



PROJECTS

SERVICE, FELLOWSHIP,
AND IMPACT



LEGACY

A JOURNEY OF HISTORY,
LEADERS, AND MENTORS



NEWS

LOCAL INSIGHTS AND
GLOBAL DEVELOPMENTS



CREATIVE

ART, STORIES, AND IDEAS
UNLEASHED

ISSUE 01 – OCTOBER 2024

WITNESS



Over the past year we embarked on a remarkable journey of service leaving an indelible mark on the lives of countless individuals within our community. Through tireless dedication we have successfully organized a range of impactful projects that have uplifted those in need fostered unity and promoted sustainable growth.

Whether it was through environmental cleanups educational programs or humanitarian aid each initiative was not just a contribution to society but a reflection of our unwavering commitment to creating lasting change.

These moments of service have transcended mere actions they have become memories we carry with pride moments that shape our identity as a club dedicated to bettering the world around us.

As we look back at the photos from the past year we are reminded of the bonds we have built and the joy we have shared. Every snapshot tells a story of passion teamwork and impact.

It is more than just the projects we completed it is the friendships we nurtured the lessons we learned and the smiles we brought to people's faces.

These cherished memories inspire us to keep pushing forward to dream bigger and to continue serving with the same zeal that has defined us for 26 years.



13
PROJECTS

19
AWARDS

50
CLUB MEMBERS

LEOSTIC YEAR 2023/2024 1000+ SERVICE HOURS



IT'S END OF AN ERA

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CREATIVE CORNER

Showcasing the diverse talents of our Leo club members.



PRESIDENT'S NOTE

Dear Fellow Leos,

As we embark on this new **Leoistic year**, I am incredibly proud of all that we have achieved so far. **Last month, we successfully completed Ashra'24, the 26th Installation Ceremony of the Leo Club of Kolonnawa**, marking a significant milestone in our journey. This event was a true reflection of our collective dedication and hard work, setting the tone for the exciting projects and initiatives that lie ahead.

Our journey has only just begun, and I am confident that the **upcoming projects** will continue to showcase the **passion and commitment** of every member of our club. Each step we take is a testament to our shared **Leoistic values** and our drive to make a **positive impact** in our community.

It is with great pride that I write this note, knowing that **everything we do is the result of a collaborative effort**, bringing out the best in all of us. This newsletter, **Witness**, stands as a shining example of our teamwork and dedication.

I would also like to extend my **sincere gratitude to our Editor-in-Chief, Leo Sanidi Rovinya**, for her exceptional commitment and time in putting this edition together. Her **tireless effort** has been instrumental in making this newsletter a success, and I believe it will inspire and inform us all.

Let us look forward to what lies ahead with **enthusiasm and unity**, as we continue to grow and make an impact together.

Yours in Leoism,

Leo Nandeesh Geeganage
President,
Leo Club of Kolonnawa



DISTRICT PRESIDENT'S NOTE

It gives me immense pleasure to extend my warm greetings and convey my message for the monthly newsletter “**WITNESS**” of the **Leo Club of Kolonnawa, District 306 C1**.

The **Leo Club of Kolonnawa is a well-established club in District 306 C1**, as it consistently fulfills the objectives of the Leo movement. I must emphasize that the **Leo Club of Kolonnawa is my pride and joy**. It is where I embarked on my Leo journey and successfully ascended the ranks, thanks to the strong foundation provided by this esteemed club and the unwavering support of my fellow members. Indeed, it is **a family like no other**.

Throughout this year, I have witnessed this club successfully carry out various projects. Some of the projects that caught my attention were the ‘**Communi Tree**’ project, which aimed to encourage environmental sustainability and conservation through tree planting to mitigate the damage caused by human activities; the **workplace safety and first aid workshop**, which aimed to cultivate a culture of safety and responsibility within our communities, particularly in the workplace and the **Milk Packet Donation project**, which focused on distributing milk packets at the Galvana Temple, brought joy and nourishment to many people. Additionally, there were other noteworthy projects such as the **Pipena Kakulu project** which brought immense joy to children during Children’s Day, while the **Korean Cultural Day** celebrated the essence of Korea’s rich heritage and the spirit of international collaboration. Additionally, the **Break the Risk Project** published a law journal aimed at educating the community about their rights. Beyond these initiatives, it was clear that the Leo Club of Kolonnawa organized several **beach cleanups under the REEFLEX** project, which focused on taking meaningful steps towards a cleaner and healthier planet.

All in all, during this Leostic year, the **Leo Club of Kolonnawa** has successfully and efficiently executed various projects. It is evident that they are **steadily progressing towards becoming an outstanding Club in the district and the nation**.

I hope and believe that the **Leo Leaders of 306 C1** will always offer their support for your future endeavors, as well as myself. I wish for all of you to be blessed with **good health, strength, and the ability to assist those in need** while undertaking more meaningful and successful projects.

All the best

Yours in Service,

Leo Nisal Dulmith
District President, Leo District 306 C1.



Launched at **Ashra'24**, our **26th Annual Installation Ceremony**, the **Leo Club of Kolonnawa Directory for the Leoistic year 2024/2025** is a testament to our club's journey and aspirations. It offers insights into the **history of Leoism** and its philosophy of **leadership, experience, and opportunity**, while also introducing **Lions Clubs International**, our parent organization. The directory explains the **governing structure of Leo Clubs** and features a section on **Leo Multiple District 306**, showcasing how Leoism operates locally and globally.

A special section honors the **founders and past presidents of the Leo Club of Kolonnawa**, celebrating their vision and leadership that paved our path. The directory also highlights our **achievements from the past Leoistic year**, including accolades received at the **Leo District and Multiple District levels**. It includes insights from **Lions District, Leo District, and club officials**, along with details about our **current Executive Committee, members, and future goals**.

The publication pays tribute to the **Lions Club of Kolonnawa**, whose guidance has been instrumental in our success. Additionally, it recognizes our **sponsors**, whose support not only made this publication possible but also contributed to the success of our installation ceremony.

Edited by Leo Sanidi Rovinya, the directory brings together all these elements, serving as a reminder that our **legacy of service** is the foundation for our future. Each achievement and challenge overcome inspires us to strive for greater heights and continue making a **lasting impact**.





ESALA POYA DAY MILK PACKET DONATION

Nourishing Futures: Our Esala Poya Day Initiative

On **Esala Poya Day**, July 20th, 2024, we, the **Leo Club of Kolonnawa**, in collaboration with the Lions Club of Kolonnawa, embarked on a meaningful journey to support the young generation through our **Milk Packet Donation Project**. Held at the **Galwana Raja Maha Viharaya**, this initiative catered to the well-being of **700 children** from **10 Dhamma schools** who participated in the religious **Bhakthi Geetha** program.

Our project went beyond providing physical sustenance with a simple gesture: each child received a **packet of milk and a snack** after hours of dedication to their religious and cultural duties.

By nourishing both body and spirit, we embodied **compassion, care, and community involvement**.

Led by **Leo Nandeesh Geeganage**, we took charge of coordinating resources, managing logistics, and engaging volunteers to ensure that every child and accompanying parent was served.

Our project reinforced values like **Zero Hunger (Goal 2)**, **Good Health and Well-being (Goal 3)**, **Quality Education (Goal 4)**, and **Partnerships for the Goals (Goal 17)**, aligning with **multiple Sustainable Development Goals (SDGs)**.

This project has a **long-term impact** by promoting the **well-being and development** of children through nourishment and education. Our **collaborative efforts** with the Lions and community leaders create lasting partnerships that support future initiatives.

By fostering these connections and focusing on child development, we help build a **healthier, more resilient youth population**, ensuring continued **community engagement and service** in the years to come.

Ultimately, this project was a reminder that **small acts of service**, especially those led by youth, can have a **ripple effect**, uplifting not just individuals but **entire communities**.



700
People Served

REEFLEX 2.0

Eco Warriors: Cleaning Up Panadura Beach

On **June 22nd, 2024**, we, the **Leo Club of Kolonnawa**, took action for the environment through our **REEFLEX 2.0** initiative at **Panadura Beach**. In collaboration with **MAS Unichela Panadura**, this project aimed to **restore the natural beauty and ecological health** of the coastline

Our focus was clear: through **beach cleanups** and **community awareness programs**, we addressed the urgent need for **responsible waste management**. Volunteers came together to **remove harmful plastics and pollutants**, emphasizing the importance of **environmental stewardship**. This project not only beautified the beach but also supported the **local economy**, which relies on a

Under the leadership of **Leo Nandeeshha Geeganage**, we mobilized our club members and collaborated with local stakeholders, including the **Lions Club of Api Panadura** and the **Panadura Assistant Superintendent of Police**. Our collective efforts fostered a sense of **community and responsibility**, promoting **sustainable practices** among residents.

We proudly aligned our work with key **Sustainable Development Goals (SDGs)**, including **Life Below Water (Goal 14)**, **Sustainable Cities and Communities (Goal 11)**, and **Responsible Consumption and Production (Goal 12)**. Our commitment to **reducing marine pollution** and **environmental impact** is critical for the health of our ecosystems.

By empowering individuals with knowledge about **responsible consumption** and **effective waste management**, this initiative fosters a culture of **sustainability** within the community. The **waste audit** and **visual documentation** serve as valuable tools to inform future initiatives, ensuring that we continually improve and scale our efforts.

Through projects like **REEFLEX 2.0**, we reaffirm our commitment to **environmental stewardship**, illustrating that together, we can make a **meaningful impact** on our community and our planet.

10,000
People Served



DISTRICT ORIENTATION PROGRAM 2024

EMPOWERING TOMORROW'S LEADERS



Our new members, whom we call **prospects**, join the Leo movement for various reasons. Most of them join a Leo Club because of **fellowship** and the desire to make their **community a better place**.

However, what they may not realize is that the Leo movement is not just a community service organization; its roots run much deeper.

The **orientation program** provides our new members with the perfect opportunity to learn about what the Leo movement truly encompasses.



On **Saturday, June 29th, 2024**, the **District Orientation Program** welcomed new Leo prospects from **Leo District 306 C1** to the CINEC Auditorium. Hosted by the **Leo Club of CINEC Campus**, along with the **Leo Clubs of Kolonnawa and Thalangama Malabe**, this event focused on introducing newcomers to the world of **Leoism** and the values of **leadership, community service, and teamwork**.

Participants received a comprehensive introduction to **Leo Clubs**, learning about our **mission, structure, and the roles and responsibilities** they will hold as future Leos.

The program emphasized **leadership development and the importance of giving back through community service**. Attendees gained valuable insights into the connection between Leo and Lions Clubs, discovering how they can collaborate with Lions in the future.

Key district leaders, including **Leo Nisal Dulmith FLM (District President)** and **Leo Anjana Udesh FLM (District Vice President)**, shared their experiences and offered guidance on how to grow as leaders within the Leo movement.

Their motivational talks inspired us all to take on challenges and contribute **meaningfully** to our communities.





SEEDS OF PEACE 2.0

A Journey Through Time

In our commitment to cultural exchange and community building, we proudly organized **Seeds of Peace 2.0: A Journey Through Time**, an enriching event that engaged **1,000 beneficiaries** from various backgrounds. This event not only highlighted Korean culture but also fostered connections among the Korean community, students, and the general public, promoting **peace and understanding**.



The event provided a unique platform for **Korean language students** to showcase their skills and immerse themselves in cultural practices, enhancing their educational experience. The involvement of the **Korean community** allowed members to **celebrate their heritage, strengthening community bonds while inviting cultural enthusiasts to explore traditional**

performances, contemporary K-Pop, and authentic Korean cuisine.

Our participation was vital in **coordinating performances, managing logistics**, and ensuring smooth event execution. We also engaged in **publicity efforts**, creating awareness through various media channels, which amplified the event's impact. The collaborative effort with the **Institute of Human Resource Advancement** and support from the **Embassy of the Republic of Korea** further elevated the event's suc-





The **long-term impact** of this project is profound. By enhancing **cultural awareness** and fostering **diplomatic ties** between Sri Lanka and Korea, we contributed to ongoing cultural exchange, which supports peace-building initiatives. The educational benefits for students not only solidify their knowledge but also inspire continued interest in Korean studies, fostering future generations of cultural ambassadors.

Aligned with **Sustainable Development Goals**, we focused on **Quality Education (Goal 4)** and **Peace, Justice, and Strong Institutions (Goal 16)**. By facilitating a deeper understanding of diverse cultures, we pave the way for a more

inclusive society.

The relationships formed during this event are the foundation for future cultural initiatives, encouraging continuous engagement and understanding.

Through our efforts in **Seeds of Peace 2.0**, we not only celebrated a rich culture but also laid the groundwork for sustainable cultural initiatives that will resonate within our community for years to come.

1,000
People Served



SAFETY FIRST

Work Safety and First-Aid Awareness Workshop



LEOS OF C1

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Workplace Safety Workshop 2024

In our recent **Work Safety and First-Aid Awareness Workshop**, we had the privilege of benefiting **175 eager students** from NVTA Narahenpita. This project was designed to bridge the critical gap in safety education for future industrial workers, equipping them with essential knowledge and skills.

Our workshop focused on **workplace safety and first-aid practices**, addressing the urgent need for these students, many of whom come from diverse socio-economic backgrounds and currently lack access to comprehensive safety training. By imparting this vital information, we aimed to enhance not only their

personal safety but also contribute to **safer work environments** in the industries they will eventually enter.

The impact of this workshop extends far beyond the classroom. As participants learn about **accident prevention and emergency response**, they will carry these skills into the workforce, fostering a culture of safety that can significantly reduce workplace accidents.





Our commitment to **sustainability** means that this knowledge can be shared, creating a ripple effect throughout the community and industry.

This initiative aligns with several **Sustainable Development Goals: Good Health and Well-being (Goal 3), Quality Education (Goal 4), and Decent Work and Economic Growth (Goal 8)**. By focusing on these goals, we ensure that our efforts contribute to a healthier, safer, and more educated workforce.

The long-term impact is profound. The skills these students acquire will not only help in preventing injuries but also empower them to

act confidently in emergencies, potentially saving lives. The workshop fosters a sense of **responsibility and preparedness** that will resonate throughout their careers.

As members **of the Leo Club of Kolonnawa**, we take pride in our proactive approach to community development.

Our commitment to educating and empowering the next generation of workers is a testament to our dedication to building a brighter and safer future for all.

175

People Served





In a Leo Club, the **Annual Installation Ceremony** is one of the most significant milestones of the year. It marks a pivotal moment as we transition into the future with **new leadership, fresh energy, and renewed goals**.

It's a time when we embrace the potential of the coming year, ready to take on new challenges while building on the foundations laid before us.

Alongside this forward movement, we come together to reflect on the year that has passed, honoring the **dedication and hard work** of our members and celebrating the achievements of the **outgoing executive committee**.



This event also gives our club members the opportunity to showcase their diverse talents in **event planning, graphic designing, and decorations**, ensuring that the ceremony is not just a formal occasion but one filled with **creativity and personal touches**, making it truly memorable. In addition, our members get the chance to display their skills in **singing, and playing musical instruments**, adding an extra layer of entertainment that highlights the vibrant talents within our club.

On the **15th of September 2024**, the **Leo Club of Kolonnawa** celebrated **Ashra'24**, its **26th Annual Installation Ceremony**, at the **Lions Activity Center** in Colombo 07. This event was a true reflection of the unity, dedication, and creativity of our club, marking another chapter in our journey of excellence.



We were incredibly honored to have **Lion Saman Jinadasa MJF MAF**, the **District Governor of Lions District 306 C1**, as our **Chief Guest**. His presence added prestige to the event, and his words of encouragement reinforced our commitment to the future of Leoism.

His speech reminded us of the **impact** we can create together, and having such an esteemed figure with us was a true privilege.

Our **Guest of Honor, Leo Nisal Dulmith FLM, the District President of Leo District 306 C1**, delivered an inspiring speech that motivated all of us to continue our journey of **service and leadership with passion**.

We were also joined by **Special Guests**, including **PMDP PDP Lion Dilruk Thisera, the District Leo Club Chairperson of Lions District 306 C1**, and **Leo Anjana Udesch FLM, the District Vice President of Leo District 306 C1**.

Their presence and speeches further elevated the evening, reminding us of the strength and unity of the Leo and Lions communities.

The event's theme, **Blue, White, Sky, and Clouds**, symbolized hope, clarity, and ambition. Members and guests embraced the theme, with their outfits and the elegant decorations complementing the spirit of the night. The atmosphere was serene yet vibrant, a perfect representation of our shared aspirations for the coming year.

Leo Induwari Peirisyalage, our outgoing Club President, took the stage to reflect on the achievements of her term and the incredible teamwork that defined the past Leoistic year. She presented **tokens of appreciation** to the executive committee members and active members, recognizing their contributions. Her leadership was instrumental in guiding us through a year of success and growth.

Following her, our **newly installed Club President, Leo Nandeesh Geeganage**, gave an inspiring speech, sharing her **vision for the future**.

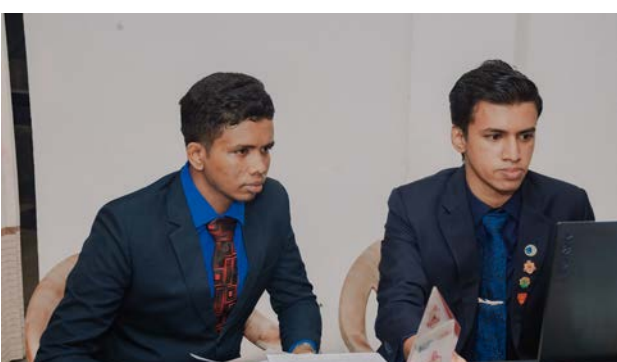
She outlined her plans for the coming year, focusing on building upon the club's legacy while striving for new heights in service, leadership, and fellowship.

Her energy and determination left us all motivated and excited for the year ahead.

A special moment of the evening was the speech by **Lion Leslie Leelanada**, our **long-time Leo Advisor** and a **member of the Lions Club of Kolonnawa** even before our Leo Club was formed. He took us on a **journey through time**, **reminiscing about the early days of our club** and highlighting the incredible growth we've experienced. His words were a powerful reminder of the deep roots and strong foundation of our club.

26TH ANNUAL INSTALLATION CEREMONY





The event was nothing short of **glamorous**, filled with heartfelt reflections, joyous celebrations, and inspiring moments.

As we look forward, we are reminded of the opportunities that lie ahead and the impact we can continue to make together. With **new leadership at the helm and the unwavering support of our members**, we are ready to **embark on another year of service and excellence**.

Together, we will continue to make a difference, building on the legacy of the Leo Club of Kolonnawa, and striving for an even brighter future.

LEGACY CONTINUES...

LEOISTIC YEAR 2024-2025



CLUB PRESIDENT

**LEO NANDEESHA
GEEGANAGE**

BOARD OF EXECUTIVES



**LEO NIPUNI
PEIRISYALAGE
1ST VICE PRESIDENT**



**LEO DYLEN
WOLFF
2ND VICE PRESIDENT**



**LEO DEVNI
EMBULDENIYA
CLUB SECRETARY**



**LEO MALSHI
PERERA
ASSISTANT SECTARY**



**LEO KAVINDI
KODITHUWAKKU
CLUB TREASURY**



**LEO DEVNI
EMBULDENIYA
ASSISTANT TREASURY**

BOARD OF DIRECTORS



LEO NISAL
DULMITH



LEO PULATHISI
JAYATHILAKE



LEO DILAN
NAYANAJITH



LEO SENURA
WEERASINGHE



LEO CHANUKI
MENOLI



LEO INDUWARI
PEIRISYALAGE



LEO SANIDI
ROVINYA



LEO TEVIN
WOLFF



LEO SNEHA
INDUWARA



LEO SAKUNI
SANDEEPA



LEO NIPUNI
PEIRISYALAGE



LEO OJITHA
GAMAGE



LEO DHANANJI
RATHNAYAKE



LEO NISURI
DILEKA



LEO KAVINDI
KODITHUWAKKU



LEO DILMINI
WEHELLA



LEO MENURA
DELTHALAWA

ACTIVITY DIRECTORS

GALACTIC NIGHT 2024



Every **Annual District Conference** is a **special day** for us Leos. It's a day we look forward to, as it's when all our **hard work gets recognized**. It's like an **awarding ceremony** where we compete with fellow Leo Clubs. While the **awards** are a fantastic bonus, just being **nominated** fills us with joy, knowing our district acknowledges our efforts for the **betterment of our community**.

On the **16th of June, 2024**, we joined our fellow Leos at the **magnificent Kingsbury Hotel** for the **19th Annual District Conference**, themed **"Galactic Night: A Stellar Celebration of Leo Excellence."**

This event was not only about **honoring the dedication** of Leo club members from the past year but also about **motivating us for the journey ahead**.



The evening was filled with **heartfelt moments of recognition**, celebrating our **commitment** and achievements. We felt a surge of pride as our peers were honored for their tireless efforts, reminding us how meaningful our contributions are.

The Kingsbury Hotel, with its **luxurious ambiance**, perfectly matched our **galactic theme**, adorned in **maroon, gold, and white**, with stunning **video animations** and our coordinated outfits creating a magical atmosphere.



ACHIEVEMENTS

The night came alive with **special performances**, including dazzling dances that captivated everyone present. It was more than just a celebration; it became a true **spectacle of talent and unity** among us.

“**Galactic Night**” was not merely an event; it was a powerful reminder of the **strength and spirit** of the Leo movement, inspiring us to **aim higher** in the year ahead.

MOST OUTSTANDING COMMUNITY BASED LEO CLUB
2ND RUNNERS UP

SEEDS OF PEACE : LEO DEVUNI EMBULDENIYA

BEST PROJECT FOR PEACE AND RELIGION
WINNER AWARD

LEAD TO READ : LEO DHANANJI RATHNAYAKE

BEST PROJECT FOR INTERNATIONAL TWINNING
WINNER AWARD

COMMUNI TREE : LEO NISURI DILEKA JAYATHILAKE

BEST PROJECT FOR ENVIRONMENT
WINNER AWARD

DIABECARE : LEO NISURI DILEKA JAYATHILAKE

BEST PROJECT DIABETES
2ND RUNNERS UP

BREAK THE RISK :

LEO SAKUNI SANDEEPA & LEO KAVINDI KODITHUWAKKU

BEST PROJECT FOR CRIME AND ACCIDENT PREVENTION
1ST RUNNERS UP

HEALTHY MIND :

LEO INDUWARI PEIRISYALAGE & LEO REHANA DOOLE

BEST PROJECT FOR SPORTS AND RECREATION
1ST RUNNERS UP

LEO LEGACY : LEO SANIDI ROVINYA & LEO DYLEN WOLFF

BEST PROJECT FOR FELLOWSHIP
1ST RUNNERS UP

DEEP MIND : LEO SNEHA INDUWARA

BEST PROJECT FOR MENTAL HEALTH
1ST RUNNERS UP

LEO CYCLE : LEO INDUWARI PEIRISYALAGE

BEST JOINT INTRA DISTRICT PROJECT
1ST RUNNERS UP

LEO NISAL DULMITH
LEO OF THE YEAR

LEO SNEHA INDUWARA
MOST OUTSTANDING NEW LEO



ලියෝ ඉළුඳා 2024-2025



In Sri Lanka, **religion and culture** are key parts of our community; they form the foundation of our society. Every **new and good beginning** we embark upon is initiated with the **blessings of our religions**.



As the dawn of a new Leoistic year breaks, the **annual religious blessing pujotsava series**, known as **Leo Shradda**, illuminated the spirit of unity within District 306 C1 on the **6th and 7th of July 2024**.

This vibrant event brought together the **diverse Leo community of Sri Lanka**, celebrating **faith and fellowship** in a truly remarkable way.



The blessings unfolded at some of the country's most **sacred sites**, including the **Trincomalee Koneswaram Temple**, where the waves seemed to echo prayers, and the **Sri Dalada Maligawa in Kandy**, a symbol of peace and reverence. Other blessed venues included the serene **Gangarama Viharasthan** in Colombo, the welcoming **Meera Maccam Jumma Masjid** in Kandy, and the tranquil **Gatambe St. John's Church**.

This **religious ceremony** was more than just a ritual; it was a beautiful tapestry of **diverse cultures and beliefs** coming together, reinforcing the message of **collaboration and harmony**. As blessings from various faiths filled the air, they laid a **spiritual foundation** that ignited **hope and inspiration** for the year ahead.

With this **collective strength**, we, the Leos of District 306 C1, are not just ready to tackle the challenges ahead but are set to make **waves of impact** in our communities through **service and leadership**. Let's carry this energy forward, embracing the **new year with passion, purpose**, and a commitment to making a **meaningful difference**!



DISTRICT WORKSHOP

PUZZLE YOUR WAY

We, Leos, are on a path of **Leadership, Experience, and Opportunity**. We learn and grow through our Leo experiences, seizing the opportunities presented to us. This is why Leos thrive in their **personal, social, and professional lives**.



The **district workshop** is an event organized by every Leo District to provide Leo Club leaders and members with an opportunity to learn and grow into better leaders tomorrow. It is where we start and learn how to be **effective leaders**. Plus, as our Leo and Lions clubs movement has a comprehensive system to track our projects for recognition, the district workshop is also an excellent way to learn about that process.



The District Workshop: Puzzle Your Way provided comprehensive guidance on **club administration**, ensuring the smooth operation of Leo District 306 C1. Over two days, participants gained valuable insights into leadership and club management.

Day 1.

at the NCD Centre.

- ✓ Reporting Guidelines for 2024/25 by Leo Lion Kalindu Kumārasinghe PFLM
- ✓ MyLeo reporting & club administration by Leo Lion Mandakini Kariyawasam PFLM
- ✓ Protocols & meeting procedures by IPDP Leo Lion Thimira Uyanhewage FLM
- ✓ Treasurer Reporting by MDAT Leo Vinuri Nivodya PFLM
- ✓ Lions Movement & Ethics by PMDP PDP Leo Lion Dilruk Tissera

Day 2.

online via Zoom

- ✓ Council Officers with PDP Leo Lion Thilina Wijayamuni De Zoysa
- ✓ Club Presidents with PDP Leo Lion Bhanuka Premarathne MAF
- ✓ IT & Promotional Guidelines with Leo Samindu Oshadha
- ✓ Treasurer Reporting by MDAT Leo Vinuri Nivodya PFLM
- ✓ Treasurer Reporting with MDAT Leo Vinuri Nivodya PFLM



This workshop offered critical tools for enhancing **leadership and optimizing club performance**, setting the stage for a **successful year ahead**.

ANNUAL DISTRICT INSTALLATION CEREMONY 2024

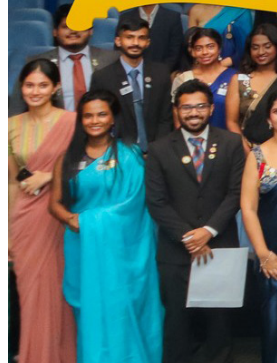
The **20th Annual District Installation Ceremony** of Leo District 306 C1 was a milestone event held on **24th August** at the **Main Auditorium of the Department of Immigration and Emigration**.

Celebrating **two decades of impactful service**, the ceremony was a perfect blend of **nostalgia and new beginnings**.

Kicking off with a **heartfelt tribute to the outgoing board members**, the event acknowledged their dedication and leadership over the past year.

The spotlight then shifted to the newly elected team, led by the dynamic **Leo Nisal Hennadige FLM as District President**, who shared an inspiring vision for the future.

We are especially proud to announce that **Leo Nisal Dulmith is the 6th District President to hail from our Leo Club**, marking a monumental achievement for our organization. His election continues a **proud legacy of leadership and service** that defines our club's values and dedication to the community.





The new executive committee members include:

- **Leo Lion Thimira Uyanhewage FLM** as **Imm. Past District President**
- **Leo Anjana Udesh FLM** as **District Vice President**
- **Leo Chehara Oshadhi** as **District Secretary**
- **Leo Simal Weerasingha** as **District Treasurer**



In addition, **PCP Leo Pulathisi Jayathilake** will serve as **District Presidents Program Executive (Environment Sustainability and Sport)**, while **IPCP Leo Induwari Perisyalage** will lead the **District Publications and Editorial team**. We are also excited to highlight that our own **Vice-President, Leo Dylen Wolff**, has taken up a vital role within the **District IT and Public Relations committee**.



The ceremony wasn't just about the changing of the guard; it was a celebration of **20 years of service and leadership**. With **renewed energy and a shared commitment**, the club is poised for a **thrilling year ahead**, ready to continue its **legacy of making a positive impact on the community**.

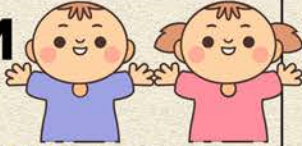
Here's to another year of excellence and innovation!

LEAD FOR A CHANGE

10

"Great achievements
are born from bold actions.
Let every event
be a step toward greatness."

CALENDAR

MON	TUE	WED
	1  Children's Day "Pipena Kekulu" with GINEC Leos	2
7  Lotus Unity Seeds of peace 2.1	8	9
14	15	16  World Food
21	22	23
28	29	30

OCTOBER 2024

THU	FRI	SAT	SUN
3	4  World Smile Day	5  HAPPY TEACHER'S DAY!	6
10  World Mental Health Day	11	12 Lions Family Get together  LIONS INTERNATIONAL	13
17  Vap-Full-Moon Poya Day	18	19  Devil Day	20
24  Halloween	25	26	27 Battle of C's 
31  Deepawali			

LEOS OF KOLONNAWA PROUDLY PRESENTS

DEVIL

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KING COCONUT

AT LIONS FAMILY GET-TOGETHER 2024

Mark your calendars! The much-anticipated **Lions Family Get-Together of Lions District 306 C1 is happening on the 26th of October 2024!** This full-day event promises a day of fun, fellowship, and lasting memories. While the venue will be announced soon, one thing is certain: it's going to be a fantastic day as Lions and Leos from across the district, along with their families, come together to celebrate the spirit of community.

We, the Leos of Kolonnawa, are thrilled to be part of this exciting day! Be sure to stop by our stall, where **we'll be serving our signature Devil Manioc and offering the refreshing taste of King Coconut.** It's going to be an experience full of flavor, fun, and laughter.

We can't wait to see you there!

**26TH OCTOBER
SATURDAY** **MARK YOUR
CALENDAR**



Speaking with us, Project Chairman **Leo Anjana Udes** shared exciting details about the upcoming **4th edition of the Battle of C's**. Organized by Districts 306C1 and 306C2, the event has grown each year in **participation, excitement, and engagement**. The key goals are to promote **camaraderie and healthy competition**, showcase the **talent** within the Leo community, and attract **potential sponsors**.

BATTLE OF C'S

DISTRICT 306 C1 VS DISTRICT 306 C2

Leo Anjana emphasized the event's focus on fostering a **spirit of unity and sportsmanship**, helping to strengthen **bonds and collaboration** between the districts. Although challenges like securing a **suitable venue and handling sponsorship acquisition** remain, the teams are working tirelessly to ensure the event's success.



27TH OCTOBER SUNDAY

KEEP THE DATE FREE!

A special thanks goes out to the **players, sponsors, and all Leo members** whose enthusiasm is taking the **Battle of C's** to new heights!



LION DHANAPALA ATHUKORALA

The founder of The Leo Club of Kolonnawa

2021-06-06

Lion Dhanapala Athukorala was a man whose quiet strength and unwavering dedication left a lasting mark on the Leo and Lions Clubs of Kolonnawa, as well as the broader community. **Serving as President of the Lions Club of Kolonnawa during the year 1999-2000**, Lion Dhanapala played an **instrumental role in the formation of the Leo Club of Kolonnawa**.

This initiative, which he launched with a vision of nurturing youth eager to make the world a better place, continues to flourish today.

Lion Dhanapala served as a Leo Advisor for around 10 years, providing fatherly guidance to the young Leos. His leadership and personal touch helped the Leo Club of Kolonnawa grow, producing many outstanding leaders, including **District Presidents**.

His commitment to the club was so profound that even during a severe illness, when he was hospitalized and recovering, his first questions to visiting Lions members were about the progress of the Leo Club.

As a **retired government servant from the AGS Office of Kolonnawa**, Lion Dhanapala embarked on another professional journey, running a **driving school where he taught local youth essential skills**. His commitment to empowering young people was a recurring theme in his life, evident in both his professional and philanthropic work.

Among his many community efforts, one of his most remarkable projects was offering support to mothers with underweight infants. With the help of his **beloved wife, Amitha Athukorala**, he provided care packages filled with necessary medicines and nutritional supplements until the children regained a healthy weight. Amitha, his true partner in all aspects of life, contributed medical instruments and helped maintain records, ensuring the project's success. Their home, located near the **Umagiliya Cricket Grounds in Kolonnawa**, became a hub for these community efforts, reflecting their deep connection to the well-being of others.





Amitha was his **backbone, supporting him in all his endeavors**, from his social projects to his work in the Lions and Leo Clubs. Together, they participated in numerous outstation events, both social and leisure, further deepening their bonds with the young Leos they mentored.

Despite his **calm and quiet demeanor**, Lion Dhanapala had a profound influence on those around him. His thoughtful and well-prepared speeches, which he would meticulously write down beforehand, reflected his character—speaking only when necessary but always with purpose.



Beyond his involvement with the Lions and Leos, **Lion Dhanapala also served as the president of the “Samagi Mandalaya,”** a local society focused on resolving family conflicts without police or legal intervention.

His efforts to promote peace and understanding in the community only further cemented his reputation as a man of great compassion and wisdom.

Lion Dhanapala's **passing in June 2021 at the age of 84** marked the end of an era. However, his legacy lives on in the hearts of those who knew him, and his example continues to inspire the Leo and Lions Clubs he so lovingly nurtured.

Though he is no longer with us, **his work and memory will continue to guide future generations, reminding us of the power of quiet leadership, dedication, and community service.**



Special Thanks to Lion Leslie Leelalanda

A special thanks goes to **Lion Leslie Leelananda**, who kindly shared his memories and insights about **Lion Dhanapala Athukorala**. Having served as the **Secretary of the Lions Club of Kolonnawa** during Lion Dhanapala's presidency, and as a **Leo Advisor for around 8 years**, **Lion Leslie's close relationship with Lion Dhanapala** spanned more than two decades.

His reflections provided invaluable details that help us remember and honor the legacy of a man who made a lasting impact on both the Lions and Leo Clubs.

SRI LANKA DECIDES

PRESIDENTIAL ELECTION

2024



2024



Post Credits : TV DERANA

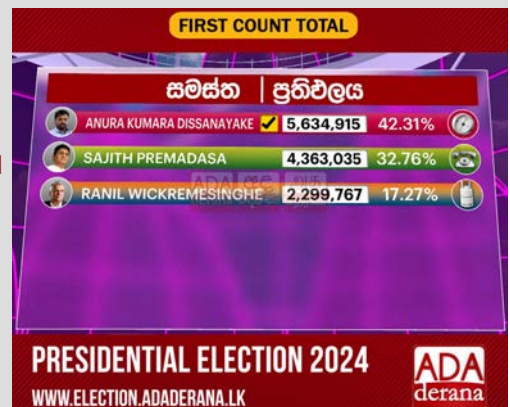


On **September 21, 2024**, Sri Lankans woke up to a historic and highly anticipated presidential election that captured the nation's attention. This election was especially significant, as **Mr. Anura Kumara Dissanayake, leader of the National People's Power (NPP)**, defied expectations and led the race in what would become a closely contested battle against **Mr. Sajith Premadasa, leader of the Samagi Jana Balawegaya (SJB)**.

In the first round of voting, **Mr. Anura Kumara Dissanayake** secured approximately **42.31%** of the votes, while **Mr. Sajith Premadasa** followed with about **32.76%**.

THE INTENSE COMPETITION LED TO A HISTORIC SECOND ROUND OF COUNTING, WHICH HAD NEVER OCCURRED IN SRI LANKA BEFORE.

Ultimately, after the final tally on **September 22**, **Mr. Anura Kumara Dissanayake** emerged victorious with **55.89%** of the vote, narrowly edging out **Mr. Sajith Premadasa**, who finished with **44.11%**. The outcome was almost a draw, underscoring how competitive and intense the election had been.



Following his inauguration on **September 23, 2024**, **Mr. Anura Kumara Dissanayake** pledged to tackle the nation's pressing issues, particularly **economic recovery and governance reforms**.

His win represents a dramatic shift in public sentiment compared to the **last presidential election in 2019**, when **Mr. Anura Kumara Dissanayake** received only **3%** of the vote and finished in third place.

This election's result highlights the rapid changes in the political landscape and a widespread desire among voters for significant reform.

Article by : Leo Dylen Wolff

Break the Code

“A powerful object or force lies
at the center of the conflict”

Our other clues at our social media
Visit: linktr.ee/kolonnawaleos

Think you've cracked it?
Drop us a message on social media with
your answer, your name,
and your Leo Club (if applicable).

Good luck!

IT'S TIME TO PRIORITIZE MENTAL HEALTH IN THE WORKPLACE: BUILDING A HEALTHIER, HAPPIER WORKFORCE

October marks **Mental Health Month**, and this year, the theme of **World Mental Health Day 2024** is **"It is Time to Prioritize Mental Health in the Workplace."** As workplaces become more demanding, it's crucial to address mental health and ensure it's treated as a priority. By creating environments where employees feel supported, we can foster both personal well-being and professional productivity.

Mental health challenges in the workplace affect millions of people globally. Employees, whether in entry-level positions or more senior roles, often experience stress due to long hours, tight deadlines, or heavy workloads. These pressures, if not managed properly, can lead to burnout, anxiety, and other serious mental health concerns. Therefore, it's vital to promote conversations about mental health and develop practices that prioritize well-being at work.



WHY PRIORITIZING MENTAL HEALTH IS ESSENTIAL?

Workplace stress is a common experience that can take a toll on employees' mental and emotional well-being. From meeting constant demands to handling the pressures of daily tasks, the impact of work-related stress cannot be ignored. Ignoring mental health concerns can lead to decreased productivity, absenteeism, and even physical health issues.

However, by taking proactive steps to manage stress and create a healthy work-life balance, employees are not only happier but also more engaged and productive. Here are some simple yet effective strategies for managing stress and maintaining a healthy work-life balance:

SET BOUNDARIES:

Establish clear boundaries between work and personal life. Knowing when to switch off from work is crucial to avoid burnout.



TAKE BREAKS:

Short, regular breaks help recharge your energy and focus. A quick walk or stepping outside can refresh your mind and reduce stress.

PRIORITIZE TASKS:

Break down larger tasks into smaller, manageable ones. Tackling high-priority work first can help reduce overwhelming feelings.





UNPLUG AFTER WORK:

In our digital age, it's tempting to stay connected to work even after hours. However, it's essential to disconnect to fully rest and recharge.

MAKE TIME FOR HOBBIES:

Engage in activities outside of work that bring joy, whether it's spending time with loved ones or pursuing hobbies. This helps de-stress and maintain balance.



STRESS MANAGEMENT AND WORK-LIFE BALANCE: THE KEY TO A HEALTHIER WORKPLACE

Stress is an inevitable part of work, but how we manage it determines our well-being. By implementing stress management strategies like **mindfulness, prioritizing tasks, and taking breaks**, we can greatly reduce its negative effects. Moreover, a healthy work-life balance ensures that work doesn't consume all of your time, allowing space for relaxation, personal interests, and mental recovery.

When employees have time to unwind and focus on non-work-related activities, they return to work refreshed and more productive. Employers can contribute by fostering a culture that respects these boundaries and encourages self-care.



WHY THIS TOPIC MATTERS NOW MORE THAN EVER?

This year's theme, "**It is Time to Prioritize Mental Health in the Workplace**," emphasizes the importance of taking care of mental health in professional settings. As we celebrate Mental Health Month in October, it's essential to acknowledge the direct link between mental well-being and job satisfaction.

Addressing mental health proactively not only improves employee morale but also creates a more supportive, productive environment. By prioritizing mental health, organizations can reduce stress, enhance productivity, and create an atmosphere where employees feel empowered to balance their professional responsibilities with their personal lives.

Together, we can create a culture that values well-being as much as performance, paving the way for happier, healthier workplaces.

Article by: Leo Rehana Doole

THE POWER OF POSITIVE THINKING: A GUIDE FOR LEOS IN LEADERSHIP AND SERVICE

As members of Leo Club International, you are the heart and soul of your communities. Leos take pride in serving others, leading with compassion, and making a positive impact on the world.

But in the midst of volunteering and leadership, it's essential to also take care of your own mindset and well-being. One powerful tool that can keep you motivated, resilient, and focused is positive thinking.

Let's explore how a positive mindset can empower you as a Leo, allowing you to thrive both in your service and in your personal life.



1. STAYING POSITIVE IN THE FACE OF CHALLENGES

As a Leo, you know that leadership and service can come with their fair share of challenges. Whether it's organizing a large event, facing limited resources, or working with diverse teams, obstacles are part of the journey. Positive thinking helps you see these challenges as opportunities to learn and grow, rather than as setbacks.

When you encounter difficulties, remind yourself of the impact you're making. Stay focused on the bigger picture – your efforts are changing lives, no matter how small the steps may seem in the moment.



2. THE POWER OF OPTIMISM IN LEADERSHIP

Leos are leaders, and positive thinking is a key trait that can elevate your leadership skills. When you approach situations with optimism, you inspire those around you. Your team will look up to you not just for your skills but also for your energy and attitude.

As a leader, you set the tone for the group. A positive mindset creates a ripple effect, encouraging your peers to stay motivated, collaborate effectively, and stay solution-focused. By staying positive, you help foster a supportive, energetic environment that empowers everyone to give their best.



3. BUILDING RESILIENCE IN VOLUNTEERING

Volunteering often requires you to step outside your comfort zone and deal with unpredictable situations. Whether it's working on a project that doesn't go as planned or facing challenges in the community, resilience is key. Positive thinking builds that resilience.

When things don't go as expected, instead of feeling discouraged, focus on what you've learned and how you can improve. Every experience, even the tough ones, contributes to your growth as a volunteer and leader.



4. BALANCING SERVICE WITH SELF-CARE

As someone who dedicates so much time to others, it's important to remember to take care of yourself too. Positive thinking helps you maintain a healthy balance between serving others and nurturing your own well-being. When you focus on the positives in your life, you're more likely to practice self-care and avoid burnout.

A simple way to maintain a positive mindset is to celebrate your own efforts. Acknowledge the good work you're doing, reflect on the difference you're making, and allow yourself time to recharge when needed.



5. CREATING LASTING IMPACT WITH A POSITIVE ATTITUDE

Your positive attitude doesn't just affect you – it impacts everyone you work with. Whether it's fellow Leos, community members, or those you're helping, your optimism has the power to lift others up. People are naturally drawn to those who radiate positivity, and your attitude can inspire those around you to stay hopeful, even in difficult situations.

When you bring positive energy into your service work, you create a ripple effect that strengthens the community and the impact of your projects.

6. PRACTICAL TIPS FOR STAYING POSITIVE

- **Reflect on Your Wins:** Take time to acknowledge the successes of your projects, no matter how small.
- **Surround Yourself with Positivity:** Spend time with fellow Leos and friends who uplift and support you.
- **Practice Gratitude:** Make a habit of recognizing the good in your life and the difference you're making through your service.
- **Focus on Solutions, Not Problems:** When challenges arise, shift your mindset to look for ways to solve them.
- **Take Time for Yourself:** Balance your service with moments of relaxation and self-care to maintain your positive energy.



Positive thinking is an essential tool for Leos who are committed to leadership and service. It empowers you to stay resilient, inspire others, and create lasting change in your communities.

By adopting a positive mindset, you're not only enhancing your own well-being but also spreading hope and motivation to those around you. Keep shining bright, Leos – your positivity is transforming the world.

Article by: Leo Rehana Doole

INTERNATIONAL COFFEE DAY: CELEBRATING THE GLOBAL COFFEE CULTURE WITH A SRI LANKAN TWIST

October 1st is a day that coffee lovers around the world eagerly anticipate—**International Coffee Day**. It's more than just a celebration of our favorite cup of joe; it's a global tribute to coffee's rich cultural heritage, its economic significance, and the millions of hands that work to bring it from farm to cup. Whether sipped slowly at dawn or enjoyed over conversations in a café, coffee has become a symbol of unity, diversity, and connection.

THE ESSENCE OF COFFEE CULTURE

Coffee is woven into the fabric of daily life in nearly every part of the world.

In **Europe**, coffeehouses are often social hubs, where intellectuals gather to discuss art, politics, and philosophy.

In **Latin America**, coffee is not just a drink but a livelihood, deeply connected to the rhythms of rural life.

In **Africa**, where coffee traces its origins, it holds cultural significance and is still brewed in traditional ceremonies.

No matter where you go, coffee represents something much larger than a drink. It embodies **hospitality, rituals, and community**. From grabbing a to-go cup before a busy day to enjoying a slow, intentional brew, coffee reflects personal and shared moments alike.



WHY CELEBRATE INTERNATIONAL COFFEE DAY?

International Coffee Day is a moment to recognize the **global coffee industry** and its contributions to culture, economy, and daily life. It's an opportunity to appreciate the complex process that goes into every cup—from farmers in Colombia and Ethiopia to baristas in Sri Lanka. It also highlights issues of **sustainability and fair trade**, focusing on ensuring that coffee production benefits everyone involved, especially those at the very beginning of the supply chain.

By celebrating this day, we also honor the efforts to promote more ethical sourcing of coffee, ensuring that coffee farmers, especially in developing regions, receive fair compensation for their labor. Coffee enthusiasts are encouraged to support **fair trade coffee** and consider the impact of their daily brew on the environment and the communities behind it.



COFFEE IN SRI LANKA: A GROWING PASSION

While Sri Lanka is globally renowned for its tea, coffee has a special place in the island's agricultural history and is making a strong comeback in modern times. In fact, during the 19th century, Sri Lanka then Ceylon was a major player in the global coffee trade.

However, the coffee industry took a hit due to a fungal disease, and tea eventually took over as the primary crop. But in recent years, Sri Lanka has been rekindling its coffee-growing tradition, with smallholder farms in **Kandy, Matale, and the Uva** region producing high-quality coffee beans.





Sri Lankan coffee is distinctive, with a flavor profile shaped by the island's unique geography and climate. **Arabica and Robusta** are the two main varieties grown, each offering a different taste experience:

CEYLON ARABICA : Grown primarily in higher elevations, Ceylon Arabica is known for its smooth, mild flavor with notes of chocolate and fruit. It's ideal for those who enjoy a balanced, less acidic cup of coffee.

CEYLON ROBUSTA : More robust and full-bodied, Ceylon Robusta thrives in lower altitudes and has a higher caffeine content. Its flavor is strong, often with earthy and nutty undertones, making it a popular choice for espresso blends.

In recent years, there has been a growing interest in locally grown, single-origin Sri Lankan coffees. Many artisanal coffee brands and cafes in Colombo and beyond are now offering these unique beans, reflecting the country's burgeoning coffee culture.

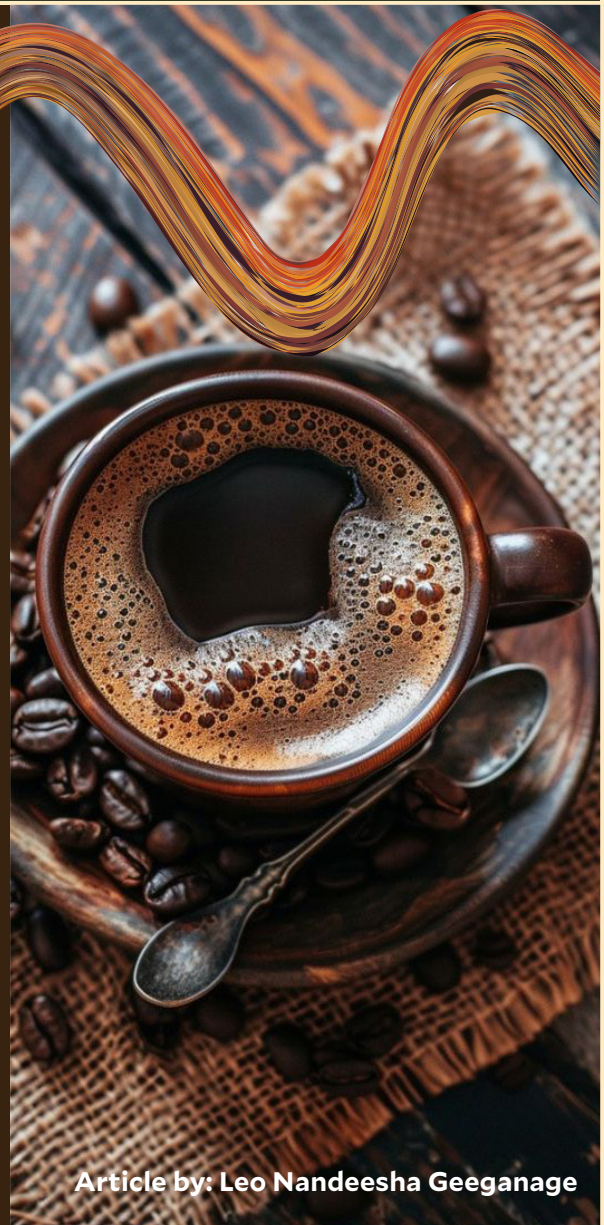
A CUP OF DIVERSITY AND CONNECTION

International Coffee Day is a celebration of coffee's role in bridging cultures and communities.

Whether it's a smooth Sri Lankan **Arabica enjoyed with a traditional Pol Sambol breakfast**, or an espresso shared in a café in Italy, coffee has the power to bring people together, transcend borders, and create shared moments.

As we celebrate this special day, we raise our cups not only to the delicious flavors of coffee but also to the people, stories, and traditions that make it a cherished global beverage.

Whether you're enjoying a rich Sri Lankan brew or a classic cappuccino, remember that every cup represents the hard work of countless individuals and the rich cultural history that makes coffee a symbol of connection and togetherness.



Article by: Leo Nandeesha Geeganage

PROMISES OF WEALTH, SHADOWS OF DEBT: A TALE OF FINANCIAL RUIN

Article by: Leo Dylen Wolff (Based on a true story)

Sanduni had just finished her A/Level examinations. She was young, full of hope, and eager to make a better life for her family. Her mother was ill, her father worked long hours for little pay, and her younger brother still had many years of school ahead of him. She felt responsible for their future. One day, an old friend, Janith, approached her with an offer that seemed to be the answer to all her prayers.



"It's an incredible opportunity," Janith said, his eyes gleaming with excitement. "You can make money without working full-time! You'll have enough for your family, and you'll be free."

It sounded too good to be true, but Sanduni was desperate. Could this be the solution she had been searching for? The promise of earning without much effort was tempting, and she decided to attend a business meeting Janith invited her to.

THE SALES PITCH

The room buzzed with excitement at the meeting. It was filled with people just like Sanduni, eager to change their lives. The speakers introduced the company—an **"international business"** that operated under a **multi-level marketing (MLM)** model. They showed slides of success stories: young people, barely older than her, had made fortunes. Some had bought cars, others had taken their parents on trips to faraway places like Dambadiva, the land where Buddha was born.

One of the speakers said something that caught Sanduni's attention:

"If Bill Gates had to start over, he would choose MLM." Even though Sanduni wasn't sure this was true, it was enough to convince her that this was something big. Then came the heart of the pitch. *"All you need to do is introduce two people, and they will introduce two more. Soon, you'll be earning without lifting a finger!"* The crowd was excited, and Sanduni felt the energy. Someone in the audience asked if this was a **pyramid scheme**. The speaker, calm and confident, assured them, *"No, pyramid schemes are illegal. We have a product—lightning surge protection devices. This is real business."*

But there was a catch. To join, Sanduni had to buy the product upfront. And it wasn't cheap. **The lightning surge protection device** cost a small fortune. However, the presenters assured her that this investment would pay for itself within months. The promise of quick wealth clouded her judgment. This seemed like her chance to **escape poverty** and give her family the life they deserved.



THE SACRIFICE

But the device was far beyond what her family could afford. *Her father worked hard but earned little, her mother's health was failing, and the bills kept piling up.*



She shared the opportunity with her father, and though he was excited at the possibility of making money, they didn't have the funds. Desperate, Sanduni turned to Janith. But **Janith refused to lend her the money**, despite all his talk about how amazing

the business was. This left Sanduni in a tight spot. The only person she could ask was her best friend, Nisali.

Nisali wasn't convinced. She told Sanduni that it sounded like a scam and warned her to be careful. But **Sanduni, blinded by dreams of easy money**, lashed out at Nisali, accusing her of not understanding the potential. Their friendship s hattered.



THE GROWING DOUBT



Janith didn't give up. **Every day, he messaged Sanduni, telling her to hurry up before she lost her chance.** His words pressed on her, and eventually, she convinced her father to take out a loan from a local moneylender. She promised him that she would pay it back in no time.

Sanduni joined the MLM business, ignoring Nisali's warnings. She spent a large chunk of money buying the product, believing that she would quickly recruit two members and start earning back her investment. At first, she was excited. She attended every meeting, repeated the success stories she had heard, and called everyone she knew, hoping to convince them to join.

But nobody was interested. Some friends laughed it off, others, including her own relatives, **warned her that she had fallen into a trap.** Weeks passed, and Sanduni managed to recruit only two people. But the money didn't flow as promised. The commissions were tiny, not even enough to cover the growing interest on her father's loan.

THE HORROR UNFOLDS

As time went on, the pressure from the moneylenders increased. **They began calling her father, demanding their first installment.** Sanduni's family was in deeper trouble than ever before, and the weight of their financial ruin fell squarely on her shoulders.

The dreams she had of **lifting her family out of poverty quickly turned into a nightmare.** She had lost more than money—her family's trust was shattered, her friendship with Nisali was gone, and now, they were deeper in debt than ever before. It became clear to Sanduni that this wasn't the golden opportunity it seemed.

The promises had been lies, the success stories were exaggerated, and the commissions were almost nonexistent. She had been pulled into a web of deception, and there was no easy way out. Every day, the burden of guilt grew heavier, as her family sank further into debt, all because of her decision.



THE RED FLAGS

Looking back, Sanduni could clearly see the red flags she had ignored: **"If it sounds too good to be true, it probably is,"** the constant **high-pressure tactics** from Janith pushing her to join quickly, the **promises of fast, effortless money, and exaggerated success stories** that seemed too perfect to believe. The business relied heavily on **recruiting others**, a hallmark of pyramid schemes, and demanded a **significant upfront investment** for a product that was overpriced and unnecessary. All these signs pointed to one thing: it was a scam disguised as an opportunity.

THE LESSON

Sanduni's story serves as a stark reminder to anyone who's tempted by the promise of quick, easy money. **Beware of pyramid schemes disguised as legitimate businesses.** They are nothing more than traps, and once you're caught, escaping is almost impossible.

CLOUDS

Fluffy pillows in the sky.
Sailing by so gracefully.

Sometimes white, sometimes grey.
Drifting softly, come what may.

They gather, darken, start to weep.
Sending showers down so deep.

But when the sun begins to shine,
They disappear, a sight divine.

So let us watch them day by day.
As they float and play and sway.

A wondrous sight, a peaceful scene,
Of fluffy clouds, so soft and green.

Poem by Prospect Chמוד Kettiarachchi



COLORS.

There are millions of colors out there: in the world we live. We see hundreds and thousands each day. Tints (a mixture of a color with white) . shades (mixed with black) . and tones (colors with both tint and shades mixed or gray) of each main colors that we normally recognize.

We have different interests on colors based on the environments we grew up. cultural believes . how and what we are thought when we grow up . and also the experiences we get each day.

GREEN is for love in Japan. RED and PURPLE in China. Korea. Japan. US. Chad. Nigeria and Germany use color red as unluckiness while China. Denmark. Argentina use as luckiness. The traditional bridal color is RED in China and for US it's white.

Even though colors evoke different feelings that might not be the same color feels the exact same way for two persons that grew up in those exact same facts mentioned earlier. That's what called FEELINGS. Even the colors we wearing can affect our mood. Vision is obviously involved in the perception of colors.

If someone wants to feel so relaxed in bedroom they might choose light shades of BLUE and GREEN . PALE PINKS . Warm neutrals.

Basically we do use the colors according to how we feel. and also can say there are some colors that can help us getting some specific feelings.

Artists do magics using colors. So do interior designers. Even with the same color using different kinda shades and tints. Isn't it amazing.

Business field use color psychology very wisely to improve and enhance their businesses. to reach their specific audience . show their customers some specific values. also use colors to make them remarkable in their product consumers minds. In fashion world colors go straight with fashions and patterns evenly.

The percentage of usage in each color make sense. Also there are some rules have found for using colors that does a vital impact on some industries. One is 60:30:10 rule. uses mostly in interior designing. brand developing. film industry. photography and its editings. and many more.

So YES. Colors can affect our moods. feelings. emotions. It is amazing how colors impact us and the way influence our behaviors.

Many time it's small things that have the LARGEST impact.

Article by Prospect Thilini Warawita



SECRETARY'S NOTE

It is my privilege to write this message for the first newsletter of our Club for the Leoistic year 2024/25.

As members of the **Leo Club of Kolonnawa**, we have a **unique opportunity to create meaningful change together**. Our club is a nurturing space where we can **share ideas, build lasting friendships, and find purpose through serving those in need**. In this environment, we can all **grow and support one another**.

Through our **service, we can change the lives of people, animals, and all living beings**, making a **positive impact that resonates throughout our community**. This **commitment to service empowers us to effect real change in the world around us**.

We stand on the shoulders of those who have come before us, and we are truly **grateful for their dedication and passion**. Their hard work has shaped our club into what it is today, and it is this **spirit of unity** that continues to inspire us.

While each of us can make a difference on our own, being part of the **Leo movement enhances our collective impact**. Together, we cultivate **respect, receive encouragement, and share motivation**. The **recognition we earn** reminds us that our efforts truly matter.

As we look ahead, we have the **responsibility to honour the legacy we have inherited**. Let's bring **fresh ideas and renewed energy** to our club, ensuring that future members feel welcomed into our vibrant community. Together, we can **create positive change not only for others but also for ourselves**.

To all Leos and prospects, **this is your space; a place where your voice is valued, your contributions make a difference, and every effort counts toward something greater**. Let's embrace this journey together, with **open hearts and a shared vision** of what we can achieve.

With appreciation for our past and hope for the future, let's continue to build on this wonderful legacy together.

Yours in Service,

Subhani Embuldeniya
Secretary
Leo Club of Kolonnawa



EDITOR'S NOTE

Dear Reader,

I am thrilled to present to you the **very first edition of Witness** for this Leoistic year **2024/2025!** As we embark on this exciting journey, we are committed to bringing you **monthly editions** that capture the spirit of our club, celebrate our achievements, and highlight the efforts of our members.

This newsletter is not only a reflection of our shared experiences but also a platform for each of you to showcase your **unique talents**. Whether it's writing, art, photography, or any creative expression, I warmly invite all our club members to **contribute**. Let's make Witness a testament to our **collective creativity and passion!**

I would like to **especially thank Leo Dylen Wolff, our 2nd Vice-President**, for being an **incredible support** throughout this process. His unwavering assistance has been invaluable, and I truly appreciate his dedication and efforts in helping bring this publication to life.

I would also like to take a moment to express my **heartfelt gratitude** to the **entire dedicated team** behind this publication. Without their hard work and commitment, bringing this vision to life would not have been possible. A big thank you to everyone who contributed to making this edition a reality!

I look forward to seeing all of your **incredible submissions** and working together to create something **truly memorable**.

Let's make this a year to remember!

Roaring in service,

Leo Sanidi Rovinya
Editor-in-Chief
Leo Club of Kolonnawa



@kolonnawaleos