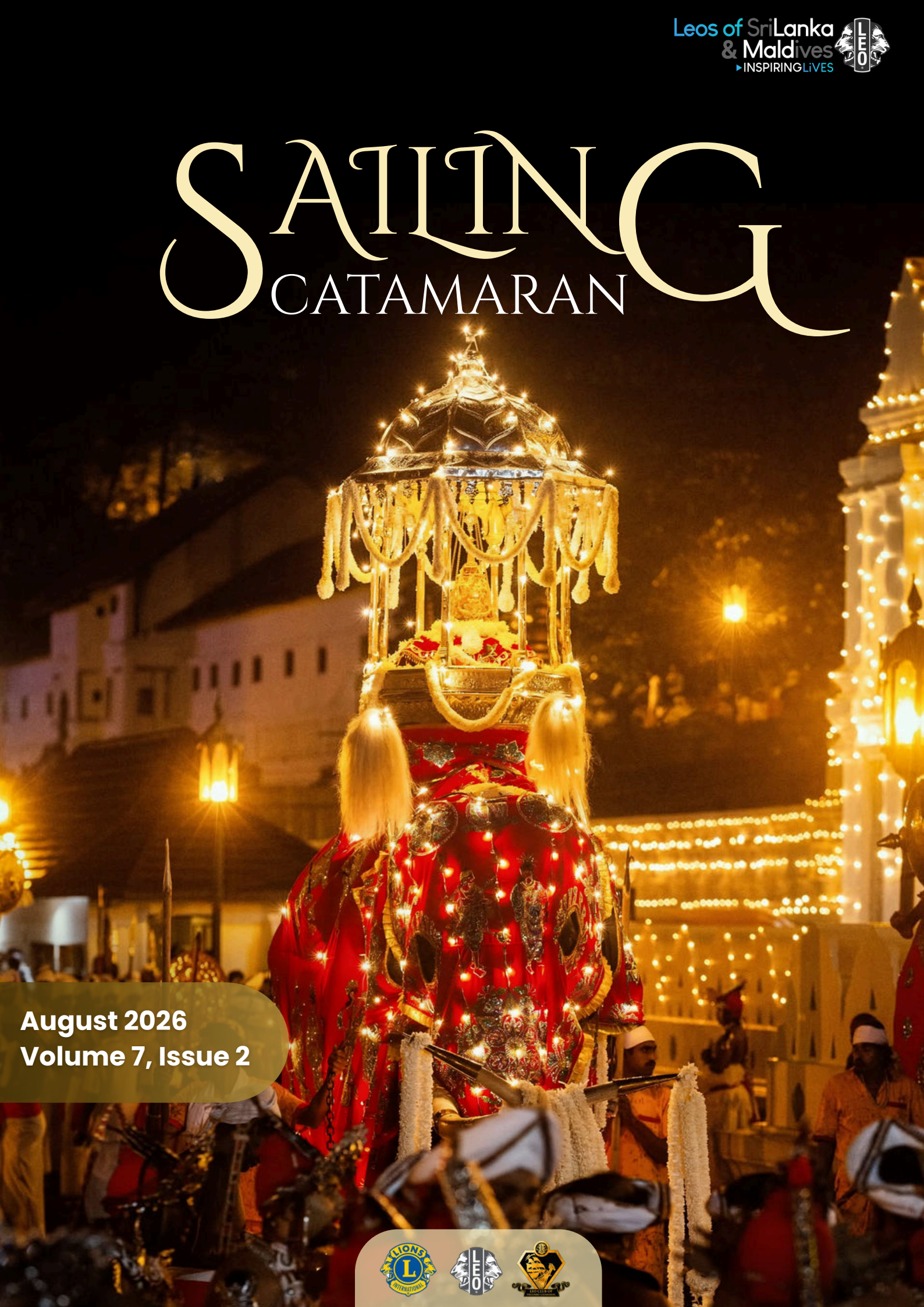
Leos of SriLanka & Maldives
INSPIRING LiVES

SAILING CATAMARAN



August 2026
Volume 7, Issue 2

Leos of SriLanka & Maldives
INSPIRINGLIVES

Greetings From Catamaran

SECRETARY'S MESSAGE

LEO TREESHA SHAVINDYA



It is my pleasure to welcome you to yet another edition of Sailing Catamaran.

Having had the privilege of serving as the Chief Bulletin Editor last Leoistic year, this newsletter holds a very special place in my heart. Although I am not taking on the role of Chief Editor this year, I am grateful to continue being a part of this journey as a Co-Director, supporting our Editorial Crew and working alongside our Chief Bulletin Editor, Leo Angelo Abeykoon.

I would like to wish Leo Angelo and the entire Editorial Crew all the very best as they take on the responsibility of carrying Sailing Catamaran forward. I sincerely hope Leo Angelo continues the legacy that Leo Stefani built and that I carried forward, by becoming the next Most Outstanding Chief Bulletin Editor. I have no doubt that he, together with the Editorial Crew, will bring their own creativity, passion, and character to every edition.

As we sail into another year of service, leadership, friendship, and countless memories, I hope everyone enjoys this edition of Sailing Catamaran as much as we have enjoyed putting it together.

Together We Rise - One Club. One Vision. One Legacy

With warm regards,
Leo Treesha Shavindya
Club Secretary
Leo Club of Negombo Catamaran

Greetings From Catamaran

Leos of SriLanka & Maldives
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ASST. SECRETARY'S MESSAGE

LEO ANGELO ABEYKOON



It is my pleasure to welcome you aboard yet another edition of Sailing Catamaran.

Every voyage begins with a vision, and every edition carries a story. As we set sail into another Leoistic year, I am honoured to take on the responsibilities of both Assistant Secretary and Chief Bulletin Editor, while being entrusted with the helm of this publication.

To me, Sailing Catamaran is more than a newsletter. It is a vessel that carries our achievements, our ideas, our friendships, our laughter, and the countless moments that shape our Leo journey. Through every page, we get to preserve not only what we have accomplished, but also the spirit behind it.

As the Editorial Crew and I take on this voyage, we hope to bring you editions filled with creativity, character, and the true essence of Leoism. May every story we tell inspire another, every achievement we highlight encourage another, and every page remind us of the incredible journey we share as one club.

The waters ahead may bring new tides, but with a united crew and a clear course, there is no horizon beyond our reach.

With Leoism,
Leo Angelo Abeykoon
Assistant Secretary & Chief Bulletin Editor
Leo Club of Negombo Catamaran

Leos of SriLanka & Maldives
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Table of Content

Roaring words

Leo in the Spotlight

Bridging of Roars:
A journey of LEO LION

Ridin' the Waves

Merchants of the Pride

Roars of the Visionary Pride

Roars Across the District

Roars Across the Multiple District

Roars Across the World

Sailors light house

The Creative Collective

The Sign-off

The Hands on Deck

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ROARING WORDS WITH



IPDP

MDT

LEO LION

LASIKUMAR PARAMESHWARAN

Looking back at your journey, what difficult experience has shaped you the most as a person and as a leader?

One of the experiences that shaped me the most was taking on the responsibility of leading a club that had very little prior experience and limited support from Lions during my initial years in Leoism. At that time, I also didn't have a large circle of friends within the movement, and many of my members were from outside Colombo, which made building a strong and united team even more challenging.



However, that experience taught me that leadership is not about having everything ready from the beginning. It is about creating opportunities, building relationships, gaining people's trust, and moving forward even when the circumstances are difficult.

That journey pushed me to become more confident, patient and independent as a leader. Most importantly, it taught me to believe in my team and myself, even when the situation was not in our favour.

What has been the biggest challenge you have faced in your life, and how did you find the strength to overcome it?



One of the biggest challenges I faced was overcoming my introverted nature, especially when it came to public speaking. I also struggled with a language barrier when communicating in Sinhala, which sometimes made me hesitant to express myself confidently.

However, Leoism gave me the opportunity to step out of my comfort zone. Instead of avoiding opportunities, I started embracing them, whether it was speaking in front of others, taking leadership responsibilities, or simply putting myself forward.

The constant encouragement and support from my friends and fellow Leos also gave me the confidence to keep going.

I gradually realised that confidence is not something we are born with; it is something we build by facing our fears. Looking back, I'm proud of how far I have come, and I believe those challenges played a major role in shaping me into the leader I am today.

What does Leoism truly mean to you beyond projects, meetings, and titles?



For me, Leoism is much more than projects, meetings, positions, or titles. Over the past four years, it has become a major part of my life and has shaped the person I am today.

Through Leoism, I gained confidence, learned the true value of teamwork, broke through my language barriers, and, most importantly, built friendships and memories that I will cherish for a lifetime. It gave me opportunities to meet people from different backgrounds, learn from them, and grow together.

But beyond all these achievements, Leoism has given me something much more valuable — personal growth. It challenged me, helped me overcome my fears, and taught me to take responsibility for others.

If I had to describe what Leoism has done for me in one sentence, I would say: Leoism didn't just give me leadership experiences; it helped me grow from a boy into a man.



How has your journey in the Leo movement changed the way you deal with challenges and setbacks in your personal life?



I have always been someone who was a little hesitant to take risks and step outside my comfort zone. However, my journey in Leoism gradually changed that mindset.

One of the biggest turning points was when I was offered the position of Multiple District Treasurer by PDP Nishean Silva. I was initially unsure whether I was ready to take on such a responsibility, but I decided to take the risk and step outside my comfort zone. That decision opened the door for me to work with people across the District and Multiple District and exposed me to experiences I had never had before.



Through that journey, I gained the confidence to believe that I could work with and adapt to anyone, regardless of their background or position. More importantly, I learned that sometimes we discover our abilities only after we are brave enough to take the first step.

That confidence eventually inspired me to step into entrepreneurship and start my own business. Today, seeing how well it is progressing, I can honestly say that the courage I developed through Leoism has influenced not only my leadership journey, but also my personal and professional life.



Leadership often comes with criticism, disappointment, and difficult decisions. How have you learned to handle these moments?

Leadership comes with criticism, disappointment, and difficult decisions, and I believe these are all part of the journey. Over time, I have learned not to take every criticism personally. Not every criticism is worth holding on to, but some can be valuable and help us identify where we need to improve.

The key is having the courage and maturity to recognize the difference between the two. When criticism is constructive and worthy, I believe we should accept it, learn from it, and work on ourselves.

Disappointments are also unavoidable in leadership. I have learned that it is okay to feel disappointed, but we shouldn't stay there for too long. A leader has responsibilities towards the team, so we have to pick ourselves up, learn from what happened, and move forward.

For me, leadership is about accepting what we can learn from, letting go of what we cannot change, and continuing the work with a stronger mindset.

Was there ever a moment in your Leo journey when you felt like giving up? What made you continue?

Yes, there was a moment when I genuinely felt like giving up, especially towards the end of my District President year. I faced situations involving favouritism and selfishness from certain individuals, which caused me a great deal of disappointment—not only personally, but also in the movement I had invested so much of myself in.



I cannot reveal everything about that experience, but what kept me going was the genuine people around me. Some of my club members, district colleagues, and even friends from other districts took the time to understand what I was going through and stood by me when I needed them the most. Their support reminded me that although there may be difficult people and difficult situations, there are also genuinely good people who care.

That experience taught me that life, just like Leoism, will not always be filled with good moments. There will be disappointments, setbacks, and people who may hurt us. We have to learn to accept them, take the lessons, and continue moving forward.

I chose to believe that things would eventually work out—and that belief helped me keep going.

What is one lesson that life has taught you that you believe every young Leo should carry with them throughout their journey?



One lesson I would want every young Leo to carry with them is that Leoism can teach you what life is truly about, if you genuinely embrace it.

Don't join Leoism simply for a position, a title, an award, or a certificate. Take the opportunities, build genuine friendships, serve others, work as a team, face challenges, make mistakes, and learn from every experience.

If you truly give yourself to Leoism, it will give you much more in return—not necessarily in material things, but in confidence, relationships, experiences, leadership, and personal growth.

For me, Leoism has been a reflection of life itself. The more genuinely you give to it, the more it gives back to you.



If you could speak to a young Leo who is currently struggling with personal challenges or doubting their own abilities, what would you tell them?



I would tell them not to doubt themselves simply because things are difficult right now. If you genuinely believe in what you are doing and put in the right combination of hard work and smart work, your efforts will eventually bring results.

But also remember that results may not come immediately. Every experience—whether it ends in success or failure—teaches you something and helps you grow.

So keep learning, keep trying, and most importantly, trust yourself. Your current situation does not define your ability or your future. Sometimes, the experiences that challenge you the most are the ones that prepare you for something greater.

Leos of SriLanka & Maldives
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Leo in the SPOTLIGHT

LEO MITHUNI SERASINGHE



Tell us a little about yourself. Who are you beyond the Leo vest?

I'm Mithuni Serasinghe, a graduate in Hospitality and Tourism Management from Management & Science University, Colombo. Beyond the Leo vest, I'm a young entrepreneur and I run my own business as a nail technician. I'm someone who enjoys meeting people, learning new things, taking on challenges, and exploring my creativity.

My experiences in both my studies and business have taught me to be independent, responsible, and confident. I would describe myself as someone who believes in continuous growth and always tries to make a positive difference in the lives of the people around me.

What inspired you to join the Leo Club, and what has kept you motivated to stay?



I joined the Leo Club of Negombo Catamaran because I wanted to step beyond my comfort zone, meet new people, and most importantly, serve the community. When I joined the Leo Club of Negombo Catamaran, I got the opportunity to experience what true teamwork, friendship, and service really mean.

What has kept me motivated is seeing the real impact behind every project we do. The smiles, gratitude, and happiness of the people we help remind me why I chose Leoism. At the same time, Leo has given me opportunities to develop myself as a leader and become a better version of myself.



Which Leo project or memory has had the biggest impact on you, and why?

One of the most meaningful experiences in my Leo journey has been ***Hearts in Harmony***, a project where we supported children's homes and elderly homes. Being able to spend time with them; provide essential items, and bring them happiness made me realize that service is not always about how much you give, but about how much heart you put into what you do. Seeing their smiles and knowing that our small efforts could make their day a little brighter was incredibly meaningful to me. It reminded me that sometimes, the simplest acts of kindness can leave the biggest impact.

What is one skill or lesson you've gained through Leoism that has changed you as a person?



The biggest lesson Leoism has given me is **leadership with responsibility**. Through Leo, I've learned how to communicate with different people, work as a team, organize projects, handle challenges, and take responsibility for my decisions.

It has also helped me become more confident and comfortable stepping forward when something needs to be done. Most importantly, I learned that leadership is not about being above others—it is about working alongside others, supporting your team, and leading by example.

If you could share one message or piece of advice with fellow Leos, what would it be?



"I would tell every Leo to make the most of their journey.Don't join a project just to add something to your CV or collect titles. Join because you genuinely want to serve, learn, and grow.

Take every opportunity, even the ones that push you outside your comfort zone, because those experiences will shape you the most. Always remember that even a small act of kindness can change someone's life.

Build genuine friendships, support your fellow Leos, serve with passion, and most importantly, enjoy the journey because Leoism is not just about what we give to the community—it's also about the person we become along the way."

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Bridging of Roars

A Journey of a LEO LION

Journey of Leo Lion
Sheshani Fernando

To begin with this to honor our fellow Leos on their journey, gradually shaping them into former lions. We interviewed our fellow catamaran, **Leo Lion Sheshani Fernando** in getting to know her insights on what's it like working with the lions & how different it is from Leoism.

& then she shared us her story.....

My journey as a Leo began with the Leo Club of Negombo Catamaran. When I first stepped into Leoism, I was inspired by the idea that even small acts of service could make a meaningful difference in someone's life.

At the beginning, I saw Leoism mainly as an opportunity to participate in service projects and meet new people. But as I became more involved, I discovered that being a Leo was about much more than attending projects. It was about taking responsibility, working as a team, understanding the needs of the community, and learning to lead with compassion.



Every project, meeting, and challenge slowly shaped me into a more confident and responsible person. The people I met and the experiences I gained became an important part of who I am today.

One of the most valuable parts of my Leo journey was the opportunity to work alongside Lions. Being able to observe experienced Lions in action gave me a different understanding of service and leadership.I learned that leadership is not simply about holding a position or giving instructions. True leadership is about being present, taking responsibility, listening to others, and helping the people around you grow.



The interactions I had with Lions during projects and club activities were filled with valuable lessons. Their guidance encouraged me to become more confident in taking responsibilities and taught me how important professionalism, commitment, discipline, and teamwork are in service.

Those experiences also helped me understand that Leoism and Lionism are not separate journeys. They are connected by the same spirit of service.

Throughout my Leo journey, I was fortunate to learn from many people. Every mentor, senior Leo, and Lion who guided me contributed something meaningful to my journey. One of the greatest lessons I learned was that **service begins with empathy**. Before trying to solve a problem, we need to understand the people we are serving.

I also learned the importance of accountability. Taking responsibility for a task means being committed to it from beginning to end, even when things become difficult.



My leadership experiences taught me to communicate better, manage challenges, work with different personalities, and remain calm when situations did not go according to plan.

Becoming a Lion was a natural continuation of everything Leoism had taught me. As my Leo journey progressed, I began to understand that the spirit of service I had developed should not end with my Leo years. I wanted to continue serving, continue learning, and continue contributing to the community.

The decision to step into Lionism was therefore not simply about moving from one organization to another. It was about carrying forward the values, friendships, experiences, and responsibilities I had gained as a Leo.



My Leo journey gave me the foundation, while Lionism gave me a new platform to continue building on that foundation.

Life as a Lion has given me a broader perspective on service and leadership.

As a Leo, I was learning how to serve and lead. As a Lion, I have become more conscious of the responsibility that comes with leadership and the importance of contributing not only through projects, but also through guidance and mentorship.



The responsibilities may change, but the heart of service remains the same.

Today, I understand that being a Lion is not about leaving my Leo identity behind. Instead, I carry my Leo experiences with me in everything I do. The confidence I developed, the lessons I learned, the friendships I built, and even the challenges I faced continue to influence the way I serve.

When I look back at where my journey began, I realize how much Leoism has shaped me.

The Leo Club of Negombo Catamaran was not simply a club I belonged to. It was a place where I learned to dream bigger, take responsibility, face challenges, work with others, and understand the true meaning of service

To the Leos who are beginning their journey today, I would say this;

Do not measure your Leo journey only by the number of projects you complete or the positions you hold. Measure it by the person you become along the way.



Take every opportunity to learn. Volunteer even when you are unsure of yourself. Accept responsibilities that challenge you. Appreciate the people who guide you. Most importantly, serve with a genuine heart.

You never know where your Leo journey may take you.

For me, it took me from being a Leo who wanted to serve to becoming a Lion who wants to continue that service. The roar may have changed, but the heart behind it remains the same.

Once a Leo, always a Leo. And the journey of service never truly ends.

My deepest gratitude goes to the Leo Club of Negombo Catamaran, the Lions who guided me, my fellow Leos, and everyone who became part of this journey. Every experience has left a mark, and every lesson continues to guide the Lion I am today.

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Ridin' The Waves

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RESURGO





On August 8, 2026, the Leo Club of Negombo Catamaran celebrated its ***8th Charter Anniversary and Installation Ceremony***, "**RESURGO**," at the Maris Stella OBA Center, Negombo. The occasion marked a new chapter of leadership and service while commemorating eight years of dedication, fellowship and community impact. RESURGO, meaning "I rise again," symbolised the Club's renewed strength and commitment to serving the community in the new Leoistic year.

Adding distinction to the celebration were **Chief Guest Lion Dr. Jeewantha Perera MJF MAF JP**, District Governor of Lions District 306 D3; **Guest of Honour Leo Lion Chanuka Wijeweera**, District President of Leo District 306 D3; and **Special Guest Leo Lion Lasikumar Parameshwaran**, Immediate Past District President of Leo District 306 D3. Their esteemed presence and words of encouragement inspired the members to embrace the new Leoistic year with renewed dedication to leadership and service.





The incoming Board was formally presented with their badges, symbolising their new responsibilities and commitment to leadership, while new prospects were welcomed into the Leo family through their induction. Following the ceremony, a fellowship session brought the newly inducted members together with the Club's leaders, fostering mentorship, unity and meaningful connections while strengthening the spirit of Leoism.

As the evening drew to a close, heartfelt gratitude was extended to every guest, sponsor and member whose presence and dedication made RESURGO truly memorable. More than a celebration, the 8th Charter Anniversary and Installation Ceremony was a reflection of the Club's journey, its cherished memories and the countless lives touched through service. With renewed spirit, stronger bonds and a shared vision for tomorrow, the Leo Club of Negombo Catamaran steps forward into a new chapter — ready to serve with purpose, lead with heart and leave an even greater mark on the community.













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Merchant of the Pride

LEO LION SHENAL TISSERA

PARK LANE APPARTMENTS

Park Lane 55
Apartments

Park Lane 88
Apartments







Park Lane Apartments brings together two distinctive properties in Negombo — **Park Lane 55 and Park Lane 88** — offering visitors comfortable accommodation and a warm, welcoming experience in the heart of the coastal city. With thoughtfully maintained spaces, modern comforts and a relaxed atmosphere, both properties provide an ideal base for guests looking to experience Negombo. From its beautiful beaches and vibrant streets to its rich culture and local charm, Park Lane Apartments places visitors close to the best the city has to offer. With a focus on comfort, convenience and genuine hospitality, Park Lane 55 and Park Lane 88 continue to create memorable stays for guests from Sri Lanka and around the world.

Park Lane Apartments — two addresses, one standard of hospitality.

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Roars across

The Visionary Pride

THROUGH THE VOICES OF

DISTRICT D3

LEO LION
CHANUKA WIJEWEERA

LEO SHEVON
WICKRAMASINGHE

LEO LION
SHENAL TISSERA



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Message from The District President

It gives me immense pleasure to share a few words with the Leo Club of Negombo Catamaran, the place where my Leo journey began in 2019. Looking back, I am truly grateful and proud of the position I stand in today. I would never have reached this milestone without the encouragement, trust, and continuous support extended to me by this amazing family.

I would like to extend my heartfelt congratulations and appreciation to the outgoing President, Leo Lion Thuhina Gimhan, and his team for their outstanding efforts in achieving the recognition of being the Best Leo Club in Leo District 306 D3. Your dedication and commitment have set a remarkable example for everyone.

I wish the incoming President, Leo Rajinda, and his team all the very best as you begin this new journey. I am confident that you will continue the legacy and bring forward something truly brilliant. I kindly request your fullest support and commitment towards the district as we work together to align with our goals and achieve greater milestones.

May you all continue to excel not only in Leo but also in your personal lives and professional careers.

Thank you

Leo Lion Chanuka Wijeweera
District President 2026/2027
Leo District 306 D3



Leos of SriLanka & Maldives
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Message from The District Secretary

Dear Lions & Leos,

It is my distinct pleasure to extend my warmest greetings to the entire executive board and members of the Leo Club on the release of your very first newsletter for this Leoistic year.

First and foremost, I wish to extend my heartiest congratulations to Immediate Past Club President, Leo Lion Thuhina Gimhan, and his executive team for a remarkable past Leoistic year. Your leadership, dedication, and tireless efforts have left a strong foundation, and your accomplishments deserve the highest praise. Thank you for a job exceptionally well done.

As we step into a new chapter, I want to congratulate the newly installed leadership team: Club President - Leo Rajinda Yehan, Club Secretary - Treesha Shavindya and her assistants, the newly installed Club, Club Treasurer - Leo Linuke Fernando, and the entire incoming Board of Directors. Stepping into these roles reflects your commitment to leadership, fellowship, and service.

May the initiatives and service projects of Leo Club of Negombo Catamarn, undertake this year create a meaningful, lasting impact in your community and receive the recognition they truly deserve. By striving for excellence, you set a powerful example for other young leaders to follow.

I wish Leo President Rajinda and the entire team a dynamic, successful, and impactful Leoistic year ahead!

Yours in Service,
Leo Shevon Wickramasinghe
Leo District Secretary
Leo District 306 D3 (2026/27)



Leos of SriLanka & Maldives
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Message from The District Treasurer

Greetings Fellow Leos,

As we navigate through another impactful Leo year, I am continually reminded of the incredible strength, passion, and resilience that define our community. Every project we undertake and every community we uplift is a direct result of our shared commitment to service and leadership.

Serving as your District Treasurer while representing my home club, the Leo Club of Negombo Catamaran, fills me with immense pride. Overseeing our district's financial health is far more than just managing budgets and tracking numbers; it is about ensuring that our collective dreams have the solid foundation they need to become reality. Sound financial stewardship empowers us to dream bigger, reach further, and execute initiatives that leave a lasting, positive footprint on society.

Leadership requires us to balance vision with accountability. As we move forward, let us continue to work with transparency, integrity, and unwavering dedication. Every small effort you contribute, every hour you volunteer, and every challenge you overcome helps propel our district to new heights.
Let us keep supporting one another, pushing the boundaries of what we can achieve, and driving real change in our communities. Together, like a catamaran gliding steadily through open waters, we will navigate every challenge and build a legacy of meaningful service.

Thank you for your dedication and untiring effort. Let's make the remainder of this year truly extraordinary.

In Leoism,
Leo Lion Shenal Tissera.
District Treasurer
Leo District 306 D3



Leos of Sri Lanka & Maldives
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Roars accross
The District

District Family Sports Day



The spirit of fellowship and friendly competition came alive at the **District Family Sports Day 2026**, organized by **Lions International District 306 D3.** Bringing together Lions, Leos, families, and friends from across the district, the event was a celebration of unity, sportsmanship, and the joy of being part of one Lions family. From exciting sporting challenges to moments filled with laughter and camaraderie, the day created lasting memories beyond the playing field. More than a day of games, it was an opportunity to strengthen friendships, build connections, and celebrate the vibrant spirit that unites the Lions and Leos of District 306 D3. With every cheer, every team effort, and every shared smile, the Family Sports Day truly proved that together, we are stronger.

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Roars across
The Multiple District



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49th MULTIPLE DISTRICT INSTALLATION CEREMONY



The **49th Multiple District Installation Ceremony of Leo Multiple District 306 Sri Lanka and the Maldives** was held on **29 August 2026** at the **New Arts Theatre, University of Colombo**, marking the commencement of a new chapter in Leoism. The ceremony witnessed the installation of **Leo Nisal Dulmith FLM** as the Multiple District President for 2026/27, under the inspiring theme **"Lead for a Change."**

With a vision centred on purposeful leadership, meaningful service and positive transformation, the new administration looks towards empowering Leos to become catalysts for change within their communities and beyond. The occasion not only celebrated the legacy of Leo Multiple District 306 but also set the stage for a year of **leadership, experience and opportunity**, inspiring Leos across Sri Lanka and the Maldives to rise, lead and make a difference.

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Roars accross The World



LCIF × WHO

A Global Step for Mental Health



In a landmark move for global humanitarian service, **Lions Clubs International Foundation (LCIF)** has joined hands with the **World Health Organization (WHO)** through a **new three-year partnership** dedicated to **expanding access to mental-health care**. Announced on *14 August 2026*, the initiative will support communities in Jordan and Nepal, strengthening counseling and mental-health services while placing particular emphasis on the well-being of children and young people.

In Jordan, the partnership will help establish counseling services and strengthen mental-health care at Al Basheer Hospital in East Amman. In Nepal, 10 district hospitals will receive mental-health and psycho-social-support corners, alongside efforts to strengthen school mental-health programs. Running through 2028, this collaboration demonstrates how Lions' spirit of service can extend beyond individual communities to address one of the world's most pressing humanitarian challenges.

A new chapter in global service — where compassion meets action, and no mind is left unheard.

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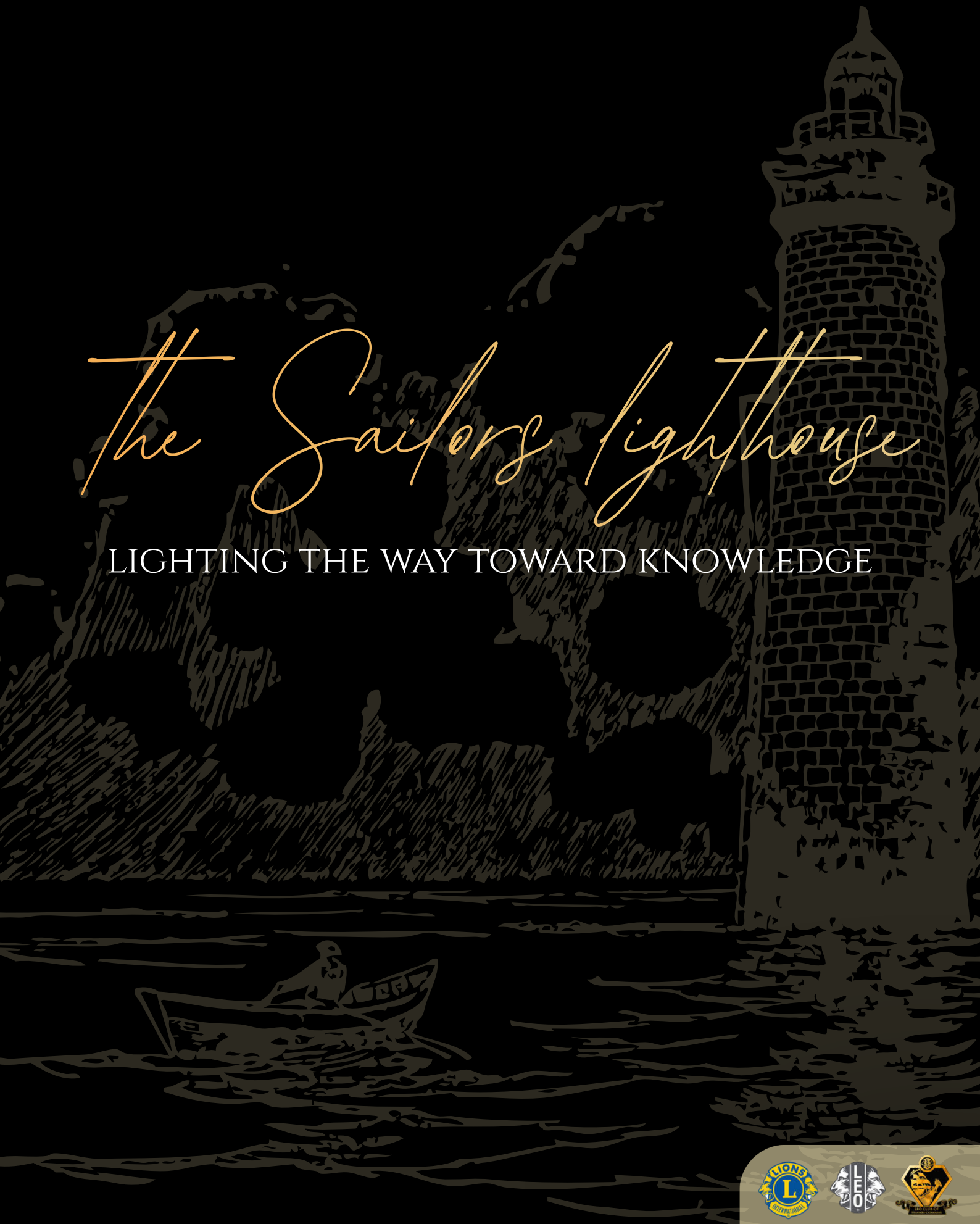


The Sailors lighthouse

LIGHTING THE WAY TOWARD KNOWLEDGE

Artificial Intelligence & the Negativity Associated With It

AI has become impossible to ignore, in tech, media, and everyday products, whether you're pro-AI or anti. The hype traces back to 2017, when Google DeepMind published "Attention Is All You Need," introducing the Transformer model that underlies every generative AI system since. Transformers work by breaking input into "tokens" and predicting patterns from training data — a process called self-attention. It's essentially a turbo-charged version of the pattern recognition built into every human brain.

Then came ChatGPT in November 2022, which brought OpenAI's GPT models to the masses and opened the floodgates for AI advancement across the first half of the 2020s. Everything became about AI: search engines, phone keyboards, customer service, coding assistants. But somewhere inside that flood, the story stopped being simple. The wonder got company: lawsuits, environmental reports, layoffs, and a slow-building exhaustion; the part that rarely makes a keynote slide



The Two Sides of the Coin

Like most powerful tools, AI is a genuine mixed bag. On the upside, it summarizes hundred-page reports in seconds, translates conversations in real time, catches patterns in medical scans a tired eye might miss, and gives small businesses round-the-clock customer support. For people with disabilities, it's been transformative.

On the downside, that same speed is what makes it dangerous in the wrong hands; it writes scam emails as easily as cover letters, clones voices as easily as it translates them, and floods the internet with convincing nonsense as easily as it summarizes real reports. The efficiency is the whole point, and the whole risk.

AI Fatigue: Why the Shine Is Wearing Off

Somewhere between the ChatGPT launch and now, a lot of people quietly stopped being impressed. One 2026 analysis found consumer excitement about AI had dropped to 19%, down from around 50% two years earlier, while mentions of "AI slop" climbed more than ninefold in a year. A separate survey found 54% of US adults are tired of hearing about AI, even though most use it regularly. Workers feel it hardest, surveys of engineers and designers found large majorities describing themselves as overwhelmed or like a middleman cleaning up after AI output, alongside real anxiety about job security. None of this means AI stopped being useful. it means the industry oversold the magic and undersold the mess.

Where AI Is Actually Helping

In medicine, Insilico Medicine's rentosertib, a lung-scarring treatment discovered and designed by AI. Produced positive results in a 2025 clinical trial published in Nature Medicine, one of the field's first proof points that AI can go from prediction to working treatment. For people with disabilities, free apps now describe a room or read a menu aloud for someone blind or low-vision, hearing aids use on-device AI to isolate a voice in a crowded room, and real-time captioning has gone from novelty to normal. "AI" isn't one thing to be for or against. It's a tool doing genuine good in some hands and real damage in others.

Where AI Is Being Weaponized

Deepfakes are the clearest example. In 2025, the FBI logged over 22,000 AI-enabled fraud complaints totaling roughly $893 million in losses, with investment scams making up the majority and adults over 60 carrying a disproportionate share. Entrust has found deepfakes involved in roughly one in five biometric fraud attempts worldwide; in one widely reported case, an Arup finance employee wired $25.6 million after a video call with deepfaked colleagues.

There's also quieter exploitation: much of the labor that makes AI safe; labeling data, filtering violent material has been outsourced to contract workers in Kenya, the Philippines, and Colombia, some paid as little as $1.32–$3.74 an hour to tag graphic content for hours at a stretch. Investigations by Time, the Wall Street Journal, and CBS News have documented resulting PTSD, anxiety, and depression among these workers, while the companies they served went on to be valued in the hundreds of billions.



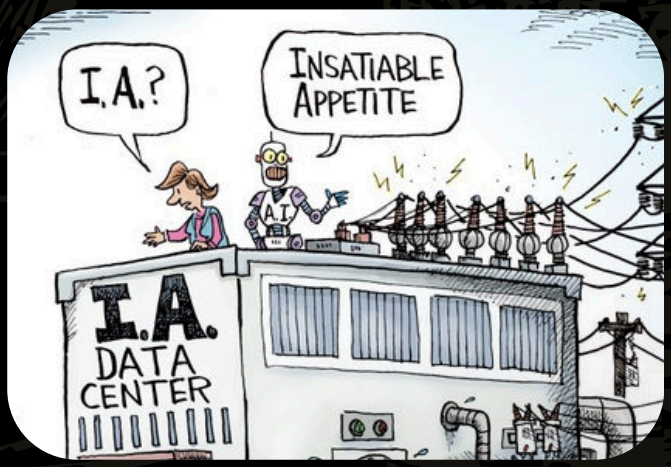
Fed on Stolen Words: The Copyright Question

Court documents revealed Meta used LibGen, a piracy repository of over 7.5 million books to train Llama, after staff flagged the dataset as pirated and Mark Zuckerberg approved it anyway. Authors including Sarah Silverman and Scott Turow have sued. In June 2025, a federal judge ruled training on books can count as "transformative" fair use, but was explicit that this didn't make Meta's use of pirated material lawful overall. Anthropic itself paid a $1.5 billion settlement in 2025 over pirated books. Across the industry, the pattern looks the same: companies moved fast to acquire training data and dealt with legal questions afterward, if at all.

The Hidden Cost: Data Centers and the Planet

AI runs on electricity, water, and land. Global data center electricity use was around 415 terawatt-hours in 2024, on track to nearly double to 945 terawatt-hours by 2030. That's about 3% of all electricity on Earth with AI the biggest driver. A June 2026 UN University report projected that by 2030, AI data centers could consume as much water as 1.3 billion people need annually and generate e-waste equivalent to scrapping 250 Eiffel Towers a year. Notably, about 90% of that energy draw comes not from training new models but from everyday use the billions of prompts people type daily.

This isn't abstract: communities near data centers report rising bills and strained water supplies. Between March and June 2025 alone, community opposition blocked or delayed roughly $98 billion of data center projects in the US.



Bigger Than the Dot-Com Bust? The AI Bubble Question

Comparisons to the 2000 dot-com crash are everywhere, and some parallels are real: capital spending relative to revenue is closing in on dot-com-era levels, and major cloud providers increasingly fund data centers through debt and leases rather than cash flow.

Economist Ruchir Sharma argues AI spending shows all four classic signs of a bubble overinvestment, overvaluation, over-ownership, over-leverage.

But real differences exist. Valuations remain below dot-com extremes, and unlike many dot-com companies, today's leading AI companies have genuine, fast-growing revenue and until recently, most spending was funded from earnings rather than debt. Whether that funding picture holds may be the whole question. Nobody can say for certain how this ends, but with so much of the global economy now leaning on a handful of AI companies, the stakes of getting it wrong are enormous.



Conclusion: It Was Never the Machine

Put it together; the lawsuits, the stolen books, the strained water supplies, the trillion-dollar bets, the underpaid workers and a pattern emerges: none of it was done by AI. All of it was done by people, inside companies, under pressure to move fast and win. Zuckerberg approved a dataset his own team flagged as pirated. Executives chose to fund data centers with debt rather than slow down. Companies chose to outsource the ugliest parts of AI's development to workers with the least power to refuse. A language model didn't make any of those calls, a person did, and in almost every case, had a slower, more honest option available.

That's not a reason to wave away AI's real costs. The water, the electricity, the copyright theft, and the labor exploitation are genuinely happening, and someone has to answer for them. But it's a reason to be precise about where the blame belongs. The technology is as much a mirror as a tool: it makes it easier to help people at a scale once impossible, and just as easy to exploit them at that same scale. Which one happens depends entirely on the humans holding it.

One last thought....

When the calculator arrived, people worried it would end mathematics. Instead, mathematicians moved up a level freed from manual computation, they spent more time on harder, more interesting questions. The tool changed the job; it didn't end it.

AI will likely do the same to creativity, not erase it. It can generate a thousand competent sentences, but it can't tell you which one is actually worth saying, or why, or what it costs the person saying it to mean it. That has always been the real work and it will still be the real work long after. Human creativity survived the printing press, the camera, and the calculator. It will survive this too.

It can never replace real human creativity & those who try to replace it are lying to no one but themselves.



Starry night by Vincent Van Gogh

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Creative Collective

THE HOLLOW COMMANDER

Agamemnon led men; you lead by command,
Achilles had courage; you drop what you can't stand.
Odysseus had wit; you borrow ours instead
Three Greek names in your mouth, but none in your head.

When the burden gets heavy, you loosen your grip,
Pass the weight to our backs, then prepare for your trip.
You call it "delegating"—we call it escape;
A captain who flees while his crew takes the weight.

You want Agamemnon's crown, Achilles' fame,
Odysseus' cunning without earning the name.
You claim every victory, yet dodge every fall—
A king in the title, a coward through all.

So take up your shield—if you dare to be bold;
Stand where your soldiers stand when the battle takes hold.
You have the crown, the command, and the role—
But did you truly think yourself fit to play the role?

HOUSE OF CARDS

She built a love on aces high,
Stacked with dreams that touched the sky.
A careful hand, a hopeful glance,
She gambled on a second chance.

A whispered name, a shadowed glance,
She caught the truth in twisted chance.
A house of cards, so tall, so bright—
One breath of lies, gone overnight.

The queen she was, now left alone,
The king she loved had lost his throne.
Regret burned deep, but time was kind,
New hands reached out, new hearts aligned.

Jokers cheered in late-night calls,
Diamonds danced on café walls.
Her deck was torn, the game unfair,
But laughter dealt a hand of care.

Editors Note

LEO ANGELO ABEYKOON

As the glow of Esala settles over our shores, we arrive at another harbour in the voyage of Sailing Catamaran—a moment to pause, reflect, and be grateful for the journey we have shared.

This edition has carried stories of service, leadership, creativity, friendship, and the spirit of togetherness that continues to guide us. Every page reflects a moment lived, a lesson learned, and a contribution that has helped shape our voyage.

Esala reminds us that every journey is enriched by the blessings we receive and the traditions that connect us. As we look towards the horizon once more, may this season bring renewed purpose, peaceful hearts, and the courage to embark upon new adventures.

The pages may be closing, but our voyage continues. New horizons await, new stories are yet to be written, and new opportunities to serve are waiting beyond the harbour.

May the blessings of Esala accompany us on every journey, guiding our sails towards brighter horizons and greater purpose.

Until the next voyage—may we sail with grace, serve with heart, and journey with blessing.



Leos of SriLanka & Maldives
INSPIRING LiVES

Hands on Deck



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Every journey leaves behind memories and opens the way to a new beginning. As we close this edition of Sailing Catamaran, we look back with gratitude on the stories, friendships, and moments that shaped our voyage. In the spirit of Esala, may we carry its blessings forward with renewed hope, courage, and purpose as we sail towards new horizons. Thank you for being part of this journey and for making every page worth remembering.

Until we meet again,
The Editors of Sailing Catamaran

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