SAILING Catamaran



Let's stand together in support and remind everyone that early detection gives **hope** the chance to win

October Glows, Soft Reflections.

VOLUME 06

ISSUE 4

OFFICIAL NEWSLETTER OF LEO CLUB OF NEGOMBO CATAMARAN FOR THE YEAR 2025/2026

Greetings from Catamarans

Club Assistant Treasurer

Leoistic Year 2025/2026
Leo Ashen Malisha
Leo Club of Negombo Catamaran

Warm greetings to all our readers.

It is an honor to serve as an Assistant Treasurer of the Leo Club of Negombo Catamaran for this term. I'm truly grateful for the trust placed in me and for the chance to support the financial responsibilities that keep our projects moving forward. Behind every successful initiative, there is careful planning and proper management, and I hope to contribute to that steady foundation.

In this role, I will be working closely with our Treasurer to maintain clear records, support transparent reporting, and ensure that each project is managed responsibly from start to finish. My goal is to help create a financial structure that gives our members confidence and allows the club to carry out meaningful work throughout the year.

I'm especially thankful to the district for its steady encouragement, which guides us to maintain high standards in everything we do. To all our members and readers, thank you for following our journey and supporting the spirit of service that drives the Leo movement. Your involvement reminds us that even small acts of kindness can create lasting change. I look forward to learning, growing, and giving my best throughout this term as we work together for a brighter, more connected community.



Club Assistant Treasurer

Leoistic Year 2025/2026
Leo Nethmini Herath
Leo Club of Negombo Catamaran

Heartfelt greetings to everyone reading our newsletter.

It is with gratitude and enthusiasm that I take on the role of Assistant Treasurer of the Leo Club of Negombo Catamaran for this term. Being part of the financial team gives me the opportunity to support the club in a way that ensures our service projects are well prepared, well managed, and carried out with accountability. I value the trust given to me, and I am committed to using this role to strengthen the work we do.

Throughout the year, I will be supporting the Treasurer in documenting expenses, preparing reports, and helping maintain a clear financial picture for the executive committee and our members. Good financial management allows our ideas to grow into real projects, and I'm excited to contribute to that process. I hope to build a reliable system that makes it easier for our club to take on new challenges and reach more people in need.

I also want to express my appreciation to the district for its guidance and leadership, which continue to inspire us to uphold the standards of the Leo movement. To our members, supporters, and readers, thank you for standing with us and encouraging the work we do. Your interest strengthens our motivation to keep growing, learning, and making a positive difference. I look forward to a fulfilling year ahead and to contributing wholeheartedly to our shared mission.



HAPPY CHILDREN'S DAY 2025

Children's Day is a celebration of every bright mind and brave heart growing up in our world. Children remind us what hope looks like. Their curiosity, honesty and fearless imagination push us to see life with fresh eyes. When we nurture their confidence and guide them with kindness, we help them discover the strength they already carry inside.

As we celebrate this day, let's remember our responsibility to build spaces where children feel safe to dream, to learn and to rise after every stumble. When we invest in their happiness and growth, we invest in a better tomorrow for everyone. May every child feel supported, loved and inspired to believe in their own potential, today and always.

with love from Catamaran Leos!



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Multiple district Assistant Treasurer MD 306

LEO LION SHENAL TISSERA



Exploring Tomorrow's Trends in Today's World

Where responsibility meets vision building impact and empowering Leo Multiple 306 to rise.

LEO-LION

LCNC

Leos of SriLanka & Maldives
INSPIRINGLIVES

we sat down with Leo Lion Shenal Tissera, the Multiple District Assistant Treasurer of Leo Multiple 306 Sri Lanka and Maldives. Shenal has been an active and dedicated part of the movement, known for his steady leadership and genuine passion for service. Through this conversation, he shares what drives him, the moments that shaped him, and the lessons he's learned along the way. It's a good look into the mindset of someone who serves with heart and purpose.

What inspired you to join the Leo Club?

I joined the Leo Club because I wanted to gain real experience in a way that felt meaningful. I've always liked being part of something that helps others, and charity work honestly gives me a different kind of satisfaction. It also felt like a good place to meet people who think the same way I do. I enjoy being around friends who support each other, and the club gave me that space to learn, grow, and have fun while helping the community.

What has been your most memorable moment as a Leo?

It's honestly impossible to pick one moment. Every time I'm with Leos, whether it's during a project or even just planning something together, there's always something memorable happening. The mix of teamwork, laughter, and pure effort makes everything special. So instead of one big moment, it's a whole collection of little ones that I carry with me and truly cherish.



What is your favorite service project and why?

My favorite project is Sina Mal Pokurak. We've done it for six years in a row during the Christmas season, and it's something that feels close to my heart. We give dry rations to families who really need support, especially during a time when they might feel forgotten. For me, it's not just about handing over items; it's about giving people warmth and reminding them that someone cares. The smiles and relief you see on their faces make every minute worth it.



How has being a Leo changed you personally?

Being a Leo has shaped me more than I expected. It taught me how to handle responsibility without feeling overwhelmed. I've learned to be patient, to understand people better, and to approach life with more empathy. It pushed me out of my comfort zone and made me more confident. Most importantly, it showed me that even the smallest good deed can make a real difference to someone else's life.



What skills have you developed through the club?

The club helped me learn how to work with so many different kinds of people. You learn how to communicate better, how to lead, and how to step back and listen when needed. Handling conflicts, planning events, managing time, coordinating a team... all these things become second nature after a while. These skills aren't just for the club; they help me in my personal life, studies, and future as well.



How do you balance club work with studies or other responsibilities?

Balancing everything can be challenging, but it's doable with the support I have. When campus work piles up, my club members always help out and cover for me, and my university gives me a bit of flexibility too. It's really about communication and knowing your limits. Some days are tough, but with the right people around you, you manage to keep things steady.



What advice would you give to someone thinking about joining the Leo movement?

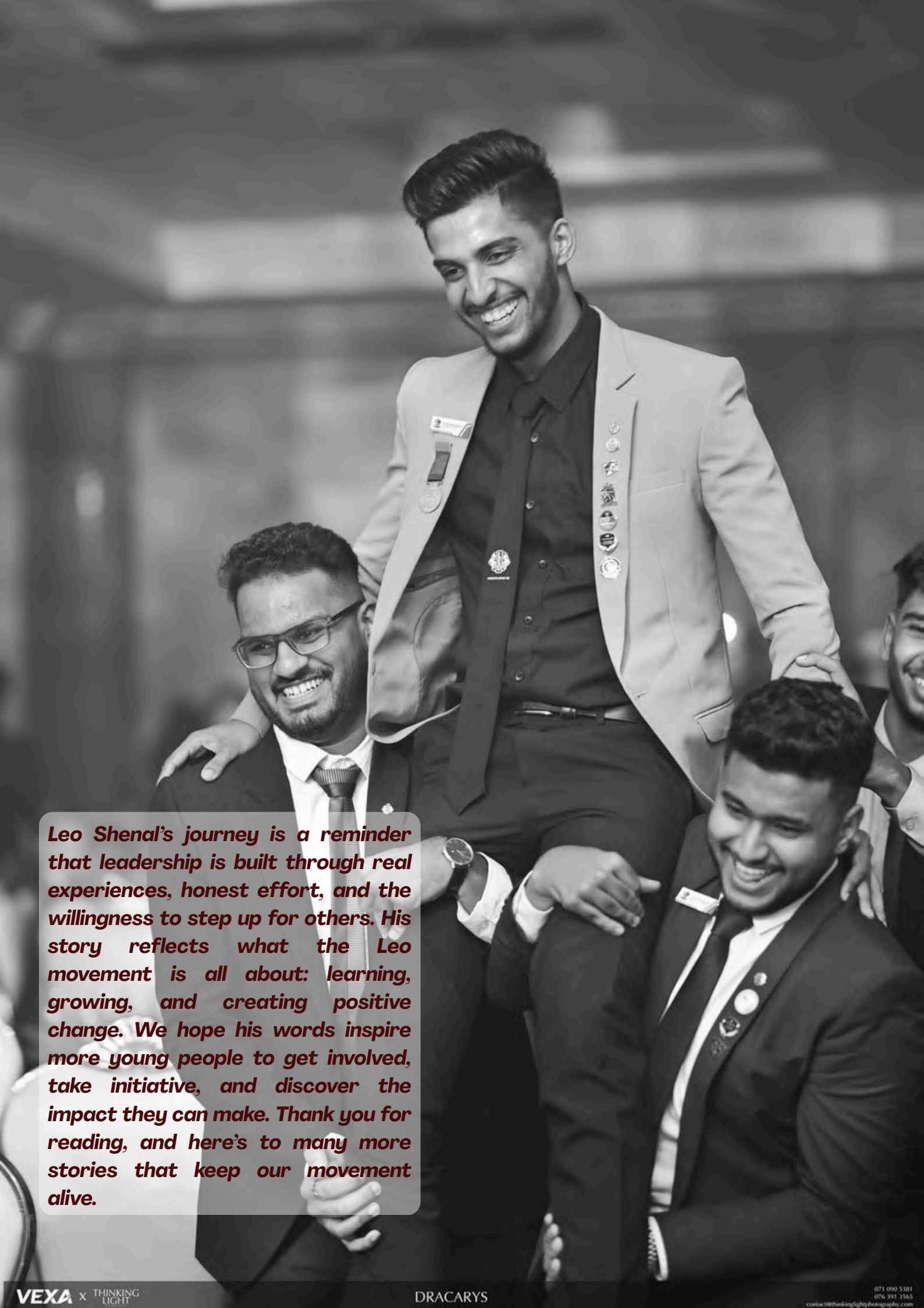
If you're thinking about joining, I'd say don't overthink it.....just take the step. The Leo movement is one of the best platforms to learn about life, leadership, and people. You make lifelong friends, get involved in meaningful projects, and discover strengths you didn't know you had. It pushes you to grow while also making something good happen for others. It's inspiring and fulfilling in a way that's hard to explain until you experience it yourself.





What does "Leadership, Experience, Opportunity" mean to you?

*To me, it sums up everything the club stands for. **Leadership** is learning how to guide others while growing yourself. **Experience** is the journey you go through, the lessons you learn from every project and every challenge. **Opportunity** is the door the movement opens for you to serve, to learn, to build connections, and to become a better version of yourself. Together, these three words show what it really means to be a Leo.*



Leo Shenal's journey is a reminder that leadership is built through real experiences, honest effort, and the willingness to step up for others. His story reflects what the Leo movement is all about: learning, growing, and creating positive change. We hope his words inspire more young people to get involved, take initiative, and discover the impact they can make. Thank you for reading, and here's to many more stories that keep our movement alive.

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THE PRIDE OF THE MONTH...

Leo Vimukthi Pieris

We are delighted to recognize Leo Vimukthi Pieris as our Leo of the Month for October 2025. His steady dedication to every club project has made a clear impact throughout the month.

Leo Vimukthi's punctuality, focus, and willingness to take on any responsibility have earned him the respect and appreciation of his fellow Leos. He brings a calm, dependable energy to every task, and his commitment to seeing things through has strengthened the flow of our projects.

His hard work reflects a genuine passion for service and a strong sense of responsibility toward the club. With his reliability and consistent effort, Vimukthi continues to set a great example for others and truly represents what it means to be a Leo.

Congratulations, Vimukthi! Your hard work and devotion do not go unnoticed, and we look forward to seeing you achieve even greater heights in the journey ahead.



Catamaran

IN ACTIONS

LEO CLUB OF
NEGOMBO CATAMARAN

LEO-LION

Leos of SriLanka & Maldives
INSPIRING LIVES

RHYTHM



The Leo Club of Negombo Catamaran organised the Rhythm event, a lively musical program aimed at promoting community engagement through music and showcasing up-and-coming singers. The purpose of the event was to give young people a fun stage on which to showcase their skills, acquire useful stage experience, and build their self-confidence when performing in front of an audience. Additionally, it gave club members a chance to improve their event management, leadership, and teamwork abilities.The event's thrilling performances by gifted musicians Amelia Wejesooriya and Iman Fernando, as well as the upbeat beats of DJ Arixx and the live band Tropic Candy, added to the excitement of the evening. Their involvement encouraged the young performers to follow their artistic goals in addition to providing entertainment for the audience.

Rhythm was successful in uniting local residents, families, and music lovers for a night of creativity, joy, and solidarity. Through the power of music, the event emphasised the value of supporting young talent, fostering cultural appreciation, and strengthening ties within the community. The Leo Club of Negombo Catamaran reaffirmed its dedication to empowering young people and fostering constructive community involvement through this program

BLOOM
breast cancer
AWARENESS PROGRAM



The goal of the Bloom Breast Cancer Awareness Program, which was hosted on October 25 at the Ladies Gym in Negombo, was to raise awareness and provide women with the tools they need to take control of their health through fitness and education. This project's major goal was to draw attention to how crucial self-examination and early detection are to the prevention and treatment of breast cancer. Incorporating an energetic Zumba class, the program pushed participants to move, fostering mental and physical health.

The club also gave everyone who came thoughtful gifts and refreshments as a way to thank them for coming and to further the community's sense of camaraderie and support. The event also sought to create a safe space for women to talk about health issues and exchange experiences. The project's overall goals were to promote healthy living, increase public awareness, and fortify community unity in the continuous battle against breast cancer.

FINAL DESTINATION

THE END IS WRITTEN, THE JOURNEY IS YOURS



The Leo Club of Negombo Catamaran, in partnership with Wisdom Business Academy, on October 19, produced an exciting and engaging project called "A Treasure Hunt." The goal of the project was to provide young people with an engaging and exciting experience that would foster unity, teamwork, and leadership. Throughout the event, a number of groups demonstrated passion, inventiveness, and a strong sense of teamwork as they enthusiastically participated.The treasure hunt started in the heart of Colombo and proceeded through a number of famous spots, such as Pickle, Port View, Indian Kitchen, Eduko, and Miniso Bambalapitiya. Following that, participants moved to the park area in front of Galle Face, where they had to overcome outdoor obstacles that put their ability to work as a team and solve problems to the test. At Wisdom Business Academy, the event came to an end at the World Trade Centre, where the winners were honoured and celebrated.

Participants collaborated to solve puzzles, finish imaginative tasks, and make their way through each checkpoint during their journey. The occasion effectively combined enjoyment, camaraderie, and education while assisting attendees in discovering Colombo's splendour. Young people's unity, leadership, and sense of community were all enhanced by this project, which also promoted physical activity and strategic thinking.

Flight of Dreams!



ThThe main goal of the Flight of Dreams project, which was organised by the Leo Club of Negombo Catamaran, was to give the Daughters of Providence Convent children an unforgettable and motivational aviation experience that would enable them to realise their dreams. Since many of these kids had never been to an airport or seen an aeroplane up close, the project's goal was to open their eyes and inspire them to have big dreams for the future.

Children had the unique chance to explore the aircraft hangar and see how meticulously planes are maintained and ready for takeoff during the guided tour of Bandaranaike International Airport. Additionally, they had the amazing opportunity to enter a real aircraft, where they were taught about how it operates and felt the thrill of sitting inside a plane for the first time.

This experiential learning opportunity was intended to excite the children's curiosity and ambition in addition to educating them, encouraging them to think that anything is possible with enough willpower and passion. The children had a genuinely remarkable and life-changing experience thanks to the Leo Club's successful integration of education, inspiration, and compassion through the Flight of Dreams project.

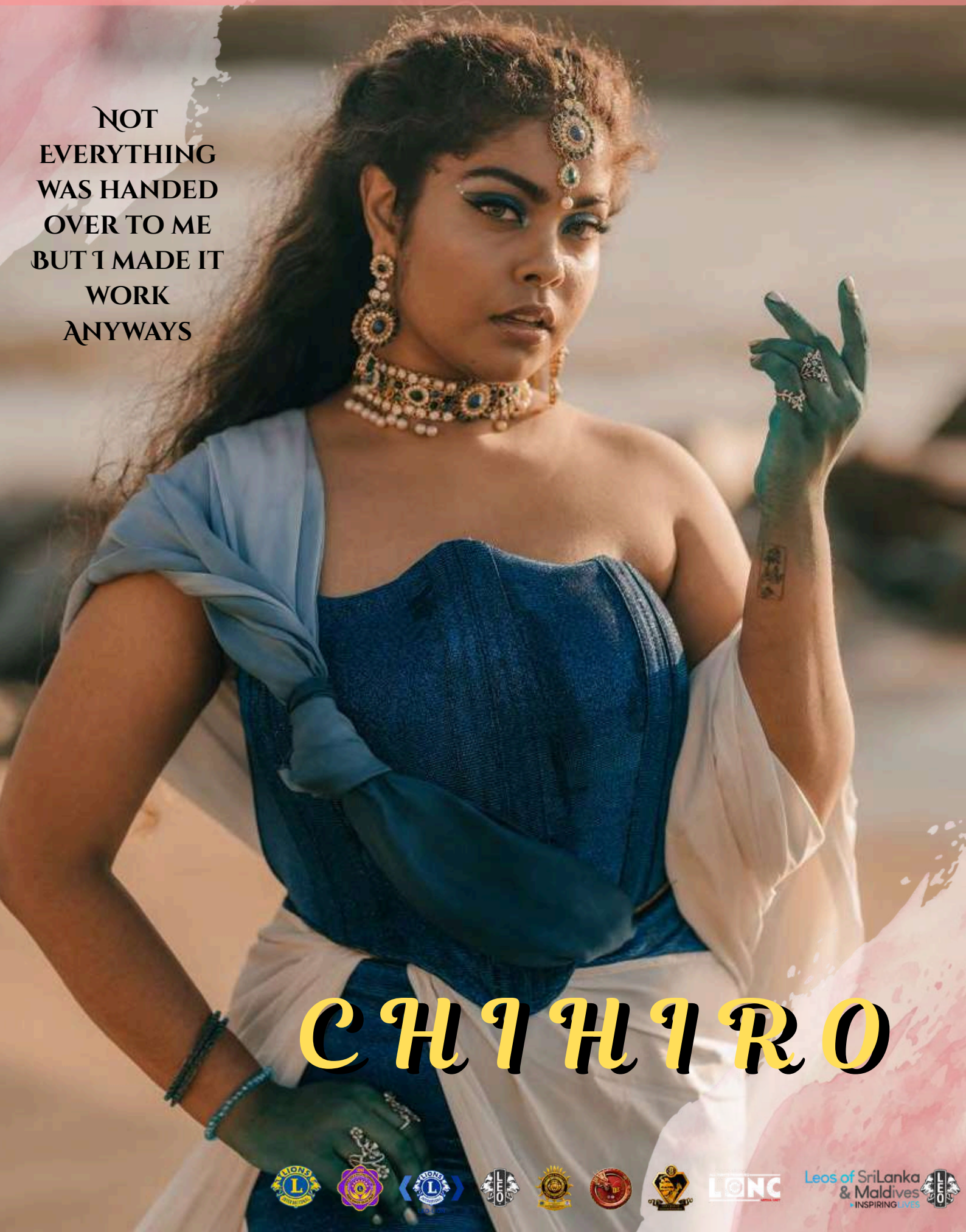
HEARTS IN HARMONY



The Heart in Harmony project, which was held on October 30 at Arklow Boys Home in Pathangigodella by the Leo Club of Negombo Catamaran, was to provide the children living there with solace, happiness, and compassion. Providing 30 new bedsheets to ensure that every child had hygienic and cosy bedding was one of the primary goals in order to enhance their living conditions. In addition to offering financial assistance, the project's main goal was to foster a loving environment that gave the boys a sense of worth and acceptance.

Additionally, the club members spent time with the kids, playing games and doing interactive activities that promoted connection and laughter. An evening snack was provided to all of the kids to further enhance the day's memories and promote a feeling of joy and community. The project also sought to improve the Leo members' comprehension of empathy, collaboration, and social duty, which reflects the real meaning of community service, which is to spread peace, joy, and hope to those in need.

BEHIND THE HIGHLIGHTED REELS OF



CHIHIRO

Leos of SriLanka & Maldives
INSPIRING LIVES

You've been gaining attention lately. How has this early stage of recognition changed your day-to-day life, if at all?

Well, I mean, I've been always having a slow growth for the past few years. I've been true to myself, I've been doing what's right, and done research before I do any video, putting out it on social media, or any of my work that I do. So, it's always been truthful out there, so sometimes it's always been not a steady growth. Some videos got a lot of views, some didn't, you know, it was like on and off. But, yeah, lately I do understand that my videos are getting a certain attention mixed with love and hate. More, actually, to be honest. But, I'm okay, because I've learned with this slow process, slow growth, I know how to deal with love, I know how to deal with hate as well. So, to say the day-to-day life, I mean, it's always normal, it's nothing major. But, like, here and there, like, people recognize me, and it's nice to come. They shout my name, and they come and talk to me, which is quite nice. So, yeah, maybe that's the slightest difference, and I get to see that my social media platforms have an impact. So, yeah, that's the biggest difference.





Every artist has a moment that pushes them forward. What was that turning point for you when you felt, "This is what I want to do"?

I mean, I was always wanting to be in the art platform when I was a small kid. I wanted to act, but life had other plans anyway. But I pushed myself into the music industry back in 2020, actually. Yeah, I did my first song. And then still, I'm pushing myself. I'm working with major artists now. Still, I haven't got to the place I want to. I have so much to show, so much to do for the world as an artist, as a musician. So I'm waiting. I'm waiting slowly because everything that takes time will be always beautiful because I don't want to rush things. I don't want to boost my work and just drop a one-hit single and just vanish. I just don't want to do that because I want to hold a legacy to take my country's name to the world. So for me, the turning point, I still haven't got there. My turning point, I've still not reached. I'm still pushing myself to reach that turning point and hopefully soon.

You've worked with our club at the event Rhythm, What was that experience like for you, and did it influence you in any way?

Oh yeah, Rhythm was fun. I liked the community, how much supportive we were to one another and the crowd was fun too. I loved working with Tropic Candy. It was my first time. I mean, I knew they were talented and it was really fun to work with them. Even though it was rainy and all that, the weather didn't stop here, which is what entertainment is all about. You don't let any barriers stop you, which I hope the Rhythm was successful. I did my best and I was very comfortable performing there, so it was a good experience.

People often see the highlight reel but not the struggle. What has been the most challenging part of your journey so far?

most challenging part is keeping up and pushing myself to do what I do in music and as an artist because to be honest I have not earned a single penny for myself I'm telling you for myself through music I literally keep pushing myself to do things new projects those are very expensive just to even do a cover it's very expensive now like so imagine doing an original lyrics so I have a good team who understands so we're working together and when it comes to work with people outside the team too like outside the team too like I have to invest so keeping up is the most hardest because actually I want to be consistent I just don't want to do something and just give up because I see my vision is bigger for my country so I have to keep pushing myself

What's something about you that your supporters might be surprised to learn... a habit, a hobby, or a small story that shows who you are behind the scenes?

Well, people didn't know that I was a national swimmer or a dancer when I was a kid. But now they know. So, like, something that no one knows now is probably I am... Before I became a fashion designer, I was an oil painter. Like, an artist, like, doing canvas drawings, oil painting. That also I don't really show much out because it's more like a sentimental thing. That's how I escape the reality, like, put my stress out back then. And, like, I've not touched oil painting in years now, but I should get back to it. So, I'm an oil painter. So, there's only a limited amount of oil painting artists in Sri Lanka. So, I'm one of them. And I think no one knows about it. Like, it wasn't ever told out loud. Some knows. And when it comes to behind the scenes of certain projects, I have been behind major projects that I can't mention. But I have been behind it since I was 20. No, sorry, even before that. I've seen how things run. these productions have awakened a different perspective of me, which I want to give Sri Lanka something major. So, I think Sri Lanka will be ready for, Sri Lanka has to be ready for a surprise, to be honest, with the amazing team that we're building.



For someone who's steadily rising, how do you handle the pressure of expectations...both your own and those from others?

Having expectations is never a good thing. I don't have expectations. I do what I do. I give it out to the world, to my country first. And if people take, they'll take it. If not, let it be. I don't have any expectations. I will create art. At least, my only goal is when I'm dead and gone, like if someone finds it out and my song will be a hit, that's, you know, I'll rest in peace. I'm just kidding. But yeah, it's about that. I don't have any expectations, to be honest. Because if I push, if I have expectations to have a certain reach, like let's say I want to hit 1 million views for a song. Yes, there are plenty of ways to do it. You can pay and boost it, do marketing. But I would rather save that money and create an art piece again. You know what I mean? Because I don't have the need to have numbers. I don't want to be known as a famous singer. I want to be known as a creative artist, performer, singer. So maybe that's my only expectation, where people would



If you could collaborate with anyone in the future, locally or internationally, who would you choose and why?

If I could collaborate locally, it would be Yasas Madagedara. I met him when I went to Kandy. he's such a nice person, so good energy to even be around. I would like to collaborate with him. I'm a very diverse singer. I sing different genres, different techniques, so I would love to work with him, to do a nice song for the country. And when it comes to internationally, it would be Nora Fatehi, I would love to work with her. And Rajakumari, she's coming to Sri Lanka for the new concert, so damn. Those are the two main artists internationally, in my perspective, in my vision that I could reach to.

What inspires your work the most right now? Are there specific themes, emotions, or experiences you keep coming back to?

What inspires me is life experiences, life lessons. I always keep my music real and always there's a meaning behind it. There's a storyline behind my songs that I do. I don't just do it for the sake of doing. So people around me inspire me. Emotions, yeah, of course. Like heartbreaks, life lessons, life victories. Those are the main things that inspire me to do what I do. Especially I would say it's about a moment where it changed my perspective in life that I will actually note down and I will take those key feelings and put them into a song.

Leo Leesha Perera

Catamaran Leopreneur



Leos of SriLanka & Maldives
INSPIRING LIVES

LS NAILS



LS Nails is a dedicated nail studio located in Negombo, Sri Lanka, offering high quality, long lasting nail artistry crafted with skill, passion, and attention to detail. At LS Nails, every client receives a personalized experience from selecting their ideal style to creating a flawless set that perfectly matches their vibe. Whether you love elegant minimal designs, soft glam, trendy nail art, or bold statement nails, each set is created with premium products to ensure durability, shine, and comfort.

At LS Nails, it's not just about getting your nails done, it's about enhancing your confidence and helping you express your style through beautiful, long lasting nails. Whether you're preparing for a special event, treating yourself after a long week, or simply wanting to try a new aesthetic, LS Nails is here to bring your nail inspiration to life with artistry, quality, and care.

ROAR OF INSPIRATION...

District President
Leo Lion Hansathi Imethma
Leo District 306 D7

District President
Leo Nimasha Jayakody
Lion District 306 D4

District President
Leo Lion Yashika Rodrigo
Leo District 306 D1



District President

Lionistic Year 2025/2026
Leo Lion Yashika Rodrigo
Leo District 306 D1

Dear Lion and Leo Members,
My Dear Catamaran Leos,

It is with great pride and sincere warmth that I extend my greetings to all of you as you step into the Leoistic Year 2025/2026. As members of the newly formed Leo District 306 D3, this year opens a new chapter filled with opportunities to create impact, strengthen leadership, and uplift communities through meaningful service.

Over the past years, I have seen some of the exceptional projects carried out by the Leo Club of Negombo Catamaran. Your initiatives reflect strong teamwork, unwavering commitment, and a genuine passion for service, qualities that define true Leoism. Your dedication to identifying community needs and addressing them with creativity and compassion sets a remarkable example for Leos across the island.

As you continue your journey, may this year bring you new avenues for growth, powerful learning experiences, and many rewarding moments of service. Continue to uphold your legacy of impactful initiatives and inspired leadership. Always remember that the D1 Leos stand with you in friendship and support as we collectively work to strengthen the Leo movement throughout Sri Lanka.

I extend my heartfelt wishes to the Club President, the Executive Committee, and all members of the Leo Club of Negombo Catamaran for a successful and fulfilling Leoistic Year ahead. May your efforts continue to shaping leaders, empowering communities, and building a brighter tomorrow.



District President

Lionistic Year 2025/2026
Leo Nimasha Jayakody
Lion District 306 D4

Dear Lions and Leos,

It is truly an honour to pen this message for Sailing Catamaran, the official magazine of the Leo Club of Negombo Catamaran. Your club has always carried a warmth and humanity that shines through every project you undertake and every story you share. There is a sincerity in your service, a quiet strength in your teamwork, and a genuine passion in the way you uplift your community, qualities that make your journey both admirable and inspiring.

The achievements you celebrated last year are not merely awards, they represent dedication, resilience, and the unwavering spirit that defines your members. Each milestone reflects hard work, shared dreams, and the belief that every purposeful effort can create a ripple of change. This spirit makes your club stand out and Sailing Catamaran a beautiful extension of your legacy.

As I turn through the pages of this magazine, I see a team that understands the art of storytelling and the importance of preserving your journey with creativity and care. The Editorial Team deserves immense appreciation for crafting a publication that truly mirrors the heart of your club.

To the Club President and the Editorial Team, I extend my warmest wishes for a successful and meaningful year ahead. May every project you undertake steer you towards greater impact, and may your collective journey continue to sail with purpose, strength, and unity.

May your sails stay steady, your direction remain true, and your spirit continues to inspire as you journey forward to Awaken the Value Within.



District President

Lionistic Year 2025/2026
Leo Lion Hansathi Imethma
Leo District 306 D7

Dear Leos and Lions,

Leadership is a journey that challenges us, shapes us, and reveals the strength we often don't realize we carry. It is not merely about guiding others it is about discovering who we are, what we stand for, and how bravely we are willing to step forward when the world needs us. In Leoism, this journey becomes even more meaningful because everything we do is rooted in service. We lead not for recognition, but to uplift, empower, and transform.

Each of you plays a vital role in that mission. Every project you initiate, every obstacle you overcome, every idea you bring to life these are the moments that define the leader within you. True leadership shines brightest through consistency, compassion, and the courage to act even when the path ahead is uncertain.

Remember that leadership is not about being perfect; it is about being purposeful. It is about standing strong through adversity, rising after setbacks, and continuing to inspire others through your actions. You are the generation that will shape the future of our communities, and your commitment today lays the foundation for a better tomorrow.

As a District President, I am deeply proud of the spirit and passion each Leo brings into our movement. Your dedication keeps the flame of Leoism burning bright across our district. Continue to lead with integrity, serve with empathy, and dream with confidence because your potential is limitless.

Thank you once again for inviting me to share my thoughts. I wish each of you strength, clarity, and unwavering determination as you continue your journey of leadership and service. May you always rise to every challenge and inspire others to do the same.

Together, let us move forward, stronger than ever, with the true spirit of Leoism guiding our way.



THE ICON OF SERVICE...

Lion Gudrun Yngvadottir

A Leader Who Opened New Doors in the Lions Movement

Leadership isn't just about holding a title, it's about inspiring others to serve, grow, and make a difference. Gudrun Yngvadottir, the first female International President of Lions Clubs International, embodies this idea. Through her dedication, vision, and encouragement of young leaders, she has left a lasting mark on the Lions and Leo movement worldwide.

Gudrun Yngvadottir is one of the most recognizable names in Lions Clubs International, not just because she served as the first female International President, but because she changed the way people thought about leadership in the movement. Coming from Iceland, she brought a calm, thoughtful, and modern style that resonated with Lions and Leos all over the world.



Early Journey

Gudrun Yngvadottir, from Iceland, began her Lions journey at the local club level. Known for her hands-on approach, she dedicated herself to helping her community directly..whether through school programs, health initiatives, or local humanitarian projects. Her commitment and leadership quickly earned her respect among peers and paved the way for a larger role in the organization.

Rising to International Leadership

Gudrun made history as **the first female International President of Lions Clubs International.** In this role, she focused on inclusivity, empowering youth, and encouraging clubs to think strategically about long-term service. She championed global initiatives like environmental projects, diabetes awareness, vision care, and disaster relief, inspiring Lions and Leos to make a real difference in their communities.

Leos of SriLanka & Maldives INSPIRING LIVES

One of her most notable contributions was her support for young leaders. Gudrun believed that the future of Lions depended on giving Leos meaningful opportunities to lead and contribute. She worked to ensure young members had a strong voice, mentoring them to develop skills and confidence while actively participating in service projects.

Gudrun's leadership style combined empathy, clarity, and action. She encouraged leaders to listen, understand community needs, and embrace innovation without abandoning Lions' traditions. Her approach showed that progress and service can go hand in hand.



Even today, Gudrun Yngvadottir remains a role model for Lions and Leos worldwide, particularly women and young leaders. Her story demonstrates that dedication, vision, and courage can open doors for others, and that one leader's impact can inspire an entire movement.



Gudrun Yngvadottir's journey shows that leadership and service go hand in hand. By breaking barriers, empowering young members, and inspiring Lions worldwide, she has left a legacy that will continue to guide the movement for generations. Her story reminds us that with dedication, vision, and compassion, one person can spark change that reaches far beyond themselves.

ROARS ACROSS THE DISTRICT



LEO LION LASIKUMAR PARAMESWARAN
LEO DISTRICT 360 D3
DISTRICT PRESIDENT 2025/2026

Leos of SriLanka & Maldives
INSPIRING LIVES

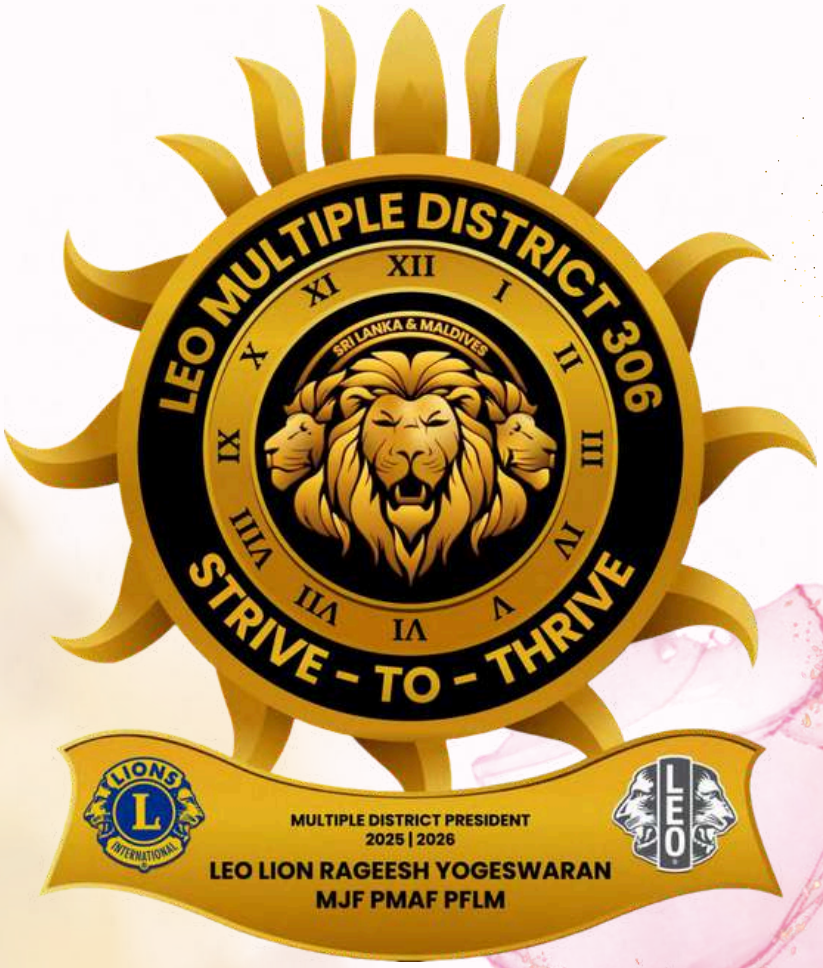
Congratulations!!



Leo **Saviour Fernando** became the third leo who received the “Golden Performer” pin from District President Leo Lion Lasikumar Parameswaran.

Catamaran Leos are proud to have 2 Golden Performers of Leo District 306 D3 in our club!

ROARS ACROSS THE MULTIPLE DISTRICT



LEO-LION

Leos of SriLanka & Maldives
INSPIRING LIVES



Leo Membership Growth Month - 2100+ New Leos

2100+ NEW BLOODS joined during the October Membership Growth Month. What once began with 8,000 Leos has now grown into a powerful force of 10,000+ dedicated Leos

Multiple - LMD 306 Rangers - Leo Mentoring Program 2025

The Annual Multiple District Council Outing was held on 27th and 28th September at Aqua Pearl, lake Resort, Panadura. The outing was filled with joy, laughter and warmth as leos across the 12 multiple district joined to this event. It was more than just an outing, but a place where Leos find joy



ROARS ACROSS THE WORLD







Global Mental Health Week of Service



Lions Clubs around the world spent the first half of October focusing on mental health support. Thousands of clubs ran community programs, school talks, mindfulness sessions and awareness walks. This global effort was linked to World Mental Health Day and aimed to reduce stigma while making support more accessible. It became one of the largest mental-health focused service drives in Lions history.

Eye-Care Outreach in Nigeria

In Osun State, Nigeria, several Lions Clubs came together for a large joint vision-screening project. They checked the eyesight of hundreds of people, provided reading glasses, and guided patients who needed cataract surgery. The event strengthened Lions' long-standing commitment to preventing avoidable blindness, especially in underserved communities.



New Youth-Led Leo Club in Liberia



A new youth chapter called the Omega LEOs was officially chartered in Paynesville, Liberia. Twenty-plus young members took on leadership roles and launched their first community service plans. The club represents a growing global push to bring more young people into leadership and community work through the Leo movement.

A LEGACY THAT LIVES ON...

Malala Yousafzai
The Girl Who Dared to Speak

In a world where millions of children are denied the right to learn, Malala Yousafzai stands as a symbol of courage, hope, and determination. Born on July 12, 1997, in Mingora, Pakistan, Malala grew up in the Swat Valley, a region known for its breathtaking landscapes but also for strict restrictions on girls' education under Taliban influence. From a young age, she was inspired by her father, Ziauddin Yousafzai, an educator and activist who believed deeply in the power of learning. Together, they dreamed of a world where every girl could attend school and follow her dreams.



Malala's journey to global recognition began at just 11 years old, when she started writing a blog for the BBC, using a pseudonym to share her life under Taliban rule. Her words described the challenges girls faced in pursuing education and spoke boldly about their right to learn. These early writings captured the attention of the world and established her as a courageous young voice that refused to be silenced.

n 2012, tragedy struck. On her way home from school, Malala was shot in the head by a Taliban gunman. The attack was meant to silence her, but instead, it amplified her message. She survived after extensive surgeries and months of recovery, demonstrating extraordinary resilience. The world watched as this young girl, despite life-threatening adversity, continued her mission with even greater determination.

Since that moment, Malala has dedicated herself to advocating for education on a global scale. She co-authored the memoir "I Am Malala," giving readers a personal look at her life, her struggles, and her vision for change. She also founded the Malala Fund, a nonprofit organization that invests in education initiatives, supports girls at risk, and amplifies the voices of young women worldwide. In 2014, **Malala became the youngest-ever Nobel Peace Prize laureate**, recognized for her unwavering commitment to education for all.

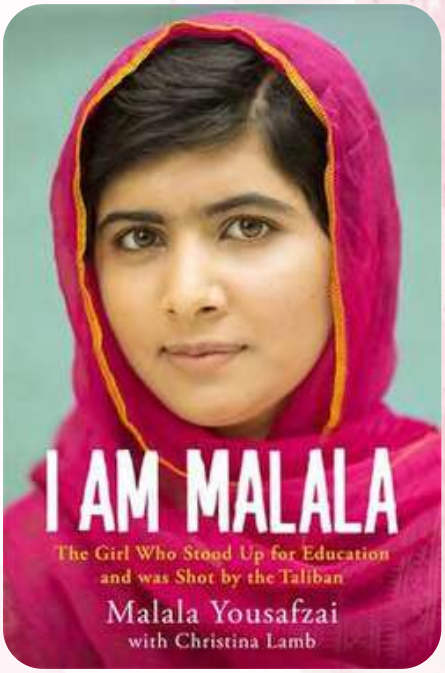


What makes Malala truly remarkable is not just her achievements, but her unwavering belief in the power of education and the strength of youth. She reminds the world that courage is not the absence of fear. it is acting in spite of it. Her story demonstrates that even one young person, with passion and determination, can inspire global change.





Malala continues to travel the world, meeting with world leaders, speaking at international forums, and championing policies that ensure every girl has access to school, regardless of geography, culture, or circumstance. Her voice has become a rallying cry for young people everywhere to demand their rights and stand up for justice.



"I Am Malala" *tells the inspiring story of Malala Yousafzai, the young Pakistani girl who stood up for girls' education and survived a Taliban attack. Her memoir is a powerful testament to courage, hope, and the belief that one voice can change the world.*

Malala's journey is a powerful reminder that education is not a privilege, but a basic human right. She teaches us that age is not a barrier to making a difference, and that when we stand for what is right, our voices no matter how small can move the world.

Her life continues to inspire millions of young people to believe in themselves, to fight for justice, and to understand that even the smallest voice can make the biggest impact.

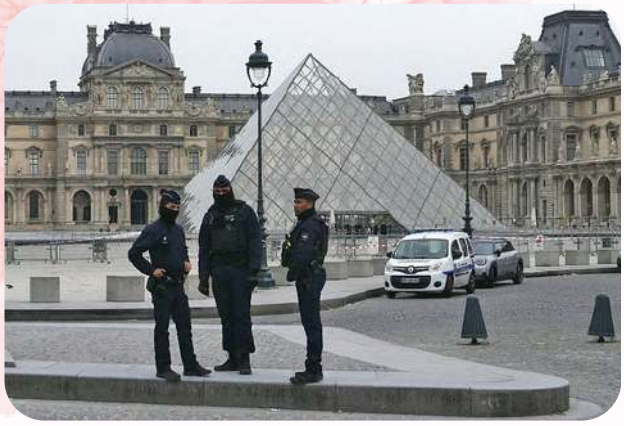


CURRENT WORLD

LEO-LION

Leos of SriLanka & Maldives
INSPIRINGLIVES

A 7-Minute Heist That Shook the Art World....



On 19 October 2025, thieves disguised as construction workers pulled off a daring **daylight break-in at the Louvre Museum** the world's most-visited museum making off with eight pieces of the historic French Crown Jewels from the glamorous Galerie d'Apollon.

The heist reportedly took place at 9:30 a.m., shortly after the museum opened. Using a truck-mounted extendable ladder and a freight lift (disguised as maintenance equipment), the robbers scaled the wall, reached a second-floor balcony, cut through a window with an angle grinder, smashed display cases, and escaped on scooters all within seven to eight minutes. Officials believe only about four minutes were spent inside the museum.

The estimated value of the stolen haul is €88 million (≈US$102 million). But for many especially in France the loss is far more than monetary: it's a blow to cultural heritage and national pride.

What Was Stolen- The Lost Crown Jewels

The robbers targeted the Louvre's Napoleonic-era jewellery collection. Among the missing items:

- A tiara, necklace, and earring from the sapphire set of Queen Marie-Amélie and Queen Hortense
- An emerald necklace and pair of emerald earrings from the set belonging to Empress Marie-Louise (Napoleon I's second wife)
- A diadem, brooch and a decorative bow (and possibly a tiara) from the collection of Empress Eugénie (wife of Napoleon III) the diadem alone was studded with nearly 2,000 diamonds.

Interestingly: a heavily jeweled crown belonging to Empress Eugénie was dropped by the thieves during their escape and subsequently recovered but the rest remains missing.



How It Happened: A Perfect Storm of Planning and Security Failures

What makes this robbery so astonishing is the combination of bold planning and glaring security lapses. Here's how it played out and why it worked:

- **Access via maintenance equipment:** The thieves parked a truck-mounted lift at the south side of the Louvre, near the Seine. They posed as workers doing "maintenance", which helped them avoid suspicion while they set up.
- **Surveillance blind spots:** The museum's external security cameras did not cover the wall / balcony the intruders used.
- **Inside glass case vulnerability:** Though the display cases had been updated in 2019, they were built to resist threats like gunshots not power tools. Thieves used concrete-cutters / disc-cutters to breach them, a tactic apparently unanticipated during the upgrade.
- **Rapid escape & getaway:** After smashing the glass and grabbing the jewels, the thieves descended on the lift, jumped onto scooters and made off via the Seine-side streets. There was even an attempt to set the lift on fire apparently to destroy evidence but museum staff intervened.

The museum's director, Laurence des Cars, later admitted it was a "terrible failure." According to her testimony before the French Senate's culture committee, alarms had been triggered but because the entry point was off-camera, security personnel only realized what was happening after it was over.



The Investigation & Aftermath

Within days, French police were already chasing leads. Two men from a Paris suburb were arrested within a week, and more suspects detained later.

Investigators collected DNA and fingerprints from the scene from gear, helmets, gloves, even a scooter which helped connect suspects to the crime.

Still, despite arrests and confessions from some suspects, the vast majority of the jewels remain missing. Police suspect the stolen items may have already been dismantled, sold off piece by piece, or melted down for their precious materials a horrifying prospect from a heritage-loss perspective.

As a precaution, the Louvre transferred its remaining valuables to a secure vault at the Bank of France in the weeks following the heist.

What's Changed? Museum Security & The Cultural Fallout

The fallout has been swift. The theft has reignited debate in France (and globally) about security at cultural institutions. For a museum of the Louvre's stature home to some of humanity's greatest treasures this breach was unthinkable.
As a response, the museum has committed to a sweeping overhaul of its security:

- Installation of about 100 new external cameras by end of 2026.
- Implementation of "anti-intrusion systems" and creation of a new "security coordinator" role.
- Broader review of museum display-case standards worldwide highlighting how even "state-of-the-art" glass and alarms are not enough against determined criminals.

On a symbolic level, the heist has shaken people's faith in cultural protection. Many critics say it reflects a complacency born of tourism and bureaucracy underestimating how valuable and vulnerable such treasures are.

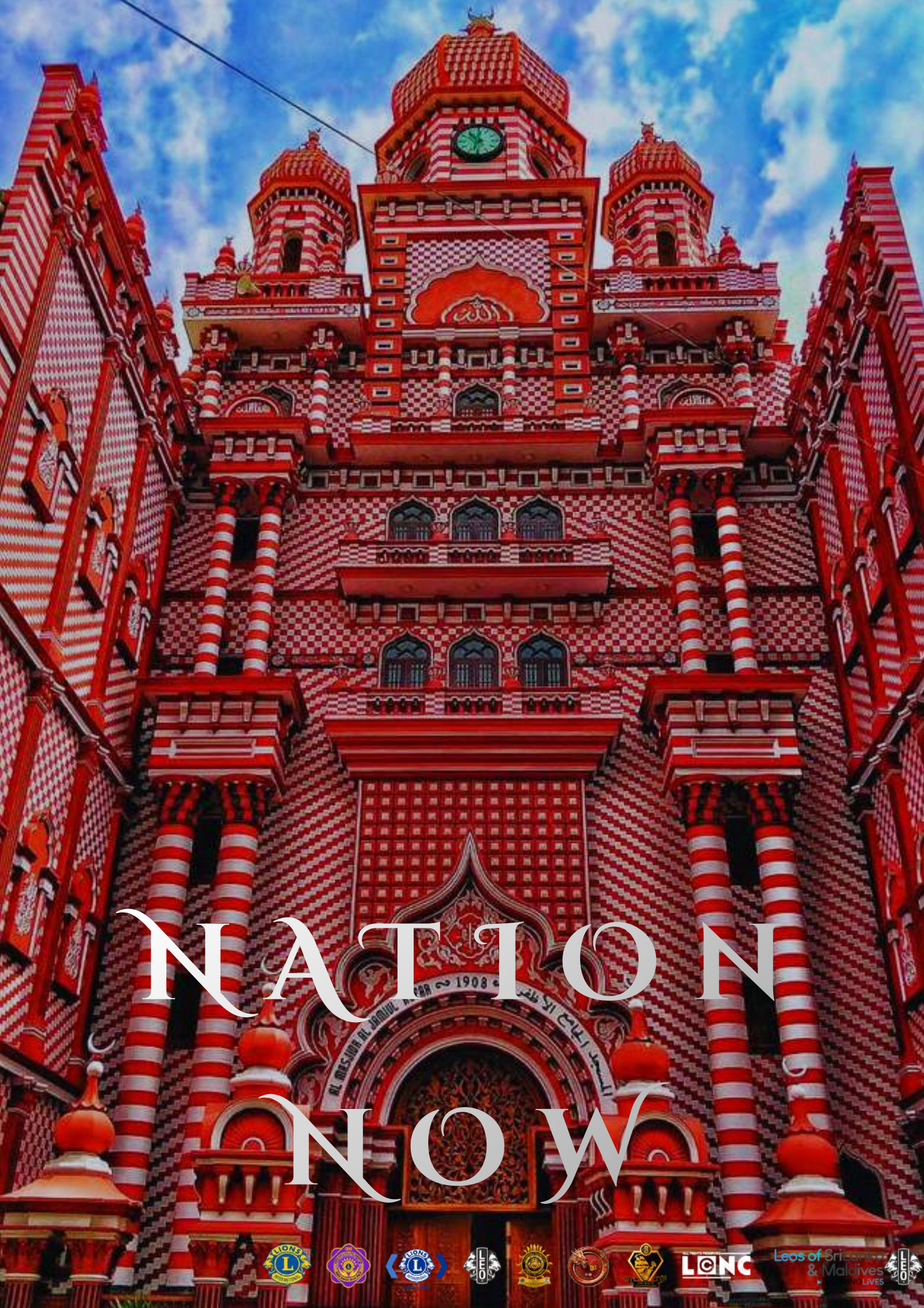




This heist isn't just a crime story. It's a wake-up call.

- Even institutions as iconic and storied as the Louvre aren't immune to well-planned modern crime.
- Heritage objects don't just hold monetary value they're part of collective memory and history. Once lost, they may be gone forever.
- Security practices based on outdated threats (armed theft, theft from inside) may be ill-prepared for craftier, tech-savvy thieves using modern tools and unconventional approaches.

For the public and especially anyone passionate about art, culture or history it's a reminder: the past doesn't protect itself.



NATION NOW

Rising Stars Shine at the Asian Youth Games 2025

There's something beautiful about youth sport: raw energy, fearless ambition, and the hunger to prove what's possible. For many young athletes, the dream begins on dusty tracks or quiet school gyms and blossoms, sometimes surprisingly fast, into hopes of representing their country. For Sri Lanka, the 2025 Asian Youth Games became precisely that kind of moment: a moment when dreams, grit, and preparation combined into history.

When a 16-year-old schoolboy from Rathnapura, a modest sprinter from Gateway College, a javelin thrower from Matale, and a triple-jumper from Wattala all rise to the podium across disciplines, across backgrounds it isn't just individual glory. It's affirmation that the island still has untapped potential, ready to rise.

This is the story of how young Sri Lankan athletes turned hopes into medals and how their performances should inspire a generation.



Sri Lanka's Largest- Ever Contingent, and a Statement of Belief

For the 2025 edition of the Asian Youth Games in Bahrain, National Olympic Committee of Sri Lanka (NOCSL) sent a record-sized team: 100 athletes (56 boys and 44 girls), across 12 sports. the largest Sri Lanka has ever fielded at an AYG.

Among the disciplines: athletics, badminton, kabaddi, boxing, esports, golf, taekwondo, swimming, and more. This wide representation showed a clear shift for many years, Sri Lanka's hopes rested on a handful of sports; 2025 seemed to bet on breadth and youth potential.

By the time the Games concluded, Sri Lanka had recorded its best-ever haul at the AYG... a mix of gold, silver, and bronze medals that reflect not only talent, but diversity in discipline.

Gold

- **Lahiru Achintha:** Boys' 1500 metres: In a gutsy, composed run, Lahiru crossed the line in 3:57.42, outpacing strong continental rivals to give Sri Lanka its first-ever AYG gold. It was historic.



Silver

- **Boys' Medley Relay Team:** Four young sprinters combined to deliver a dramatic finish, clinching silver and showing that Sri Lanka can compete, as a team, against Asia's best in relay events.



Bronze (4)

- **Nethmi Gimhani:** Girls' 1500 metres: With a strong final lap, Nethmi secured bronze with a time of 4:52.32, adding her name to Sri Lanka's growing list of young distance-running talents.

- **Shanuka Costa:** Boys' 400 metres: Clocking 47.72 s, he fought in a tight final and earned bronze, marking him as a sprinter to watch.

- **Chathura Dhananjaya:** Javelin Throw: With a throw of 62.51 metres, he landed on the podium, reminding everyone of Sri Lanka's pedigree in field events.

- **Dilini Nethsala Rajapaksha:** Girls' Triple Jump: Leaping 12.31 metres, she earned bronze proof that Sri Lanka's future in jumping events is alive and well.



More Than Medals: What This Means for the Future

- **Depth and Diversity –** The breadth of medal-winners (middle distance, sprinting, throwing, jumping, relay) shows Sri Lanka isn't just talented in one lane. This spread offers hope that we might see more consistent international-level athletes across events.

- **Youth Empowerment –** Many medalists are school-age teenagers from colleges across the island. Their success sends a powerful message to young Sri Lankans: with discipline and support, global-level success is within reach.

- **Team Potential –** The medley relay silver suggests that with better training and investment, Sri Lanka could not only produce star individuals, but compete strongly in team-based track events.

- **Investment Justified –** The decision by NOCSL to send a large contingent, support young athletes broadly (even in non-traditional sports like esports), seems vindicated. It suggests that wider opportunity can lead to results.



In Bahrain, our young athletes didn't just run, jump or throw they challenged history, records, expectations. They proved that Sri Lanka, even as a small nation, can shine on a continental stage when given a chance.

For the next generation watching back on the island: let this be fuel. Because what we saw in 2025 was not a fluke. It was potential tested under pressure, refined by discipline, and released at the right moment.

May Lahiru, Shanuka, Nethmi, Chathura, Dilini and every young athlete who dared to dream serve as evidence: with hard work, belief, and opportunity, you can wear your nation's colours, compete with Asia's best, and return home a hero.
So here's to more training sessions, more early mornings, more sacrifices and more medals. Because the future of Sri Lankan sport just got a little brighter.

BRAIN BOOST!!

Understanding Breast Cancer: What Everyone Should Know...



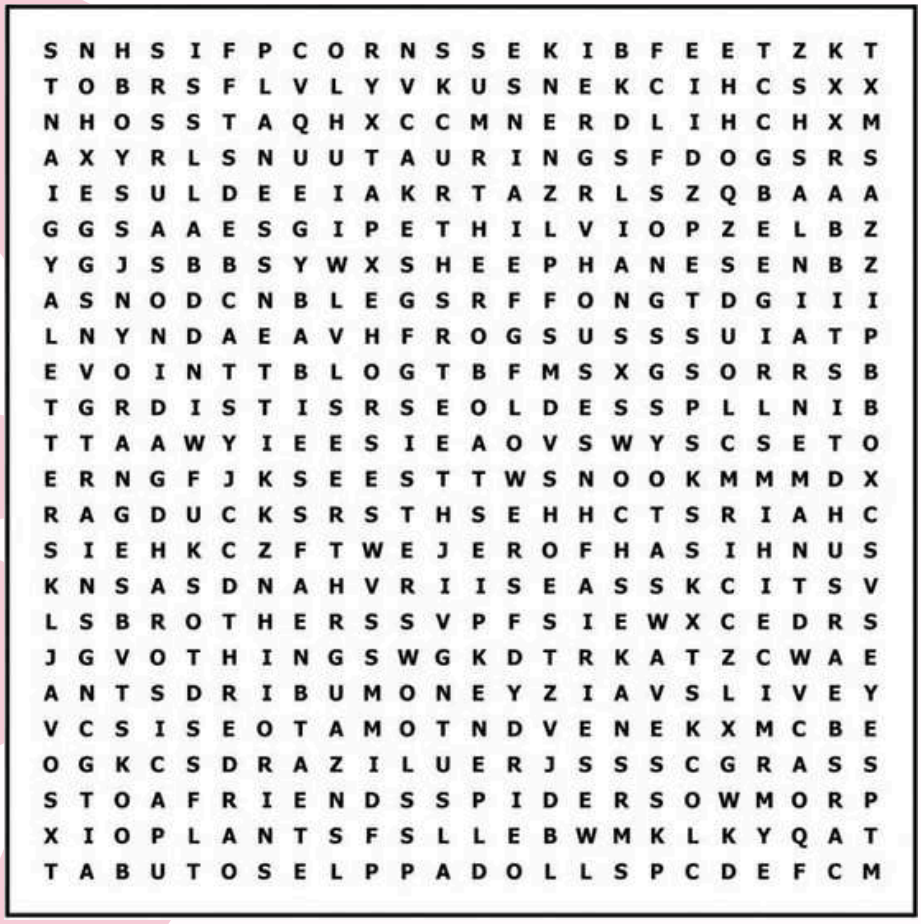
Breast cancer is one of the most common cancers in the world, and understanding it can make a real difference in early detection and better outcomes. It starts when cells in the breast grow in an abnormal and uncontrolled way. Most people only think about lumps, but breast cancer can show up in many forms. Changes in the shape of the breast, unusual pain, or differences in the skin or nipple can also be early signals. Knowing these signs helps people notice problems sooner and get checked right away.

There are several factors that can increase a person's risk. Some are out of our control, like age, genetics, or family history. Others are linked to our lifestyle. Things like smoking, lack of physical activity, or a diet high in processed foods may increase risk over time. This doesn't mean someone caused their own illness, but it's a reminder that healthier daily habits can help lower risks.

Early detection continues to be one of the strongest ways to fight breast cancer. Regular self-examinations, clinical checkups, and screenings like mammograms can help find changes before symptoms appear. When breast cancer is found early, treatment is usually more effective and recovery outcomes are better. It's important for everyone, regardless of age or gender, to pay attention to their bodies and seek medical advice if something feels unusual.

Finally, support plays a huge role. People going through breast cancer face physical, mental, and emotional challenges. A strong support system, open conversations, and access to reliable information can make the journey a little easier. As a community, encouraging awareness, kindness, and education helps create a safer space for anyone facing this illness.

Find the given words...



1. Sun	11. Rain
2. Friends	12. Bikes
3. Waves	13. Books
4. Children	14. Rings
5. Rabbits	15. Girls
6. Flowers	16. Kittens
7. Money	17. Birthday
8. Tomatoes	18. Trucks
9. Dinosaurs	19. Frog
10. Fairies	20. Oranges

CREATIVITY LOUNGE

LEO-LION

Leos of SriLanka & Maldives
INSPIRING LIVES

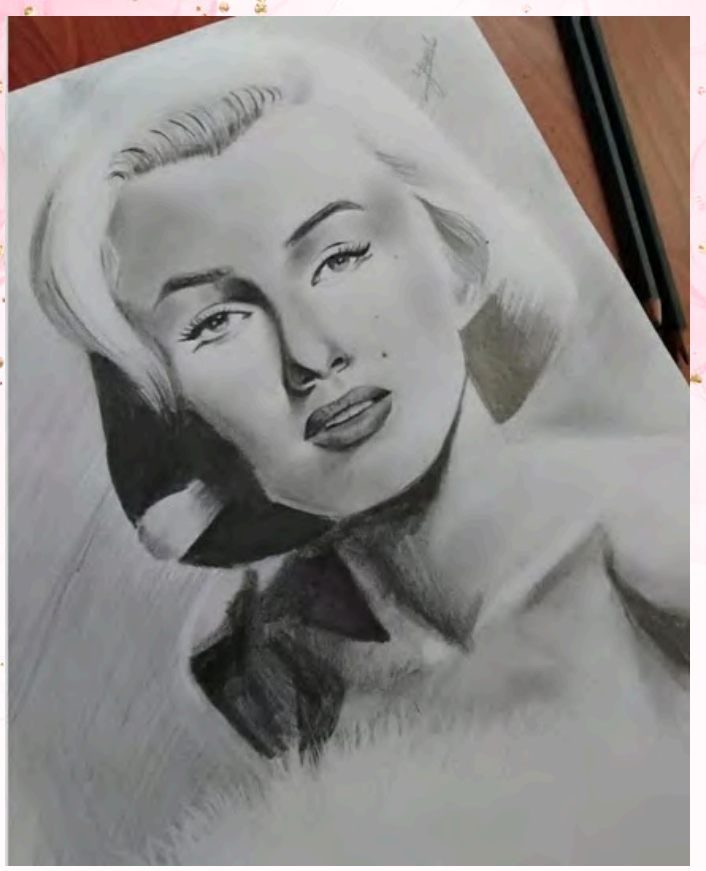
Women rise like morning light,
Quiet strength turning into sight.
Hearts that carry storms with grace,
Hands that heal in every place.
They step through doubt, they learn, they grow,
They lead with truth the world should know.
Their voice is fire, steady and bright,
A gentle force that bends the night.
To every woman standing tall,
To every dream that beats the wall,
May courage bloom in all you do,
The world is stronger because of you.





இடறினாலும் விடாமல் நில்,
இருள் வந்தாலும் ஒளி பிறக்கும்.
தோல்வி என்றால் முடிவு இல்லை,
மீண்டும் நிற்கும் மனம் தான்
வெற்றி.
வீழ்ந்த மண் *even strength*
கொடுக்கும்,
உயரும் நேரம் உன் உள்ளே
இருக்கிறது.
நேற்றின் காயம் இன்று பாடம்,
நாளையின் பாதை அதில்
தொடக்கம்.
நீ எழும் போது உலகம் மாறும்,
உன் முயற்சி தான் உன் சக்தி.
விழுந்து எழுவது வாழ்க்கையின்
நீ நடந்தால் அடுத்து எல்லாம்
சாத்தியம்.

A Picture Drawn by Leo Yasashvi...



“She rests in the quiet light, a face shaped by longing and soft resilience.
Shadows kiss her gently, as if guarding a story only her eyes remember.
A whisper of glamour, a trace of sorrow, and a beauty that feels borrowed from another lifetime.”

CATAMARANS SNAPS...















SIGNING OFF...

Leo Treesha Shavindya



As we lower the sails on the fourth edition of *Sailing Catamaran*, we take a moment to reflect on the waves we've navigated together. Each page of this issue carries the currents of service, dedication, and unforgettable moments that make our Leo family sail stronger and farther.

From stories of triumph to glimpses of heartfelt connections, this edition is a map of our journey showing how far we've come and guiding us toward the new horizons ahead. Every article, photograph, and shared reflection has been a gust of wind in our sails, propelling us toward fresh adventures and uncharted possibilities.

Thank you for being part of this voyage for reading, supporting, and celebrating with us. As we prepare to set course for the next edition, may this issue inspire us to keep steering together, chasing new waves, and embracing all the journeys yet to come.

Here's to calm seas, strong winds, and endless adventures ahead.

BEHIND THE PAGES...



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CO- DIRECTOR



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CO- DIRECTOR



Leo Shalini Ruvindya

EDITOR



Leo Saviour Fernando

DESINGER

As we anchor this edition, we pause to celebrate the voyages we've shared and the moments that have steered us forward.

Thank you for being part of our crew, for reading, and for navigating these waters alongside us.

Until the next breeze fills our sails, keep exploring, keep inspiring, and let your passion chart the course.

Fair winds,
The Editors



STAY CONNECT

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