

LEO CLUB TIMES

THE OFFICIAL NEWSLETTER



NOVEMBER
Edition

2022
5th VOLUME



LEO CLUB OF
SVA Wellsala University



CONTENT

| | |
|--|-----------|
| 01. EDITORS NOTE | 03 |
| 02. DIRECTOR IN MEMBERSHIP NOTE | 04 |
| 03. UVA SAHASRA | 05 |
| 04. ANJANA UDAHENA BOD | 06 |
| 05. MY LEO EXPERIENCE | 08 |
| 06. LEO OF THE MONTH | 09 |
| 07. MARS, THE RED PLANET | 11 |
| 08. ICON OF THE MONTH | 12 |
| 09. SKILL BOX | 13 |
| 10. A HAPPY LIFE | 15 |
| 11. DREAMS | 17 |
| 12. ALTERNATIVE ENERGY | 18 |
| 13. STARS AND CONSTELLATIONS | 20 |

EDITORS NOTE

Hey there fellow readers! It is with great pleasure we bring you the November issue of Leo times Newsletter. This month we focused our theme of the newsletter to be astronomy. Because why not, as we did celebrate the red planet day in November. The soon to be colonized planet is already given a day and is hailed by many astronomy lovers'. Hence we the LEO club of UWU celebrated the month of red planet by making our newsletter theme astronomy.

In this issue we mainly focused on notable LEO's of UWU . Our Director in membership Sanduni Vithanawasam's note, LEO BOD Anjana Udahenda's experience of being a BOD , Amasha Weerakon's LEO experience and last but not least Novembers LEO of the month Kirula Pramod are the notable characters in this issue. Furthermore, in this issue the readers may find the article of the red planet, dreams, renewable energy, happiness and little excitement through our stars and constellations crossword puzzle. Also this month's icon in this issue is Martin Luther King Jr. Last but not least the UWU LEOs project of the month 'UVA SAHASRA' project report is mentioned in this issue.

Special thanks must be given to our readers, without them this newsletter wouldn't be a success. Also our LEO club BOD members and all the LEO club member must be appreciated for making our endeavor possible.

All fellow reader's hope you enjoy this month newsletter issue.

-LEO ACHILA THILAKARATHNA

DIRECTOR IN MEMBERSHIP -SANDUNI VITHANAWASAM-

As the membership director of Leo club of Uva Wellassa University, I'm honored and humbled to write this message for the legacy magazine of Leo club of Uva Wellassa University.

There are many ways that people may support their neighborhood, but being a Leo is about much more than just service. Joining a global family of young people improving the world can help you develop as an individual and a leader when you join Leo clubs. Leos frequently gain self-assurance and organizational skills through hands-on experience as community volunteers. Leo club members and district officers assist youth in acquiring these abilities. Teamwork is another perk of being a Leo club member. A Leo club membership fosters friendship and fraternity as well. I am happy to say that, even though it has been a short time since we started the Leo club of Uva Wellassa University, a considerable number of members have joined us. I hope to do more social service together with that group in the future.

-LEO AMASHA WEERAKOON-



UVA SAHASRA 2022



In the face of the country's severe economic crisis, Uva Wellassa University's Leo club has successfully completed a project of planting sweet tamarind plants, which have high economic and medicinal value, under the guidance of the project chairperson, Miss. J.P. Lakshri Sashikala, on November 27, 2022, in order to bring foreign income to the country, produce undergraduates with the best entrepreneurial qualities, and set an example as the first entrepreneurial university in Sri Lanka.

Under the category of small fruits with high economic and medicinal value in export and domestic markets, value addition, and export promotion, sweet tamarind transplants were planted in Uva Wellassa University's underutilized fruit garden.

-LEO K.A.S.Isurika



-ANJANA UDAHENA BOD-

1) Who are you?

I'm Anjana Udahena, a maths tutor, English tutor, social activist, english announcer and an independent undergraduate who's passionate in public speaking, currently studying at Uva Wellassa University,

2) What do you think of being chosen as Leo of the month, and how do you feel about your achievement ?

Indeed this brought me a happiness. But it is another feeling that cannot translate in to words. It inspired and boosted me to carry out my further work. I never expected these achievements but it made me proud of myself since it showed an evidence about the quality of my work.

3) How did you join the UWU Leo club and how did your journey begin?

For everything, there's a cause. The reason why I evolved as a leo was, I was finding a support system that can support my charity and benevolent activities. Somehow fortunately I recognized the Leo club of Uva Wellassa University as the best support system that I was finding. I was impressed about the club proceedings and found more information from the friends who already had started their journey with leo. Then I joined my hands with leo club of uwu with the intention to do something great.

4) What are the projects that you have engaged in so far?

I'm so happy to tell, within a short period of time, I was capable of being engaged in different types of projects which addressed different requirements of the community. Conversa'22, Sewanata Sawiyak, Moringa tree planting project, Simmba eve, Roaring night and Lumos'22 are some of the projects I have engaged so far.

5) Among those, what was your favorite project ?

Its hard to choose one. But Conversa'22 made a sustainable impact on children. The team conversa was overwhelmed with the feedbacks we got from that project. Another thing is we received more invitations from other schools as well to initiate conversa; the english day programme in their schools. So, My favourite one is Conversa'22.

6) Now, what do you feel about being an UWU leo?

I'm pretty happy. I think I found the best place to proceed my social activities. The crew is very supportive and it gives me the feeling of a family.



7) According to you, what is the most important thing you gained as a Leo?

I got so many things but I think the experience I got by handling different things under different circumstances was the most important thing I got as a leo.

8) What are your future plans with the UWU leo club, and what is your message to your juniors who are willing to join the Leo Club.

I have many more plans circulating in my head. If I tell shortly, I'm planning to conduct productive and sustainable projects addressing different sectors of the society. Moreover I'm looking forward to bring talented and innovative leos up and upscale their talents for the purpose of the society. What I have to say for the people who are willing to join leo club is, just do one project with leo and see what happens to you. You will acquire more experiences, good support system, creative thinking pattern, and you can also improve your talents. So you will get the enthusiasm to go a long journey with leo.

MY LEO EXPERIENCE -AMASHA WEERAKOON-

Joining the UWU Leo family was a great opportunity that I got to polish my leadership qualities and get lots of experience.

"Zimba Eve is the first project that I have Organized. I got this chance by coincidence and I also contributed as the chairperson of this project. This project was the most memorable one in my Leo movement. In this project, we did some funny events online and many university students participated in this project. We had to do that project online because of the pandemic situation all university academics and other things did on the online platform. So we did our project online. From that project, the number of members got increased as well as the unity among them. That was a proud moment in my Leo journey.

UWU Leo Club is not only a club that serves society. But also a club where that tries to improve its member's abilities. I also got the chance to improve my abilities and knowledge with the know venture and speech bubble project.

The unity of the UWU family is amazing. This unity is the product of caring. Protection trust and brotherhood. The decision that I have made to join the UWU Leo family is a good decision and also a turning point in my life.

-LEO AMASHA WEERAKOON-



LEO OF THE MONTH - KIRULA PRAMOD -



1). Who are you?

I am Kirula Pramod from science and technology degree program in Uva Wellassa University.

2). What do you think of being chosen as Leo of the month, and how do you feel about your achievement?

Honestly, I never expected this achievement, as the Leo of month I feel proud about myself. It was the happiest moment of my Leo career. I really grateful to all of Leos those who help, encourage and trust me in the journey of Leo club since the day I joined the club as a member. And this achievement gave me huge inspiration for future works in Leo club of Uva Wellassa university.

3)How did you join the UWU Leo club and how did your journey begin?

I had seen various projects of Leo clubs in other universities. So I became interested to being a member of Leo club of our university, to contribute to such events and projects. So I applied for the Leo club of Uva Wellassa university and I was able to become a member of Leo club.

4)What are the projects that you have engaged in so far?

"Sewanata sawiyak" project was the very first projects I contributed in my Leo journey. I contributed for this project as a Project graphic and PR coordinator and have done graphic designs for several projects of our Leo club. Currently I work as a creative editor of editorial panel in the Leo club.

5)Among those, what was your favorite project?

My first project that "sewanata sawiyak" holds a special place in my leo career. I was worked as a Project graphic and PR coordinator as for this project. It was a hunger project that we provided dry foods, sanitary items and essential commodities such as essential items to "Kandurata children's home" in Badulla in conjunction with world children's day. And we organized an entertaining platform for that children from the abilities of our team members. The main factor to make that project successful is our project team. We are not just a team. we are Leo family. That's why this project was became my favorite project in Leo journey.



6). Now, what do you feel about being an UWU Leo?

Being a UWU Leo opened me all kinds of opportunities, from being a volunteer for welfare activities to handling the editorial work of the Leo club. Most importantly being a UWU Leo helped me in the course of making all kinds of friends and team member in the University itself.

7) According to you, what is the most important thing you gained as a Leo?

The most important thing i gained being Leo was that i am able to work with a team, also working on projects based social welfare helped my morality to be positive. Since joining Leo club editorial panel I was able show case my talent in aspects of my skills. Being a Leo not only made my skills develop but also helped me greatly in my leadership too. According to me by being a Leo the things I have gained is of a wide scope.

8). What are your future plans with the UWU Leo club, and what is your message to your juniors who are willing to join the Leo Club?

In near future, I wish to give my contribution for more projects of UWU Leo club. And I would like to address the juniors who are willing to be a member of UWU in future that you are entering to a marvelous chapter of your life. You will be able to make new contacts by interacting with society and know how to work as a team. You can gather a lot of experiences and gain leadership skills as well. Definitely, joining UWU Leo club will be a turning point of your life. So I would say that don't miss out on this golden opportunity.

MARS, THE RED PLANET

Mars is a planet in our solar system. Known as the Red Planet, it orbits the sun in the fourth place. Red can be seen in the soil, rocks, and even the sky. In this case, it was astronauts who made the discovery. The Romans gave this planet its name, Mars, after their combat god. Planet was originally thought to be a good place for extraterrestrial life to thrive. This was aeons before scientists began their many forays into space. Astronomers were certain that intelligent life existed on Earth after they spotted a network of straight lines spanning the globe. They said the lines were irrigation canals built by aliens. Throughout the planet's history, its surface hue has morphed and changed at regular intervals. As a result, researchers started to think it was possible for life to persist on Earth.

Aside from the sun, the solar system also includes seven other planets, one of which is Mars. The fourth planet from the sun, Mars completes one orbit every 686.93 days. According to experts, Mars has an atmosphere that is less than one percent as dense as Earth's. The atmosphere is so weak that it does not insulate the surface from the cold and does not shield the planet from the sun's harsh rays. Approximately 95% of the atmosphere is made up of carbon dioxide, 1.6% argon, 2.7% nitrogen, 0.12% oxygen, and 0.03% water vapor. Mars's atmosphere isn't the only thing that sets it apart from the other planets. As a first notable feature, the planet hosts the solar system's highest volcano. Olympus Mons is the name of the volcano, so it towers about 27 kilometers above the surrounding plains.

In the form of molten rock, we can see that the volcano is still producing eruptions. Marineris Valley, located on Mars, is the largest and deepest gorge in the Solar System. The canyon spans for nearly 4,000 kilometers along Earth's equator and 7 kilometers underground. Furthermore, aside from Earth, Mars is thought to be the only planet capable of supporting life. Carbon dioxide, argon, nitrogen, and oxygen are all components of Mars's atmosphere. One of the most basic requirements for life is water, and Mars possesses it in abundance. There is liquid water on the planet, much like there is on Earth, where there are many different kinds of organisms.

ICON OF THE MONTH - MARTIN LUTHER KING JR. -



The Inspires Dr. Martin Luther King Jr., When hearing this name, what words come immediately to mind? wonderful, amazing, or even heroic, perhaps. Others could characterize him as strong or devoted. He is seen as inspirational by many. These are all excellent descriptions of him. He was a remarkable individual. He actively advocated for the rights of black people throughout his life. He was definitely a man of inspiration. I'm motivated by Dr. King, to work hard, keep the faith, and practice patience.

Civil rights activist Martin Luther King Jr. was born in Atlanta, Georgia, in 1929. Dr. King, a Baptist preacher's son and grandson, adopted a nonviolent stance while in college. In 1954, he was ordained as a Baptist minister and appointed pastor of a Catholic congregation in Montgomery, Alabama. Boston University awarded him a doctorate the following year. He founded the Southern Christian Leadership Conference in 1957, and he started giving speeches all across the country supporting active nonviolence to win civil rights for black Americans.

At the 1963 March on Washington, which gathered more than 200,000 people, he delivered his well-known "I Have a Dream" speech. Dr. King was given the Nobel Peace Prize in 1964, and the march helped the Civil Rights Legislation of 1964 pass. Later, he expanded the scope of his campaigning by speaking out against the Vietnam War and the misery of the impoverished of all races. He travelled to Memphis, Tennessee, in 1968 to support a sanitation workers' strike; on April 4, 1968, James Earl Ray shot and killed him there.

People all over the world were influenced by Dr. King. He supported non-violent solutions to some of society's most pressing issues. He was a major player in the American civil rights movement and organized a lot of marches and protests. Dr. King's birthday is frequently observed, like the MLK Day of Service, as a tribute to his legacy of tackling social issues through group effort. On the third Monday in January, King is honored with a national holiday in the United States.

- LEO Lakni Jayabahu



A HAPPY LIFE

"I don't want a perfect life; I want a happy life"

You may have seen this famous quote in many places. What it really means? Have you ever thought how to make your life happier? Okay now we are going to talk about it. After reading this article you will realize that you do not want million dollars to make your life a happy and successful one. Just doing some little changes to your life style is enough. But how? Here we go.



1. Stop over thinking

May be you are in a big trouble at the moment. May be you have failed the examination, broke up with your lover, lost the job, burdened with economic problems or anything. But do you think that over thinking gives you the answer? Never!! You could never be able to find any answer. Then how to get rid of over thinking? Just busy with something else. (You can read a book, write a poem, watch a movie, engage with any aesthetic activity and so on.) But stop getting in to the same problem again and again.



2. Always try to be yourself

This is one of the most important facts. Because most of the people do not live the life they want. Do not try to impress people. If you thought of doing something and you know that's right, why worrying about others' opinions? People may tell thousands of things. You cannot stop them. But if you know you are confident with your action, no need to worry about others. Just try to be yourself.

3. Mind your own business

This is the opposite of "being yourself". As same as you appreciate freedom in your life, others also love it. So keep your nose away from other people. Try to protect their privacy. The best thing in minding your own business is, it keeps you away from the unnecessary problems and it saves your time for something valuable and meaningful.



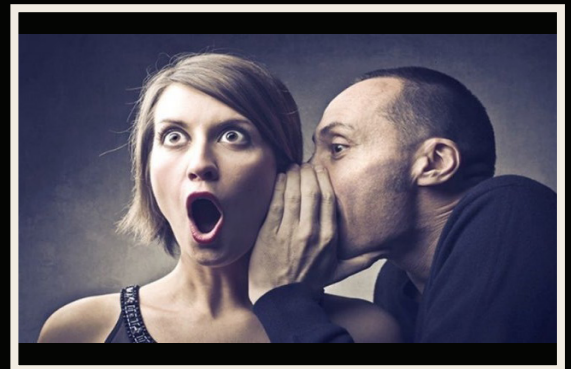
4. Start today

Do you have the habit of postponing things? If so I am requesting, you to not to do that hereafter. Even though, we postponed a work and relax today, again tomorrow you have to do it. May be you would get another much important task tomorrow. So are you going to keep postponing all your works? Finally, you are going to end up with missing important opportunities as the limited time does not permit you. So hurry up, start your work now itself. Do not miss important opportunities in your life.



5. Believe in you

There is nothing you cannot do as long as you keep trust on yourself. You want to pass the exam? win a competition? learn to play a musical instrument or whatever? You have the capacity with you. Just believe in yourself. No matter what happens always think that you going to achieve your target. Dream the happiness you get after achieving it. That determination gives you the strength. From that strength you could achieve your goal definitely.



-LEO DESHANI KANNANGARA

DREAMS

"The night is longer than a day for those who dream & day is longer than the night for those who make their dreams come true."

- Jack Kerouac -

Dreams are interesting stories we experience while we sleep. It can be romantic, fun, disturbing, and frightening. Most of the time we don't remember our dreams. According to some research articles, 95 percent of dreams are forgotten when people get out of their sleep.

The frequency (how often we dream) and the content (what we dream of) vary greatly from person to person, and there are many reasons why this is true. For example, we remember our dreams better when someone wakes us up or when our alarm clock wakes us up. This may be because we can remember that dream memory when it's fresh, but if we wake up alone, we can go through several stages of our sleep and lose that dream memory. Dream memory also changes with age. Older people are less likely to remember their dreams. This could also be related to memory.

Because older people have weaker memories, they may have dreams and not remember them when they wake up.

Do our dreams have meaning?

The interpretation of dreams and whether they have any meaning is a matter of considerable controversy. Some psychologists claim that dreams provide a glimpse into a person's psyche and daily life, while others believe that the content of dreams can be contradictory or confusing, resulting in a lack of meaning. Dreams are always shrouded in mystery, but do they have an underlying meaning? It depends on whom you ask.

Nightmares

Nightmares are distressing dreams that cause the dreamer to feel a number of disturbing emotions. Common reactions to a nightmare include fear and anxiety. Some factors like Mental health conditions, drugs, Sleep deprivation, and personal matters can contribute to a higher risk of nightmares. According to experts, not only this happens to kids but also it happens to adults also.

To stop Nightmares,

- We need a calm bedtime routine
- Have to manage our stress
- Night Light
- Seek things that provide us comfort

Those things help us to avoid bad dreaming.

Dreams can be good or bad. We all have dreams in our own life. We struggle to achieve them day by day. Not only does it limit our night dreams but also, we should realize those in our real life.

ALTERNATIVE ENERGY CAN EFFECTIVELY REPLACE FOSSIL FUELS

Every day, the world changes. And, as the public becomes more aware of the harmful impacts of fossil fuels, many individuals are looking for alternate energy sources to mitigate the damage. Wind energy, solar power, geothermal energy, and tidal energy are currently seen as the future of our energy resources in many nations. We are currently too reliant on energy sources that will eventually run out. Our houses, workplaces, schools, jails, public buildings, and manufacturing plants are all powered by fossil fuels. These energy sources provide a stable and cost-effective solution to power these companies, but they also emit damaging CO₂ into the environment on a daily basis. We hope that, one day, alternative energy will completely replace fossil fuels, allowing us to reduce and reverse the damage done to the world. Alternative energy has a lot of advantages for combating the negative consequences of fossil fuels, but we need to go further into why this is necessary.

Fossil fuels are the primary cause of the climate issue, and a more sustainable economy is required to combat climate change. Not only that, but it's also critical if we're going to fulfill the rising need for low-cost, easily available energy. This must be done before fossil fuels run out, or the planet would be unable to give energy to all of its residents. Currently, over a billion people throughout the world do not have access to power. Continuing to rely on fossil fuels will not solve the problem; it will exacerbate it. We must guarantee that renewable energy replaces fossil fuels and implement a long-term strategy that is healthier and more affordable.

There are some viable alternatives to fossil fuels. Nuclear energy is one of them. Another one is Hydro power, which is created from the natural energy of water movement, is another possible alternative to fossil fuels. This method of capturing energy was one among the first, but it fell out of favor when fossil fuels became more prevalent. It's making a comeback now. Hydroelectricity is a clean energy source that can be utilized everywhere there is a natural flow of water. It also helps with flood control and irrigation techniques.

Biomass energy is another feasible source of energy that has a far lower environmental impact than fossil fuels. The most frequent biomass resources are from wood, animals, and plants, and energy crops are developed specifically for this purpose. Biomass can be burned to generate heat, transformed into electricity directly, or processed into biofuel. This energy source is inexpensive, renewable, and helps to lessen dependency on fossil fuels, but it is not considered clean.

Another possible alternative to fossil fuels is wind energy, which takes use of an unlimited natural resource: wind. It produces little waste and leaves the environment mostly unaffected. Wind energy is also a good investment for the environment: the typical wind project pays back its carbon emissions in less than six months, reducing the CO₂ emissions of 42 million automobiles.

The ideal alternative to fossil fuels is to combine all clean energy and alternative energy sources, increasing

Already many countries throughout the world are committing to a future that will be powered by renewables. For example:

Germany, currently generates 25 percent of its electricity from renewables and is aiming for 80 percent by 2050

Spain's top source of electricity in 2013 was wind power, ahead of nuclear, coal and gas. Renewables supplied 42 percent of mainland Spain's electricity in the same year

In 2012 China's wind power generation increased more than generation from coal. The Philippines produces 29 percent of its electricity with renewables, targeting 40 percent by 2020

Denmark is aiming to produce 100 percent of its heat and power with renewable energy by 2035 and all energy by 2050.

Emerging economies like South Africa, China and Brazil are setting the pace for renewable energies. Investments in renewables from these economies was US\$112 billion in 2012, which is close to the US\$132 billion that developed countries invested.

So, we can surely say that replacing will be effective. Emerging economies do not need to go down a path of relying on fossil fuels. Just as many developing countries skipped land lines and went straight to cellular telephones, these countries can leapfrog right to affordable clean energy. Many have already taken advantage of the benefits of alternative energy and recognized the long-term benefits. For example, in Uganda less than 15% of a total population of 38 million people, have access to electricity. The majority of the population is dependent on kerosene or charcoal for their energy and light, both of which are expensive and environmentally damaging. Yet, the population is embracing the potential for clean energy alternatives being promoted within the country.

Many renewable technologies are scalable, and perceived problems regarding land, noise and animal welfare can be overcome. Many renewable technologies are very scalable. The much-hyped Desertec project pointed to a new model for electricity generation for Europe with massive PV arrays in North Africa.

Eventually, the degree to which we depend on fossil fuels will have to lessen as the planet's known supplies diminish, the difficulty and cost of tapping remaining reserves increases, and the effect of their continued use on our planet grows more dire.

The inherent advantages of an electrically powered vehicle are undeniable. With significant savings available due to the elimination needed for fuel, electric cars are an efficient alternative that are cheaper to operate. Finally, I must say alternative energy can effectively replace fossil fuels.



Stars & Constellations

ACRUX
 ALDEBARAN
 ALPHA CENTAURI
 ALTAIR
 ANDROMEDA
 ANTARES
 AQUARIUS
 ARCTURUS
 ARIES
 BARNARDS STAR
 BETELGEUSE

CANCER
 CANOPUS
 CAPELLA
 CAPRICORNUS
 CASSIOPEIA
 CEPHEUS
 CORONA BOREALIS
 CYGNUS
 EPSILON ERIDANI
 EPSILON INDI
 GEMINI

HADAR
 HERCULES
 HYDRA
 LALANDE
 LEO
 LIBRA
 ORION
 PERSEUS
 PISCES
 POLLUX
 PROCYON

PROXIMA CENTAURI
 REGULUS
 SAGITTARIUS
 SCORPIUS
 SIRIUS
 SPICA
 TAURUS
 URSA MAJOR
 URSA MINOR
 VEGA
 VIRGO

G J M Y B T P X X S D A P V P T J T H I
 U A C Q E B G W P A L R R R N D S W D E
 R H R O N P O S U I P R O C S H S S B F
 A Q H C R T S U N G Y C X N F U U U N D
 I P X A T O W I R P Y G I A I N R I A T
 P F X P D U N R L O V S M R R M R R N Y
 A L D E B A R A N O U L A O I U A I T I
 R I T L W Z R U B R N T C S A N T S A Y
 I Z Q L L D L Q S O T I E T T A S Y R V
 Y V S A Y I N A D I R E N O L I S P E U
 B A H H B W M O G P J E T D A E D R S W
 I F Y R U A K A A U C R A T I P R R U I
 K S A B J S S C P A Q D U L N O A G E V
 G P C O U S U E H P E C R T I I N R G P
 N I R R I S Z P I M E E I G M S R X L O
 Q C U I V S L S O R C R V N E S A U E S
 N A X O T A C R R N A J S I G A B L T C
 T P E N N E D N A L A L H E R C U L E S
 V K F C S N H C O G U C E V U G F O B P
 W H D B A G J G R R E G U L U S O P N Y

**LEOTIMES NEWSLETTER
EDITORIAL PANEL**

CHIEF EDITOR



**MAYUMI
KASHMIKA**

EDITORS



**NETHMINI
RAJAGURU**



**NADEESHA
LAKMINI**

CREATIVE EDITORS



**CHAMIDU
OSHAN**



**KIRULA
PRAMOD**



**ACHILA
THILAKARATHNA**

SIGNING OF

"Man must rise above the Earth—to the top of the atmosphere and beyond—for only thus will he fully understand the world in which he lives."

- Socrates, Philosopher