

LEO TIMES

VOLUME 17 | EDITION 04 | OCT 2024

WORLD VEGETARIAN DAY

**EMBRACE THE GREEN
CELEBRATING
THE POWER OF
PLANT-BASED LIVING!**

World Vegetarian Day, celebrated on October 1st each year, is a global event aimed at promoting vegetarianism and raising awareness about its benefits. Established in 1977 by the North American Vegetarian Society, the day marks the beginning of "Vegetarian Awareness Month", which runs throughout October. The goal is to encourage people to explore plant-based eating and understand its positive impact on health, the environment, and animal welfare.



LEO CLUB OF
Uva Wellissa University



Leos of Sri Lanka
& Maldives
INSPIRING LIVES



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MESSAGE FROM TREASURER LEO CLUB OF UWU

I'm truly honored to take on the role of treasurer of the Leo Club of Uva Wellassa University for this Leoistic year. Together we stand at the threshold of new chapter filled with opportunities. This year we plan to go beyond what we did before. I encourage you all to participate in our new projects.

Let's make this year a wonderful and successful one for all. Thank you for your dedication.

LEO Sasiri Keerthirathne
Treasurer
LEO Club of UWU



*Sasiri
Keerthirathne*

MESSAGE FROM PROJECT TREASURER LEO CLUB OF UWU



Hello, fellow Leos and friends! I'm Deshan Thilakarathna, proud to serve as the Project Treasurer for the Leo Club of Uva Wellassa University in the 2024/25 Leoistic year. As we embark on this exciting journey together, I'm dedicated to supporting our club's mission of impactful service and helping ensure our projects are financially prepared to make a real difference.

In my role, I'm committed to transparency, accountability, and careful financial management. With the incredible passion and commitment I see in each of you, I'm confident that we can accomplish meaningful and lasting results for our community. I believe that with teamwork and a shared purpose, we can make this year one of growth, inspiration, and positive change.

Let's aim high, work hard, and make a difference together. Looking forward to collaborating with each of you to create an unforgettable Leoistic year. Thank you for your trust and support.

LEO Deshan Thilakarathna
Project Treasurer
LEO Club of UWU

*Deshan
Thilakarathna*

MESSAGE FROM TREASURER LEO CLUB OF UWU



Dear fellow Leo's
I'm thrilled to step into the role of project treasurer for the Leo Club of Uva Wellassa University this Leoistic year. As we begin this new chapter, we have the incredible opportunity to not only continue but to elevate the legacy we've built together. This year, our vision is bold, and our goals are ambitious. But with each of you contributing your unique strengths and commitment, there's no doubt we can achieve remarkable things. I invite every one of you to be an active part of our journey, to engage in our projects, and to help make this year truly impactful. Together, let's inspire, support, and uplift each other as we work towards our shared mission of service and leadership.

Thank you for your unwavering dedication and trust. Here's to a year of success, growth, and lasting impact!

LEO Hiruni Nawoda
Treasurer
LEO Club of UWU

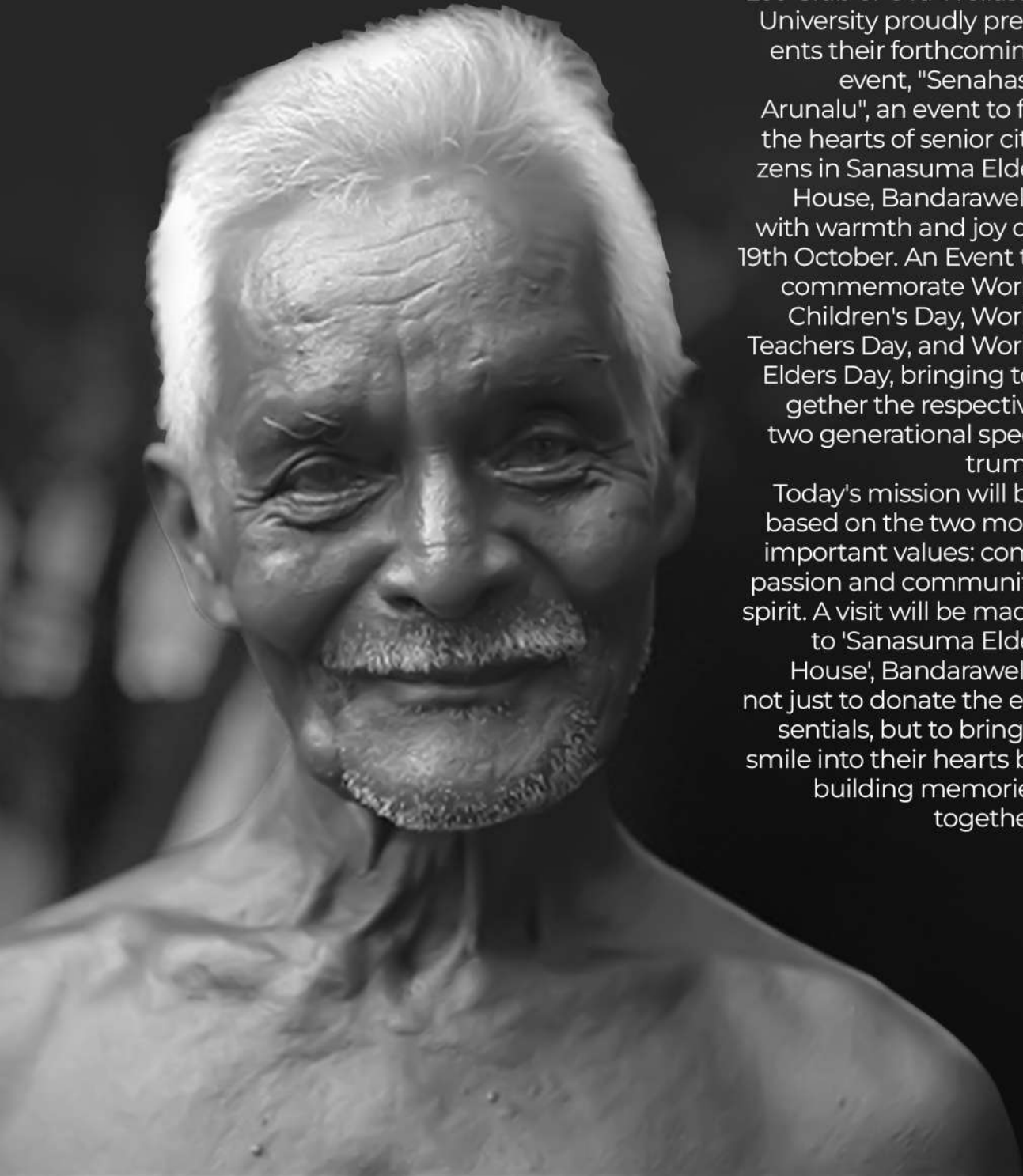
*Hiruni
Nawoda*



ROARING
EVENTS OF THE
LION'S HEART

සෙනහසු අරුණල

A Celebration of Generations



Leo Club of Uva Wellassa University proudly presents their forthcoming event, "Senahase Arunalu", an event to fill the hearts of senior citizens in Sanasuma Elder House, Bandarawela, with warmth and joy on 19th October. An Event to commemorate World Children's Day, World Teachers Day, and World Elders Day, bringing together the respective two generational spectrums.

Today's mission will be based on the two most important values: compassion and community spirit. A visit will be made to 'Sanasuma Elder House', Bandarawela, not just to donate the essentials, but to bring a smile into their hearts by building memories together.

සෙනහසු අරුණල

A Celebration of Generations

What's Happening?

A Day of Giving and Sharing

Participation will cover the donation drive to provide each and every essential item or commodity in daily survival, such as soaps, tooth-paste, a toothbrush, medicines, bed sheets, clothes, which somehow may bring joy and comfort into their lives. These were meant for making the lives of the elderly conducive and for them to know that there exist people who truly cared and actually remembered them.

Tea Party Extravaganza

While material contributions are big, 'Senahase Arunalu' is not purely charity. The Leo Club members have inserted a mouth-watering afternoon tea into the agenda that will provide enough time and space for some meaningful interaction and attachment with the elders. It gets both the young and the old uniting under one umbrella, recollecting and rebuilding the memories of times gone by.

The following events that will interest in bridging gaps within generations will also be organised. Members of Leo Club are very excited to share a bunch of fun activities with the residents, to take part in their daily routines, and most importantly, to listen to their life stories.

Understand Them Now

Time that might be spent to ask them how they are now or what things in life bring them joy these days will hopefully spark mutual respect and make for more efficient communication amongst different age brackets of society.

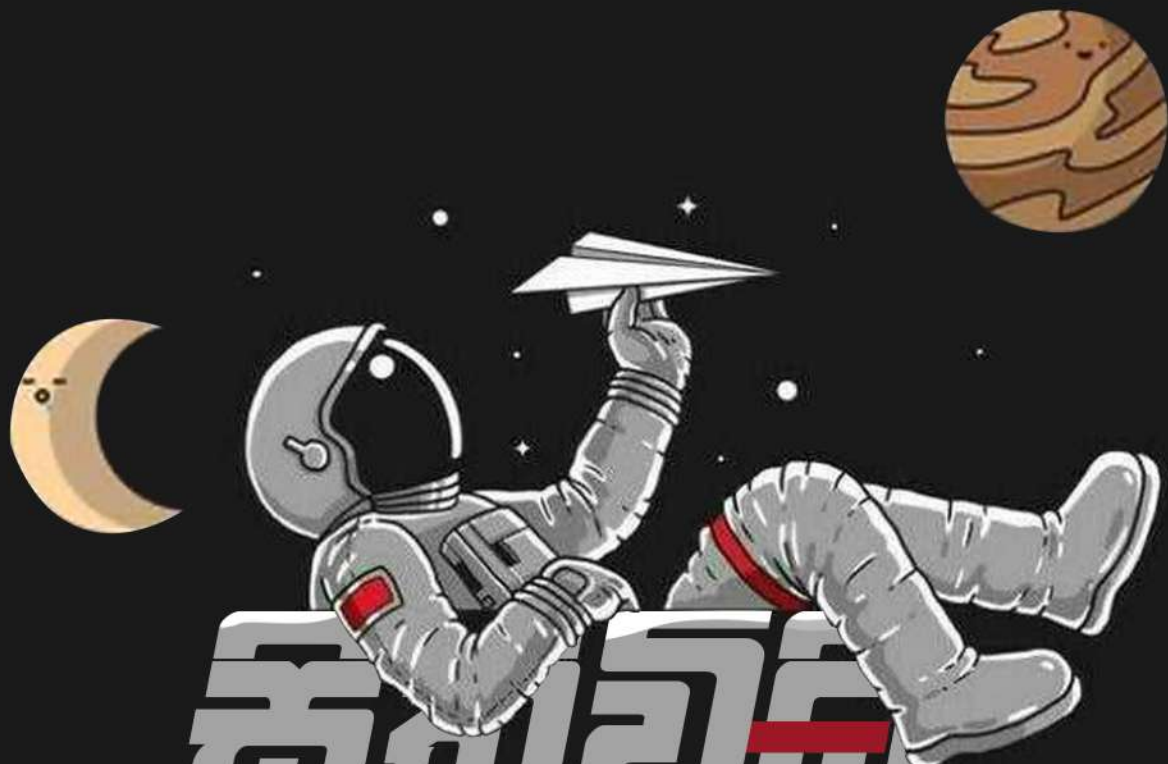
All that, Senahasa Arunalu is not only about gifting them something or doing some particular activity, but it's all about sharing the time and attention. In this busy world, more often than not, elderly people get to feel lonely and ignored. This event needs to make them feel that they are important parts of our community

Giving back is actually much more

one gets to learn so many great lessons from the people who walked paths before us, building bonds across ages-what really matter most during this time when digital connections may seem to mean everything.

Join us this 19th of October, putting your heart together with warmth, prepared with all the necessities one may need, and a smile to bring warmth in each encounter that may come about. Let this be an unforgettable moment spent rejoicing over the beautiful journey of life amongst one another, young and old!





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Chamodi Sadunika
Export Agriculture
Degree Program



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ಹೆಸರಿನ ರಹಸ್ಯ

Art enables us to find ourselves and lose ourselves at the same time. It captures our innermost thoughts and emotions, bringing them to life in ways words cannot. Through colors, shapes, and lines, art becomes a language, speaking to the soul and transcending boundaries, culture, and time. In every stroke, every detail, artists tell stories, inspire minds, and touch hearts, leaving a lasting impact on the world and reminding us of the boundless beauty of human expression.





HALLOWEEN

Halloween is a holiday celebrated every year on October 31st. It is known for costumes, trick-or-treating, and spooky decorations. People, especially children, dress up as characters like witches, ghosts, and superheroes. They go door-to-door, asking for candy by saying "trick or treat." Homes are decorated with carved pumpkins, called jack-o' lanterns, along with skeletons and other spooky items to create a fun, eerie atmosphere.



HALLOWEEN

The origins of Halloween go back over 2,000 years to the ancient Celtic festival called Samhain (pronounced sow-in). The Celts lived in what is now Ireland, the United Kingdom, and northern France. They believed that on the night of October 31st, the boundary between the living and the dead blurred, and ghosts of the dead could return to Earth. To protect themselves, people lit bonfires and wore costumes to scare away evil spirits. Later, as Christianity spread, the church created "All Saints' Day" on November 1st to honor saints, making October 31st the eve of All Saints' or "All Hallows' Eve," which later became known as Halloween.

Today, Halloween is a time for fun and community. Although it started with religious and spiritual significance, it has evolved into a festive event enjoyed by people of all ages, especially children. The idea of dressing up in costumes and sharing candy has become the main tradition. Halloween parties, haunted houses, and pumpkin carving are all popular activities that bring people together to celebrate the spooky yet playful holiday.

On Halloween day, children usually dress up in costumes and go trick-or-treating. They visit houses in their neighborhoods, hoping to get candy. Some families decorate their homes with scary props, like spider webs, ghosts, and pumpkins. People also attend costume parties, and some towns even hold parades or other community events. The day is full of fun, laughter, and a little spookiness, making Halloween a unique and enjoyable celebration for many.



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The idea behind World Vegetarian Day is to invite individuals to try vegetarian meals and explore a lifestyle that relies on plant-based foods such as fruits, vegetables, grains, legumes, and nuts. It's a time for people to experience how flavorful, diverse, and nutritious vegetarian dishes can be. Some people use this day to commit to a meat-free diet, while others may choose to start by introducing more plant-based meals into their routine.

Health is a major focus of World Vegetarian Day. Studies show that eating more plant-based foods can reduce the risk of heart disease, high blood pressure, diabetes, and certain cancers. Vegetarians often consume lower levels of saturated fats and cholesterol while having a higher intake of vitamins, minerals, and antioxidants. The day highlights how adopting even a partially vegetarian diet can contribute to a healthier lifestyle.

The environmental benefits of vegetarianism are also a key message of the day. Livestock farming is known to contribute significantly to greenhouse gas emissions, deforestation, and water pollution. By eating more plant-based meals, individuals can help reduce their carbon footprint and contribute to a more sustainable world. World Vegetarian Day serves as a reminder that small changes in diet can lead to significant positive effects on the environment.

Animal welfare is another important aspect celebrated on World Vegetarian Day. By choosing plant-based meals, individuals can reduce the demand for meat production and help prevent cruelty to animals. The day offers a chance to reflect on how our dietary choices affect animals and promote a compassionate lifestyle.

Communities around the world often celebrate World Vegetarian Day with events like vegetarian cooking classes, recipe swaps, potlucks, and educational seminars. These activities aim to showcase the variety and richness of vegetarian cuisine and spread awareness about the benefits of plant-based living. It's also a great time for people who are already vegetarians to share their experiences and inspire others to make more mindful food choices.

Whether you're a committed vegetarian or someone curious about the lifestyle, World Vegetarian Day is an opportunity to learn, try new foods, and think about the positive impact of your choices on your health, animals, and the planet.





WORLD COFFEE DAY

World Coffee Day is observed on first of October with the purpose of drawing attention to the daily relevance of this beverage and the hard work of millions of farmers who cultivate it. Day encourages environmentally friendly policies and buying products made by the fair trade to support growers who are sometimes bankrupted.



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Coffee remains one of the most consumed beverages by people all over the world and is relevant in occasions, offices or daily use. It is a global celebration in which coffee drinkers, coffee shops, and associations prepare events to taste, to learn, and to raise awareness about coffee. Coffee shops celebrate this day either by providing free cups of coffee, or a discount, or a new blend of coffee for the occasion.

Meanwhile, the occasion also becomes a chance to discuss potential problems that directly impact the product, such as climatic changes affecting coffee beans production or writers and artist diligent advocacy for growers' fair pay. Organization like the International Coffee Organization (ICO) uses the day occasion to educate people on how farmers grow coffee, and if fair trade was good enough for them.

Consumed with or as a companion, coffee unites the world collectively tipping its hat to this superfood before all cultures and geography. We does not only foster the need to enjoy a cup of coffee but it also reminds the consumers on the process from the coffee beans to cup and call on consumers to make the right decision that will promote good practices.



FROM

**FROM IS A THRILLING HORROR TV SERIES
CREATED BY JOHN GRIFFIN**



FROM

**IS A THRILLING HORROR TV SERIES
CREATED BY JOHN GRIFFIN**

FIRST AIRED ON FEBRUARY 20, 2022, ON EPIX. THE STORY IS SET IN A MYSTERIOUS TOWN THAT TRAPS ANYONE WHO ENTERS, LEAVING THE RESIDENTS DESPERATE TO ESCAPE. DURING THE DAY, THEY SEARCH FOR ANSWERS, BUT AT NIGHT, TERRIFYING CREATURES ROAM THE TOWN, MAKING SURVIVAL A CONSTANT CHALLENGE.

THE SHOW ISN'T JUST ABOUT MONSTERS—IT ALSO EXPLORES THE EMOTIONAL STRUGGLES OF THE CHARACTERS AS THEY DEAL WITH FEAR, LOSS, AND HOPE. EACH EPISODE KEEPS VIEWERS ON EDGE WITH UNEXPECTED TWISTS AND A DEEP SENSE OF MYSTERY. THE CHARACTERS ARE WELL-DEVELOPED, MAKING THEIR JOURNEY BOTH INTENSE AND EMOTIONAL.

WITH A MIX OF HORROR, SUSPENSE, AND DRAMA, FROM IS PERFECT FOR VIEWERS WHO ENJOY STORIES THAT MAKE THEM THINK WHILE KEEPING THEM ON THE EDGE OF THEIR SEATS. IT'S A GRIPPING SERIES THAT WILL LEAVE YOU EAGER FOR THE NEXT EPISODE.

THE PUZZLE CHALLENGE!

65

11	10	A	B	17
18	12	6	C	24
25	D	13	7	E
F	21	G	14	H
I	3	J	16	K

Can you find the secret combination? The grid below holds the answer! Look closely and find any row, column, or diagonal that sums to 65. Think you've solved it? Send us your answer (☎ +94 76 715 3085)with the correct pattern, and you might just be the next Pazuul puzzle champion! Winners will be featured in the next issue.

Instructions

Find rows, columns, or diagonals that add up to 65.
Submit the positions or numbers of the successful pattern to enter the contest.

(Hint: There might be more than one way to reach 65!)

Editor's
MESSAGE



Dear Readers,

Welcome to the latest edition of Leo Times, the newsletter of Leo Club of Uva Wellassa University! As an editorial crew member, I am delighted to bring you an inside look at the various efforts and heartfelt activities of our club. This issue showcases the passion and hard work our members put into each project, whether it's reaching out to those in need, organizing impactful events, or spreading positivity within our community. Every story reflects our commitment to making a meaningful difference and inspiring others along the way.

My deepest gratitude goes to everyone who contributed for their hard work in creating this newsletter. Their creativity and cooperation are the pillars that support this publication.

Let's continue to inspire change, serve with passion, and make a lasting impact.

I hope you enjoy reading it!

With regards,

Milasha Subasinghe

Editorial Crew Member
Leo Club of Uva Wellassa University



LEO CLUB OF UWU
SOCIAL
MEDIA

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 leoclubofuwu@gmail.com

A stylized globe graphic is centered behind the text. The globe is split horizontally, with the top half in a light green color and the bottom half in a dark teal color. The continents are depicted in a darker shade of teal against the lighter background.

LEO TIMES

THE OFFICIAL NEWSLETTER OF UVA WELASSA UNIVERSITY OF SRI LANKA

VOLUME 17 | EDITION 04 | OCT 2024