



THE INTERNATIONAL ASSOCIATION OF LIONS CLUBS  
DISTRICT 306 – A1

**LIONS CLUB OF GALKISSA**

**MONTHLY NEWS TRACKER**

**MONTH – OCTOBER 2009**

**SERIES 1 VOLUME 3**

Every institution, no matter how great, is vulnerable to decline. Anyone can fall, and most eventually do. **But decline, it turns out, is largely self-inflicted, and the path to recovery lies largely within our own hands.** We are not imprisoned by our circumstances, our history, or even our staggering defeats along the way. As long as we never get entirely knocked out of the game, hope always remains. The mighty can fall, but they can often rise again.

Jim Collins

**GENERAL MEETING.**

General Meeting was held at the Mummy's Dish Restaurant, Kohuwela on September 25<sup>th</sup> 2009. This meeting coincided with the visit of Regional Chairperson Lion S Bagirathan to the club. The

following members were present ; Lion Nilkamal, Lion Felix, Lion Devika, IPP Lion Keerthi, PDG Abeya, PMCC Marcella, Zone Chairperson Lion Dr. Dammika, Lion Ajantha & Lion Lady Mango, Lion Damayantha, Lion Lucky, Lion Daya & Lion Lady Annie

**Excuses** - PDG Lion Sunil & Lion Sharlene, Lion Ruwan, Lion Lakshman



## OUR SINGING DOCTOR

Lion Dr. Dammika treated the audience with some lilting songs at the “Lions Roar” Talent Show organized by Lions held on 19<sup>th</sup> September 2009 @ ICTAD premises. It is reported that he has fans among most clubs in the District.



Publicity for the event - Electronic Media Sponsor Etv. They would also produce half an hour post event program which would be aired on the channel.

Please keep the day free!!!



Await the next month's newsletter for further details.

## SING ALONG WITH ANNESLEY MALAWANA

The gala musical extravaganza is on Saturday 19<sup>th</sup> December 2009 @ Palm Beach Hotel, Mount Lavinia 7.30 pm onwards.

Music for the evening will be provided by Annesley Malawana & Super Chimes.

District Governor Siri Perera would grace the occasion.

Tickets are priced at Rs.750 per head and will be available with Lion Lady Annie, at Supermarkets located in Mount Lavinia and at the hotel.

## Subscription.

Please pay your subscriptions for the Lionistic Year 2009 - 2010.

The annual subscription is Rs. 5,500

## CLUB DIRECTORY

Directory is being compiled by Lion Felix. He has still not been able collect details of some members. Please extend your cooperation to him. We are planning send it for print very soon.

## Dear Members and their spouses

You could contribute articles, images, stories that you like to share with others in the club. Please forward them in MS Word format or

images to following email address [nilkamalg@gmail.com](mailto:nilkamalg@gmail.com).

The editor reserves the right to publish any item received in the newsletter.

Editor

## USEFUL TIPS

### 5 Facts You MUST Understand if You Are Ever Going to Lose Your Belly Fat and Get Six Pack Abs

1. Many so-called "health foods" are actually cleverly disguised junk foods that actually stimulate you to gain more belly fat... yet the diet food marketing industry continues to lie to you so they can maximize their profits.

2. Ab exercises like crunches, sit-ups, and ab machines are the LEAST effective method of getting flat six pack abs. We'll explore what types of exercises REALLY work in a minute.

3. Boring repetitive cardio exercise routines are NOT the best way to lose body fat and uncover those six pack abs. I'll show you the exact types of unique workouts that produce 10x better results below.

4. You DON'T need to waste your money on expensive "extreme fat burner" pills (that don't work) or other bogus supplements. A special class of natural foods is much more effective. I'll tell you about these

natural foods and their powers below.

5. Ab belts, ab-rockers, ab-loungers, and other infomercial ab-gimmicks... they're all a complete waste of your time and money. Despite the misleading infomercials, the perfectly chiseled fitness models in the commercials did NOT get their perfect body by using that "ab contraption"... they got their perfect body through REAL workouts and REAL nutrition strategies. Again, you'll learn some of their secrets and what really works below.

<http://www.truthaboutabs.com/ab/?hop=mfvja>



### Following Members / spouses celebrated their Birthdays Wish them all the best!

09<sup>th</sup> September - Lion Nilanthi  
21<sup>st</sup> September - Lion Lady Umayangani  
29<sup>th</sup> September - Lion Lady Surangani  
21<sup>st</sup> October - Lion Lady Evelyn  
23<sup>rd</sup> October - Lion Ajantha  
31<sup>st</sup> October - Lion Lady Mangalika

## Health Camp

A health Camp was organized by Lion Nilanthi and conducted by Lion Dr. Dammika & his wife Lion Devika @ Badowita on 30th September 2009.

## Vice District Governor's Visit.

Vice District Governor Lion Sunil Dharmaratne is expected to visit our club on 23<sup>rd</sup> October 2009. He will be attending the General Meeting to be hosted by Lion Dr. Dammika at his residence. Please keep the day free.

## Club Calendar of Events for the Lionistic Year

Month	Date	Club activity / Event	Hosted by
<b>August 2009</b>	07 <sup>th</sup> Friday	Board Meeting	
<b>September 2009</b>	03 <sup>rd</sup> September Thursday	General Meeting/ Zone Chairman's visit	<b>X</b>
<b>September 2009</b>	04 <sup>th</sup> Friday	<b>Nutrition Project</b>	Sponsors needed
	11 <sup>th</sup> Friday	Board Meeting	
	25 <sup>h</sup> Friday	General Meeting/ Region Chairman's visit	<b>X</b>
<b>October 2009</b>	03 <sup>rd</sup> Saturday	<b>Nutrition Project</b>	Sponsors needed
	08 <sup>th</sup> Thursday	Lions World Sight Day	
	09 <sup>th</sup> Friday	Board Meeting	
	23 <sup>rd</sup> Friday	General Meeting/ Vice Governor's visit	Lion Dr Dhammika
	24 <sup>h</sup> Saturday	White Cane Day	
<b>November 2009</b>	02 <sup>nd</sup> Monday	<b>Nutrition Project</b>	Sponsors needed
	13 <sup>th</sup> Friday	Board Meeting	
	14 <sup>th</sup> Saturday	World Diabetes Day	
	27 <sup>th</sup> Friday	General Meeting	<b>X</b>
<b>December 2009</b>	01 <sup>st</sup> Tuesday	<b>Nutrition Project</b>	Sponsors needed
	11 <sup>th</sup> Friday	Board Meeting	
	19 <sup>th</sup> Saturday	Sing a Long – Fund raiser	
<b>January 2010</b>	15 <sup>th</sup> Friday	Board Meeting	
	28 <sup>th</sup> Thursday	General Meeting / Founder's day	Lion Felix

	29 <sup>th</sup> Friday	<b>Nutrition Project</b>	Sponsors needed
<b>February 2010</b>	12 <sup>th</sup> Friday	Board Meeting	
	26 <sup>th</sup> Friday	General Meeting	<b>X</b>
	28 <sup>th</sup> Sunday	<b>Nutrition Project</b>	Sponsors needed
<b>March 2010</b>	12 <sup>th</sup> Friday	Board Meeting	
	26 <sup>th</sup> Friday	Charter	
	29 <sup>th</sup> Monday	<b>Nutrition Project</b>	Sponsors needed
<b>April 2010</b>	10 <sup>th</sup> Friday	Board Meeting	
	24 <sup>th</sup> Friday	General Meeting	<b>X</b>
	28 <sup>th</sup> Wednesday	<b>Nutrition Project</b>	Sponsors needed
<b>May 2010</b>	14 <sup>th</sup> Friday	Board Meeting	
	27 <sup>th</sup> Thursday	General Meeting	<b>X</b>
	28 <sup>th</sup> Friday	<b>Nutrition Project</b>	Sponsors needed
<b>June 2010</b>	11 <sup>th</sup> Friday	Board Meeting	
	24 <sup>th</sup> Thursday	General Meeting	<b>X</b>
	25 <sup>th</sup> Friday	<b>Nutrition Project</b>	Sponsors needed