

The Aerobics Toastmasters Club

Makes its debut



Tone and Tune, Sweat and Burn Be the Speaker and Leader you want to be

BY BEVERLEY JANZS

Many people pay thousands of rupees for seminars to gain the skill and confidence necessary to face an audience. But there's another option that is less expensive and held in high regard - Toastmasters movement.

Toastmasters offer a proven way to improve your communication skills. By participating in a fund and supportive Toastmasters group, you'll become the speaker and leader that you aspire to be.

Since 1924 Toastmasters International has helped millions of men and women become more confident in front of an audience.

Toastmasters Clubs will, no doubt help you become a better speaker and a leader no matter what career path you have chosen in life.

Good leaders are always good communicators

Leadership is an art which requires a bundle of skills. Among them are, effective communication and ability to work as a team. In a Toastmasters club you will be exposed to both these aspects.

Becoming a Toastmaster is a stepping stone in becoming a confident communicator, charismatic leader, better negotiator and sharpen your management skills. By learning to effectively express and sell your ideas to others you could open a whole new world of career possibilities.

There are many Toastmaster Clubs in Sri Lanka and once you join a club you will realize your full potential as a great communicator and a leader. Its fun to be a Toastmaster as you will network with people who are there for the same reason as you are.

It's a friendly and supportive environment where each and every person

is driven by a single minded goal - To sharpen your communication and leadership skills.

Interested?
Talk to Toastmasters Sri Lankan Divisional Council
Romayne Diaz - Convenor PR & Publicity (0722 248827, 5752257, 2575728) Anjani Oranwate - Asst. Convenor - PR & Publicity (0773 469853) One hour of Aerobics, one hour of toastmastering commencing every first Tuesday and third Tuesday December 4 and 18, Girls Friendly Society, Hall Col 7.

Trainer: Ms Vajira Adams (She has trained Airlines, Banks, National athletics, and many conglomerates, locally, Globally) Venue: Girls Friendly Society, Colombo 7 Time - 7-8 a.m. Aerobics 8-9 a.m. Toastmastering Date - Every first Tuesday and third Tuesday Commencing first week December 2007 Contact: CTM Romayne Diaz, 0722248827.



District Governor 306 B-2, Lion Mahesh Pasqual (second from right) donates a TV set to Rev. Sister Mary Kamala, Principal, St. Annes Tamil Vidyalaya, Colombo. Also present from left are Lion Kesawarajah (partly covered) Lion Manoharan, Lion Johnston Fernando and President Colombo City Lions Club, Lion Pushparajan. The club also donated wheel chairs to the disabled and TV sets to other schools and destitute homes.

Colombo City Lions celebrate Silver Jubilee

Congratulating the Lions Club of Colombo City on their Silver Jubilee, District Governor Lion Mahesh Pasqual MJP said that the club is considered as one of the model clubs of the District. You have assisted schools by providing Dental Units, Computer teaching facilities, providing libraries and awarding scholarships to improve the facilities available to students, and conducted mega Badminton Tournaments, promoting sports, so that our youth could become useful citizens to this country," Pasqual said. The celebrations took place at the Ceylon Continental Hotel, Colombo.

The Club must realize that it is necessary to tell the community, what we do as lions. It should not be kept as a secret. The community is entitled to know what we do with monies collected from the public.

Never underestimate the power of public relations. Be sure to publicize your club's activities. Positive media coverage builds community support and interest in service clubs. This would encourage more service minded people to join service clubs. I have requested you to "Tend to

Amend". As Lions we don't need to change what we are doing, but we need to change the way we are doing things. In the modern times, people are not interested in wasting their time at long drawn out boring meetings. Growth happens to people who have the ability to decide, - what to let go, - what to hold onto, - what to end, - what to begin, - what to shrink and what to expand. We need to make our meetings short and interesting. More-over the meetings must start on time and end on time.

Speaking on mobilizing Lion Ladies, the Governor said that he wanted the Lion Ladies committees of the clubs to be mobilized and rejuvenated. The lion ladies are an integral part of service and we need them to empower the clubs with their service projects.

A concerted effort should be made to retain quality members and strive to increase membership with quality members. Special emphasis is to be given to recruiting lady lions. Our International President Lion Mahendra Amarasingha has also challenged us to change, our attitudes and out-

looks. Lion Club international has realized that the image of the Lions has to be re-branded to suit the modern times and as an initial step, have modified the vision and mission statements.

Vision: To be the Global leader in Community and Humanitarian Service.

Mission: To empower volunteers to serve their communities, meet humanitarian needs, encourage Peace and promote International understanding through Lions clubs. To be the global leaders in community service, we need to start at Club level and do meaningful service projects. To empower volunteers to serve the communities requires us to offer the opportunity for service minded persons in the community to join our movement and serve.

This means membership growth, it is imperative that we seek service minded people in the community and ensure that they join the movement. If you have a vision for tomorrow, you will find power and strength in your today. There is nothing impossible if we get together. Let us together make

Variety in Vogue by Lion Ladies of 306 A-1

Variety in Vogue a fashion show organised by the Ladies of Lions Club International District 306 A-1 was held at Galadari Hotel recently. This was in aid of Camilla School Mattegoda, and other humanitarian projects. The project chairperson was Lion Lady Rohini Kondegama It was presented by Geraldine Bandaranayake.



Here Lion Lady Rohini Kondegama lights the oil lamp to commence the event. District governor, Lion Shirley Perera and Vice District Governor, Lion Senarath Velogama are also in the picture.



District Governor, Lion Aponso felicitates the members of the Fundraising Committee, Lions Ladies, Rohini Kondegama, Devika De Silva, Swarnamali Fernando, Devika Smith and Christma Aponso.



"Wheel Chairs for kids" is one of the major humanitarian projects of the Lions International District 306 A2. District Governor Lion Kamal Seneviratne MJP and Cabinet Secretary Lion Kamal Aluthge MJP handing over a wheel chair to a grandmother of a needy child. Wheel Chairs for kids gifted by Helasahana Association NSW Inc Australia will be distributed among the needy children by Lions District 306 A2 in collaboration with Lions Club of Horana Metro.



The President Millennium Lions Club of Colombo Shirani Hewage and the children at Children's Day celebrations at Tangalle UC auditorium.

Children are an asset

Text & pic
RAJA WAIDYASEKARA,
Tissamaharama special corr.

Children are an asset to a nation as such they need protection, affection love and kind treatment, said Ven. Mirisse Dhammawansa Thera, Viharadhipathi Vajragiri Viharaya Tangalle, Ven. Thera said so, addressing the Universal Children's Day celebrations at Tangalle UC auditorium.

The event was organised by the millennium Lions Club of Colombo and organised by SSP Tangalle Upali Hewage and the Child and Woman

Bureau of Tangalle Police and National Lotteries Board.

Continuing the Thera said that children are similar to buds of roses. There are unruled elements everywhere prepared to grab these buds and destroy them. They are not allowed to bloom. It was the bounden duty of the elders and senior citizens to safeguard them from unruled elements.

Even elders are in the habit of molesting children now-a-days as such how can we expect a service of the above nature from them, the Thera queried.

SSP Tangalle Division Upali Hewage making a brief speech said that Children's Day is dedicated to children as such elders must not waste their precious time in delivering speeches. President Millennium Lions Club of Colombo Lion Lady Shirani Hewage President Lions Club Weeraketya G. Ariyasingha, President Lions Club Beliatia S. Shelvin, Lion Dr. Ananda Kularatne, and Education Officer Tangalle Zone Sam Suriyapatabendi were present. Ven. Tangalle Rahula Thera conducted religious observances. A variety entertainment



Picture by Richmond Wijesekera, Bentota Group.

A free medical camp organised by the Bentota-Induruwa Lions Club was held at 'Sugathai' Elders Home, Bentota on Universal Elders Day. About 500 Elders from Bentota, Induruwa and Pahalagamahaya received treatment from this camp. Here, Lion Dr. K.A.P. Kiriella of Induruwa Hospital examines a patient.



To felicitate a student of the Willibula Kanista Vidyalaya K.M. Sachini Ayesha who came sixth place in the All Island and Second Place in the Gampaha District for the Fifth Standard Examination a ceremony was held at the school premises recently. Here the Sivanepura Lions Club Vice Chairman Palitha Hapuarachchi making a cash presentation to Ayesha. Five year class teacher Mrs. Podimenne Indrani was also present. The event was organised by Gampaha-Chilaw People's Bank Zonal Office, Kirindwela People's Bank Branch and Sivanepura Lions Club.

Lanka to host ISAAME forum

The International Association of Lions Clubs 35th India, South Asia, Africa and Middle East Forum December, 5-8 at BMICH

Sri Lanka will host the 35th India, South Asia, Africa, Middle East Forum ISAAME from December 5-8 at the BMICH. The ISAAME forum is recognised as the principal annual event within the above-mentioned regions, and attracts more than 500 delegates at each Forum from 53 different countries.

This International Forum will be held for three days with study papers being presented by selected Lions from all over the world.

The ISAAME Forum will be mainly open to all the Sri Lankan Lions as well as regional Lion members representing India, South Asia, Africa and Middle East. This will also be a gathering platform for the members of International Lions Clubs to view and share their knowledge in serving better the less fortunate in the world.

Lion Mahendra Amarasingha who was elected as the International President this year would be immensely pleased to welcome all the national and international delegates to the ISAAME forum 2007.

This could also be an image building event for all Sri Lankans with visitors from all over the globe and having an International President for the



Picture by Ruzaik Farook, Colombo Correspondent

Lions Club of Colombo West District 306 A2 distributed provision and equipment to Lady Fairwood Elders' Home, Makola recently. Here (third from left) is President, Lions Club of Colombo West Lion Noel Jayasingham, at the distribution ceremony. Also present are Riaz Ismail, Moors Islamic Cultural Home Trustee, Past President, Lion Ashroff Hussain, Lion Ladies Josephine and Sybil Jinadasa and Trustee Mohideen Rajabdeen.