

Miracles through Lions' service

DG Nimal Rajapakse's Vision

"More new members will mean more new hands to serve the needy, and create miracles through service," said District Governor, 306 B1, Lion Nimal Rajapakse. He was addressing a distinguished gathering of VIPs, Lions and Lion Ladies at the Cabinet Installation Ceremony of District 306 B1, held at Pegasus Reef Hotel, Wattala.

DG Rajapakse said that if the 2100 Lions in District 306 B1 could join hands to serve the needy, the quality of community life will definitely improve by leaps and bounds, and the contribution to the economy will be astronomical.

DG Rajapakse said that he was pleased that all six districts have put village

adoption and poverty alleviation as immediate priorities.

"If the hands on projects are centred on the 600 odd villages in the multiple District 306, what an impact it would make to the progress of the country and Lions will be a household word in every adopted village."

Chief Guest, Past International President, and Chairman, Lions Clubs International Foundation, Mahendra Amarasuriya said that Lions can make the impossible, possible and if they are committed, they could reach for the stars.

During his travel around the world as International President, Mahendra said that he was visibly moved how Lions have per-



Chief Guest Chairman, Lions Clubs International Foundation, Lion Mahendra Amarasuriya lights the oil lamp. Looking are District Governor, Lion Nimal Rajapakse, and Past International Director Lion Asoka Gunasekera.



District Governor 306 B1, Lion Nimal Rajapakse and First Lady Geetha donating dry rations to the needy. Looking on are Region Chairperson, Region Four, Lion Dr. Seba Jayamaha and Zone Chairperson, Lion Mevan Algama.



DG Nimal Rajapakse presenting a wheelchair, which was donated by Lions Club of Kotahena, to a disabled. Looking on are Cabinet Treasurer, Lion Hariratne MJF, President Lion K. Sebastian and District Chairperson, Lion K. Pushparaj.

Toastmasters Workshop on Competitive Speaking

Text & Pix by Beverley Jansz

A competitive speaking workshop on International Speech, organised by Toastmasters International District 82, was held at Solis Hall, Pitakotte last week.

Over 150 Toastmasters participated at this one-day workshop which focused on International Speech, Evaluation Procedures, Impromptu Speaking and Humorous Speaking.

District Governor T.M. Balraj Arunasalam welcomed the faculty and audience to a great day of learning. The Project Chairman was Division 'H' Governor, T.M.Z. Saleem.

The ultimate benefit of the workshop was of multifacets.

Areas covered at the workshop were not just restricted to speaking, but relating to transforming themselves within to realise who they were meant to be.

Skills imparted were of an experience of a lifetime.

The workshop was conducted by Dr. Dilip Abayasekera, a Sri Lankan



Dr. Dilip Abayasekera (right) presents an award of excellence to a dedicated and outstanding leader Toastmaster Balraj Arunasalam, District Governor District 82 for Toastmasters International.

national in the year 2005/2006. Dr. Dilip has won over 50 awards for public speaking excellence, and was the 1992 runner-up at the World Championship of Public Speaking held in Las



A section of the Toastmasters who participated at the workshop.

Toastmasters in Jaffna

For the first time in the history of Jaffna, a Toastmaster Club has been established.

District Governor of District 82 for Toastmasters International, Balraj

Arunasalam and a district team were in Jaffna to install the Charter President TM Dr. Arasavathan Elangovan and his committee.

The district team is very hopeful that the Jaffna

Toastmasters Club will serve the people of Jaffna to reap maximum benefits from Toastmasters' program. The Toastmasters' Program helps men and women to excel in their

communication and leadership skills. District Governor, District 82, TM Balraj Arunasalam said. He commended the enthusiasm and the standard of the membership profile of the club.



At the installation ceremony from left are Neil Nishanthan Karunairaj, Sergeant at Arms, Nadesan Babujee, Treasurer, Morley Jayadharshan Lawrance, Secretary, Premalal Brahmanage, Secretary (Ralph Toastmasters Club), Sivasaravanabavan Suntharasaravan, Vice President (Education), Balraj Arunasalam, District Governor, Dr. Arasavathan Elangovan, President, Chandana Weerassekera, District Treasurer, Dr. Sivanthan Jamunanantha, Vice President (Membership) and Dr. Mikunthan Gunasingham, Vice President, Public Relations.

Walking your way to good health Walkers' Health Club inaugurated

Beverley Jansz

Colombo Walkers' Health Club was inaugurated by Walker-elect International President P.C. Sharma.

A meeting was held at Vihara Maha Devi Park at which 40 members participated. They were recognised with a lapel pin and sporting cap. A project was conducted to assist the staff children of the park. They were presented school books and food hampers.

The club has made arrangements with the Municipal Authorities to improve the services of the Vihara Maha Devi Park, Walker President, Ashroff Hussain said.

Walkers International is a club formed for people who are passionate about walking, and has its origins in India. They have over 400 different clubs within India alone, and is spread to many



Walker President, Ashroff Hussain presenting a hamper to Fathima Beebe, an employee of park.

other countries worldwide, recognised as the walkers' Health Club, including the US, Brazil and New Zealand.

"To me walking is compulsory for various health reasons and should be done especially in pollution-free areas. When one exerts one

self while walking, it gives much relief and not just for the aged, but for the young as well. Walker President Ashroff Hussain said. Walking helps in a very big way and makes one fit for the rest of the day, both physically and mentally, he said.

Ashroff also added that several top medical practitioners have agreed to give health advice to the members of the Colombo Walkers' Health Club.

"Our club has the support of many medical experts like doctors who have agreed to come speak with our members and widen their knowledge on health during our future meetings. When people walk and socialise, many ideas and thoughts can be exchanged and these ideas and thoughts can be very helpful to our community for its development and progress, Ashroff said.

District 306C2 launches WEB SITE

At the recent Cabinet Installation Ceremony, Immediate Past International President Mahendra Amarasuriya ceremonially launched the Lions District 306C2 website.

The web address of the site is www.lionsclubsdis-

[trict306c2.org](http://www.lionsclubsdis-). This is the most updated website with modern techniques such as online district diary, District project updates, all information about district's clubs as well as cabinet officers, District Governor Buddhini De Z. Gunasekara's program,

Bio Data's of District officers, district structure etc. Also this site is interconnected to the Lions International site to download all the relevant information from there, for the benefit of all lions. This website was designed and published



Here Past International President, Mahendra Amarasuriya launches the website. Looking on are District Governor Buddhini De Z. Gunasekara, PID Asoka De Z. Gunasekera, VDG Nimal Bulathsinghala, Cabinet Secretary A. M. Hashim, and Additional Cabinet Secretary Lasantha Perera.

Wickremasinghepura Lions donate essential items to Prithipura

The Lions Club of Wickremasinghepura donated essential items to the inmates of Prithipura Home, Hendala, Wattala, at a mega service project. The club also provided meals and entertainment most making it a most memorable event

for the inmates. Prithipura is a non-profit organisation which provides a loving home environment for disabled adults and children. Lions, Lion Ladies and Leos of the Wickremasinghepura Lions Club took an active part in the service project.



At the service project are Secretary Prithipura, Pushpa, District Governor, 306C1, Deshabandu Lion Diresi Hettiarachchi, Lion Amara Dissanayake, President, Lion Vernon Dabare and Lion Vincent Kumarapelle.

Colombo West/Nuwara Eliya Rotarian at Fruit Tree Planting Program



Rotarians of Nuwara Eliya Rotary Club took part in a joint Fruit Tree Planting Program with Colombo West Rotarians at Gaminni Madya Maha Vidyalaya Nuwara Eliya recently. Here the Rotarians with the schoolchildren after the Fruit Tree Planting Program.

Vishwa-new President Colombo Uptown Rotary Club



"Rotarian Vishwa Lokugamage was installed as the 24th President of the Rotary Club of Colombo Uptown by the outgoing President Anton Nelson at a colourful ceremony. Kathy Klugman, High Commissioner for Australia in Sri Lanka graced the occasion. District Governor Nalin Fernando was in attendance as the guest of honour. Here Vishwa Lokugamage addressing Rotarians