-60 fear speaking in public.

10 Biggest Fears About Public Speaking

1. Voice Shaking - Getting Breathless
2. Forget What You Are Going to Say
3. Technical Glitches
4. Hecklers
5. Unengaged/Flat Audience
6. Audience Doesn’t Understand Me
7. People Will Think I am Not Qualified
8. Going Too Long or Too Short (Timing)
9. Someone Asks a Question You Can’t Answer
10. Profuse Sweating or Poor Body Language

Brought to you by...
Warren Cass, CEO & Founder of Business-Scene.com and event speaker