Hola Everyone,

We just said ‘Hello’ to October. Where did the time go, is the question on everyone’s lips but no one seems to know the answer. As the saying goes ‘time and tide waits for no one’ but many of us will not realise that until we run out of time to do the things we want to do. It might be to visit a friend, spend some time alone or maybe participate in a project organized by the Lions Club. Let’s start making time for the important things in our lives!

Having said that, it’s encouraging see many of the club members making time to attend meetings, organize projects, volunteer to carry out work ‘behind the scenes’, attend projects or just send an email with ideas and suggestions. All of these things put together is what makes us move forward and make a positive change in the life of another.

I was recently speaking with a close friend of mine who is a Rotarian. I asked her why she remained a member of her club, taking on responsibility, giving of her time and resources to her club despite her personal and professional commitments. She thought about it for a while and said ‘I enjoy the company of my club members. Many of us are similar, we are from similar professional backgrounds and we more of less think in a similar manner. There are those who don’t fit into the general mold but the best thing is that we can be who we are and we need to find ways to work together towards something greater than ourselves. I love the fact that I am a part of a group of people making the difference in the life of others who have no idea as to who we are. We are anonymous! They may know us in the generic term as a club or movement, but they don’t know us individually but what a lot we do to make their lives better!”

And that got me thinking about the truth of her words. The importance of identifying the qualities and values of those we invite as members to our club/ movement as we will only spend time with people whose company we enjoy and who share similar interests.

Also, those of us who join service organisations like to meet people and improve our circles but at the heart it, we are every day people who are strive to make the world a better place for another ‘one person at a time’ in (almost) complete anonymity!

That child whose eyesight you helped restore does not know you as an individual, she may or may not know you as a Lion, but your actions changed her life positively forever! Think about it, isn’t it a humbling thought? Cheers to all us ‘everyday heroes’ who make the time to serve another!!!

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**Dates for your diary**

**1st October** - Children’s’ Day project in Pannila at 9.30 am & Opening of Water Project in Sobithagama at 2.00 pm

**8th October** - White Cane Day organized by District 306A1

**10th October** - Board Meeting @ 7 pm @ Lion Mahin’s

**20th October** - 48th Anniversary celebrations of the Leo Club of Colombo (Host)

**25th October** - General Meeting @ Golf Club, Colombo 8 @ 8.00 pm. Hosted by Lion Miraz & LL Nirosha

**3rd November** - Meal to an Elder’s Home (District wide project)

**19th November** - Camilla School Project

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www.facebook.com/colombohostlions/

http://leonirupacmbhost.wixsite.com/lionscolombohost/
Water, the ‘Gift of Life’

The journey that started on the 24th of January 2017 came to fruition on 1st October 2017 when we commissioned the Water Project that would provide pipe borne drinking water to 55 households in Tudugala, Sobithagama. This project bears testimony to the unwavering commitment and hard work of Lions Dr. Ameer Zainudeen & Srimal Gallage who championed the cause and enabled us to live up to our motto ‘We Serve’. Our friends Paul & Sheila Tinning of the Clifford Howarth Trust, UK lived in the village of Tudugala to ensure that all went as per plan in terms of construction and administration of the project. The technical assistance and supervision provided by the Water Board officials of the area made it possible for the club to take on this challenge. The villagers took ownership of the project working day and night and using their connections to involve the assistance of other stakeholders whilst the members of the club stood by our project team in true spirit, visiting the site when possible and going further to fund areas which were not originally a part of the project. It was a moving and proud moment for all of us who were in Tudugala to participate in the official ceremony which was graced by DG Lion Wilson Wijegunaratne & Lion Vajira and PDG Lion Ganamini Sumanasena.
Celebrating International Children’s Day in our first ‘Water Project village’, Pannila.

The Lions spent Sunday morning with the villagers of Pannila and conducted a project for the children of the village. We donated multimedia equipment, laptop, school supplies, shoes and sweets to the children. We also visited the Temple where the well and water tank is housed. This project supplies 53 households with pipe borne drinking water. Thereafter the team headed off to Sobithagama to ‘open’ our second water project.
WE WILL MISS YOU LION ZOEB!

Our club was unfortunate to lose our last surviving Charter Member, Lion Zoeb Anverally in September this year. Lion Zoeb belonged to a select group of people who was genuinely loved by everyone who crossed his path.

Much has been said over the years of the handsome young Zoeb who joined the Lions Club of Colombo in 1958 at the tender age of 22. He was a true live wire who ‘owned’ the title of Tail Twister and boy didn’t he twist quite a few tails with his unique sense of humour. A few jokes had a few of the more staid members tut tut in a corner and it’s safe to say that Lion Zoeb enjoyed ‘making them tut’

Lion Zoeb took on the role of Leo Advisor and President the club and lead and guided the club in his own style. On hearing about his death, a Lion of another club told me how Lion Zoeb had sought her out to get pointers from her on a speech she had made. ‘I never expected such a senior Lion to be so humble’ were her words and that about sums up Lion Zoeb, humble to a fault while being the life of the party! May he rest in peace!

Welcome Lion Dulmi

Life is a rolling stone and time waits for no one. The closing of a chapter also means the opening of another.

The Pride of Colombo (Host) welcomed a new member to our Lions family when Lion Dulmi was inducted at the monthly General Meeting by Lion Dudley our Membership Committee Chairman.

Lion Dulmi was introduced to the club by Lion Shyana. ‘I have known Duli for a long time. I thought of asking her after seeing on social media some of the charity work she had carried out on a personal level. I invited Duli to a meeting and she agreed to attend, immediately clicked with the members she met that night , and agreed to go through the orientation process. I am glad I invited her’

A marketer by profession, Lion Dulmi is a digital marketing specialist who has worked in the marketing field both in Sri Lanka and the UK. She is currently the Marketing & Business Development Manager of 3W Consulting a leading consultancy firm in the country that specialises in change management, business process re-engineering, strategic consultation in corporate planning, HR, operations and Service.

An old girl of Musaeus College Colombo, she is a CIM qualified marketer and is currently studying for her MBA. Much of her time is taken up with the joy of her life, her little son. She has always been involved in social service and has a true passion for serving the less fortunate and a natural knack for interacting with people.

tut tut ...

The local Priest entered his donkey in a race and it won. The Priest was so pleased with the donkey that he entered it in another race and it won again. The local paper read: PRIEST'S ASS OUT FRONT.

The Bishop was so upset with this kind of publicity that he ordered the Priest not to enter the donkey in another race. The next day the local paper headline read: BISHOP SCRATCHES PRIEST'S ASS.

This was too much for the Bishop so he ordered the Priest to get rid of the donkey. The Priest decided to give it to a Nun in a nearby convent. The local paper, hearing of the news, posted the following headline the next day: NUN HAS BEST ASS IN TOWN.

The Bishop fainted. He informed the Nun that she would have to get rid of the donkey so she sold it to a farmer for $10. The next day the paper read: NUN SELLS HER ASS FOR $10. This was too much for the Bishop so he ordered the Nun to buy back the Donkey and lead it to the plains where it could run wild. The next day the headlines read: NUN ANNOUNCES HER ASS IS WILD AND FREE.

The Bishop was buried the next day.
Our first health camp for the year was turned into a mega multi service health camp by our 2 energetic project chairpersons Lions Mahin & Sumudu.

The camp which was held on the 17th of September at Sri Gananwimalaramya, Kelaniya comprised of a general health clinic, eye testing unit, spectacle donation unit, diabetes clinic, nutrition awareness clinic, BMI & cholesterol testing clinic, pharmacy and a dengue awareness program. Over 300 persons of the area registered for the health camp.

Many Lions and Leos participated in this joint project and operations of the camp were carried out very smoothly. The camp was sponsored by Lion Sumudu Hewage and her family and we are grateful to them for all arrangements made.

The Global Service Framework focuses the efforts of Lions and Leos on five service areas with the goal of tripling our humanitarian impact by serving 200 million people per year by 2021.

The Global Service Framework complements all of the great ways clubs serve locally, and gives Lions and Leos new opportunities to help meet the growing challenges facing humanity. No matter how you choose to serve, Lions matter now more than ever!

**Hope for Children Cancer Project**

The fourth donation of medicine to the Pediatric Ward of the Maharagama Cancer Hospital was made on the 8th of September.

With this donation that included a much needed infusion pump for the pediatric ward, the total value of medicine donated through the Hope for Children project since January this year stands at approximately Rs. 5.2 million.

We are thankful to Lion Lady Hiranyya for spearheading this project and coordinating the logistics with regard to same.

**Children’s Day**

We donated books and educational material, educational equipment for the library and school at Sobithagama and we also donated educational material, equipment, shoes and sweets etc to the children of Pannila. Both villages are our ‘Water project sites’ - Pannila in 2014 and Sobithagama in 2017.

**Love Cures**

A few Lions from the club participated in a truly heart-warming project carried out by our Leo Club for the past 3 years. ‘Love Cures’ is a signature project of our Leo Club under the ‘Spotlight on Children’ banner.

The Leos visit the children housed at the CCC Transit Home in Maharagama on a monthly/bi monthly basis and spend quality time with the children with a program that comprises of art & craft, sing songs and general interaction. The children are gifted with art supplies and the Leos donate fruits and other nutritious food for the children. Well done Leos!!
Memories of September

A break for a smile

Health Camp in Kelaniya

Visit to Sobithagama

Welcome Lion Dulmi

Sinha Charika

Hope for Children
Diabetes - The silent killer

Raising Diabetes Awareness, Preserving Sight
The World Health Organization estimates that over 422 million people worldwide have diabetes, a growing world epidemic that is expected to affect over 642 million by 2040.

Diabetes and Vision Loss
People with diabetes are at risk of losing sight due to diabetes eye disease. It is the leading cause of new-onset blindness in many countries. All people with diabetes – both Type 1 and Type 2 – are at risk. Diabetes can lead to other possible complications, including heart attack, stroke, kidney failure, leg amputation, and nerve damage. In pregnancy, poorly controlled diabetes increases the risk of fetal death and other complications.

Lions and Diabetes Awareness
With these statistics and concerns in mind, Lions have taken action through the Diabetes program. Our work supports diabetes awareness, education, prevention, detection, control, and research.

Sri Lanka
Total population: 20,715,000
Income group: Lower middle

<table>
<thead>
<tr>
<th>Number of diabetes deaths</th>
<th>Number of deaths attributable to high blood glucose</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>males</td>
</tr>
<tr>
<td>ages 30–69</td>
<td>2,860</td>
</tr>
<tr>
<td>ages 70+</td>
<td>2,830</td>
</tr>
</tbody>
</table>

Prevalence of diabetes and related risk factors

<table>
<thead>
<tr>
<th></th>
<th>males</th>
<th>females</th>
<th>total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes</td>
<td>7.3%</td>
<td>8.4%</td>
<td>7.9%</td>
</tr>
<tr>
<td>Overweight</td>
<td>18.9%</td>
<td>32.9%</td>
<td>26.1%</td>
</tr>
<tr>
<td>Obesity</td>
<td>3.5%</td>
<td>10.0%</td>
<td>6.8%</td>
</tr>
<tr>
<td>Physical inactivity</td>
<td>16.9%</td>
<td>30.2%</td>
<td>23.7%</td>
</tr>
</tbody>
</table>

National response to diabetes

Policies, guidelines and monitoring

<table>
<thead>
<tr>
<th>Policy</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Operational policy/strategy/action plan for diabetes</td>
<td>Yes</td>
</tr>
<tr>
<td>Operational policy/strategy/action plan to reduce overweight and obesity</td>
<td>No</td>
</tr>
<tr>
<td>Operational policy/strategy/action plan to reduce physical inactivity</td>
<td>Yes</td>
</tr>
<tr>
<td>Evidence-based national diabetes guidelines/protocols/standards</td>
<td>Available and partially implemented</td>
</tr>
<tr>
<td>Standard criteria for referral of patients from primary care to higher level of care</td>
<td>Available and partially implemented</td>
</tr>
<tr>
<td>Diabetes registry</td>
<td>No</td>
</tr>
<tr>
<td>Recent national risk factor survey in which blood glucose was measured</td>
<td>Yes</td>
</tr>
</tbody>
</table>

Availability of medicines, basic technologies and procedures in the public health sector

<table>
<thead>
<tr>
<th>Medicines in primary care facilities</th>
<th>Basic technologies in primary care facilities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Insulin</td>
<td>Blood glucose measurement</td>
</tr>
<tr>
<td>Metformin</td>
<td>Oral glucose tolerance test</td>
</tr>
<tr>
<td>Sulphonylurea</td>
<td>HbA1c test</td>
</tr>
<tr>
<td></td>
<td>Dilated fundus examination</td>
</tr>
<tr>
<td>Procedures</td>
<td>Foot vibration perception by tuning fork</td>
</tr>
<tr>
<td>Retinal photocoagulation</td>
<td>Foot vascular status by Doppler</td>
</tr>
<tr>
<td>Renal replacement therapy by dialysis</td>
<td>Urine strips for glucose and ketone measurement</td>
</tr>
</tbody>
</table>

Source: www.lionsclubs.org