

January Edition

STEER

GUIDE FOR THE BETTERMENT



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“

“To produce a mighty book, you must choose a mighty theme. No great and enduring volume can be ever written on the flea, though many there be that have tried it”

-Herman Melville-

We ought to release a few more newsletters as Sabra Leos for the Leostic Year 2022/23. As our monthly themes for the upcoming months, we intended to stick with the themes found in the Lion's Award Attributes.

‘Diabetes’ was selected as the initial theme for the January newsletter. We intend to cover our monthly creation series devoted to diabetes, which will comprise articles, poems, and drawings with the Diabetes theme.

THEME OF THE MONTH

Additionally, in order to uplift the quality of the magazine, we decided to add new monthly series, such as "Let's Talk Series," "The Educators Corner," "Unknown Facts," "Fun Episode," and "The Entertainment Review." For this month's "Let's Talk" episode, we interviewed a diabetes industry specialist in order to raise awareness of the disease. A lecturer of the Faculty of Management Studies of Sabaragamuwa University in Sri Lanka will contribute an article for "The Educators Corner" for each month. Additionally, there will be a series of unknown facts that present novel information, and the "Fun Episode" features a cartoon and interesting trivia. There is a movie review in 'The Entertainment Review'. This is how the magazine's content progresses, and we sincerely hope that you all enjoy reading our newsletter.

IMMEDIATE PAST PRESIDENT'S MESSAGE

Being a Sabraleo is always a reason to be proud of. It's a pleasure to see the club moving forward for the third consecutive year amidst all the obstacles. This shows the dedication and commitment of the beloved Sabraleo members to take the club to greater heights.

Throughout these few years, the club and its members always set targets and conquer them as teamwork. We prioritize continuing community services and professional development services to different target audiences to uplift the living standards of everyone around us.

I firmly believe our youngsters will use this Leo Platform to obtain our club vision, which is "To build inspired citizens who lift the community by serving others while grooming themselves". I'm wishing all the best for my beloved juniors to conquer all the challenges and create a different world through this movement.

LEO ASHEN JAYATHUNGA
IMMEDIATE PAST
PRESIDENT
LEO CLUB, SUSL.



THE EDUCATORS CORNER



THE GIG ECONOMY AND SRI LANKA



Sri Lanka declared bankruptcy and recorded negative economic growth in 2022. The misery continues in 2023 and the signs of recovering from the man-made economic crises are far from reality. Hence, Sri Lanka desperately needs avenues for an economic turnaround. Can the gig economy be an avenue for Sri Lanka's economic recovery? This article depicts the gig economy, the reasons for Sri Lanka's lag in the gig economy and its prospects for Sri Lanka.

The Industry 4.0 and 5.0 have enabled the digital platform-based (Fiverr.com, Upwork.com, Handy.com, Uber.com, etc...) worldwide free market where gig workers (independent contractors) engage in gigs (short-term work arrangements) offered by clients across the globe. The worth of the global gig economy was USD 355 billion in 2021 and the gig economy will grow up to USD 873 billion by 2027 (Industry Research, 2022).

Though gig workers from over 160 countries are involved in the gig economy, the top 10 contributors to the gig economy are USA, UK, Brazil, Pakistan, Ukraine, Philippines, India, Bangladesh, Russia, and Serbia (gigeconomy.info, 2023).

Though Sri Lanka has the potential to tap the gig economy, two main reasons affected Sri Lanka's lag in the gig economy in comparison to other South Asian countries such as India, Pakistan, and Bangladesh. First, Sri Lanka has failed to embrace the strategic and purposeful development of a globally competitive digital workforce through the required educational reforms that could have been done at least in the first decade of the 21st century. Second, gig workers need high speed, low cost, and uninterrupted internet facilities for a hassle-free work completion. However, the existing digital infrastructure in Sri Lanka is not up to the expected level since the facilities are very poor in certain areas of the country.



The gig economy offers an array of prospects to Sri Lanka. First, the gig economy is a source of foreign currency earnings that reduces the long-lasting balance of payment problem in Sri Lanka. Second, the gig economy is an opportunity for creating employment opportunities for tech-savvy persons who prefer autonomy, flexibility, and self-leadership. Thereby it can mitigate unemployment in Sri Lanka by providing opportunities for students, household mothers, and retired personnel to work part-time and be economically independent. Third, the gig economy has created digital nomads who work from anywhere in the world. Digital nomads travel to various destinations and perform their gigs while enjoying their stay. Sri Lanka, being a paradise for travel and tourism, has the potential to be developed as a destination for digital nomads.

The gig economy shows the potential to be the main stream economic system in the world. Thus, to win the potential share of the gig economy, Sri Lanka needs a vibrant vision, innovative strategy and an accelerated action plan to transform the education system, digital infrastructure and other relevant sub-systems.



Author - Dr. H.P. Rasika Priyankara, Department of Business Management, Faculty of Management Studies, Sabaragamuwa University of Sri Lanka, 4th Feb 2023



UNKNOWN FACTS

UNKNOWN FACTS



China has only one time zone

China is one of the countries with a large surface area, it is surprising to be in a one-time zone.

Operating on Beijing standard time would mean its midnight in Beijing while Xinjiang is preparing to watch the sunset. A one-time zone was established in 1949 to bring national unity, even though China can be recognized over 5 time zones.

Thailand has a festival to appreciate their monkeys

According to Sanskrit folklore, Prince Rama got the assistance of Hanuma, a monkey, to save his bride-to-be from the demon King Ravana. Therefore in Lopburi, the last Sunday of November is celebrated with a hearty buffet for the monkeys of the area.



Coca-cola is absent only in two countries

Coca-cola is a beverage found all over the world, yet due to trade restrictions imposed in 1950 and 1962 in North Korea and Cuba, respectively, make them the two countries where it is not present.

No Coke for Cuba and North Korea

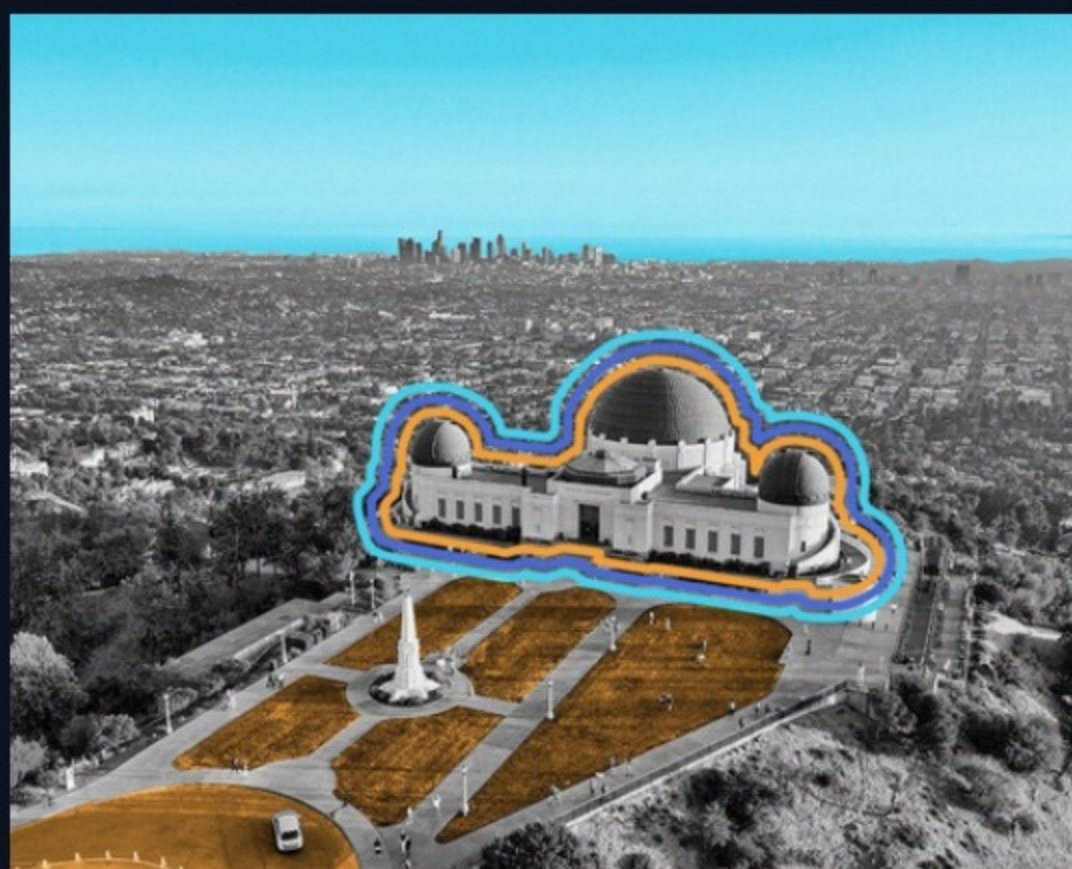
Countries where you can't legally buy Coca-Cola*



* Countries not covered by regional bottling plants and/or with trade sanctions/embargoes in place
Source: World Atlas

Los Angeles could house the entire world's population.

The population of the world exceeds 7.5 billion people. Also, that figure appears enormous. According to National Geographic, if every single one of those people stood shoulder to shoulder, all of them could fit within the 500 square miles of Los Angeles.



Did you know it snows in the Sahara Desert?

In 2018, it snowed in the Sahara desert, though it did not last long due to the heat. The desert has freezing temperatures at night, but the lack of moisture makes snowing impossible. The first recorded snowfall in the Sahara desert occurred in 1979, a 30-minute snowstorm.



A top-down photograph of a black bowl filled with white popcorn, with several popcorn kernels scattered on a dark, textured wooden surface. A black remote control with a red power button and various function keys is positioned to the right of the bowl. A dark blue rectangular overlay is in the bottom-left corner, containing the text 'THE ENTERTAINMENT REVIEW' in white.

THE ENTERTAINMENT REVIEW



PANIC ROOM

Meg Altman is a recent divorcee who moves to a new mansion in New York with her young diabetic daughter, Sarah. The special thing about this mansion there is a safe hidden room called the "Panic Room".

Meg isn't the only one interested in this mansion, there were three burglars as well trying to find the millions of dollars in the panic room. The burglars broke in expecting no one to be in the mansion, but they figured out there was. When Meg realized they were being burgled she hid in the panic room with her daughter. The story starts to flow with these incidents.

"Life is not over because you have diabetes. Make the most of what you have, be grateful."

- Dale Evans -

-Leo Thilina Munasinghe-
Club Member

The movie was released on May 3, 2002, written by David Koepp and directed by David Fincher.

This movie shows how a divorced mother handles her situation and takes care of her family using her spot-on wisdom. The beginning of the movie gives us hints about diabetes.

The climax of the movie shows what happened when the diabetic patient couldn't get her food and insulin at proper times along with how the patient and her family suffers from these kinds of health condition.

There are three burglars in this movie and we can identify unique personalities they are humanity, cunning, and anger.

These three have the same purpose, finding the money but when the situation changes they show really who they are.

The movie, Panic Room will be screened for a runtime of 1 hour and 52 minutes with the cast Jodie Foster (Meg Altman), Kristen Stewart (Sarah Altman), Forest Whitaker (Burnham), Dwight Yoakam (Raoul), Jared Leto (Junior). With an IMDB rating of 6.8/10 and a Tomatometer of 76%, the estimated Budget for the movie was \$48,000,000 with gross worldwide earnings totalling to \$197,079,546.



LET'S TALK SERIES

CHAT WITH A DOCTOR

CAN YOU EXPLAIN BRIEFLY WHAT DIABETES IS?

Diabetes is an endocrine disorder. That is, it is a disease caused by a problem with a hormone called "Insulin". There are two types of diabetes, Type 01; caused by insulin deficiency and Type 02; caused by the resistance of receptors to the insulin hormone. To clarify the content you get Type 01 diabetes when you don't have enough insulin but you get Type 02 diabetes when you have enough insulin production but the receptors in the body that catches the insulin do not work properly. Type 01 diabetes is commonly hereditary which means if your family members; your mother, father, your grandmother, or grandfather has diabetes you have a higher chance of getting it. Type 02 diabetes is also hereditary background but it can, it is commonly caused due to bad food habits and unhealthy lifestyles.

HOW DO WE IDENTIFY THAT WE ARE SUFFERING FROM DIABETES (SYMPTOMS)?

The symptoms of diabetes are usually excessive thirst, excessive hunger, frequent urination; nocturnal urination or waking up more than one time at night to urinate, recurrent infections mean coughing, getting infected wounds and sorts of infections easily, and weight loss in several months. And if diabetes is not properly controlled there are two types of complications you can get.



The first thing you call "Macro Vascular" complications and the second type is "Micro Vascular" complications. Macro Vascular complications are you get heart attacks, you get strokes and you get a peripheral vascular disease or problems in blood vessels in your limbs, and your legs. Micro Vascular are retinopathy or problems in your eyes, nephropathy or problems in your kidneys, and neuropathy or problems in your nerves.



WHAT ARE THE MYTHS ABOUT DIABETES?

Talking about the myths about diabetes, people think they get diabetes when they eat sugar. It is not sugar, you get diabetes when you take high carbohydrate content. Whatever carbohydrate, whatever food containing high calories can cause diabetes. And some people think diabetes is contagious, you can be infected with diabetes when you work or stay with people who have diabetes. It is not contagious but can be transferred from one generation to another through genes. And some people think when you get diabetes and when you drink medications it can be cured. Diabetes can never be cured, once diagnosed you have to take medication all your lifetime. It is only suppressed or controlled and not cured by medications. So rather than medications when you get diabetes the best thing is to prevent it.

WOULD YOU HAVE ANY ADVICE FOR YOUNGSTERS ON HOW TO HAVE A LIFESTYLE FREE FROM DIABETES?

My advice for youngsters is the first thing is to have a healthy lifestyle. That means doing at least twenty minutes of aerobic exercises. That means walking, swimming, cycling, and slow running. At least twenty minutes per day, at least five days a week. It is better if you can exercise for all 7 days and improve your diet, reduce your carbohydrate content, increase taking green leafy vegetables,

increase your fruit contains and drink plenty of water, reduce taking fast foods and oily foods and junk foods and taking artificial foods and beverages and reduce taking carbonated drinks because they have a very high level of sugar content. In addition to modifying your day-to-day life activities and your diet, you can maintain a good BMI which is body mass in relation to your height to improve your overall health.



*Dr Sudanthi Anuruddhika Sooriyahetti
Medical Officer
Department of Ophthalmology
Teaching Hospital Anuradhapura*



MONTHLY CREATIONS

INTERNATIONAL MEASUREMENTS AGAINST DIABETES

Diabetes is a chronic disease which occurs when the pancreas does not produce enough insulin or when the body is unable to effectively use the insulin it produces. This causes serious damage to the body's nerves and blood vessels over time. There are some international measurements against diabetes such as Glycated hemoglobin, Albumin-to-Creatinine Ratio (ACR), Urine glucose measurements, Cholesterol and triglycerides etc. It helps to diagnose diabetes, monitors the efficacy of treatment and manages diabetes



1. Glycated hemoglobin (A1C, hemoglobin A1C, HbA1c)

Glycated hemoglobin (A1C, hemoglobin A1C, HbA1c) is a clinical test that is used to estimate mean blood glucose. It assists in diagnosing diabetes and monitors the efficacy of treatment.

A1C is the measurement studied in clinical trials that demonstrate the benefits of improved glycemic management microvascular and macrovascular outcomes.

HbA1c is one of the essential diabetes health checks. The HbA1c test checks our average blood sugar levels over the last three months. Therefore, it helps to identify our diabetes team and our spot trends over time. If HbA1c is high in sugar levels, it is too much in our blood. As a result, it develops diabetes complications like serious problems with your eyes and feet. So, it's important to have this test regularly so we can reduce our risk of getting complications.

2. Albumin-to-Creatinine Ratio (ACR)

The albumin-to-creatinine ratio (ACR) is a urine test that measures the amount of albumin, a type of protein, in our urine. ACR indicates complications of diabetes called diabetic nephropathy or diabetic kidney disease.

3. Urine glucose measurements

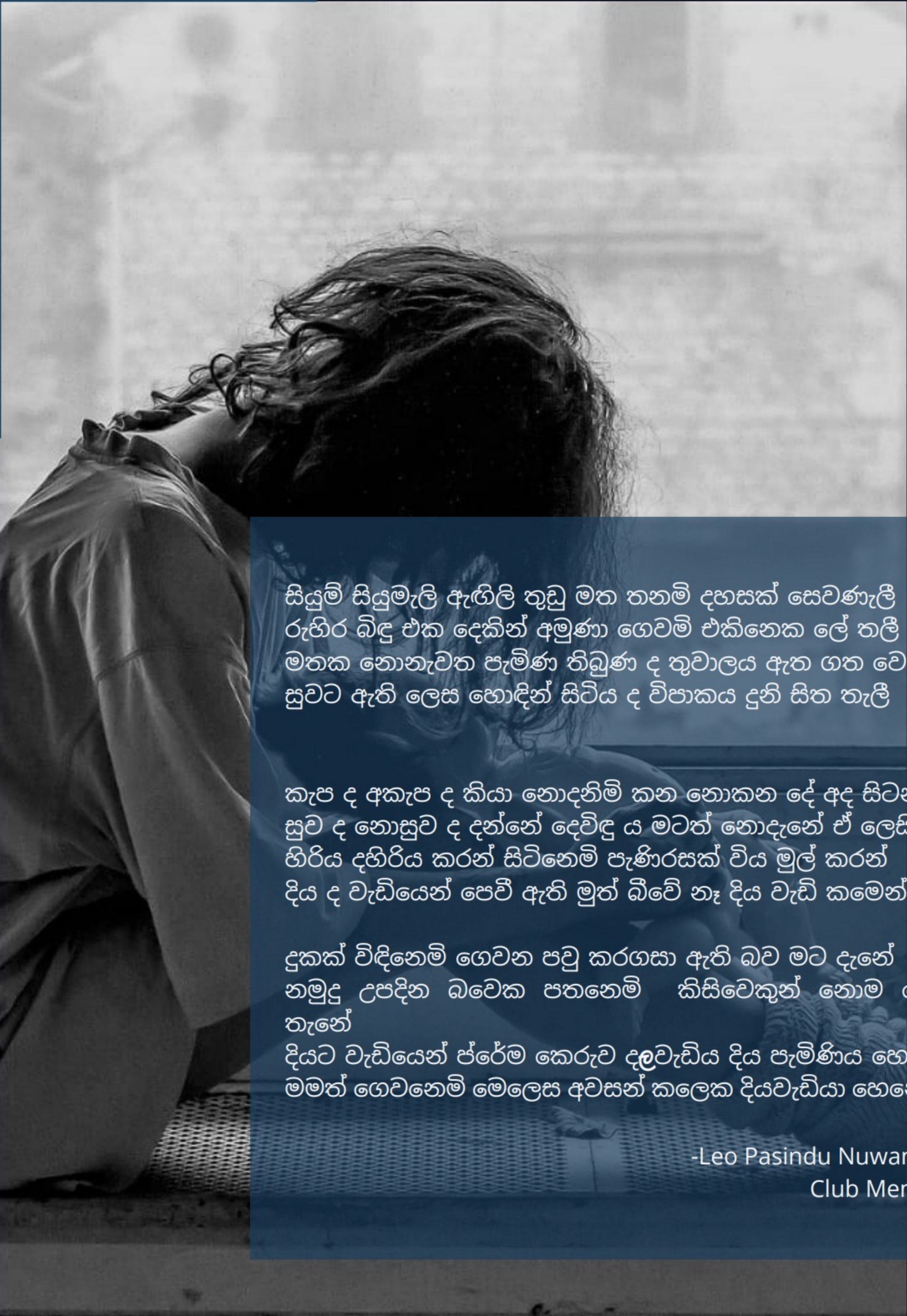
A urine glucose test is a simple method used to check for abnormally high levels of glucose in the urine. This is widely used all over the world. Diabetes is a common cause of elevated glucose levels. A urine glucose test can be used to test for diabetes, to monitor the level of sugar control or the effectiveness of treatments in diabetics.

4. Cholesterol and triglycerides

This is a series of blood tests called a lipid panel. Diabetes puts you at increased risk for high LDL ("bad") cholesterol and triglycerides. Therefore, cholesterol and triglycerides are used to measure cholesterol and blood fat circulating in the bloodstream.

-Leo Kalpani Thiwanka-
Club Member





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-Leo Pasindu Nuwantha-
Club Member

IMPROVING A DIABETIC-FREE LIFESTYLE

A human primary energy source is blood glucose, which is obtained from food. Over time, diabetes might result from having too much glucose in the blood and can damage your nerves, eyes, kidneys, and other organs. Diabetes is less commonly treated. But you can take steps to prevent or manage it by educating yourself about diabetes, it can help you protect your health.

Diabetes can have many causes, one of which is being overweight. The proper meal choices can control your blood sugar levels and help you lose weight. To keep your blood sugar levels steady, try to eat healthy foods throughout the day such as fruits, vegetables, whole grains, lean protein, and healthy fats.

Vitamin D is important for blood sugar management. Vitamin D supplementation may help people with lower average blood sugar levels. Eating foods high in vitamin D like Salmon, Swordfish, Tuna fish, Orange juice, Dairy and plant milk, Sardines and Beef liver or taking supplements may help optimize vitamin D levels, which may help to avoid the risk of diabetes.

By substituting water for sugary beverages like soda and sweetened fruit juice, you may be able to better control your insulin and blood sugar levels, lowering the risk of diabetes.

To help prevent diabetes, it's essential to resist sedentary habits like getting a little exercise or spending most of the day sitting down. . If you are starting an exercise routine, start with a short workout.



Moreover, regular physical activity may benefit the prevention of diabetes. When a person has reduced insulin sensitivity, the human pancreas must produce more insulin to transport sugar from the blood into the cells. Many types of physical activity can reduce insulin resistance such as aerobic exercise, high-intensity interval training, and strength training. And also short bursts of exercise, such as brisk walking, are a great option.

A healthy lifestyle not only reduces the risk of developing diabetes but also improves survival after diagnosis. Making a diabetic-free lifestyle isn't always easy. Finding the time and energy to exercise regularly or prepare healthy meals can be challenging. However, your efforts will be rewarded in a variety of ways for the rest of your life.



-Leo Dananji Dilhara-
Environmental services officer

An overhead photograph of four people (three men and one woman) sitting around a light-colored, round table. They are all focused on their work, with several open books and two laptops on the table. The man at the top is wearing a maroon shirt and is looking at a book. The woman on the left is wearing a grey long-sleeved shirt and is looking at a book. The man on the right is wearing a black tank top and is looking at a laptop. The man at the bottom is wearing a light blue button-down shirt and is looking at a book. The table is cluttered with various items including books, laptops, pens, pencils, and sticky notes. The background is a plain, light-colored wall.

PROJECTS

NEW HOPE FOR CHILDREN WHO ARE YET TO BLOSSOM

"Let's raise children who won't have to recover from their childhoods"

-Pam Leo-

The "New Hope for Children who are yet to Blossom" awareness program was successfully held on 20th December 2022 at Welanhinna Vidyalaya, Diyathalawa by the G16 ambassador of Sabaragamuwa University of Sri Lanka with the collaboration of Leo Club of Sabaragamuwa University of Sri Lanka that aimed to make school children aware of child abuse, child labor, violation, and trafficking and especially to teach them how to recognize bad touch and to say "No" to those unnecessary things without getting scared.

Special thank goes to the resource persons Mrs. Chandani Hettigoda and Mrs. Champa Wijesekara, Leo Club of the Sabaragamuwa University of Sri Lanka, and to all the participants who helped to make this project a success.



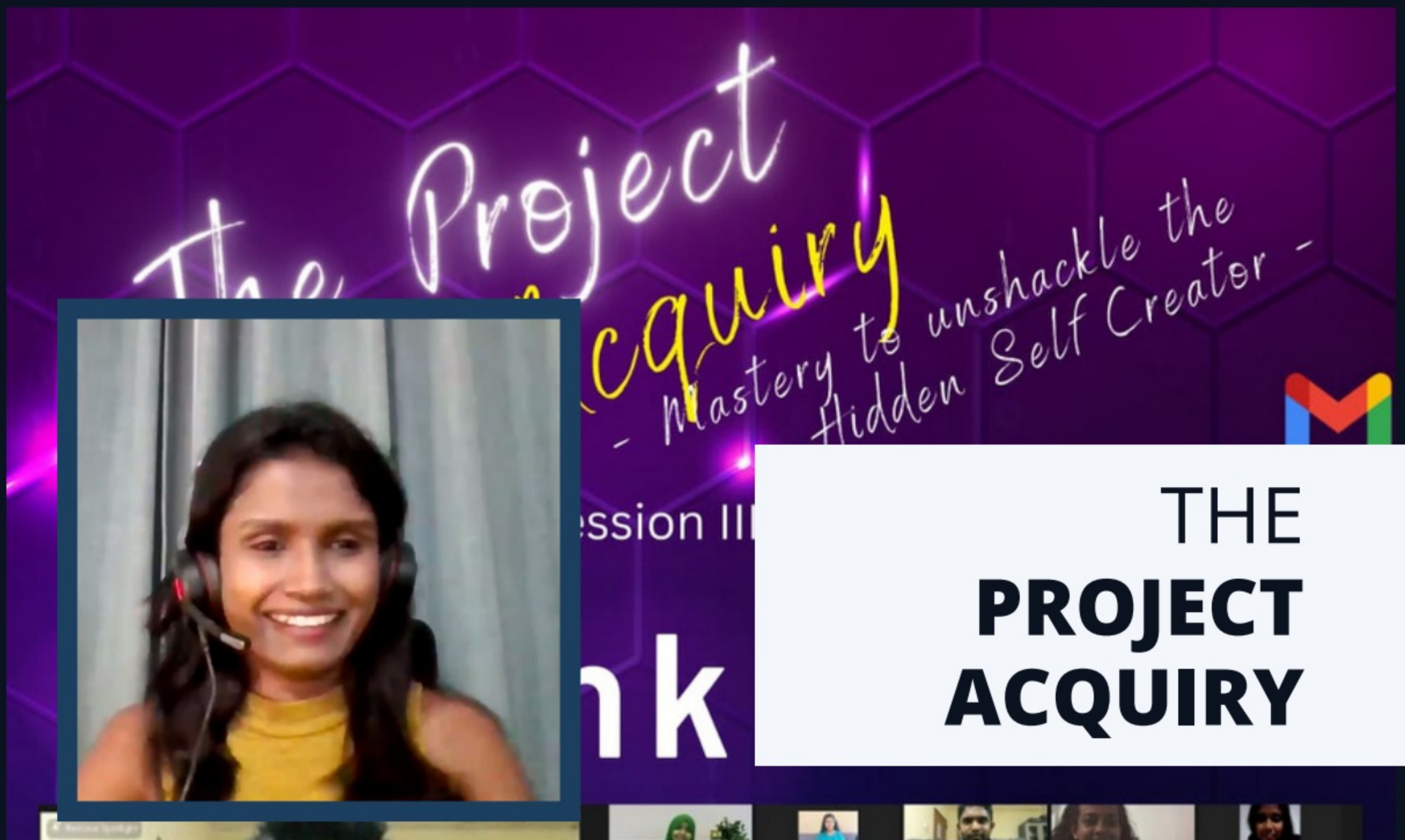


PROJECT SAHURDA YATHRA

These days lots of people are suffering from economic crisis in our country. Because of that, they can't celebrate new year as previous years & they have to face many issues because of that. Even they have not situation to prepare milk rice as their meal. And also, our university students celebrate new year by staying at the university. As the solution for this situation, we decided to celebrate new year together with them. We selected this project to the people who lives in Pambahinna area & university students. We had personal contacts with CBL company and they gave sponsorship for us. And also youngers always with us. The project concept aroused from the members of our club. As a team we all divided our own tasks to success the project and we made a WhatsApp group to share messages & communicate with each other. Every member of the club put their contribution to success of this program.

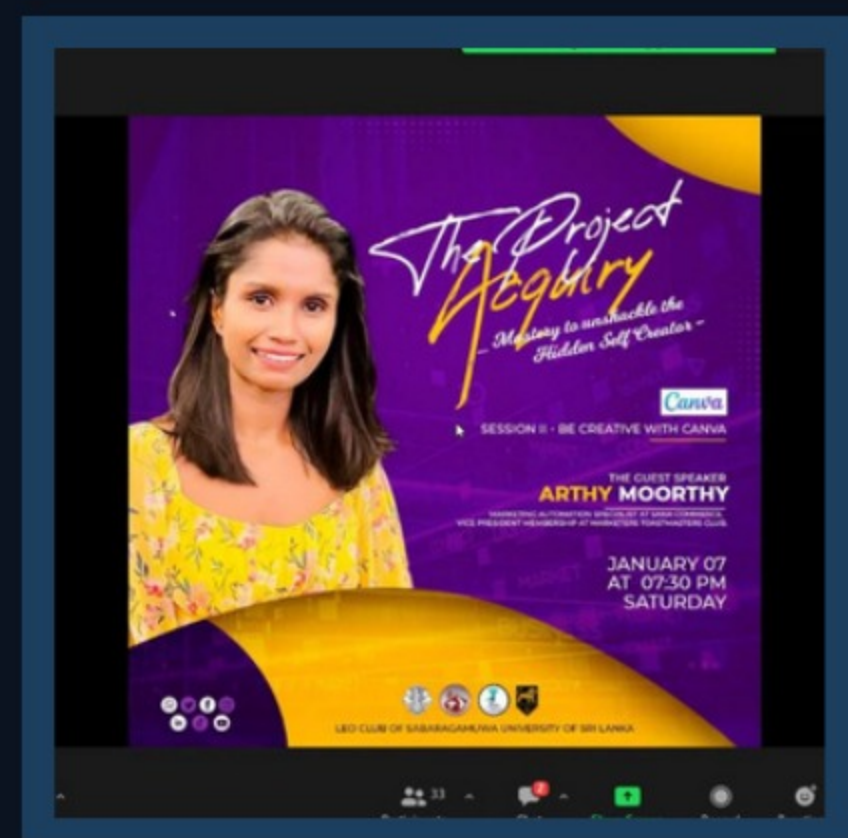
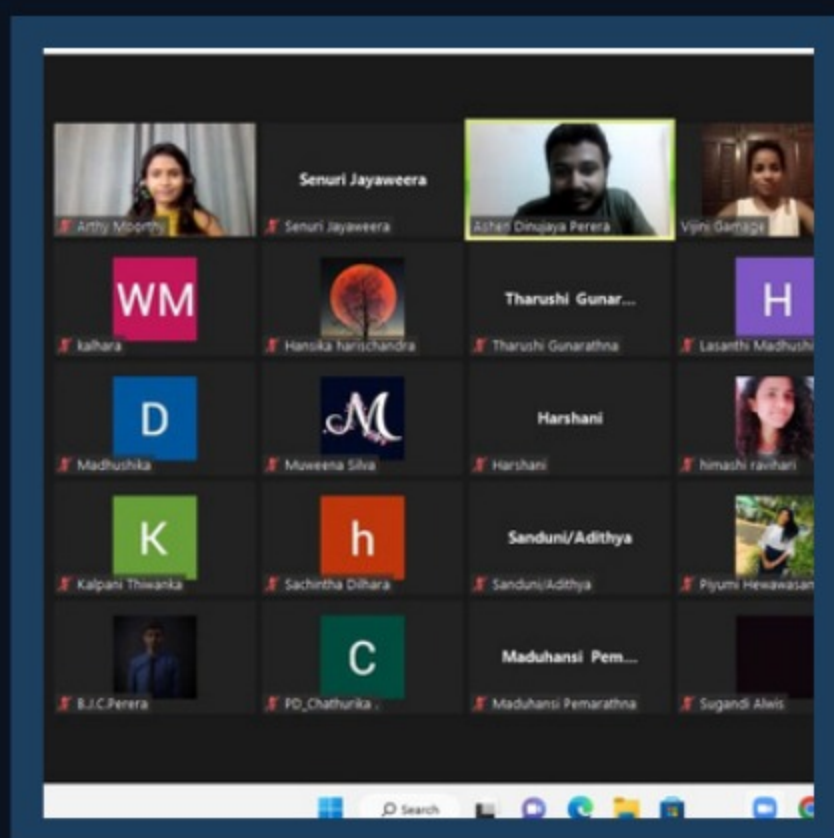
The program was held by 03rd of January 2023 in Pambahinna area and there were more than 60 participants for the program. With the contribution of Leos we prepared milk rice with chilli paste & then we brought them to pambahinna junction. Then we started to provide milk rice with chilli paste to the people in this village & university students also helped us to success this project. Collecting materials & ingredients for preparing milk rice is one of challenges. How ever with the support of Leos & people in Pambahinna area we collected materials. And with the support of them we did that project successfully. When we giving milk rice to them, they thanking lots to us & encouraging us to doing that kind of projects again & again.





Under the continuous project, "The Project Acquiry" with the theme of Mastery to Unshackle the Hidden Self Creator was started from the month of November with the purpose of improving and enhancing the 21st-century skills among the Members in the Leo Club of Sabaragamuwa University of Sri Lanka and preparing them for the working environment.

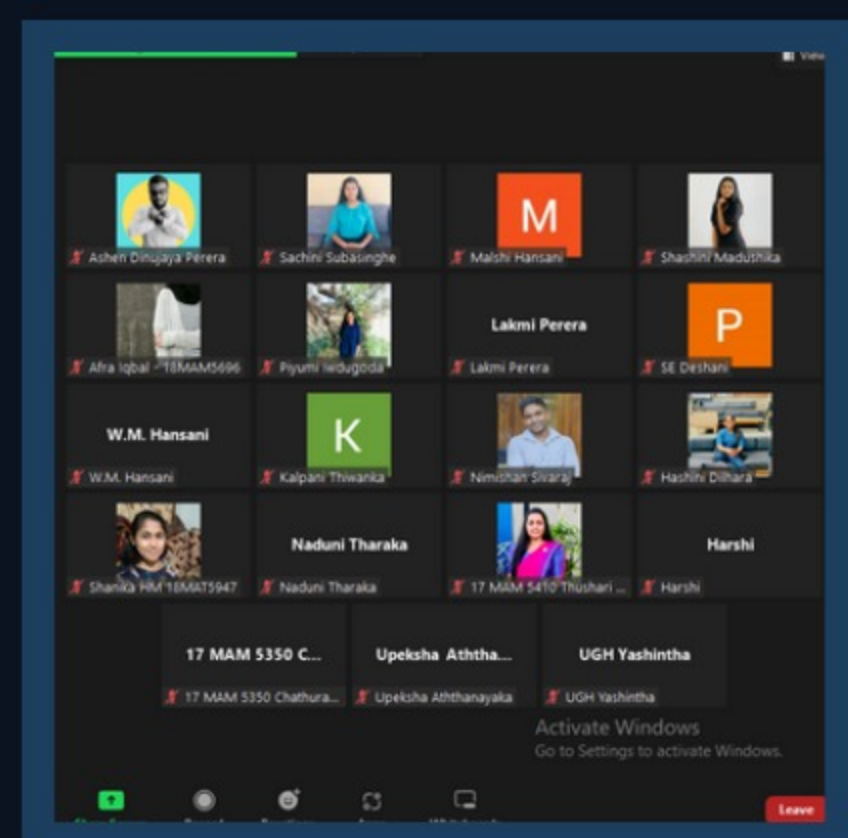
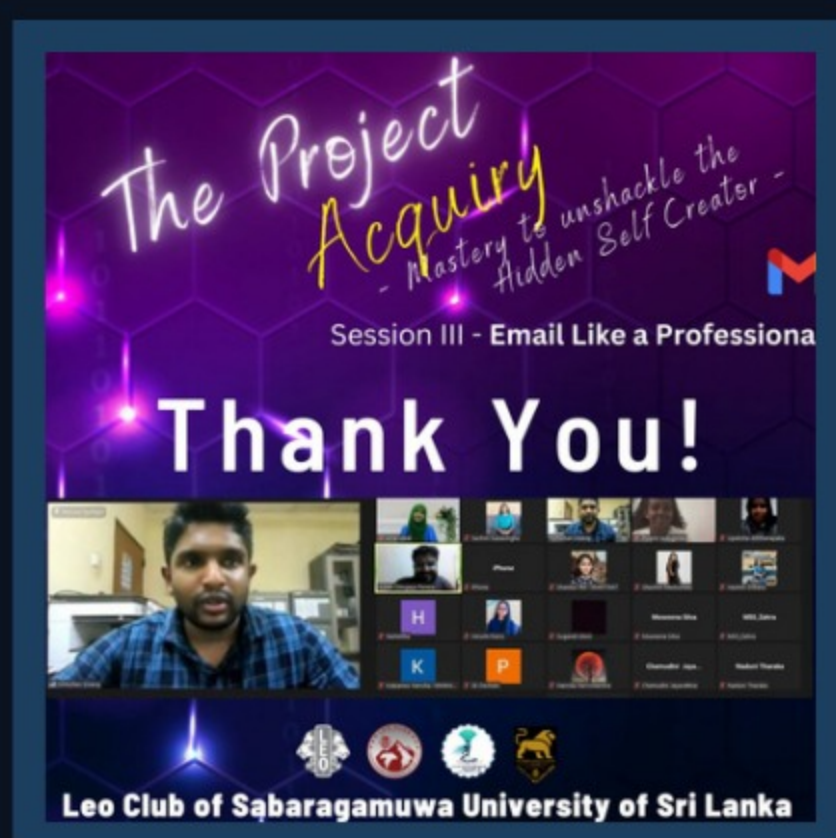
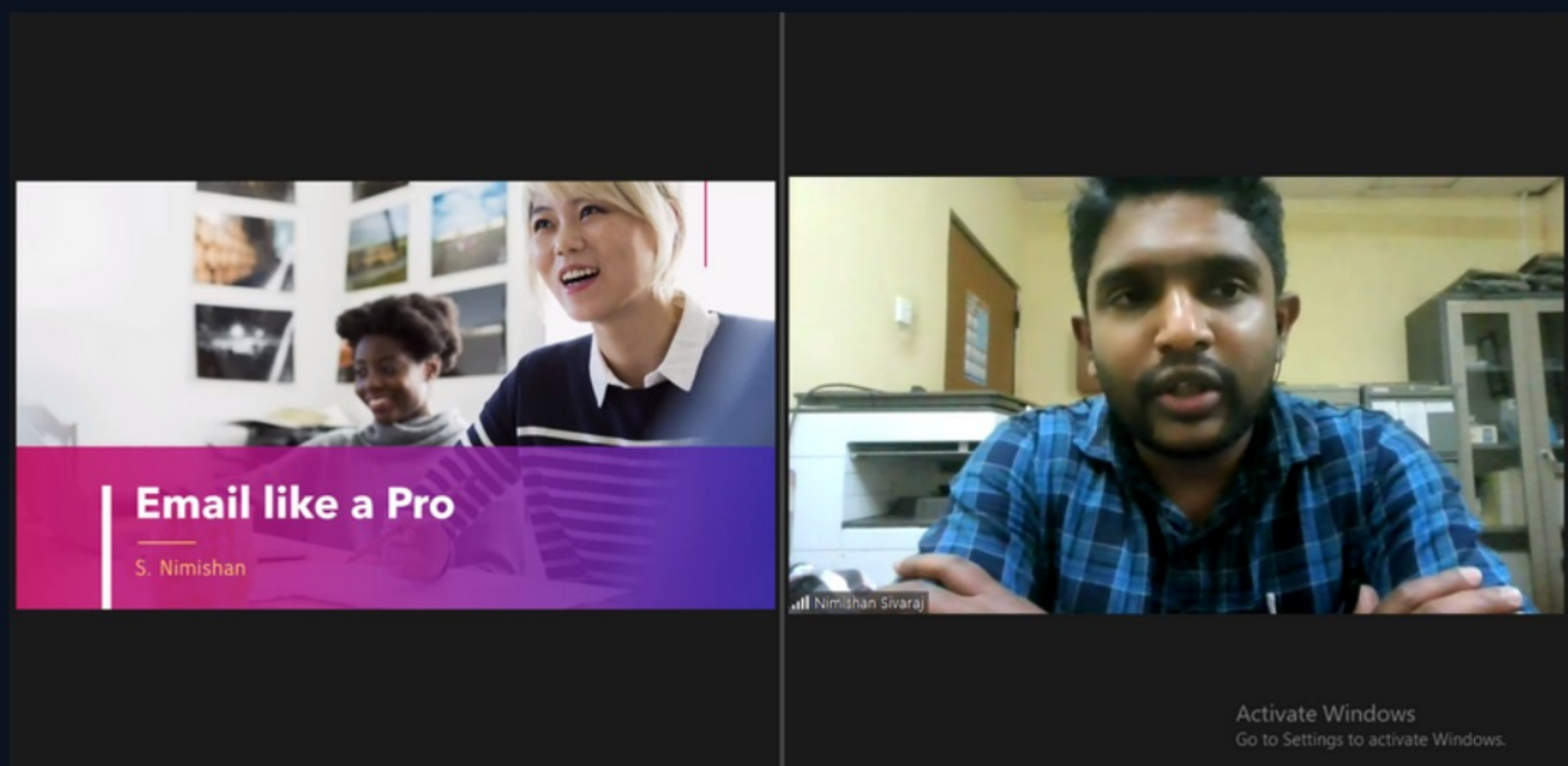
After the first skill development session, "Let's work with Asana", the professional development team successfully conducted the Session II - "Be Creative with CANVA" on 31st December in order to help members learn how to create a post, presentation, logo, video and more with Canva without any graphic design experience.



As the third step of the project, we successfully conducted Session III - "Email like a pro!", on 30th January.

The Keynote Speaker was Mr. S. Nimishan, BSc (Jaffna), PG Dip (Col), Centre for Computer Studies, Sabaragamuwa University of Sri Lanka. During the session participants were able to learn how to do Advanced Email Handling including, correct email handling etiquettes, mail merging, email signature, tracking emails and so on.

After these sessions we received many positive comments and requirements from the participants to conduct these kind of sessions more. So as a continuous project we look forward to conducting exciting sessions tailored to members in the coming months, focusing on the skill areas they need to develop.



A photograph of three young women jumping joyfully in front of a bright yellow wall. A large bunch of colorful balloons (red, yellow, green, and blue) is attached to the wall. The woman on the left is reaching up towards the balloons, the woman in the middle is clapping, and the woman on the right is making peace signs with both hands. They are all smiling and appear to be having a great time. The scene is set outdoors on a paved surface.

FUN EPISODE

WHAT KIND OF TEA IS HARD TO SWALLOW ?

REALITY

WHY DID THE BICYCLE FALL OVER ?

IT WAS TOO TIRED

HOW DO CELEBRITIES STAY COOL ?

THEY HAVE MANY FANS

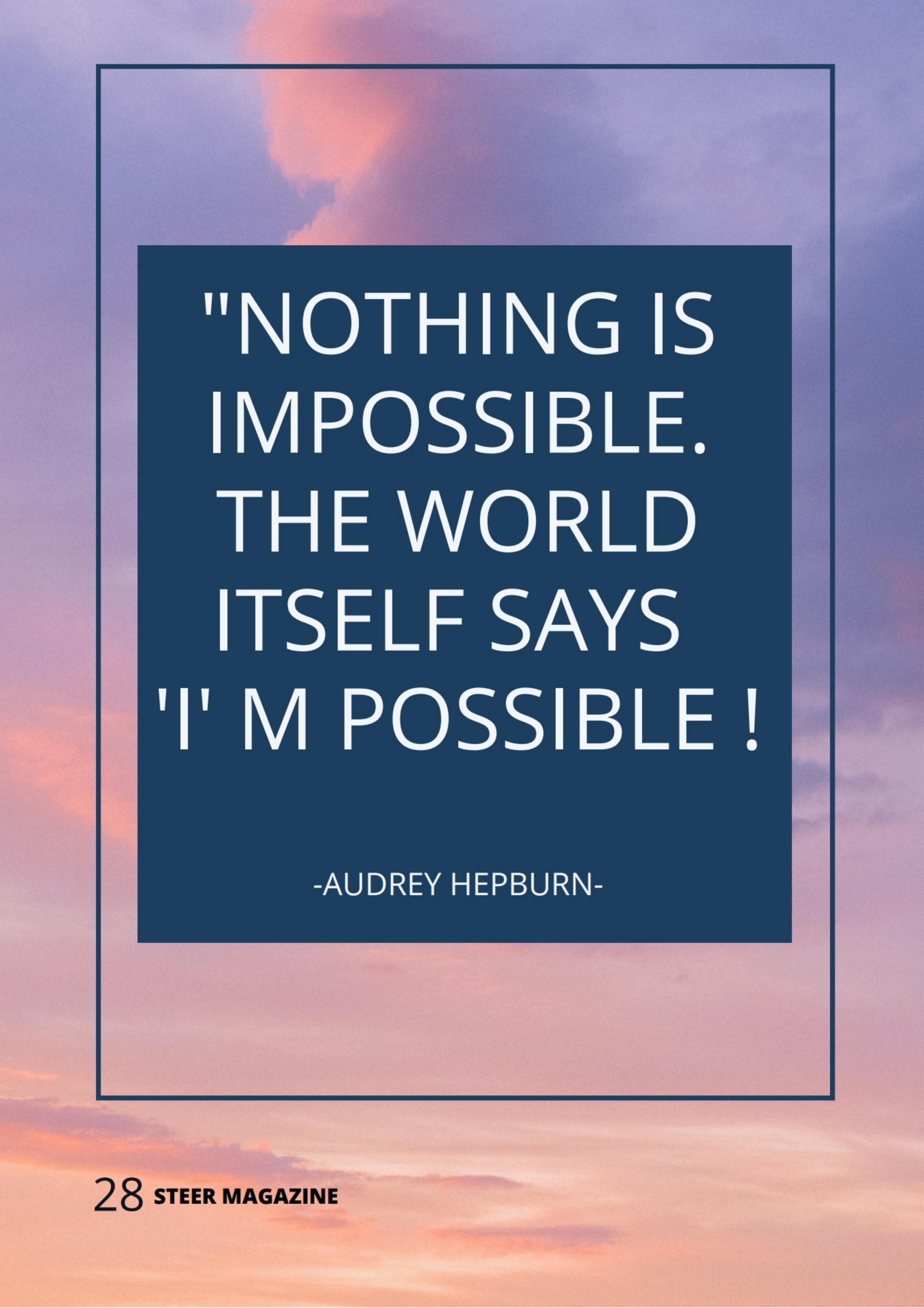
CAN FEBRUARY MARCH ?

NO, BUT APRIL MAY





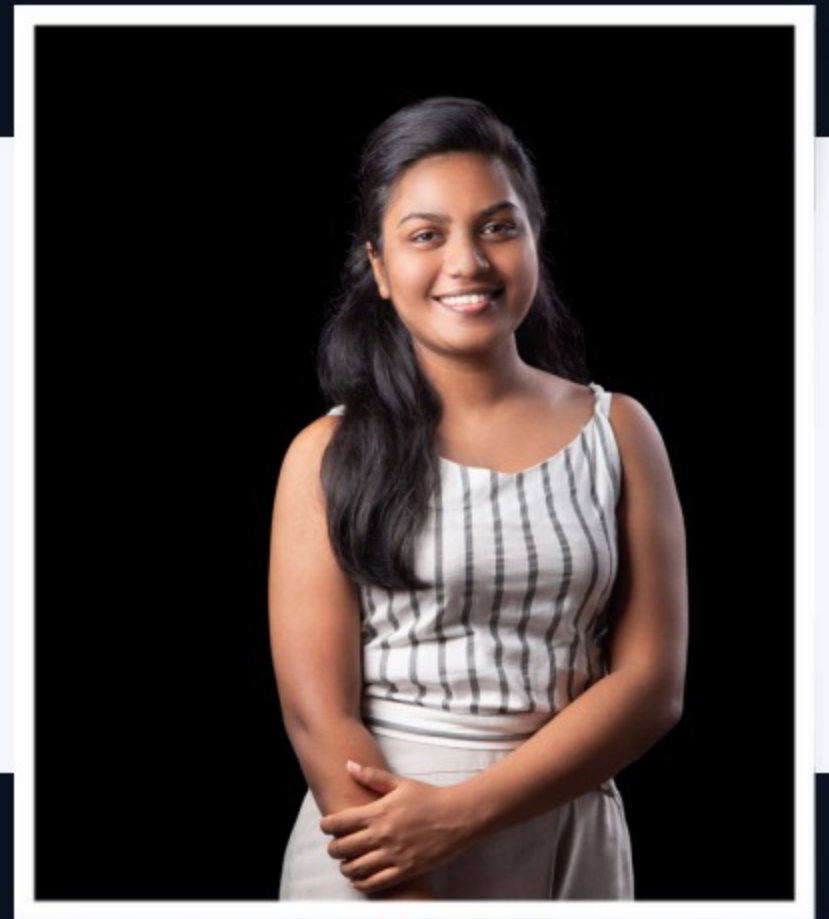
-LEO SAYURI BHAGYA-
CLUB MEMBER



"NOTHING IS
IMPOSSIBLE.
THE WORLD
ITSELF SAYS
'I' M POSSIBLE !

-AUDREY HEPBURN-

EDITORIAL NOTE



Our main aim of this issue is to educate people, particularly the younger generation, about how to live a healthy life without getting diagnosed with diabetes since it is a chronic health condition. In addition, we have incorporated a multitude of useful segments in this issue so that readers can expand their knowledge while also having some entertainment.

I would like to convey my sincere gratitude to Dr. Sudanthi Anuruddhika, Medical Officer of Teaching Hospital Anuradhapura, for sparing her valuable time and providing us with useful insights regarding this. In addition, a special thanks to Dr. Rasika Priyankara, Senior Lecturer in the Department of Business Management, Faculty of Management Studies, Sabaragamuwa University of Sri Lanka for adding value to the STEER by sharing his expertise despite his busy schedule.

Finally, I would like to thank Imesha Wijekoon who supported us in arranging the interview with Dr. Sudanthi, and those who guided us directly and indirectly.

Team STEER hope that all of the readers will find this to be an insightful issue.

Thank you

-LEO THATHSARANI WIJESUNDARA-
CHIEF EDITOR

EDITORIAL PANEL



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Sabra Leos



Leo Club of SUSL



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